



The Gladstone
Oncology Massage

**Compassionate Touch.
Individualized Care.**

gladstonemassage.com

Explore

at your own pace



CANCER.ORG

<https://www.cancer.gov/about-cancer/treatment/side-effects/lymphedema>



S40M.ORG

<https://www.s40m.org/member-area/resources-for-webpage/lymphedema-risk-and-oncology-massage/>

For information and conversation.
Your healthcare team evaluates
medical concerns.

Massage and your Lymphatic History

What is worth knowing

Lymph-node removal or radiation affecting lymphatic pathways can change how fluid drains from nearby tissues. This can increase the risk of lymphedema, a condition involving fluid buildup and swelling. It may appear soon after treatment or years later. Risk can persist for life. Increased risk is not a diagnosis, and not everyone develops lymphedema. Having no visible swelling does not rule out increased risk.

What this means for massage

Oncology massage guidance recommends adapting pressure and techniques in affected areas. There is no universal pressure number that guarantees safety. We cannot tell you that deeper massage will cause lymphedema, or promise that it will not.

How we approach it at The Gladstone

Katie individualizes the pressure, positioning and areas worked. Affected lymphatic areas receive our gentler oncology approach. If you want firmer work elsewhere, she needs relevant written medical information before considering it. A missing form does not automatically prevent appropriate massage. Medical “clearance” neither removes risk nor guarantees firmer pressure. Oncology Massage is skilled, individualized care.

A helpful conversation to have

You might ask your healthcare team: “Which areas are affected by my surgery or radiation, and are there precautions I should share with my massage therapist?” A provider note or relevant treatment records may help Katie understand your history.

When something changes

Tell your healthcare team about new swelling, heaviness, tightness or reduced movement. These changes can have several causes; massage does not diagnose them. Redness, warmth or fever needs prompt medical attention. SBM Oncology Massage is not lymphedema treatment.

Pressure is a tool, not a measure of quality.