

# **eBOOK Prenatal Massage : A Textbook of Pregnancy, Labor, and Postpartum Bodywork**

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## **MotherMassage® - Biography**

Synopsis. Authored by a well-known expert on prenatal massage, this comprehensive text helps you understand the intricate physiology of pregnancy so you can confidently apply appropriate massage techniques for each trimester, and throughout labor and postpartum.

## **MotherMassage® - Professional Certification Workshops**

~ Dynamic Fascial Response™ bodywork for your prenatal client, for labor support and for the postpartum client. Modalities include fascial release, structural integration, deep tissue, efflerage, craniosacral therapy, lymphatic drainage, effective pin and stretch, resist and release, traction and compression techniques.

Prenatal massage is also called pregnancy massage or maternity massage. It is a massage that focuses on pregnant women and the changing needs of their bodies. Using specialty pillows and extra training, we can make it safe to receive a massage while pregnant throughout your pregnancy.

## **Advanced Prenatal Massage - Health Positive**

5.0 out of 5 stars Prenatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork This is a required text for national certification course for "Mother Massage." Very well written with great photos, diagrams, and an extensive resource section.

## **Pre- and Perinatal Massage Therapy: A Comprehensive Guide to ...**

Prenatal Massage - E-Book: A Textbook of Pregnancy, Labor, and Postpartum Bodywork (Mosby's Massage Career Development) eBook: Elaine Stillerman: Amazon.ca: Kindle Store Amazon.ca Try Prime Kindle Store

She is the author of four highly acclaimed books, MotherMassage: A Handbook For Relieving the Discomforts of Pregnancy (Dell, 1992), translated into several languages, The Encyclopedia of Bodywork (Facts On File, 1996), Prenatal Massage: A Textbook of Pregnancy, Labor and Postpartum Bodywork (Mosby Pub.Co., 2007)and Modalities for Massage and ...

### **Prenatal Massage : A Textbook of Pregnancy, Labor, and ...**

(2) Stillerman, E Prenatal Massage A textbook of Pregnancy, Labor, and Postpartum Bodywork, (3) Field T, Hernandez-Reif M, Hart S, et al: Pregnant women benefit from massage therapy, J Psychosom Obstet Gynaecol 290:31-38, 1999.

The required text is Prenatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork (by Elaine Stillerman, Mosby, 2008). Purchase on line at ElsevierHealth.com and read before the class. Participants are also required to bring 2 large towels, 2 hand towels, 2 large pillows, 2 small pillows, 4 sheets, and unscented lubrication for ...

### **Advanced Prenatal Massage - Health Positive**

Prenatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork: Elaine Stillerman LMT: 9780323042536: Books - Amazon.ca Amazon.ca Try Prime Books. Go ...

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Semantic Scholar extracted view of "Perinatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork" by Susanna Rose Cohen Cnm. @inproceedings{Cnm2009PerinatalMA, title={Perinatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork}, author={Susanna Rose Cohen Cnm}, year={2009} }. Include Postpartum Massage in Your After Pregnancy Care. Massage can improve post-delivery recovery and health for many women. Supplement the guidance and advice of your medical care provider with massage to support the transition to your new maternal role. Steve Metzger, RN-CMT is certified as a prenatal and perinatal massage therapist and also teaches prenatal and postpartum massage therapy. He works with Revive Therapy Massage in Sacramento, CA, and specializes in pregnancy, postpartum, women's health and sports therapy using both massage and myofascial release. Get the Fetal Life App for Apple and Android endorsed by the American Pregnancy Association. It features meal recommendations, kicks counter, blood glucose tracking, and more. Prenatal Massage: A Textbook of Pregnancy, Labor, and Postpartum Bodywork, 1e (Mosby's Massage Career Development) [Elaine Stillerman LMT] on Amazon.com. \*FREE\* shipping on qualifying offers. Authored by a well-known expert on prenatal massage, this comprehensive text helps you understand the intricate physiology of pregnancy so you can confidently apply appropriate massage techniques for each trimester. stephanie midwife. Library & Resources. What others are saying. By Valerie Ann Worwood PRINT ISBN: 9781880032916 E-TEXT ISBN: 9781608682010 Edition: 0. VitalSource®. Products. What others are saying. The Fragrant Mind (eBook). See more. Big Island Hawaiian Massage Spa Spas Massage Therapy.