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Title: Effect of manual lymph drainage massage and low pressure bandage on pain and shoulder function in patients after radical mastectomy

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Introduction: Patients after mastectomy will experience side effects such as pain and loss of shoulder function. Manual lymph drainage massage and application of low pressure bandage are safe and low-cost methods to reduce these effects.

Methods and materials: This study aimed to determine the effect of manual lymph drainage massage and low pressure bandage on shoulder pain and function in patients after radical mastectomy. In this clinical trial, 90 patients radical mastectomy between January 1387 and June 1390 (Imam Khomeini Hospital, Tehran) were randomly assigned to three groups: massage, massage+ bandages and control. The intervention groups were taught how to use massage and low pressure bandage. Data collecting instrument was Shoulder Pain and Dysfunction Index.

Results: Before beginning intervention, there was no significant difference in pain intensity and shoulder function between three groups. However, the massage, massage +bandage and low pressure bandage groups showed lower pain and shoulder disability ($P<0.001$) 1 month after intervention.

Conclusion: Nurses can have an important role by training manual lymph drainage and low pressure bandage as simple and low cost methods to decrease complication after radical mastectomy.

Key words: Massage therapy, low pressure bandage, pain, shoulder function, radical mastectomy