

# Partner Massage During Pregnancy

## An easy guide for beginners

Your partner or friend doesn't enjoy watching you suffer. So, in best case, they'll want to help you and take some of the pain away. Fortunately there's a lot of ways they can do so. Probably the best one: **Massages.**

### Preparation

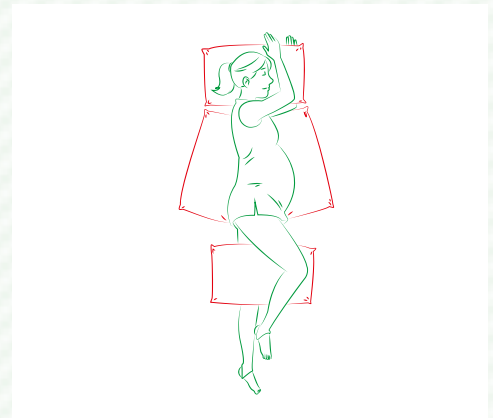
First things first: Most doctors recommend not to start with massages before the second or third trimester of your pregnancy. So if you're still in your first trimester, come back later. In any case it's clever to talk to a health-care professional before you start.

### Position

Obviously a massage during pregnancy looks a bit different than a regular back massage. Laying on your belly isn't an option, so you'll have to switch to a different position.

### Floor technique

1. Place two large pillows in an upside-down.
2. Lie on your side with your armpit resting where the pillows intersect.
3. Adjust pillows to support your tummy and back.
4. Put a pillow under your head.
5. Put a pillow between your legs and slightly bend the one on top.



### Kneeling technique

1. Kneel by the bed on a thick pillow.
2. Bend over to your bed and lean on the edge of it.

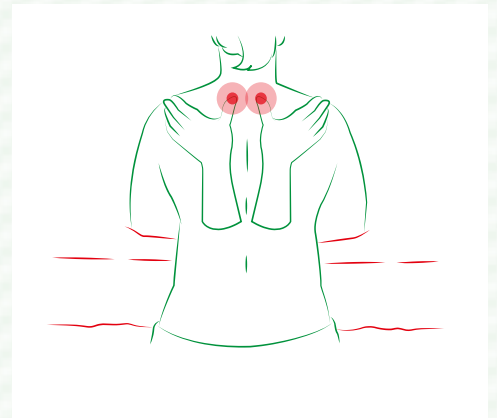


# Massage techniques

To make things easier, the following descriptions speak directly to your partner.

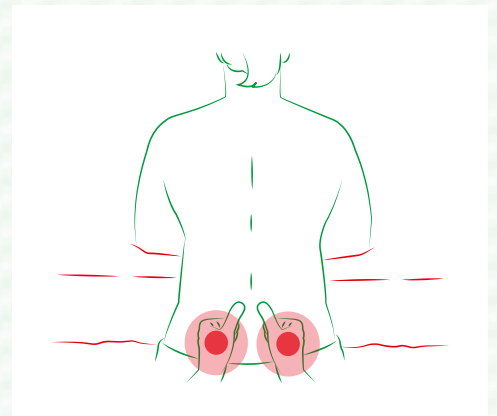
## Back

1. Run your knuckles down the back in a curve, starting at the neck, gradually going down to the hips.
2. Curve away from the spine and back up to the base of your partners ribs.
3. Repeat.



## Lower back and pelvis

1. Gently press directly on top of the sacrum between your partners hips. Do not go further onto the coccyx.
2. Press down slightly tilting the pelvis to loosen the muscles supporting the hip.
3. Repeat.



## Casual relief

1. Your partner sits on a hardback chair with her back against the wall.
2. You sit down in front of her leaning your back against her knees.

