



Shiatsu

Shiatsu is a modern Japanese therapy, similar to acupuncture, based on the idea of energy lines (meridians) linking one part of the body to another. Simple thumb, finger, elbow and even heel or knee pressure is applied over various points on the body, combined with holding techniques and gentle stretching exercises. Shiatsu is relaxing and safe in pregnancy, although certain points should be avoided as they may trigger contractions. A therapist may decline to treat you if you have a major skin infection or other infectious disease, slipped disc, varicose veins or blood clots.

Shiatsu in pregnancy can ease stress, relieve tiredness, backache, swollen ankles, cramp, breathlessness, insomnia, constipation, haemorrhoids, nausea, heartburn and poor milk supply. In labour, it relieves pain and exhaustion and aids progress.

Always inform your midwife if you are having shiatsu treatment during pregnancy

For more individualised information on shiatsu 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).

