

# Safer Alternatives To Massage Chairs



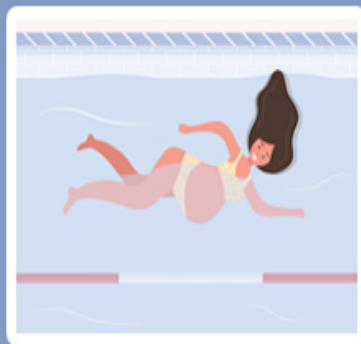
## In Pregnancy



Consider doing simple and modified yoga and pilates



Enroll yourself in prenatal swimming classes



Get yourself enrolled in a professional massage therapy session



Train yourself and your partner for a safe massage at home



Look for trained personnel in acupuncture



Chiropractic sessions can also help relieve pregnancy-related pains and stress



### References:

1. Exercise During Pregnancy; ACOG
2. Prenatal Massage Therapy; American Pregnancy Association
3. Massage During Labor; Beaumont Health
4. Safety of acupuncture during pregnancy: a retrospective cohort study in Korea; NCBI
5. Chiropractic Care During Pregnancy; American Pregnancy Association