

# IT'S NOT MAGIC, IT'S SKILL: GENTLE MANUAL THERAPEUTIC TECHNIQUES IN LACTATION

## About the Workshop:

This workshop will introduce clinical skills such as *Therapeutic Breast Massage, Mindful Hand Expression, Breast Gymnastics, Reverse Pressure Softening* and *Soft Stretching Techniques* that are essential for every lactation consultant, as well as other healthcare professionals. Teaching these manual techniques to parents will support and empower them to deal with the pain and discomfort of engorgement, plugged ducts and mastitis. They will also be useful in managing oversupply or working on increasing milk production. They are helpful in dealing with breast discomfort in the case of emergency weaning.

The techniques described provide a simple, readily accessible method that can be easily taught to parents and health professionals. This class will give participants the opportunity to learn and practice Gentle Manual Therapeutic Techniques and discuss a variety of educational methods for teaching these skills to breastfeeding parents.

## Objectives:

- I. Learn why movement is important for breast health.
- II. Review the history of breast massage in different cultures.
- III. Analyze current research on application of manual techniques.
- IV. Discuss conditions associated with fluid and milk stasis in the breast such as engorgement, plugged ducts, mastitis and oversupply.
- V. Learn how gentle manual techniques can be used to help parents increase milk production
- VI. Learn techniques for breast comfort in case of emergency weaning.
- VII. Practice manual techniques for treatment of plugged ducts, mastitis and oversupply:  
Mindful Hand Expression, Breast Gymnastics, Therapeutic Breast Massage, Soft Release Techniques.



## About Maya

Maya received her IBCLC certification in 2001 after working as a floor nurse for seven years. She worked at the Cleveland Clinic's Hillcrest Hospital for 26 years in the postpartum and lactation departments. Additionally, she has worked - and continues to work - at Breastfeeding Medicine of Northeast Ohio, under the auspices of Senders Pediatrics.

# AGENDA

7 L-CERPS OFFERED. DETAILED IBLCE CONTENT  
OUTLINE OFFERED WITH EACH LECTURE

8:30 - 9:00 AM

## Registration and Welcome:

Introduction and Evaluation of Attendees' Current Practices  
in Managing Acute Breast Pain in Postpartum Period

*Section III Pathology: Maternal; Maternal acute disease; Nipple and breast conditions; Nipple and breast conditions* 0.5 L CERP

9:00 - 10:30 AM

## The Art and Science of Therapeutic Touch:

From Traditional Cultural Beliefs to Modern Research

*Section VII B Research: Apply evidence-based practice; Interpret research results* 1.5 L CERP

10:30 - 10:40 AM

## Break

10:40 AM - 12:10 PM

## It's Not Magic, It's Skill:

### Gentle Manual Therapeutic Techniques in Lactation (GMTTL)

*Section VI Techniques: Latching (attaching); Managing supply; Milk expression (e.g., pumping, hand expression, leakage); Position of the breastfeeding dyad (hands-off)* 1.5 L CERP

12:10 - 1:20 PM

## Lunch

1:20 - 2:50 PM

## HAND-ling Breast Pain: Applying Therapeutic Techniques to Clinical Situations and Case Reviews

*Section V. Psychology, Sociology, and Anthropology: Techniques: Effective milk transfer; First hour; Latching (attaching); Managing supply; Milk expression (e.g., pumping, hand expression, leakage); Position of the breastfeeding dyad (hands-off)* 1.5 L CERP

2:50 - 3:00 PM

## Break

3:00 - 4:30 PM

## From Relief to Empowerment: Giving Parents Handy Tools to Help Themselves

*Section VII. Clinical Skills: Education and Communication: Anticipatory guidance; Educating mothers and families; Educating professionals, peers, and students; Emotional support; Empowerment* 1.5 L CERP

4:30 - 5:00 PM

## Evaluation and Discussion

*Section V. Psychology, Sociology, and Anthropology: Techniques: Effective milk transfer; First hour; Latching (attaching); Managing supply; Milk expression (e.g., pumping, hand expression, leakage); Position of the breastfeeding dyad (hands-off)* 0.5 L CERP