



***Gentle Scar Tissue Mobilization Techniques for  
the Post-Mastectomy and Radiation Treatment  
Client***

***A Course for Massage Therapists***

Dates:

**Insert your information here**

Location:

Many breast cancer survivors experience pain, lymphedema, reduced range of motion, and even frozen shoulder after treatment. This course focuses on the basic understanding of the effects of surgery and radiation on the tissues and how scar tissue mobilization can restore healthy functioning to the fascial/musculo-skeletal system. Additional techniques will include the modality of The Lauren Berry Method of Corrective Massage™ to address both the treated area and compensatory areas of soft tissue. Understanding the function of the lymphatic system is equally important, so there will be a thorough discussion of the lymphatic anatomy and instruction of basic drainage techniques for the torso will be taught. All techniques are of a gentle nature to be respectful of the potential traumas held within the treated tissues, the compromised nature of the lymphatic system and the residual effects of radiation therapy as well as surgery. This course will include lecture, hands on, and supervised sessions with clients. **Prerequisite: Massage for People with Cancer or other approved oncology massage class.**

**Learning Outcomes for this 24 hour NCBTMB approved course include:**

- Understanding the effects of mastectomy surgery
- Understanding the effects of radiation therapy both acute and long term
- Discussing potential emotional trauma held in tissues
- Examining both the benefits as well as contraindications for scar tissue mobilization
- Learning about physiology and pathology of scar tissue from surgery and radiation
- Discussing the anatomy and function of the lymphatic system
- Applying basic lymphatic drainage techniques to the torso
- Appropriately applying scar tissue mobilization to treated areas with
- Applying corrective massage techniques to treated and compensatory areas soft tissue areas

**Jamie Elswick, LMT**, has been a massage therapist since 1992 and a massage educator since 1994. She holds a 300 hour certification in oncology massage through the Peregrine Institute with specific trainings from pioneers in the field Gayle MacDonald MS LMT and Dr. Sandy Canzone DOM. She is a nationally certified instructor of Massage for People Living with Cancer through Gayle MacDonald BS LMT. She is a contributing writer to the 2<sup>nd</sup> edition of *Medicine Hands: Massage Therapy for People with Cancer* on the topic of scar mobilization for the post mastectomy/radiation client. She has been practicing scar tissue and lymphatic work with oncology clients for over 10 years.

