



Health Center of Integrated Therapies

A SERVICE OF LONGMONT UNITED HOSPITAL

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BREAST MASSAGE THERAPY PATIENT INFORMATION AND CONSENT FORM

Patient Name: _____ Date of Birth: _____

Why is Breast Massage Therapy Important?

Breasts are symbolic of femininity, sexuality, and the ability to nurture children. This symbolism, and the experiences and sensitivities that result from it, can cause us to overlook the fact that our breasts are body tissues with unique needs not unlike our other body tissues. Breasts are susceptible to discomforts associated with menstrual and childbearing cycles, as well as common benign conditions, trauma, diagnostic procedures and surgery. Unfortunately, breast cancer is common and involves a variety of treatments that may alter breast and surrounding tissues, cause pain and scarring and reduce mobility.

While most women experience breast symptoms at some point in their lives, some may be reluctant to report these symptoms to their doctor or other health care providers. Some may have traumatic histories and need assistance achieving a sense of normalcy and the types of touch involved in their care.

Breasts are especially dependent on blood and lymphatic circulation for optimal health, yet they have no inherent aid of muscle or joint movement to mobilize the tissue and promote drainage. This situation is often compounded by wearing tight bras that prevent the natural “bounce” of tissues. Poor posture may also play a part in diminished circulation in and adjacent to breast tissue. The net result of these factors may lead to chronic conditions of congestion and inadequate tissue clearance that are often associated with pain and degenerative tissue change. Some believe there may be a correlation between chronic poor breast drainage and susceptibility to malignancies.

Breast Massage Therapy by an experienced, caring Registered Massage Therapist is an effective wellness treatment for optimal breast health. Gentle application of massage therapy, manual lymph drainage and hydrotherapy techniques to the breast tissues and surrounding musculature can enhance the efficiency of blood and lymph circulation. Breast Massage Therapy also supports regular breast care and is important for pregnant and breastfeeding mothers, as well as rehabilitating tissues following breast injury or trauma. Our massage therapists are experts at addressing restrictive or adhered scarring and musculoskeletal causes which promote some of the pain, edema and poor congestion in breasts. Breast massage therapy and self breast massage are not intended to be a Breast Exam or a Self Breast Exam for the detection of breast health problems, but is an effective wellness treatment for optimal breast health.

Indications for Breast Massage Therapy

- healthy breast tissue wellness and education in self breast massage
- tender and/or painful breasts (mastalgia) and non-lactational mastitis
- fibrocystic breast discomfort and lumps associated with menstrual cycles
- breast discomfort due to pregnancy, breastfeeding, weaning and lactational mastitis (With infection, we recommend consultation with your primary care provider prior to gentle massage, manual lymph drainage and/or hydrotherapy)
- breast congestion, edema, lymphedema or drainage problems (due to family tendency, larger breasts, etc.)

- pain management and breast wellness following diagnostic procedures, recent surgeries or breast trauma
- restrictive, adhered, poorly oriented breast tissue scars
- poor muscle tone following submuscular (pectoralis major) breast implant
- discomfort related to breast cancer treatments
- integration and support of post surgical changes and new body image
- personal goal of becoming more comfortable with breasts

Contraindications for Breast Massage Therapy

If you have any of the following symptoms or diagnosis, breast massage is not recommended.

- current active infection including post surgical infection that has not yet been treated by your primary care provider (With infection, we recommend consultation with your primary care provider prior to gentle massage, manual lymph drainage and/or hydrotherapy)
- abscess or undiagnosed lump (massage around the area may be beneficial, but no direct breast massage on the abscess or undiagnosed lump)

What to Expect in your Breast Massage Therapy Appointment

When you arrive for your first appointment, you complete a general health history form with additional questions pertaining specifically to breast health. At this first appointment and subsequent appointments, your therapist escorts you to a private treatment room where the therapist reviews your health history and discusses your goals for the session. With your input, the therapist designs a treatment plan to meet your unique needs including specific parts of the body including the breast(s), comfortable positioning on the table, your preferred use of sheet, towel or pillowcase to cover or reveal breast tissue during the treatment, specific breast massage techniques used in the treatment as well as the expected duration of the treatment plan. Any questions or concerns should be directed to your therapist. If you agree with the treatment plan, please sign the consent below giving your therapist permission to perform breast massage.

CONSENT TO TREAT

I, _____, being ____ years of age do hereby voluntarily consent to be treated with Breast Massage Therapy by a Registered Massage Therapist at Health Center of Integrated Therapies in Longmont, Colorado. I have carefully read and understand all of the foregoing information about Breast Massage Therapy. The Registered Massage Therapist who is providing me with Breast Massage Therapy has reviewed my health history with me and addressed any questions or concerns that I have. By signing this consent form, I also allow Longmont United Hospital to collect, review and summarize the objective and subjective clinical information that I provided for Breast Massage Therapy and the Breast Health Program. I understand that any information that would identify me personally will not be used.

If I have any complaints regarding the treatments I receive or wish to report any inappropriate behavior by the therapist, I may contact the Director of the Health Center of Integrated Therapies, Longmont Medical Campus, Longmont United Hospital, at (303) 651-5188, address at 1551 Professional Lane, Suite 125, Longmont, CO 80501, or the Department of Regulatory Agencies at (303) 894-7690. Their address is: Office of Massage Therapy Registration, 1560 Broadway, Suite 1300 Denver, CO 80202.

Client Signature

Therapist Signature

Date

Date