



## Pregnancy & Postnatal

### Breastfeeding

Are your breasts hard, painful and warm to touch?

Do you have a tender, red lump?

Are you feeling feverish and unwell?

Breastfeeding difficulties are common and distressing problems which affect your quality of life at such a special and important time. Engorgement, blocked ducts and mastitis are painful and make breastfeeding difficult and uncomfortable. You might find yourself feeling feverish and worrying about the next feed. These problems can affect your ability to care for and bond with your baby.

Engorgement, blocked ducts and mastitis affect 20% of breastfeeding women. There are many possible causes of breast feeding problems including oversupply, poor attachment, poor breast drainage, fatigue, a poorly fitting bra and a change to your baby's feeding pattern.

Physiotherapy therapeutic ultrasound and advice as part of a multi-disciplinary team is an effective treatment for blocked ducts and mastitis.

## What Will My Physiotherapy Program Involve?

- A thorough assessment to establish your goals and treatment plan
- Application of therapeutic ultrasound
- Advice regarding rest and self-help strategies
- We'll work as part of a multi-disciplinary team with your doctor and a lactation consultant to help you achieve the best possible outcomes




## How Often Will I Need To Attend?

The number of treatments varies for each individual depending on the severity of your symptoms and rate of progress. Most women require daily treatment for a few days.

## What Can WMHP Do For Me?

Breastfeeding difficulties are common but can be managed. At Women's & Men's Health Physiotherapy we'll work with you and your other health care providers to treat blocked ducts and mastitis so you can comfortably enjoy the important and special job of breastfeeding your baby.

## Why Choose Women's & Men's Health Physiotherapy?

-  We're a group of female Physiotherapists who specialise in the physical conditions of pregnancy and after birth
-  We'll design a personalised management program for you
-  We're passionate about empowering women to be at their physical best in pregnancy and during the postnatal period



Women's & Men's  
Health Physiotherapy

549 Burke Rd, Camberwell VIC 3124

T: 03 8823 8300

E: [physio@wmhp.com.au](mailto:physio@wmhp.com.au)

[wmhp.com.au](http://wmhp.com.au)

