

WHAT IS MATERNITY REFLEXOLOGY?

Maternity Reflexology is simply Reflexology specific to caring for the mind, body and spirit of mom, dad and incoming soul during preconception, pregnancy and the post-natal period. It can be used to help conceive as well as throughout the pregnancy for men and for women. Reflexology for babies and children is also popular to ease common illnesses and keep them healthy and happy.

Reflexology is one of the safest, most supportive therapies for pregnant women through all stages of pregnancy. It energizes, giving a healthier pregnancy with a greater chance of a *shorter, easier labour/delivery and recovery after the birth.* You will find that your Reflexology session is the perfect opportunity to unwind and focus on yourself and your baby.

Pregnancy is a special time in your life. Reflexology can help to make your pregnancy an enjoyable, memorable experience.

CREDENTIALS TO EXPECT:

- Education (minimum of 200 hrs.)
- Nationally accredited (ARCB is one such testing board)
- Years of experience
- Specialized fields of expertise
- Continuing Education
- Professional affiliations

NORTH CAROLINA REFLEXOLOGY ASSOCIATION
www.reflexology-nc.org

Maternity Reflexology is a complementary health support for infertility and maternity clients and is not a substitute for obstetric or medical care.

Feel free to share this information with your care provider, and contact me further with any questions or concerns.

Brochure by Designer & Reflexologist, Toni S. Wyatt, LR, NBCR
May 2009 tswyat@bellsouth.net



Maternity
Reflexology

Maternity/Fertility Reflexology

EXPECTANT MOTHERS HELPED BY REFLEXOLOGY

Ten studies show the impact of reflexology on issues important to expectant mothers. Research shows that women given reflexology work during pregnancy or labor experienced shorter labor times and less analgesia use. In addition, reflexology work aided with the problems of retention of the placenta and primary inertia during labor, helping the women avoid surgery or medication.



REFLEXOLOGY DURING PREGNANCY

Pregnant women given 10 foot reflexology sessions from 20 weeks into their pregnancies to term experienced a better labor time than textbook figures. The average for those receiving reflexology work was: first stage, 5 hours; second stage, 16 minutes; and third stage, 7 minutes. This compared to textbook figures of 16 to 24 hours' first stage, and, 1 to 2 hour's second stage. In addition, 89.0% of the women experienced a normal delivery. (1) One study found that women who received 4 or more sessions experienced less analgesia use and more forceps deliveries. In comparison to the control group who received no reflexology treatment, they showed no difference in onset of labour and duration of labour. (2) Questions have been raised about validity of this study: "The findings should not be taken as particularly significant clinical value since some of the women received only one session of reflexology at 39 weeks."

Note: It seems one session can make a HUGE difference. CBH

(<http://www.expectancy.co.uk/docs/expectancyreview.pdf>)

REFLEXOLOGY DURING LABOR

Research demonstrated that reflexology given to women during labor showed a 90% effective rate as a pain killer during delivery. (3); Another study showed an effective analgesia rate of 94.4%. (4)

Women in the foot reflexology group of one study experienced an average birth process of 2.48 + 1.48 hours versus the control group (intravenous drip of 10% glucose plus a vitamin C injection) with an average birth process of 3.32 + 1.19 hours (4)

Reflexology was applied in two 30 minutes sessions to women diagnosed with primary inertia during labor during a research study. Assessment of dilatation of the cervix showed that 70% of them made progress when treated with reflexology. In the control group, 38% of women offered extra supportive midwifery care made progress. Under usual care, they would have been offered unpleasant and painful oxytocin augmentation to aid in labor. (5)

Research showed that, among women given reflexology work during labor, 11 of the 14 experiencing retention of the placenta after giving birth avoided an operation to correct the situation. (3)

LACTATION IN NEW MOTHERS

Research showed that new mothers who received reflexology work initiated lactation in 43.47 hours (+12.39 hours) and in comparison to the control group average of 66.97 hours (+28.16 hours). At 72 hours satisfactory lactation was documented in 98% of the foot reflexology group and 67% of the control group. Reflexology work helped avoid use of drugs in lactation that may be harmful to the baby. (6)



POST PARTUM

In a controlled study of postpartum women experiencing anxiety and depression, six hours of reflexology work demonstrated a significant difference for foot reflexology with traditional Chinese medicine foot bath group when compared to control groups. (7)

In another study, postpartum women given six hours of foot reflexology work with traditional Chinese medicine foot bath showed a significant difference in: appetite; lactation; anxiety and depression scores when compared to the control group. (158)*+ Research showed that post partum women recovering from Cesarean section showed a significantly short-first voiding time when receiving foot reflexology or machine (electric foot roller) foot reflexology as compared to the control group. (9) Post partum women recovering from Cesarean section showed a significant difference in time to first defecation when receiving reflexology for three days as compared to the control group. (10)



Study References

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