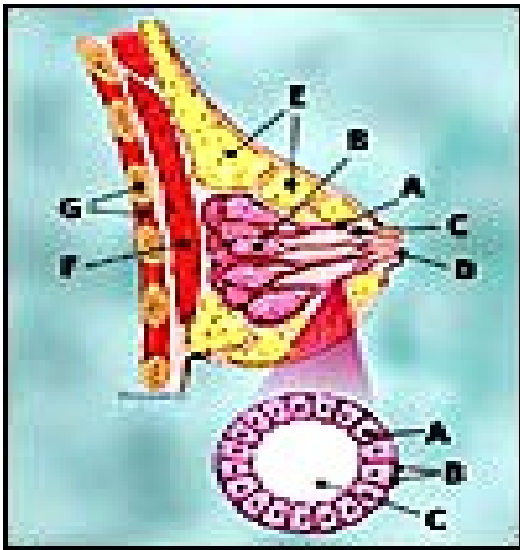




The Spinal Column

Breast Massage

By Dawn Rockall, R.M.T.



The breast is a mass of glandular, fatty, and fibrous tissues positioned over the pectoral muscles (F) of the chest wall (G) and attached to the chest wall by fibrous strands. A layer of fatty tissue surrounds the breast glands and extends throughout. The breast is composed of:

A: Ducts that transport milk from the milk glands (lobules) to the nipple

B: Milk glands (lobules) that produce milk

C: Connective (fibrous) tissue that surrounds the lobules and ducts

D: Nipple and areola (pink or brown pigmented region surrounding the nipple)

E: Fatty tissue gives the breast a soft consistency
At some point in everyone's lifetime, each person will have experienced some kind of breast pain, congestion, or discomfort.

Massage Therapy is an effective treatment for breast symptoms and conditions. Because of the multidimensional significance of breasts, the health care practitioner has been carefully trained. RMTs are supportive and sympathetic with the significance and sensitivity involved with treating breast

tissue. During the treatment the therapist will work within the patients comfort zone. The RMT will keep communication open and will maintain good professional boundaries.

Breast health is vitally important for women and men of all ages. Massage Therapy can provide gentle and effective treatments for a variety of complaints such as to ease discomfort that accompanies pregnancy and breastfeeding; massage can help alleviate breast pain caused by mastitis, fibroadenosis and other benign breast conditions.

Regular breast massage can help reduce the discomfort due to breast implants and reduce the negative effects of post-surgical scar tissue that can form after the augmentation, mastectomy or diagnostic procedure. The treatment is very beneficial in increasing lymphatic drainage to help reduce edema caused by the removal of lymphatic nodes, wearing a restrictive bra or having a sedentary lifestyle. For those who do not have any complaints or symptoms with their breast tissue, breast massage helps to release the underlying tissue such as the fascia and muscles which can become tight over time through exercise and everyday use.

Men and Breast Massage:

This article is not just for the women. Men benefit from breast massage in the same way women do and they experience a lot of the same conditions women do including Breast Cancer.

Even though men don't have breast like women, they do have a small amount of breast tissue. In fact, the breasts of an adult man are similar to the breast of a girl before puberty, and consist of a few ducts surrounded by breast and other tissue. So because it is still breast tissue, men can develop breast cancer. In fact, men get the same types of breast cancers that women do. An estimated 1690 cases of breast cancer that were diagnosed in 2005 were men.

Common Breast Conditions

Mastitis is inflammation of the breast that is most commonly caused by breast feeding. This inflammation can also be related to tissue injury, infection or both. About 1 in 5 breast-feeding women develop mastitis sometime during their babies first 6 months of life.

Fibrocystic breasts is one of the many benign breast conditions experienced by women (and men). The breast tissue develops nodules, fibrosis or cysts and causes breast tenderness. An estimated 50%-80% of women normally experience some changes in their breast tissue.

Genetic background, age, history of lactation, caffeine and use of exogenous hormones are all related to the prevalence of fibrocystic lesions.

Breast cancer is the most common cancer in women. It is the leading cause of death in women ages 40 – 44 years and the second most common killer after lung cancer in women of all ages. Lifetime risk of breast cancer is 1 in 8. That means 12.5% of women will develop breast cancer during their lifetime. About 7% of these women have the

hereditary form of breast cancer. There are many different types of breast carcinomas. Most breast cancers arise from the ductal epithelium. The tumors do not grow large but metastasize (spread) early. This type accounts for 70% of breast cancers.

Massage therapy can not only help alleviate and treat the above conditions and diseases, but with regular breast massage the therapist can monitor breast tissue health and help with early detection of lumps.

Monthly self examinations are also a good tool to use. For instructions on how to perform a breast self-examination talk to your health care professional or visit the Canadian Cancer Society online.

About the Author:



Dawn Rockall is a local resident of Brampton and has been practicing as a Registered Massage Therapist since graduating from Sir Sandford Fleming College in Peterborough in 2002. Upon graduation, Dawn moved back to work in Brampton and had opened her own clinic here in Bramalea called Rockall Therapeutics.

Dawn continued her schooling, taking courses in Hot Stone Massage, Sport Massage, and Reiki. Furthermore, she studied Vichy Body Treatments & Vichy Massage in New York City and plans to expand her education in the near future to include Acupuncture, Cranial Sacral Therapy and Roling.

As a sport massage therapist, Dawn enjoyed being involved with sporting events such as marathons and triathlons where she prepared the athletes for their races as well as treating them thereafter.

Dawn also worked previously at a spa where she was given a lot of training in relaxation and its benefits. She also has experience working in hospitals with palliative care patients and the terminally ill.

Some of her personal hobbies and interests include exercising, running and spending time outdoors. Dawn does a lot of volunteer and charity work with the Cancer Society and Princess Margaret Hospital in Toronto.

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 Fri.: 9:00 am - 7:00 pm
 Sat.: 9:00 am - 5:00 pm
 Sun.: Closed