



**PRIMARY PRENATAL CARE PROVIDER'S
RELEASE FOR THERAPEUTIC MASSAGE**

_____ (patient's name)

has requested therapeutic massage and bodywork during her pregnancy.

These services are provided at Salt Lake Prenatal Massage Clinic by licensed massage

therapists who specialize in prenatal and postpartum massage therapy. *(See next page, "About Salt Lake Prenatal Massage" for more info.)*

When an individual's pregnancy is high risk, or if she has experienced complications in this pregnancy or a previous pregnancy, it is our policy to work with her only if her primary prenatal care provider (PCP) has reviewed this request and provided medical clearance.

Please verify your clearance of this request by your signature below.

Please also list any precautions or limitations for massage/bodywork which you feel to be appropriate. Kindly return this page to us via fax (801-770-2031) as soon as possible.

Thank you so much for your assistance,

Rebecca de Azevedo Overson, LMT
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_____ (patient's name) is under my supervision for prenatal health care. Her pregnancy is considered low / high risk (circle one). Therapeutic massage would, in my opinion, be beneficial during her pregnancy. I have listed below any additional precautions or limitations in massage procedures for this patient:

Signature: _____ Printed Name: _____

Date: _____ Telephone: _____

ABOUT SALT LAKE PRENATAL MASSAGE

Salt Lake Prenatal Massage is currently the only clinic in Utah dedicated to providing high-quality, therapeutic massage for childbearing women.

Our staff consists of Licensed Massage Therapists who are specialists in maternity massage through additional training, certification, and clinical internships.



We accept clients in all stages of pregnancy (6 weeks – 42 weeks), low- or high-risk, in postpartum recovery, and into motherhood. One-on-one childcare is available as a convenience for our clients who need to bring infants and/or toddlers with them.

In addition to standard precautions and contraindications, we:

- Avoid deep tissue work on the legs as precaution for deep vein thrombosis.
- Offer prone positioning for massage on adjustable, orthopedic body support cushions (bodyCushions™) which align/support the pelvis, spine and torso, while offering recesses for uterus and breasts, thus *eliminating* pressure or strain on gravid uterus, uterine ligaments and breasts. (While most women prefer this, if at any point the client is not comfortable with or does not fit properly in prone positioning, we happily offer massage in a supported side-lying position.)
- Offer supine positioning for massage with a wedge under right hip up to 18-20 weeks gestation; supine positioning in a semi-reclining (45 degree angle) position thereafter, with support under knees and ankles.

Massage therapy during pregnancy can relieve the following:

- Neck, jaw, and shoulder pain
- Hip and low back pain
- Tension headaches
- Sacroiliac joint Pain
- Sciatic nerve pain
- Hip pain
- Insomnia
- Discomfort from normal water retention
- Uterine ligament pain
- Emotional or occupational stress

We also offer:

- Acupressure for post-term pregnancies (to encourage the onset of labor)
- Postpartum Massage, Fertility-Enhancing Massage, Infant and Pediatric Massage
- Nurturing massage following infant loss (miscarriage, fetal demise, stillbirth, etc.)
- Fertility Awareness, Childbirth Education, New Parent and Breastfeeding Support
- Professional Labor Support Services (trained and experienced Doulas)
- Therapeutic Maternity and Postpartum Support Garments