

Back Massage in Labour in First Phase of Delivery: Benefits and Techniques

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How to cite this article:

Anchal Rana, Neha Choudhary, Prempati Mayanglambam, et. al./Back Massage in Labour in First Phase of Delivery: Benefits and Techniques/J of Global Pub Health. 2023; 5(1): 9–11.

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Received on: 27.04.2022

Accepted on: 28.05.2022

Abstract

Labour pain is one of the most intense hurts a woman can experience in her life, leading to an increase in anxiety and tension. Massage therapy has been shown to be effective for relaxing. A good understanding of the labour and delivery process can give you a sense of emotional well being and confidence, which will help you have a successful labour. Increased anxiety during labour increases pain perception, lengthens labour, and increases catecholamine secretion, which lowers uterine blood flow. This reduces uterine contractions and extends labour time.

Keywords: Labour; Delivery; Anxiety; Massage; Tension; Experience.

Introduction

Low back discomfort is only one of the early signs of labour, but for some women, it can increase the intensity of the birth. Other indicators of labour, like as contractions, water breaking, and cramping, are also common. The contraction of the uterine muscles, which are referred to as the visceral, pelvic, and lumbosacral areas, causes pain to receptive neurons.

Other reasons of discomfort during labour include the baby's head pressing on the bladder and bowel, as well as the delivery canal and vaginal stretching. Continuous support, baths, touch and massage, maternal exercise and posture, and intradermal water blocks for back pain are examples of non-pharmacological pain control techniques. Massage reduces pain by promoting the release

of endorphins, stimulating mechanoreceptors, and stimulating circulation, all of which result in increased oxygenation of tissue and the facilitation of toxin elimination through the lymphatic system. Massage also helps to reduce ischemia by increasing the local blood supply.

Endogenous opioid polypeptide molecules known as endorphins. They are created by the pituitary gland and the hypothalamus in vertebrates during severe exercise, and they have analgesic and euphoric properties similar to opiates. Massage is a limited nursing practise that can reduce discomfort and anxiety during the first stage of labour, and partner participation can significantly improve the quality of the woman's delivery experience.

- Massage should be avoided during pregnancy in the following areas:

First and foremost: Certain acupressure spots are said to cause miscarriage or preterm labour when massaged. Although there is no evidence to support this assumption, research demonstrates that it may reduce the length and agony of labour.

Furthermore, the pregnant body should be positioned and supported differently from a non-pregnant person's for comfort and to ensure the safety of the baby in the womb. You should lie on your side, not your back or stomach, or sit erect or in a semi-reclining position during the massage.

What is the reason for this? To begin with, lying on one's stomach is inconvenient. Furthermore, laying on one's back beyond 20 weeks may place pressure on blood vessels such as the aorta and inferior vena cava, restricting blood flow. As a result, blood pressure may drop and blood supply to the uterus may be reduced.

- Pay attention to the following areas of your body:

The stomach. Avoid having an expanding belly and the area around it massaged because it could harm the baby. It's fine, though, to gently massage some stretch mark cream into your stomach. Legs, to be precise. It's alright to softly rub or brush your legs, but be sure your partner isn't applying excessive deep tissue pressure. Because your blood volume rises during pregnancy, blood flow in your legs may slow, making you more susceptible to clots. So a clot could be dislodged by deep tissue massage on your legs.

Points of pressure in reflexology, you have pressure points in certain areas of the body, such as your wrist, ankle, or between your fingers, as we mentioned earlier. Although some people claim that massaging these places causes contractions, there is currently no evidence to prove these statements.

Massage Benefits

Massage has numerous potential advantages before, during, and after pregnancy. The following are some of the advantages:

- Muscle and joint discomfort are decreased (especially the back, which can often get sore during pregnancy).
- Better blood circulation and oxygenation, which is beneficial to the infant.
- Reduction in puffiness.
- Lowering anxiety, sadness, and stress levels.
- Provide relief from nausea.
- Increase flexibility and lessen muscle tension.

