

# OKETANI TECHNIQUE OF BREAST MASSAGE

## Benefits Of Oketani Massage



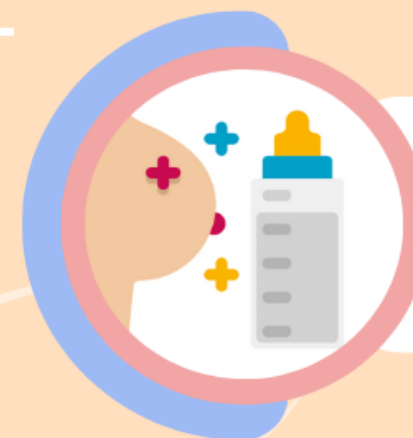
Painless

Stimulates  
milk production



Relieves sore or  
painful nipples

Softens the breast,  
making it easier for  
the baby to latch



May enhance breast  
milk quality in the  
long run

## Steps Of Oketani Massage

The massage involves four main steps performed within one minute on each breast. The cycles are repeated for 15 to 20 minutes.

STEP 1	STEP 2	STEP 3	STEP 4
Separating the hard part of the breast from the pectoralis major muscle with gentle pressure	Pulling the breast down gently with both hands	Rotation of the breast in a clockwise direction by stretching from the base	Expression of milk (milking), done in four different directions

### References:

1. Difficulties in Breastfeeding: Easy Solution by Oketani Breast Massage; BMRCBD
2. The effect of Oketani breast massage on successful breastfeeding, mothers' breastfeeding support need, and breastfeeding self-efficacy: A clinical trial study; Research Square
3. Effect of Breast Massage on Milk Composition; American Academy of Pediatrics