

Elle TENS[®]

Massage Roller Ball

Feel the power of touch



All you kneed

Massage during Labour

Massage and touch during labour is a powerful tool known to help ease pain and bring comfort. Effective massage therapy during labour has been seen to decrease labour pain as well as the duration of the first and second stages of Labour (Bolbol-Haghighi, et al. 2016).

As little as a 30-minute massage during labour is seen to reduce pain and decrease anxiety, resulting in increased satisfaction during labour (Mortazavi et al., 2012).

The Massage Roller Ball is the perfect tool for labour massage. Its ergonomic design and multi-directional movements result in a reduction of fatigue in the hands, compared to traditional massage resulting in longer sessions and deeper tissue manipulation.

For an added benefit add a few drops of your favourite labour massage oil to the Massage Roller Ball.



Labour massage techniques

Using the Massage Roller Ball during labour can be a valuable tool to help alleviate discomfort and promote relaxation. Here's some information on how the Massage Roller ball can be incorporated into your labour experience:

Targeted Pressure Relief:

The Massage Roller Ball can be used to apply targeted pressure on specific areas of your body, such as the lower back, hips, or thighs, where you may be experiencing pain or tension during contractions (see page 4 for guide). The ball's firm surface allows you to control the amount of pressure applied, providing relief and reducing discomfort.

Counterpressure and Support:

By leaning against the Massage Roller Ball, you can create counter-pressure during contractions, which can help alleviate the intensity and frequency of the sensations (Rejeki, Widayati et al., 2021). The ball provides support to your body, allowing you to find a comfortable position and encouraging relaxation.



Labour massage techniques

Back Massage and Release

Placing the Massage Roller Ball against a wall and leaning your back into it can create a soothing back massage effect. The ball's texture and pressure can help release tight muscles and provide relief from back pain that often accompanies labour.

Partner-Assisted Techniques

Your birth partner can play an active role in using the Massage Roller Ball during labour. They can gently roll or press the ball on your back, applying pressure and providing comfort (see page 4 for guide). This involvement can enhance the bond between you and your partner and provide additional support throughout the labour process.

It's important to communicate with your healthcare provider or a certified doula to ensure that using the Massage Roller Ball is appropriate for your specific situation. They can guide you on the proper techniques and positions that will be most beneficial for your comfort and progress during labour.



Labour massage techniques

Apply pressure with your Massage Roller Ball using the techniques shown above as a guide (you may need your birthing partner to help). Always check in on the comfort level of the labouring person and ensure they stay hydrated. Sessions should last between 5-30 minutes, take breaks between massages.

As mentioned previously remember to communicate with your healthcare provider or a certified doula to ensure that using the Massage Roller Ball is appropriate for your specific situation.



Massage oils

With your Massage Roller Ball

Your Massage Roller Ball is perfect for use with massage oils (when using your ball during labour, please ensure your massage oil is suitable for labour).

Follow the steps below to apply your oil of choice:

1. Turn your massage roller ball upside down so the top of the ball is facing south, then add a few drops of your oil into the whole the bottom.
2. Then use your other hand to rotate the ball until you can feel the oil on your hand.
3. Now that your Ball is saturated proceed with your massage.
4. After you have finished using your Ball, apply soap and water to the hole at the bottom of the ball and rotate until the soap has cleansed all the oil. Leave your ball upside down whilst drying. Use again once fully dry.



References

Used in this guide

1. Bolbol-Haghighi N, Masoumi SZ, Kazemi F. Effect of Massage Therapy on Duration of Labour: A Randomized Controlled Trial. *J Clin Diagn Res.* 2016 Apr;10(4):QC12-5. doi: 10.7860/JCDR/2016/17447.7688. Epub 2016 Apr 1. PMID: 27190898; PMCID: PMC4866196.
2. Mortazavi SH, Khaki S, Moradi R, Heidari K, Vasegh Rahimparvar SF. Effects of massage therapy and presence of attendant on pain, anxiety and satisfaction during labor. *Arch Gynecol Obstet.* 2012 Jul;286(1):19-23. doi:10.1007/s00404-012-2227-4. Epub 2012 Jan 21. PMID:22271239.
3. Rejeki S, Widayati E, Machmudah M, Yanto A. Decreasing Labor Pain Through Sacralist Counter-pressure Therapy using Tennis Ball in the Mother During the Labor Process. *Open Access Maced J Med Sci.* 2021 Mar 04; 9(T4):83-86.



Discover...

Elle TENS[®]

Check out our product range on elletens.com



Acu-Comb

Stimulates acupoints for pain relief in labour



Thermometer

Measures ear, head and objects accurately. Great for mother and baby



ElleTENS2

The multi-award winning No1 labour TENS machine



Luna

Effectively treats period pain and associated pain