

Pregnancy – swollen ankles and feet



Many pregnant women suffer from swollen ankles and feet during their pregnancy, especially in their third trimester. Although this type of swelling (edema) can be an indicator of a complication called pre-eclampsia, swelling during pregnancy is normal because the body naturally retains more water.



What is MLD and how can it help reduce swollen ankles & feet?

MLD is a very gentle, light hands on technique that improves the efficiency of our body's waste disposal system known as the lymphatic system. The specific techniques gently stimulate the skin

which influences the rate of removal of waste products, toxins and excess fluid from the body's tissues through the lymphatic vessels. This helps result in:

- reduced fluid retention
- reduced swelling & puffiness in the ankles and feet

The treatment is also a great way for a busy mom-to-be to have some "me" time and relax!

What to expect with your MLD treatment.

It is important to seek out a therapist who has proper training in MLD. Some of the most well trained MLD therapists are *Vodder certified*. These therapists have taken extra courses to thoroughly understand the lymphatic system and when to, and, when not to, treat certain conditions or complications. During your initial visit a treatment plan will be suggested to maximize your results. The MLD treatment is very similar to a massage therapy treatment in that you will be asked to disrobe and get onto a massage table. As described during your initial treatment, specific areas of the body will be treated with the gentle, rhythmical touch of MLD. No oils or lotions are used

during your MLD treatment because the pressure is very light. Once on the table, in the qualified hands of your MLD therapist, you can lie back and enjoy one of the most relaxing treatments you have ever experienced.

Are there any side effects to MLD treatments?

There are usually no bad side effects after an MLD treatment. Some people may experience fatigue and report that they slept really well. It is highly beneficial to drink water after your treatment and you may notice an increase in the need to go to the bathroom. This is a positive side effect as the re-energized lymphatic system begins to recycle excess fluid and waste.

Other useful tips:

- when you can elevate your legs and feet
- use cool towels around ankles and feet
- take short breaks throughout the day to rest



For more information

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