

Inspiring Experiences of Arvigo Practitioners and Their Clients

Journeys in Healing

Compiled and published by the Arvigo Institute, LLC
The Arvigo Techniques of Maya Abdominal Therapy®

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Persistence Pays Off: Finding Relief for Pregnancy Pain

*Let your heart guide you. It
whispers, so listen carefully.*

—LITTLE FOOT'S MOTHER
IN LAND BEFORE TIME

Kyra Beginning some time after my 20th week of pregnancy, I started to feel like my pelvic bones were tumbling out of place every time I sat or lay down. After a few weeks, the pain was so intense that I was having trouble standing up in the morning to get out of bed. I began to feel like a cartoon character, whose skeleton could be shaken up inside but whose body could continue to lurch forward, halting and stopping, until the bones shifted back into place. I eventually gained more mobility during the day as I moved around, but the pain was still there.

In hopes of finding relief, I searched the Internet, spoke with other moms, and talked to another midwife in the practice where I received my care. The response I received was universal: This kind of thing happens during pregnancy, there's nothing that can be done, and it should resolve after the birth. I was only a little over halfway through my pregnancy, but there seemed to be no other option. I willed myself to focus on thoughts of autumn, when the baby would arrive and I would not wake up in increasingly severe pain.

At my next appointment with the midwives I met Anne Hirsch, and I explained to her what was happening. To my great surprise, she

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told me there might be something she could do to help. She was also a practitioner of the Arvigo Techniques of Maya Abdominal Therapy®. I lay down on the exam table and as she worked with me, it felt like she pulled my bones back into place. I felt instant relief; for the first time in weeks, I was able to walk around and stand on one foot without any pain. It was an incredibly freeing feeling. Physically, I felt as though a huge weight had been lifted off my body, and I could suddenly move again.

PRACTITIONER PERSPECTIVE Kyra was an attorney—and a strong, competent, accomplished woman—who was pregnant for the first time. She arrived at her prenatal visit looking a little pale and moving slowly. She had to sit down oh-so-carefully. When she began to talk about the pain in her hips and groin, her eyes misted up ever so slightly. This pelvic pain was taking a toll on her. I suggested an Arvigo Therapy session might be helpful and she agreed to try it.

During the session I focused primarily on helping her relax her abdomen and rebalancing her hips and she began to experience relief right away. The most telling indicator came when she got off the table: She practically began dancing around the room as she could move freely with less pain.

This was not the first time I had seen a pregnant woman experience such great relief after Arvigo Therapy. Before I was trained in these techniques I would tell my patients, “Once your baby is born, all this will resolve.” Now I have something to offer in the moment to provide relief. Arvigo Therapy is truly a boon for a midwife who cares to help her clients when they have discomfort in pregnancy. It is also a boon for women who want to enjoy pregnancy rather than suffer through with aches and pains.

Kyra's Experience I worked with Anne a couple more times during my pregnancy to help keep any resurgence of the pain at bay. While I felt a little stiff in the mornings throughout my pregnancy, and still had minor pain on occasions, the debilitating pain never returned. Prior to receiving Arvigo Therapy, I had never experienced massage or bodywork, or been to a chiropractor, and frankly, would

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not have expected something like this to work. However, it made a huge difference in my pregnancy, and I am grateful I was lucky enough to have a midwife who was skilled in these techniques.



Anne L. Hirsch CPM, LM(WA/FL) Anne is a certified professional midwife licensed in the states of Washington and Florida and a certified Self Care teacher with the Arvigo Institute. She uses the Arvigo Techniques of Maya Abdominal Therapy® in her midwifery practice to help ease pregnancy discomforts, correct misaligned uteri, and aid recovery after the birth. She also works with women preparing before they become pregnant and those needing to heal other female concerns. Her main focus is to teach women the Self Care techniques, putting into their own hands the power to help their bodies heal. Anne currently practices in the Seattle area.