

## 良好姿勢

## Proper Posture

哺乳的媽媽容易因為乳房變重、腫脹、疼痛，導致不良姿勢。因此，媽媽們宜選擇尺寸合適、肩帶長度合宜、肩帶較粗和有足夠承托的胸圍，避免選擇有鋼圈或過緊的胸圍。

Breastfeeding mothers are prone to have improper posture due to increased breast weight, breast swelling and pain. They are suggested to select well-fitting bras with suitable strap length. Bras with wide straps and good support are also recommended. Poor-fitting bras with bra rims should be avoided.

此外，不當的餵哺姿勢亦容易令嬰兒感到不適，造成乳頭損傷。痛楚會減低媽媽們哺乳的意欲，從而令乳汁淤積，加劇乳腺阻塞的情況。餵哺母乳的建議姿勢有後躺式、橫臥式、側臥式和攬球式等，詳情請諮詢產科護士或物理治療師。

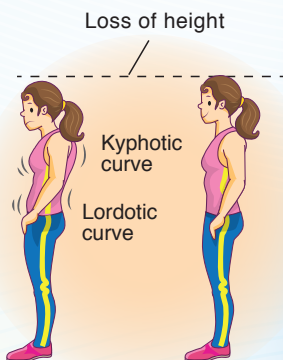
Besides, improper feeding posture may cause discomfort to your baby during breastfeeding thus leading to nipple laceration. Pain discourages mothers from breastfeeding. This can cause milk stasis which further worsens duct blockage.

Some of the most commonly used nursing positions include the laid-back position, transitional hold, side-lying position and underarm position. If there is any enquiry, please consult your obstetrical nurse or physiotherapist.

保持良好姿勢，能夠減少前胸肌肉緊張，防止乳房下垂，舒緩肩頸及背部痛楚。

It is beneficial for us to maintain proper posture to prevent tightness of anterior chest and sagging breast also to relieve neck, shoulder and back discomfort.

- 收下巴、挺胸、收腹、保持正常呼吸
- Tuck your chin in, squeeze your shoulder blades in and down, draw your tummy in and keep normal breathing

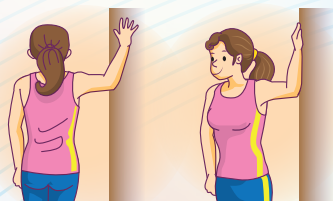


## 拉筋運動

## Stretching

- 1 站立，上臂舉至90度，把手臂放在牆角。身體稍微向另一側轉動。維持10秒。重覆\_\_\_\_\_次。

In standing, raise your shoulder to 90 degrees and position your arm on the wall. Gently turn your body to the opposite side. Hold for 10 seconds. Repeat \_\_\_\_\_ times.



- 2 雙手拿著毛巾 (如圖示)，把雙手向上舉，直至臂膀有拉緊的感覺。

維持10秒。重覆\_\_\_\_\_次。

Hold a towel as shown in the picture. Gently pull up both arms until you feel a stretch over your shoulders. Hold for 10 seconds. Repeat \_\_\_\_\_ times.



- 3 站立，雙臂伸直，放在身後，把雙手從背部拉起。

維持10秒。重覆\_\_\_\_\_次。

In standing, keep your arms straight and interlace hands behind back, then lift up arms from the back. Hold for 10 seconds. Repeat \_\_\_\_\_ times



## 注意事項 Precautions

進行按摩或拉筋運動時，如過份用力、姿勢錯誤、速度太快或過量活動，有機會導致肌肉拉傷，請遵從物理治療師的指示進行運動。

There is a risk of muscle sprain if movement is too vigorous or perform in improper position. Please follow the instructions of physiotherapist.



參考資料 References  
Betzold, C. M. (2007). An update on the recognition and management of lactational breast inflammation. *The Journal of Midwifery & Women's Health*, 52(6), 595-605.  
Cooper, B. B., & Kowalsky, D. (2015). Physical therapy intervention for treatment of blocked milk ducts in lactating women. *Journal of women's health physical therapy*, 39(3), 115-126

如有任何疑問，請向物理治療師查詢。  
If there is any enquiry,  
please consult your physiotherapist.

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## 乳腺閉塞的護理

LACTATION DUCT  
BLOCKAGE MANAGEMENT



## 簡介 Introduction

母乳餵哺在香港越趨普遍，媽媽們有機會面對不同問題，如乳頭疼痛、胸部過度腫脹、乳腺阻塞或乳腺發炎等。乳腺阻塞若能儘早接受物理治療，可避免阻塞情況惡化。

Nowadays, breastfeeding has become more popular in Hong Kong. Breastfeeding mothers may encounter different problems, for example, sore nipples, breast engorgement, lactation duct blockage and mastitis etc. Early physiotherapy intervention can help with lactation duct blockage problem.

