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MESSAGE IN DIFFERENT CULTURES

Oketani Massage

Gua-Sha Therapy

Aruagan Massage

Thai Breast Massage

Breast Massage and Hand Expression in Russia

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Oxytocin and Massage



RELEASED BY SENSORY STIMULATION (I.E. TOUCH)

NOT RELEASED IN PULSES

RELAXES THE MUSCLES IN THE MILK DUCTS

INCREASES PROLACTIN

BLOCKED BY PAIN

GENTLE TOUCH IS IMPORTANT!

The Oxytocin Factor: Tapping the Hormone of Calm, Love and healing. The Hormone of Closeness: The role of oxytocin in relationships

Oxytocin: The Biological Guide to Motherhood
Kerstin Uvnäs Moberg © M. Bolman

Lymphatic System


Drains the connective tissue

Absorbs excess fluid

Active and passive circulation

70% is superficial and just under the skin

Need a light touch!



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supraclavicular lymph nodes (above the collar bone)

infraclavicular lymph nodes

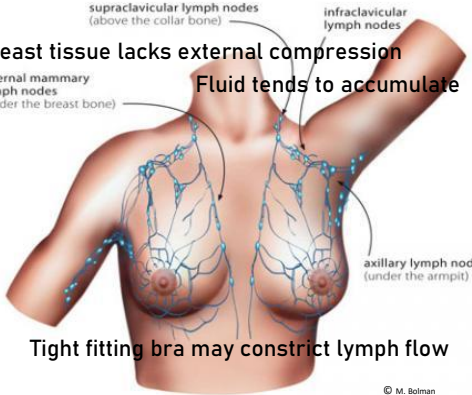
internal mammary lymph nodes (under the breast bone)

axillary lymph nodes (under the armpit)

Breast tissue lacks external compression

Fluid tends to accumulate

Tight fitting bra may constrict lymph flow



canceraustralia.gov.au

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Therapeutic Breast Massage in Lactation

TBML

Two Principles: Alternate

1. Gentle massage up into axilla
2. Expressing milk by hand



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BREASTKINDNESS



Early Postpartum:
 Before each breastfeeding
 Before pumping session
 Managing engorgement
 Gentle fingertips massage, rolling, pulsing

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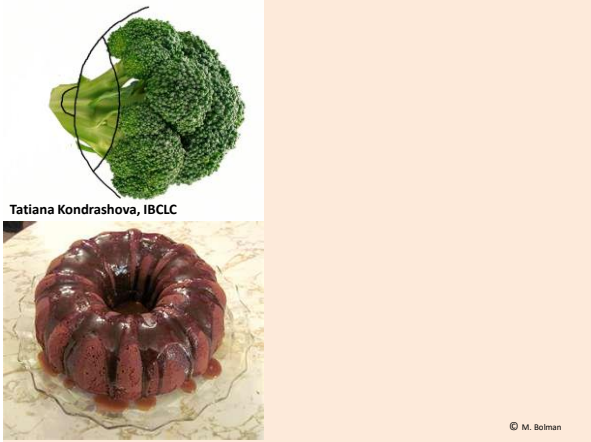
When to hand express?

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Early Postpartum

Baby is not latching
 Weight loss
 Periareolar edema
 Supplement ordered
 "No milk!"
 Prematurity
 Multiples

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Mothers Value and Utilize Early Outpatient Education on Breast Massage and Hand Expression in their Self- Management of Engorgement.
 Breastfeeding Medicine 2016 epub. Witt, Bolman and Kredit

Post-hospital newborn visit
 Instructed on TBML massage and hand expression (demonstration, handout, video link)
 Assisted in techniques as needed to latch the baby in office

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Study design:
 76 mothers enrolled at newborn visit.

Received email survey at 2 days, 2 weeks and 12 weeks with questions about:
 Home treatments used prior to visit
 Course of engorgement
 Was the instruction on hand expression and breast massage in the office helpful?

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What have you tried for relieving engorgement?

	Before 1 st visit	2 days	sig
Nothing	8 (11%)	7(10%)	.765
Feeding the baby more frequently	13(17%)	22 (32%)	0.040
RPS before latching the baby	2(3%)	12(17%)	0.001
Hand Expressing	10(13%)	16(23%)	0.135
Pumping	16(21%)	21(30%)	0.109
Massage	29(39%)	35(51%)	0.145
Cool compresses	7(9%)	14(20%)	0.018
Warm compresses/Warm shower	13(17%)	12(17%)	1.00
Cabbage Leaves	0	3(4%)	0.083
Ibuprofen	6(8%)	3(19%)	0.070

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In-office guidance

Instruction Received	
Massage and hand expression to enable baby to latch	14 (19%)
Massage and hand expression demonstrated	45 (60%)
Hand out on engorgement/video	56 (75%)
None	3 (4%)

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“Swelling and distension of the breasts, usually in the early days of initiations of lactation, caused by vascular dilation as well as the arrival of the early milk”

Alveolar distension

Compression of surrounding ducts

Vascular and lymphatic compression

Newton and Newton 1951

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TBML

- Focus on resolving milk stasis
- Hands allow more directed treatment
- May help activate lymphatic drainage and decrease vascular congestion
- Less opportunity for focal bacteria growth with milk being removed

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Impact of Hand Expression and Hands on Pumping on Milk Supply

- Prospective Observational Cohort Study
- 67 mothers of preterm infants <31 wks GA, < 1500gm
- Recorded output for 8 weeks
- Began pumping within first 6 hrs postpartum
- Double Pumping X 8 a day for 15 min

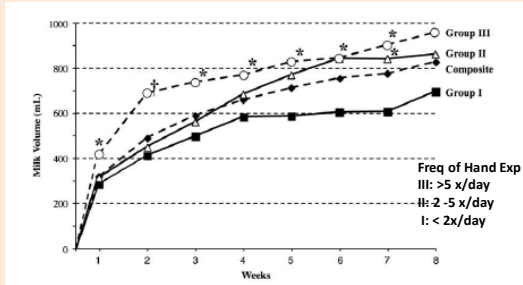
Hypothesis: the use of manual techniques (hand expression of colostrum and hands on pumping (HOP) of mature milk) promote establishing and maintaining sufficient milk supply.

Morton et al, Journal of Perinatology 2009

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Hand Expression of Colostrum

Frequency of hand expression in first three days impacts milk volume



* p < 0.005 compared to group I and p < 0.023 compared to group II

Morton et al, Journal of Perinatology 2009

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