



## **Puyallup Massage Clinic Explains the Importance of Breast - Chest Massage**

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Unlocking The Body Massage Therapy, a clinic that provides medical massage therapy in Puyallup, WA, wants to emphasize the importance of breast - chest massage therapy. The Puyallup massage clinic wants to point out that the breast - chest area may often be overlooked when receiving massage therapy because of the stigma that has been linked to massaging around the breast or chest area in Western culture, but it is also important. Breast or chest massage is not restricted to a particular gender and it may be helpful for chronic thoracic and neck pain. This is particularly true for those who regularly sit in front of a desk and work on a computer, resulting in fascial restriction, diaphragmatic adhesions, and muscular rib cage dysfunction.

Jennifer Bull, owner of Unlocking The Body Massage Therapy, says, "In addition to postural or chronic tissue dysfunction not linked to surgery or illness, a specific grouping of breast related ailments stemming from various conditions may be helped by this modality. These include breast or chest pain, radiation or chemotherapy, removal of implants, lymphadenectomy or lumpectomy, gender affirmation, elective surgeries, capsular contracture, gynecomastia surgery, fibrosis, and lactation support."

Massage is an integral part of the healing and recovery process in any surgical or tissue changing or

damaging procedure because of the complex network of lymphatic and circulatory vessels in addition to the surrounding tissue that are connected to the breast. Manual lymphatic drainage may also be helpful in combination with breast massage to assist in having successful outcomes for these procedures.

Meanwhile, breast massage may help before and after the procedure of explant surgery or the removal of a breast implant. Explant surgery may be necessary when the patient is experiencing breast implant illness. This is usually the result of very small quantities of silicone, platinum or other chemicals that come from the implant and "bleed" into the surrounding tissue and may also spread within the capsule of scar tissue around the implant, or even move to other parts of the body. Some of the symptoms of breast implant illness are chest pain, muscle weakness, joint swelling, dry skin, rashes, chronic fatigue, worsening anxiety or depression, headache, sleep disturbance, memory and concentration problems, hair loss, gastrointestinal problems, and autoimmune problems

Breast massage can also be provided to breastfeeding mothers for lactation support. This can help with various issues, such as plugged ducts, engorgement, and mastitis. By working with a massage therapist who specializes in breast massage, the breastfeeding experience will have the expected outcomes. However, those who need breast massage for lactation support are advised to get a referral from a physician allowing massage work to be done on the nipple specifically.

The massage therapists at Unlocking The Body Massage Therapy have all been trained to handle complex cases and they are always sensitive to the specific requirements of each client. Jennifer Bull says, "Rest assured our clinic staff and providers are supportive and equipped to combine our intuitive and compassionate treatment styles to make your experience as comfortable, safe, and welcoming as possible."

Established in 2008, Unlocking The Body Massage Therapy is a medical massage clinic in Puyallup, WA, specializing in insurance based massage therapy through private insurance companies including Cigna, Regence, First Choice, and many others. They also offer therapy for work-related injuries and motor vehicle accidents. They will offer the specific massage therapy that is appropriate for each individual using a combination of medically based relaxation techniques and therapies. They are committed to keeping their reputation as the best massage clinic in the area and their massage therapists have many years of experience but still continue to enhance their knowledge and skills.

When in need of massage therapists in Puyallup and neighboring areas, people can visit the Unlocking The Body Massage Therapy website or contact them on the phone or by email. They are open on Mondays, from 8:00 am to 7:00 pm; Tuesday to Friday, from 8:00 am to 8:00 pm, and on Saturdays, from 8:00 am to 3:00 pm.

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For more information about Unlocking The Body Massage Therapy, contact the company here: Unlocking The Body Massage Therapy Jennifer Bull (253) 970-8256 info@unlockingthebody.com 8112 112th St Ct E, Puyallup, WA 98373

## Unlocking The Body Massage Therapy

*Established in 2008, Unlocking The Body is a Massage Therapy Clinic in Puyallup. We accept Health Insurance, Car Accidents, Work Related Injuries, as well as Private Pay for general wellness or stress relief in our day spa.*

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