

## Elisabeth Barnard

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**From:** Pamela Avery <pgavery1@icloud.com>  
**Sent:** Wednesday, October 16, 2024 6:29 PM  
**To:** Nevada Board of Massage Therapists  
**Subject:** Breast massage regulations

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To Whom It May Concern:

I am a breast cancer survivor as well as open heart surgery survivor. I can tell you that Therapie breast and chest massage has been a god send for me. After my breast surgery I suffered a massive hemorrhage into my right breast. As a result I developed a large hard scarred mass in that breast. It was painful and disfigured. My medical oncologist Dr. Karen Jacks referred me to Therapie for medical massage to help resolve and restore my breast to a more normal configuration. Thank God for their help! The techniques they used to restore my breast to normality as well as my shoulders and arms to full range of motion cannot be found anywhere else. And as a retired physician I can honestly say without their care I might be disfigured and disabled in my upper mobility. This is a form of medical care not available anywhere else in the medical system much less the regular massage community. The technique is respectful and truly designed to treat medical conditions that cannot be treated any other way. It is a subspecialty of massage that needs to be taught to those therapists who are willing to undertake the study and performance of the healing art from a position of true care and concern for helping people with severe restrictions of the chest area and breast area. These restrictions can limit not only movement but even restriction of breathing. It is not just for cosmetic purposes though that is also a benefit for people suffering from deformities. The technique requires fine examination of the breast and chest area so that the therapist can determine the best technique for each individual patient To limit the full examination and visualization of the chest and breast area during treatment would be akin to asking a surgeon to operate while blind-folded. It is ridiculous to think that is possible and could even harm a client. I hope no legislation will hinder the delivery of this very necessary form of hands on healing.

This is truly where the medical profession needs the help of the massage community in providing this service because doctors, nurses and other health care professionals are never educated in these techniques. I recently explained the therapy to my cancer doctors at MD Anderson, a world famous cancer care center in Houston. They were

extremely impressed with my results and expressed interest in having the techniques available to their numerous patients in need. I am grateful that Therapie breast massage was available to me. As such I have been able to avoid further costly surgical procedures and avoid the risks of surgery to my ongoing health. Because of this I feel breast massage should not be limited in any ways that would hinder their effectiveness, harm the client during delivery of the therapy or worse yet, cause therapists to abandon the techniques. It needs to be taught to massage therapists and available to all patients with scarred and disfigured breasts and chest walls. I myself still require more therapy for complete resolution and would suffer greatly if you were to hinder the delivery of this care. We as Nevadans need to proudly support and promote this work that was developed by one of us. There are many people like me who deserve this compassionate and respectful care and we deserve the right and freedom to choose what we do to our own bodies.

Warmly,

Pamela Avery MD  
Retired Assistant Professor  
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