



Massage Therapist Association of Alberta

Standards of Practice

Standard 43

Category: Technique

Ratified: September 13, 2008

Amended:

Rescinded:

Perform Breast Massage

Conditions:

Given that breast massage is requested or clinically indicated prior to treatment, and that the client has consented to breast massage.

Clinical Indicators concerning the Breast

- General drainage problems.
- Pre/post menstrual pain.
- Breast swelling and/or congestion.
- Discomforts of pregnancy and/or lactation.
- Blocked milk ducts (contraindicated if mastitis).
- Pre/post surgery including breast augmentation or reduction.
- Symptomatic relief of pain.
- Promotion of good quality scarring and relief of adhered/restrictive/painful scarring.
- Common benign breast conditions.
- Assistance with breast health.
- Discomfort from cancer treatment.
- Rehabilitation from cancer treatment.

Task:

Perform breast massage.

Standard:

Quality / Technical & Interpersonal:

- So that you do not touch the nipple and/or areola.
- So that the breast tissue is uncovered only when it is being treated directly. (notwithstanding clause in Communication / Public Health Standard applies).
- So that breast massage is not performed or is modified if a contraindication to this treatment exists.

Safety

- So that vigorous techniques are not used when breast implants are present.
- So that consent was obtained in accordance with Communication / Public Health Standard.