



## PHYSIOTHERAPY FOR MASTITIS

### What is Mastitis?

Mastitis is inflammation of the breast tissue in women during their breastfeeding cycle. It is most common within the first 2-6 weeks postpartum. Some women may have an infection present along with inflammation of the breast tissue.

### How Can Our Mastitis Trained Physiotherapists Help?

Physiotherapists assess and treat tissue inflammation every day and Mastitis is a form of tissue inflammation. Our Physiotherapists have completed additional training to become Mastitis Trained Physiotherapists. We can provide:

- Assessments of the Mastitic Breast.
- Treat breast tissue inflammation.
- Provide advice on breastfeeding positioning considering any other areas of pain ie, back, neck, pelvic and coccyx pain.
- Provide education on self-management techniques for at home.
- Provide advice for prevention of further episodes.

### Strategies to Help Prevent Mastitis:

- Avoid wearing tight bras.
- Feed completely from one breast before moving to the other side.
- Alternate which breast you start feeding from with each feed.
- Try not to miss feeds in first 2-6 weeks when at highest risk for developing Mastitis.
- Learn manual expression to use if you have increased milk supply to your baby demands.

### If You Start to Get Signs of Mastitis:

- Consult with your GP/Midwife/Obstetrician and Mastitis Trained Physiotherapist **as soon as possible**.
- Feed more frequently to keep breast empty.
- Feed from affected side first.
- Warm shower and/or cold compress (what works for you).
- Avoid firm massaging as it may irritate further.

**Remember:** You and your baby are leaning the best feeding routine for both of you. If you need **support** or **advice** with feeding consult your GP/Midwife/Obstetrician/Lactating Specialist for help.

### SYMPTOMS OF MASTITIS:

**General or localized pain in breast tissue.**

**Hard tender area.**

**Hot skin to touch.**

**Redness.**

**Swelling.**

**Tight skin.**

**General feeling of being unwell.**

**Trouble draining breast.**

**Women can experience some or all the above symptoms.**

### PHYSIOMOTION CAIRNS

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