

Massage Therapists at  
Ridgeview Chiropractic

incorporate the latest  
techniques and therapies  
into every treatment!



*Massage where you can feel relaxed,  
informed, and safe with our nurturing  
therapists.*

*The safe and caring  
treatment from*

*Ridgeview*  
CHIROPRACTIC

**Ridgeview Chiropractic**

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WE ACCEPT MOST INSURANCES,  
CASH AND CREDIT CARD. CALL US  
TODAY TO SCHEDULE AN  
APPOINTMENT!

*Pregnancy  
Massage*

*Nurturing the mother to be.*



*Pregnancy Massage is perfect for relaxation and well-being!*



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*Pregnancy Massage balances the hormones through reflexology techniques that stimulate the reproductive areas and the endocrine glands.*

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## **There are many benefits to receiving Massage Therapy during your pregnancy.**

Some of the benefits for the mother are:

- Helps alleviate nausea
- Relief to weight bearing joints
  - Neck, lower back, pelvis, and ankles
- Increases circulation
  - Reduces swelling in hands and feet
- Decreases symptoms of depression
- Relieves muscle aches
- Improves sleep and beats insomnia
- Aids in postural alignment
- Reduces anxiety

*Pregnancy Massage also improves the delivery and labor outcomes!*

*Labor pain is reduced*

*Muscles are prepared for use during childbirth.*

*Increased flow of nutrients to the placenta*

*Cleansing of the digestive system*

*Support deep breathing*

*Increase circulation through the pelvis*

*Breaks up the pelvic adhesions and congestion*



*Did you know that the fetus also receives gentle massage and relaxation benefits during your massage?*