

## Massage

- Massage and touch relieve pain and helps relax.
- Massage in the lower back, shoulders and hands are commonly used to relieve pain during labour.

## Emmi Ahola & Heidi Nurkka







The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.













