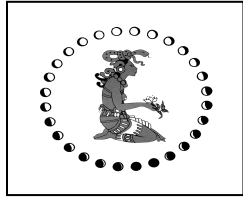


Self Care Handout for Pregnant Clients

The Arvigo Techniques of Maya Abdominal Therapy™



Pregnancy Self Care

This handout is provided for therapeutic self-care only and should be used only in conjunction with treatments from a Practitioner of the Arvigo Techniques of Maya Abdominal Therapy™. To find an Arvigo Practitioner near you, consult www.ArvidoTherapy.com or call 603-588-2571 for a list of qualified practitioners.

If you have questions, call your Arvigo practitioner. Do not perform this Self Care technique if you have any bleeding, cramping or your bag of water breaks. Urgent questions should be directed to your midwife or doctor. If your practitioner gives you additional guidance, record it under Additional Notes at the end.

You may begin the application of Self Care as outlined below, beginning at 20 weeks of pregnancy. Ideally perform self care at least 5 times per week.

Preparation

- Empty your bladder and create a quiet, peaceful environment to relax for 5-10 minutes.
- Position yourself on a flat surface. With pillows create a comfortable rest to recline against keeping your hips evenly contacting the surface you are laying on. If you get dizzy, roll to the side.
- Take a few deep breaths to connect with your womb and the child within.
- Through out the sequence, inhale and exhale as you perform each stroke

Upper Abdomen Sequence

The upper abdomen is where the nutrients come from which nourish you and your baby. As the pregnancy progresses, organs in the upper abdomen get pushed out of the way of the uterus. Massaging them assists bringing nutrients to this area.

Apply oil or lotion to your fingertips. Make an "M" (for Maya!) with your hands - face the palms of your hands toward each other and curl your fingers so that the fingernails of all eight fingers touch.

Place your fingertips on the center of your upper abdomen just below the sternum pressing as deeply as it is comfortable for you into the soft tissue space. While maintaining the same pressure, gently and slowly move your fingertips toward your navel as far as you can go before reaching the top of your womb.

Repeat this stroke from your sternum to your navel 3 times.

Place your fingertips on one side of your upper abdomen just below the ribcage. Press as deeply as it is comfortable for you into the soft tissue space. While maintaining the same pressure, gently and slowly move your fingertips diagonally toward your navel, as far as you can go before reaching the top of your womb.

Repeat this stroke from your rib cage to your navel 3 times.
Repeat the ribcage strokes from other side of your abdomen toward navel, as far as you can go before reaching your womb. Do not push your uterus downward.

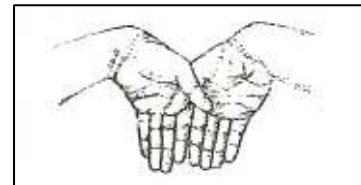
Repeat the complete Upper Abdomen Sequence for a total number of 30 strokes – 3 strokes in each area of the upper abdomen for 10 repetitions. Feel free to add more strokes or do fewer strokes depending on your body's response to the massage.

Lower Abdomen/Belly Sequence

As your pregnancy advances, you will be able to determine uterine position by fitting as many fingers as you can between the womb and your hip bone (usually 1-4 fingers) without moving your uterus. Now, try it on the other side. If you can fit the same number of fingers on each side, then you are probably not tilted. Last, how many fingers can you fit between your belly and the pubic bone? It is usually between 1-4 fingerbreadths.

Bring both of your hands together with your index fingers side by side and tuck one thumb under the other. Bring all eight fingers close together, slightly ~ and relaxed. See diagram.

Locate where your pubic bones meet in the middle with your index fingers, placing the fingers on the small indent. Palm of your hand is resting gently on the lower abdomen, finger tips slightly curved. Slowly slide off the top of your pubic bones.



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Provide firm yet gentle pressure; gently and slowly move hands toward your navel. As your fingers and palms go over the belly, decrease the pressure. Gentle is best. Repeat this stroke from your pubic bone to just below your navel 12 times.

With the palm of your right hand, stroke gently from the hip to the center of the belly. Repeat this stroke 3 times.

With the palm of your left hand, stroke gently from the left hip to the center of the belly. Repeat this stroke 3 times.

Repeat the Lower Abdomen/Belly Sequence for a total number of 30 strokes – 3 strokes in each area of the upper abdomen for 10 repetitions. Feel free to add more strokes or fewer strokes depending on your body's response to the massage.

With both hands together, stroke your belly in a clockwise spiral from the outside towards the center and back out. This is a good time to pray, give thanks, or simply continuing to breathe deeply.

Additional Notes:

Review Questions and Reflections for Teaching Self Care

Describe the benefits of teaching Self Care to clients.

Describe the major responses to self care massage a client would expect to experience.

How often should a client perform home self care? Why?

Reflection: after performing your self care, reflect on the changes you have experienced on a physical, emotional and spiritual level.

Outline a 5 minute "self care" dialogue you will begin to use with your clients. Partner with someone to teach them this technique before you see your first client.

Reflect on the ways you would need to change the content to meet the needs of your clients.