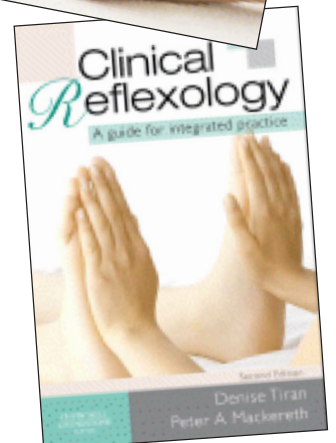
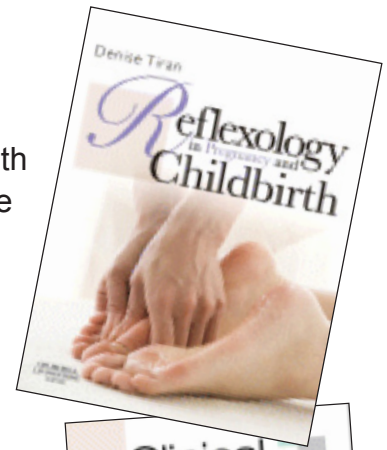




## Reflexology

- In reflexology, the feet represent a map of the whole body, with precise pressure points on the feet relating to each part of the body. Regular reflexology in late pregnancy contributes to spontaneous onset and good progress in labour, resulting in a normal birth.
- In pregnancy, reflexology is wonderful for relaxation, or can be used to treat specific conditions, eg “morning sickness”, backache, constipation, headaches, swollen ankles and insomnia. In labour, it is useful for pain relief and can be used to induce labour – but this should only be performed by a midwife-reflexologist who is able to assess if it is appropriate, and never before your due date.
- Reflexology is safe in pregnancy, although some therapists may decline to treat you in the first 3 months. Reflexology will not cause miscarriage when used appropriately, but if you have any bleeding, premature labour or high blood pressure (pre-eclampsia), ask your midwife if it is safe to have treatment. If you are epileptic, have major heart problems or a blood clotting disorder reflexology is completely contraindicated in pregnancy. If you are diabetic, take a small snack with you in case you develop hypoglycaemia (low blood sugar).



Always inform your midwife if you are having reflexology treatments during pregnancy; please do not ask a reflexologist to start labour for you until you are past your due date.

For more individualised information on reflexology in pregnancy and childbirth, telephone **0906 400 6227** (calls charged at £1.50 per minute, from a BT landline; calls from mobiles and other networks may vary).