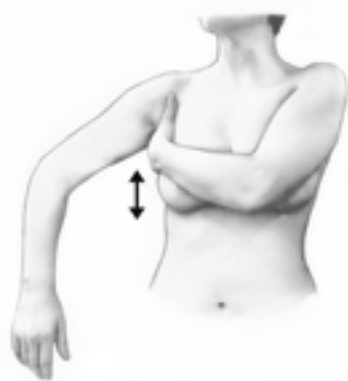


## PHAST Breast Self-Massage Protocol Get Your Breast Care PHAST!



### **P**ump the arm while pressing the underarm

Reach the opposite hand under the armpit. While gently compressing and releasing this hand toward the ribs, lower and raise the arm. Think of a water pump. This is important to open the lymph pathway



### **H**onk the horn

Press the breast directly into the ribs. This will help move the deep lymph fluid between the breast and the chest wall muscles. This should be comfortable, but use some pressure.



### **A**round the clock (circle clockwise/counter clockwise)

Using the opposite hand, move the hand in a circular motion around perimeter of the breast. This is to stimulate the top layer of the skin and nerves of the breast. Use a lighter touch for this technique. Repeat in the reverse direction.



## PHAST Breast Self-Massage Protocol Get Your Breast Care PHAST!



### **S**upport and slide the whole breast

Place both hands under one breast. Lift the breast and slide from side to side, or up and down, to reduce adhesions between the breast tissue and the muscle. Move in different angles. This is a larger motion that relieves tension in the neck.



### **T**wist horizontally back and forth

Put one hand on top of the breast and one hand underneath the same breast. Move hands in opposite directions. This is to break up adhesions in the glandular tissue, so the pressure is medium.

Consider **PUMPING** the underarm again as a final step, to encourage movement of all the lymph that was released. This relaxing process is best to do in the evenings, after removing your bra, but you are encouraged to practice this any time. The amount of time spent is dependent on the person, but **typically takes 2-3 minutes**. If you are not sure of yourself in the beginning, start "five by five": perform these 5 steps, 5 times.

**Memory Aid: "Pump the brakes and honk the horn as you go around the mountain. Watch for rock slides and twists and turns in the road."**

### **Breast Self-Massage "Undercover"**

Pretend to rub your shoulder: Meanwhile, shift your breasts side-to-side using the inside of your arm. Then lift your bras straps up and down gently to bounce the breasts. Or you could spend more time braless and the breasts will bounce themselves 😊 😊

Acknowledgement:

Developed from the heroic insights of Cheryl Chapman, RN  
[www.CherylChapman.com](http://www.CherylChapman.com)