



# Cramp Relief

an online resource  
created to accompany

## ***Pre- and Perinatal Massage Therapy:***

*A Comprehensive Guide to Prenatal, Labor  
and Postpartum Practice  
(Third Edition)*

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(Handspring Publishing Ltd. 2021)

**this resource links to:**

**Chapter 5, pages 175, 180 & 181**





## Cramp Relief



This technique can be applied to any muscle that threatens to or does cramp during labor. After stretching, apply gentle effleurage and kneading. The following technique is described for cramps in the gastrocnemius, soleus, and peroneals.

### ***Intention***

To both prevent and alleviate cramps.

### ***Procedures***

May be performed in any position, and best performed between contractions

### **Gastrocnemius/soleus**



- 1) Hold the client's foot in dorsiflexion (toes toward patella) and have her gently attempt to plantar flex her foot (point her toes) while you resist this action for five seconds. Release and repeat twice, increasing the dorsiflexion slightly with each repetition.
- 2) Perform these movements with her knee flexed and again three times with it extended to stretch both the gastrocnemius and the soleus.

### Peroneals

Hold the client's foot in inversion (lateral edge toward her sole) and have her attempt to evert (lift the lateral edge toward her knee) while you resist this action for five seconds. Release and repeat twice, increasing inversion slightly with each repetition.

### ***Hint***

Follow stretching with gentle effleurage and kneading, avoiding deep pressure into the medial calf.