

Lisa Castellano L.M.B.T. NC# 804

Licensed Massage and Body Therapist

lisa28173@gmail.com 704-661-5769 www.lisalmbt.com

MANUAL LYMPHATIC DRAINAGE (MLD) for the breast is a gentle [technique](#) that encourages the natural drainage of [lymph away from the breast](#). MLD carries waste products in the lymph away from the breast tissues, towards the heart, reducing breast congestion.

1. Move your fingers along the top of the collarbone toward the center of the body, emptying the lymph toward the heart. Allow 3-5 seconds to complete each stroke. Do this 4-5 times.
2. Place a flat hand under the arm area and press toward the collarbone for 3 seconds. Switch sides and repeat. Do this 4-5 times.
3. This can be done multiple times during the day and should be done before and after the Self-Breast Exam and Self-Breast Massage.

SELF-BREAST EXAM A Self-Breast Exam familiarizes a woman with how her breast tissue feels and looks. With regular Self-Breast Exams she will be able to pick up any changes in her breast tissue. Breast tissue includes the global breast area, the tissue up to the collarbone and all tissue under the arm. Self-Breast Exams should be done weekly.

1. Temperature Check Using the back of your fingers, tap quickly to compare breasts temperatures.

2. Visually inspect the breasts for the following:

- Any asymmetry (Does one breast look different in any way?), especially noting strong vascular markings and structural asymmetries, such as a low shoulder
- Nipple retraction or global breast dimpling. If a nipple or any skin on the global part of the breast seems to be pulled inward towards the inner breast, this may be a sign of connective tissue tugging from the inside.
- A breast that is larger or more full than the other
- Nipple discharge
- Irregularity of the skin

Pay attention to your feelings. As unscientific as it sounds, you might be drawn to an area because of a subtle difference in skin tone, dullness or shininess, rash etc.

3. Tap Test for Edema Tap on each breast to check for a ripple effect; this is to check for edema - accumulation of fluid in breast. The tapping technique is a quick pop of the breast tissue.

4. Look for Inflamed Lymph Nodes: Inflamed lymph nodes feel like soft pearls. Examine the lymph nodes just under the skin, pressing soft and gently, slow and easy. If inflamed lymph nodes are found this may be a sign of possible infection. Areas to examine for inflamed lymph nodes are:

* Above the collarbone * Under the Arm * Global breast tissue

5. Examine the Global Breast Tissue with the following Techniques developed by Bruce Rind, MD:

* **Palm Role:** With a flat hand press and roll the breast tissue against the ribs to feel for differences in texture and quality between each breast. Do one breast at a time comparing the sides. This technique is not effective for woman with breast implants.

* **3-D:** This 3-D technique gives you a 3D mental image, sensing thickened or congested areas. Using the thumb in opposition to the rest of the fingers on the hand, you will sense differences in texture and quality of the breast tissues.

* **Pinching:** Use tip of thumb and index finger to pinch breast tissue feeling for congested or thickened areas close to the ribs. The more congested or thickened areas are often poorly mobile or immobile.

* **Finger Tapping:** Use your fingertips to tap the breast tissue as if you were playing the piano. This helps identify the size, shape and depth of any thickened or congested areas.