

Suzanne **Yates**

Pregnancy and Childbirth

A holistic approach to massage and bodywork

With input from international specialists



CHURCHILL
LIVINGSTONE
ELSEVIER

Contents

Foreword.....	vii
Acknowledgements.....	viii
Preface.....	ix
Contributors.....	x
Glossary.....	xi
Abbreviations.....	xiii

Introduction	1
---------------------------	----------

Section 1: Theory: western and eastern approaches

1 Western approach to pregnancy	7
2 Western approach to labour	63
3 Western approach to the postpartum	99
4 Introduction to the eastern approach	121
5 Eastern approach to pregnancy	131
6 Eastern approach to labour	151
7 Eastern approach to the postpartum	167

Section 2: Practical bodywork

8 Introduction to bodywork	181
9 Practical bodywork in pregnancy	225
10 Practical bodywork in labour	281
11 Practical bodywork in the postpartum	313
12 Aftercare and self-care	339

vi Contents

13 The medical approach to labour	353
14 Working with higher-risk maternity clients	367
15 Professional issues	393
 Appendix 1: Useful contacts and resources	 405
Index	409