

WHAT TO EXPECT

Each breast is exposed only while being treated. Techniques are gentle to firm. Communication is encouraged.
The nipple is NEVER touched.

Girls shy?

Breast massage *can* be done over the sheets!
(**not** with hydrotherapy or scar work.)

Indications for breast massage

- Congestion and swelling
- Discomforts of pregnancy, breastfeeding and weaning
- Premenstrual and menopausal tenderness
- Trauma/post surgical symptoms/scarring*
- Symptoms from cancer treatments
- Fibrocystic breast disease

Breast massage can also assist with routine monitoring.

275 Trafalgar Rd., Oakville

Tel: 905.845.2335

Book online at:

www.lilyrmt.com

massage@lilyrmt.com

If you would like additional information and want to add breast massage to your current treatment plan, you can contact me via email or schedule a consultation/discussion *prior* to your appointment to make sure you have all your questions answered and a clear understanding of what is involved.

*consultation mandatory. Due to the nature of scar tissue techniques may need to be more aggressive to eliminate adhesions

Lily Meyer RMT

Healing everyBODY through
massage



THIS MOTHER'S DAY...

Let's talk about

BREAST

 massage!

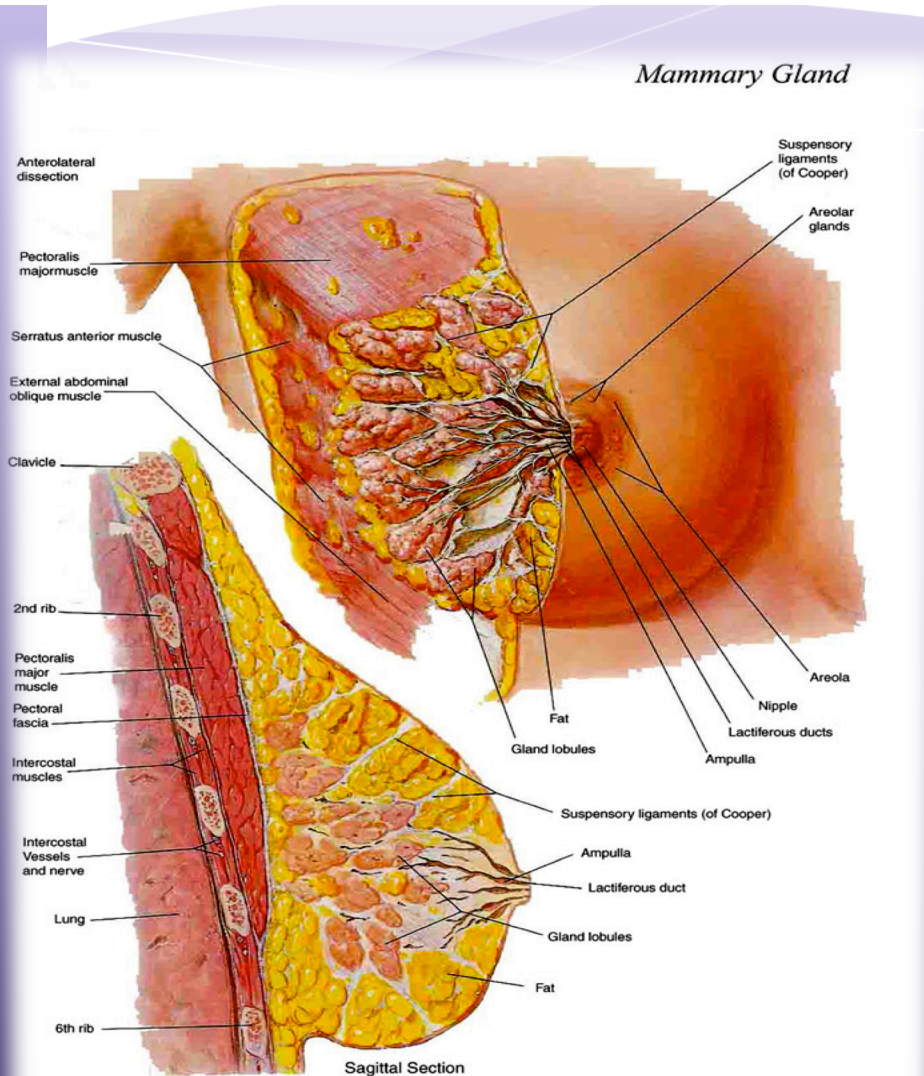
Women will *stifle* their breasts in tight clothing and ill-fitting bras. In addition, musculoskeletal dysfunctions; poor posture trauma/injuries, scars, swelling etc., & even gravity - for large pendulous breasts, can also impede lymph flow.



Want to know more? Take a look inside....

Getting to know your “girls”

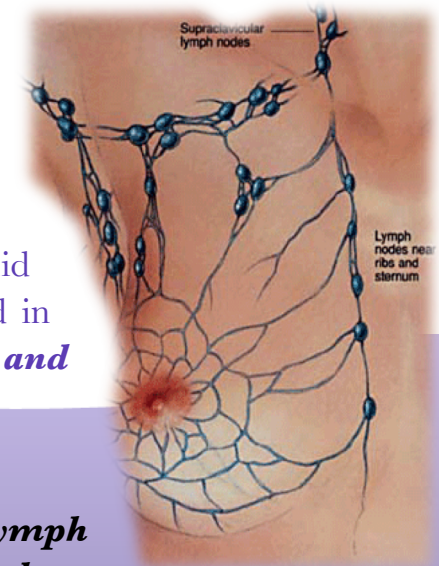
Breasts evolve from the body's *fascia*. Extensions of this fascia thicken and form ligaments (Cooper's), which provide a supporting framework for the glandular breast tissue. This tissue (lobes) is responsible for producing and delivering milk & is surrounded by *blood and lymphatic* vessels, which have *different health needs*.



Now lets talk lymph....

The lymph system clears substances from the intercellular spaces. **It is crucial to breast tissue drainage.**

The majority of breast lymph fluid drains into regional nodes located in the axilla (armpit), which **filters and destroys organisms.**



Chronic suffocation of lymph drainage is widely believed to contribute to breast health issues.

How does MASSAGE fit in?

Breasts lie over the pectoralis, serratus anterior, latissimus and abdominal *muscles*. Within these muscles...

Blood supply comes from the subclavian artery, which branches out and travels within the axilla (armpit), breast and ribs. Venous return follows a similar path.

The nervous supply, primarily sensory, stems from C3/C4 & C8/T1 (**Chiropractic connection!**) With a large nerve branch passing through the axilla.

By manipulating the soft tissues (muscles/fascia) surrounding & supporting the breasts, hypertonic or 'tight' tissue can be released or mobilized. Thus mobility & circulation is greatly improved - which in turn improves lymph function & elimination resulting in an improvement in overall breast health!