

Maternity Reflexology

Below is a publication by the Association of Reflexologists on how Reflexology can help support you through pregnancy.

How can I find a professional reflexologist?



Not all people who claim to be reflexologists are necessarily good practitioners. The AoR have an online search facility of fully qualified members who have reached the top of their profession and attained the MAR, FMAR (Fellow) or HMAR (Honorary) status.

We suggest that you ring several reflexologists first for an initial chat before booking an appointment.

Do not be afraid to ask if your chosen reflexologist:

- Has as a minimum Level 3 Diploma in reflexology or has achieved either MAR, FMAR or HMAR status.
- Is insured to practise. Do ask to see a copy of their insurance certificate.
- Can explain their level of experience and any areas of special interests they might have.
- Uses firm or soft touch techniques – this may be important to you.
- Where their clinic is or if they do mobile visits.
- What the cost of each therapy session will be up front.

Most importantly, you must feel comfortable with the therapist.

Where can I start looking for a professional reflexologist?

Members of the Association of Reflexologists can be identified by the letters MAR, FMAR (Fellow) or HMAR (Honorary) after their name. If you see these letters after their name, you can rest assured that your therapist has been trained and qualified to the highest standards. The Association of Reflexologists have already checked their qualifications and insurance, plus they are required to undertake Continued Professional Development each year to ensure they stay at the top of their profession.

Search for a professional reflexologist today:

Online search facility to help you to find a member near you - visit

www.aor.org.uk

Alternatively,

email info@aor.org.uk

or call us on 01823 351010

Postal address

5 Fore Street, Taunton,
Somerset TA1 1HX

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ASSOCIATION of
REFLEXOLOGISTS



Reflexology
supporting you
through pregnancy

www.aor.org.uk

If you'd like a hard copy of this leaflet, please contact me on 07724 197627 or email doriswylie@btinternet.com and I'll send one out to you.

Congratulations

You are starting a new and exciting phase in your life. Having a baby, whether or not it is your first pregnancy, will bring you plenty of wonderful experiences and new challenges.

Maternity Reflexology can be of great support to women throughout pregnancy and can help promote general well-being.

Reflexology during pregnancy

Reflexology aims to optimise the physical and emotional health of pregnant women through working on specific reflexology points, usually on the feet but sometimes on the hands, face and ears. These reflexology points correspond to different parts of the body. Reflexologists work holistically and can provide general lifestyle advice and offer support.

Receiving reflexology during pregnancy will also allow you time away from your probably busy life and a place where you can focus purely on yourself and your growing baby.

When can I have Reflexology?

Reflexology can be used throughout pregnancy; the Reflexologist will take a full history to ensure that it's safe and appropriate to carry out a treatment.

There is plenty of anecdotal evidence from women who feel they have benefitted from reflexology throughout their pregnancy and in fact two recent studies have shown that reflexology in pregnancy significantly reduced pain during labour(1), reduced the length of the first stage of labour(1) and improved quality of sleep in post-natal women(2).

First Trimester

The first trimester is a time when there are huge changes in hormone levels as well as anxieties and concerns about the changes that are going to happen. Both of these factors may leave you feeling delighted, anxious, exhilarated, weepy and exhausted and sometimes all at once.

The therapist will aim to aid relaxation, de-stress and offer support.

Second and Third Trimester

In the second and third trimester most of the discomforts of early pregnancy have gone but as the baby grows you may begin to experience other physical symptoms. Your stress levels may also rise as the birth becomes more imminent. Reflexology can be used for general well-being or to address other health issues such as sleeping problems as they arise. And of course the therapist will be there to support you through any worries or concerns that you may have.

Preparation for labour

As your due date approaches you may find it useful to visit a reflexologist more frequently. Although there is no evidence that Reflexology can induce labour, the general view is that it will help support the body to prepare for labour and promote relaxation at a time when anxiety levels are often high.

(1) LI C-Y ET AL (2011) Randomised controlled trial of the effectiveness of using foot reflexology to improve quality of sleep amongst post-partum women. *Midwifery*, 27, p181-186

(2) VALIANI M ET AL (2010) Reviewing the effect of reflexology on pain and outcomes of the labour of pregnant women. *Iranian Journal of Nursing and Midwifery Research*, 13(Dec) p302-310

I'd recommend that best practice for Maternity Reflexology would be as follows:

Weeks 1-12 1 treatment at least every 4 weeks

Weeks 13 – 32 1 treatment at least every 4 weeks

Weeks 33 -37 1 treatment at least every 2 weeks

Week 38 onwards 1 treatment every week until onset of labour

I'm happy to offer discounts, so please contact me on 07724 197627 or email doriswylie@btinternet.com.