

We understand you give a lot of yourself. Hectic schedules, work or financial difficulties, illness or injuries coinciding with a pregnancy can leave you feeling depleted, exhausted or in pain.

By choosing to care for yourself with Physical/Massage therapy, you gain resources that will support the structural and physiological changes that can accompany your pregnancy.

Prenatal Massage

The goal of prenatal massage therapy is to promote overall health and prepare a pregnant woman physically and psychologically for labor.

Therapeutic massage has been used for centuries to improve overall health, reduce stress, and relieve muscle tension. Studies indicate that massage therapy performed during pregnancy can relieve muscle and joint pain, decrease anxiety and assist in creating a positive labor experience.

Postpartum Massage

After childbirth, a mother's body is faced with new challenges. Postpartum massage concentrates on assisting with the return to pre-pregnancy health, while addressing the changes faced by caring for an infant. Together with your Physical Therapist your care may consist of exercises to improve muscle tone and massage to alleviate pain.

What to Expect

At Lake Sammamish Physical Therapy, your first visit will entail an initial evaluation with the Physical Therapist. This evaluation will include a careful and thorough discussion of your symptoms, and goals as well as an objective assessment of your current abilities.

From this assessment a cooperative treatment plan will be developed and discussed. You may also be given exercises to maintain relief and function. Subsequent treatments will be scheduled with the Massage Practitioner.

Common Complaints and Diagnoses

- Muscle Pain
- Pelvic Pain
- SI Dysfunction
- Edema/Swelling
- High/Low Blood Pressure
- Insomnia / Fatigue
- Anxiety & Depression
- Stress

Common Benefits of Prenatal Massage

- Decreased muscle/joint pain
- Improved posture
- Decreased anxiety/stress
- Improved circulation of blood and lymph
- Develop kinesthetic awareness necessary for active birthing



Appointments

You may need to schedule 1-2 appointments per week based upon what you, the Physical Therapist, Massage Practitioner and your Physician determine is appropriate. Lake Sammamish Physical Therapy is a preferred provider with most insurance companies and most health care networks.

Call us at 425-391-5504 to schedule your Massage Therapy appointment. Appointments are available Monday-Friday. We recommend scheduling ahead to secure the most convenient time for you.

Billing

Physical Therapy is covered by many insurance providers, however your financial commitment is dependent on your specific plan.

Christa Hastings, LMP

As a Massage Practitioner and mother, Christa strives to create a safe, comfortable environment for her patients. Pregnancy massage will be therapeutic, relaxing, and special to you.

www.lakesammamishphysicaltherapy.com

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