- Lessen the need for painkillers.
- Decrease the use of epidurals and C-sections.

Who should stay away from massages while pregnant?

Massage should not be used during pregnancy in some circumstances like:

- Preterm labour is a possibility
- Preeclampsia
- Difficulty with the placenta, such as placenta previa
- Gestational diabetes
- High blood pressure
- Blood clots or a clotting disease

Essentials for a Successful Labour Massage:

Repetition, a slow steady pace, comfortable pressure, and a confident masseuse are all necessary components of a successful labour massage.

Repetition

The thinking brain can tune out with repetition. There is no consideration of 'what will they do next' or 'return to what you were doing.'

Slow and steady is the method to go

Whenever we caressed a cat, we are familiar with the benefits of repetition and a calm, steady pace. If we move too quickly or keep changing what we are doing, the cat will remain wide eyed and fascinated. Just stroking down the back at a moderate and steady speed will have the cat purring and lying down in no time. Women in labour are the same way... slow and steady repetition will quickly relax her, even if she is having contractions.

Comfortable

Massage during labour should never be painful. The techniques utilised must exclusively focus on relaxation rather than attempting to penetrate tight muscles. When we are in pain, we stiffen up and hold our breath. Tension during labour affects the entire body and intensifies the pain. To help the lady cope with intense contractions, labour massage should induce relaxation and pleasure. If she is supported in a peaceful and kind manner, she will be able to relax and go with her body considerably more readily.

Confidence

Finally, the masseuse must be confident in their abilities, which necessitates plenty of practise prior

to the big day. The labouring lady may or may not want to be touched, or she may believe she wants but later change her mind. This will not be taken personally by a confident masseuse. A massage given by a nervous, stressed, or worried therapist will not be as relaxing as one given by a relaxed and confident masseur. Massage, on the other hand, is a terrific way to calm the masseuse, so it may benefit both parties.

Massage Techniques for Labour

- *Effleurage*

This is a peaceful and relaxing massage stroke. Effleurage is a technique that involves sweeping the flats of your hands up the back from the sacrum, around the tops of the shoulders, and back down the sides. The receiver will feel completely supported and comforted if the massage is done gently and with positive pressure (not too firm, nor too mild).

- *Stroking*

Use your other hand to slowly stroke down the spine while resting one hand on the floor or bed (be careful not to put weight on the body with this hand). Begin at the base of the neck and work your way down to the very bottom of the spine in a continuous stroke. This is a deeply soothing approach that can significantly lower blood pressure and anxiety levels.

- *Effleurage of the Abdomen*

By gently caressing a labouring woman's belly with effleurage methods, which will aid to release tension in the abdominal muscles. Without the need of stomach muscles, the uterine muscles are more than capable of squeezing out a baby. Tensing the stomach muscles can actually prevent and slow down labour.

The nurse can help the abdominal muscles relax by employing soft upward strokes with your full hand or gentle circular moves up the belly with the pads of your fingers. This procedure can assist a woman's uterus relax between contractions if her labour has been induced with an oxytocin infusion.

- *Pressures in the Lumbosacral System*

Backache (as opposed to back labour pains caused by a posterior baby) and uterine aches can be relieved using a variety of techniques.

The Midwife should employ elbow, knuckle, or thumb pressures to help reduce tension in the sacral area (if the women have been practising relaxation techniques, she should be more conscious of places of aches rather than all over pain). The pressure should be no more than pleasure pain, and it should be held for as long as the discomfort lasts.

Press on the muscles surrounding the buttocks and on each side of the sacrum instead of the spine. It is found this to be very helpful strategy for women who have had slipped discs or any other chronic or painful condition.

Conclusion

Back massage influences the reduction of labour pain during the active phase. Therefore, it is recommended for health workers, especially midwives, to improve the quality of childbirth care services using back massage techniques to reduce labour pain in the first stage. Pain in labor is a nearly universal experience for child bearing women. Labor pain is a challenging issue for nurses designing intervention protocols. Back massage has a significant effect in reducing pain during the labour pain among pregnant women.

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