

SECOND NATURE LACTATION

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MAMMARY CONSTRICTION SYNDROME

TENSION IN THE SHOULDERS OR CHEST CAN CAUSE THE PECTORAL MUSCLES FOUND BENEATH THE BREAST TISSUE TO PRESS ON THE BLOOD VESSELS THAT SUPPLY THE BREAST AND NIPPLES WHICH LEADS TO PAIN.

THE PAIN IS OFTEN DESCRIBED AS THROBBING, CONSTANT, DEEP, OR SUPERFICIAL, ITCHING, TINGLING, ACHING, KNIFE-LIKE, BURNING OR FREEZING, SHOOTING, SHARP OR DULL, OR A COMBINATION OF THESE.

GOALS:

- ENSURE CORRECT LATCH AND POSITIONING SO THAT BABY IS NURSING WELL AND SUFFICIENTLY SOFTENING THE BREASTS
- GOAL TO SUPPORT MOTHER'S BACK
- AVOID HUNCHING FORWARD OVER THE BABY. RECLINE WHEN FEEDING SO THAT YOUR BACK IS TO THE CHAIR BACK
- AVOID CARRYING HEAVY SHOPPING BAGS OR THE HEAVY CAR SEAT

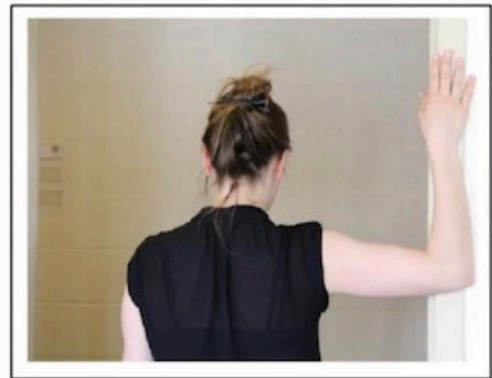
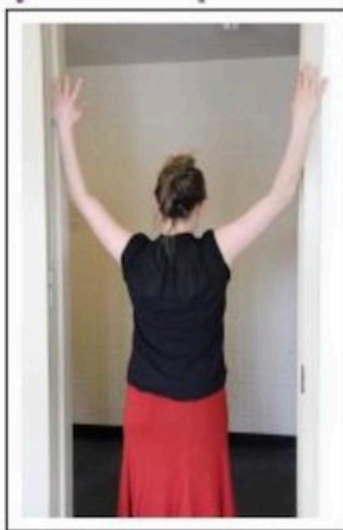
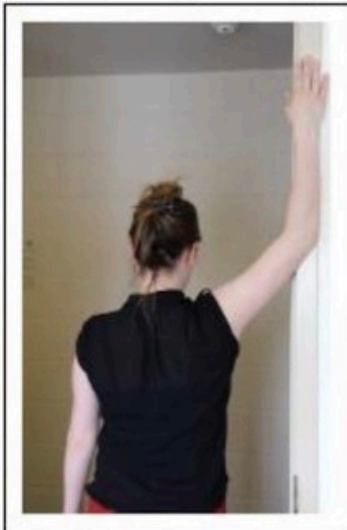
MASSAGE BEFORE NURSING:

- PECTORAL MUSCLE MASSAGE INVOLVES MASSAGING THE CHEST MUSCLES TO EASE THE TENSION
- RUB THE CHEST MUSCLES (NOT THE BREAST) VIGOROUSLY FOR 45-60 SECONDS ON THE AFFECTED SIDE
- MASSAGE FOUR LOCATIONS (ONE OF THESE IS LIKELY TO BE THE IDEAL SPOT TO RELIEVE THE PAIN)
- ABOVE THE BREAST AGAINST THE CHEST WALL
- BETWEEN THE BREASTS JUST TO THE SIDE OF THE BREAST BONE
- UNDER THE BREASTS AGAINST THE RIB CAGE
- ON THE SIDE OF THE BODY, BESIDE THE BREAST, AGAINST THE RIB CAGE



STRETCH:

PLACE HAND AND ELBOW ALONG DOOR JAM, GENTLY LEAN FORWARD AND FEEL THE STRETCH ACROSS THE UPPER CHEST



SOURCE: SEVERE BREAST PAIN RESOLVED WITH PECTORAL MUSCLE MASSAGE, JOURNAL OF HUMAN LACTATION 2013, 30(3) 287-291.