

Breast Massage Treatment

- Start with compensatory structures.
 - o The upper back
 - o The neck
 - o Arms
 - o Abdomen
- you can either work one or both breasts depending on the issue and whether one or both require treatment.
- Begin by making sure the chest, sternal attachments and clavicular area are warmed up
- Pump the nodes in the axillary and beside the breast on the lateral side
- Always using an upward motion work your way from the top of the breast around and up is upward strokes.
- Making sure to address all of the breast tissue.
- Starting near the areola using 2 fingers move in a circular pattern around the breast until you reach the thorax.
- Placing both hands around the breast move the hands in a rotating direction – do not do this if the client has breast implants
- Pump the nodes again
- Starting at the top of the breast again work your way to the underneath of the breast pulling the tissue and fluid upwards
- Make sure to address the attachments of the chest muscles – sternum, clavicle, ribs
- If there are scars from surgery ect use cross fiber and c or s bowing to reduce scar tissue and adhesions. Within the client's pain tolerance.
- Gentle passive stretching to pecs
- Effleurage to chest and finish with neck head and face