### 乳腺阻塞的成因 Possible reasons causing lactating ducts blockage

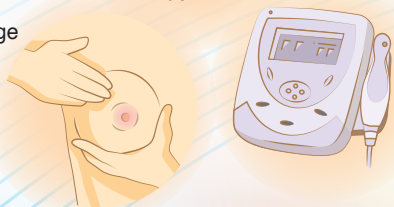
- 母乳分泌過多
- 乳汁淤積
- 沒有按時擠奶排空多餘母乳
- 乳房被壓迫，例如：穿着過緊的內衣或有鋼圈胸圍
- Over-abundant breast milk supply
- Milk stasis
- Inadequate drainage of breast
- Excessive pressure applied on breast, for example constructive bra or tight clothing

### 物理治療的目標 Aims of physiotherapy treatment

- 1 減少痛楚 Decrease pain
- 2 減少腫脹 Decrease swelling
- 3 疏通乳腺和促進循環  
Open up blocked ducts and promote circulations

### 治療 Treatments

- 1 熱療 Hot pack
- 2 冰療 Cold pack
- 3 超聲波治療 Ultrasound therapy
- 4 按摩 Massage



## 熱療/冰療 Heat/ Ice therapy

### 熱療/冰療的選擇 How to choose Heat/ Ice therapy?

症狀 Signs and Symptoms	急性發炎 Acute inflammation	慢性發炎 Chronic inflammation
紅 Redness	✓	✗
熱 Increased in temperature	✓	✗
腫 Swelling	✓	✓
痛 Pain	✓	✓
處理方法 Treatment	冰療 Ice therapy	熱療 Heat therapy

### 熱療/冰療的使用 Application of Heat/ Ice therapy

	冰療 Ice therapy	熱療 Heat therapy
時間 Time	15 分鐘 15 minutes	
注意事項 Precautions	先用布類包住熱水袋/冰袋再使用 Use a piece of cloth to wrap the hot/ ice pack before applying on skin	熱敷/冰敷前，皮膚應避免塗上藥膏 Ensure dry skin without ointment before applying hot/ ice pack
不適用的情況/ 禁忌症 Contraindications	如冰敷部位有過敏反應或刺痛，應立即停止冰敷 Immediately stop ice therapy if you are allergic to ice or feel pain.	應感到舒適的溫熱感，若感到過熱應立即停止熱敷 Comfortably warm should be expected. Immediately stop heat therapy if you feel the temperature is too hot
	患處有傷口 Open wound 患處失去正常分辨冷熱的能力 Loss of sensation	
	對冰過敏 Allergic to ice	急性炎症 Acute inflammation

### 治療流程 Treatment pathway

如被診斷為乳腺閉塞，應盡快提交物理治療轉介信，物理治療部門將會盡快安排病人預約並接受治療。病人應盡量配合治療計劃，以達致較佳的治療效果。  
Clients diagnosed as blocked milk ducts are recommended to submit their referral to physiotherapy department as early as possible to schedule an appointment. Clients are recommended to follow our treatment schedule in order to maximize treatment effect.

## 按摩 Breast massage

在按摩前，病人可先自行檢查乳房，找出乳腺阻塞位置。若發現有硬塊，可先在硬塊位置輕輕打圈按摩。如乳房過份疼痛，可先運用熱療幫助舒緩疼痛再按摩。

病人可分別在母乳餵哺前後進行按摩，每次為時約5至10分鐘。注意按摩時不應過分用力，應在可接受的疼痛範圍內進行。

Clients are recommended to assess the location of blocked duct before massage. If there is any hard nodule, gentle localized circular massage at the nodular site can be applied. Heat therapy can be used before breast massage to reduce pain if the breast is too painful.

Breast massage is best to be performed for 5-10 minutes, before and after breastfeeding. Do not massage too forcefully.

- 1 一手托住乳房下緣，另一手以指腹按摩乳房上緣  
Place one hand on the lower border of your breast, use another hand to massage the upper border of your breast with finger pad
- 2 一手托住乳房上緣，另一手以指腹按摩乳房下緣  
Place one hand on the upper border of your breast, use another hand to massage the lower border of your breast with finger pad
- 3 把雙手分別放於乳房的上下緣，同時向乳頭方向推擠  
Place both hands on upper and lower border of your breast, then compress towards the nipple at the same time
- 4 把雙手分別放於同一乳房的左右兩方，同時向乳頭方向推擠  
Place both hands on the left and right side of the same breast, then compress towards the nipple at the same time
- 5 用兩至三根手指從乳房底部向乳頭方向打圈按摩  
With 2-3 finger pads, compress and circulate from the bottom of the breast towards the nipple
- 6 用指腹按摩乳暈，然後輕捏乳暈嘗試擠奶  
Massage around the nipple with your finger pad and then try to pinch the areola for lactation

