

A person is lying on a massage table, receiving manual therapy. A therapist's hands are visible, one holding a grey, handheld device connected to a white cable. The device is being used on the person's arm. The background is a soft, light blue wall with some greenery on the left. The overall scene is professional and clinical.

LYMPHATOUCH[®]

Solution for manual therapy

Installation of LymphaTouch Pro

1



The device is packaged in two parts. Install the treatment cable with the device switched off.

2



Pull back on the connector to make the hooks go down.

3



Fit the cable connector to the device so that the white dots connect. Make sure that the connector is fully inserted.

4



Use the start button on the side of the device to switch it on. If the treatment cable is not properly in place, an Error code will appear. Turn off the device and press the connector to the bottom. Restart the device.

Operating Principle

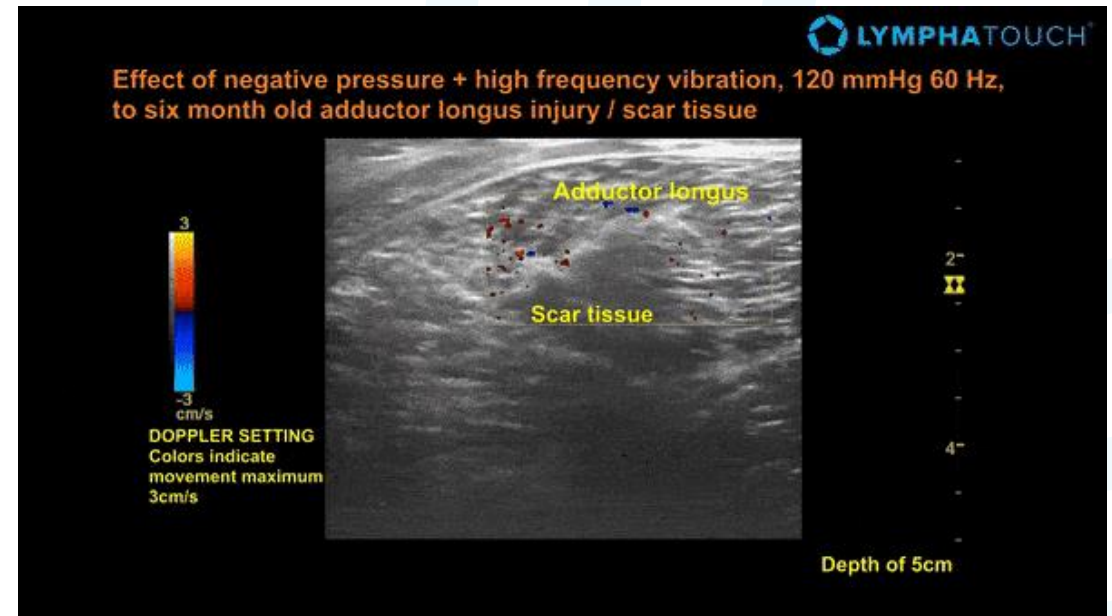
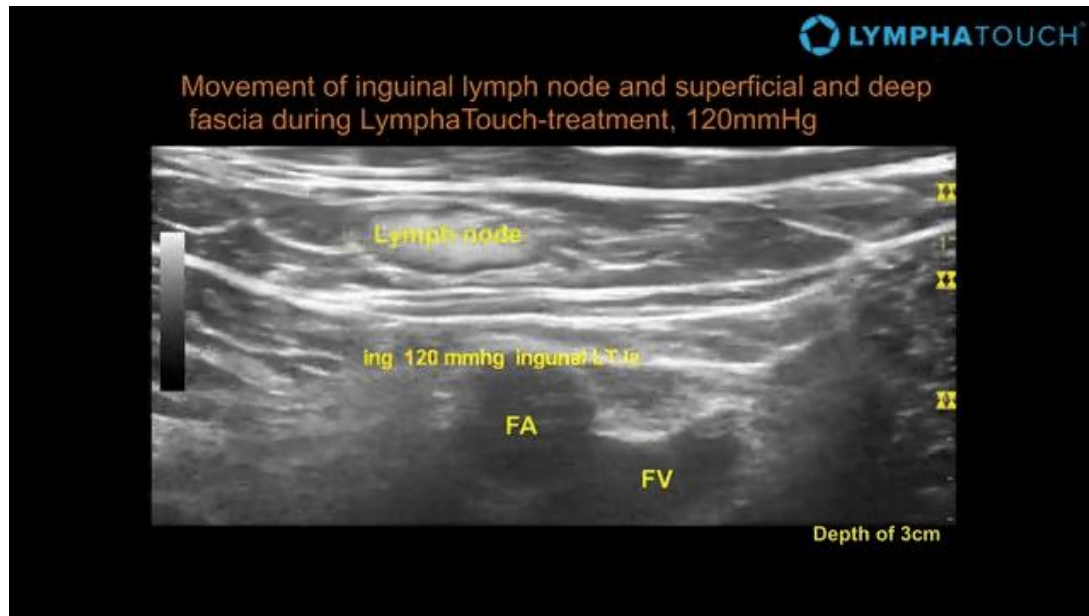
Mechanical Decompression

- Pulls the tissue
- Activates lymphatic and circulatory system



Mechanical vibration

- Activates superficial and deep tissue layers
- Relaxes and softens superficial and deep tissue layers



LymphaTouch® and Lymphatic System

- LymphaTouch® enhances lymphatic circulation by activating the lymphatic ducts, lymph nodes and lymphatic capillaries and by directing the lymphatic fluid.
- Activation of the lymphatic circulation enhances the removal of metabolic waste and swelling and improves local circulation in the treated area.

Possibilities of LymphaTouch



Edema management

- Acute injuries
- Lymphedema
- Postoperative edema



Soft tissue mobilization

- Fascia release
- Soft tissue mobilization
- Muscle maintenance



Scar therapy

- Postoperative wounds and scars
- C-section scars
- Burn injuries
- Trauma injuries



Pain management

- CRPS
- Neuropathy
- Postoperative pain
- Acute and chronic pain

Treatment examples



Soft tissue mobilization

- Lifting and moving the tissue structures
- Increase negative pressure settings 150 – 400 mmHg
- Using more intense techniques, e.g. continuous mode
- Local treatments 10 -15 min

Scar therapy

- Treatment around the fresh wound to help accelerate the body's normal healing process
- Top of the scar to increase lymph and blood flow under the scar
- Continuous mode for intensive mobilization

Treatment examples



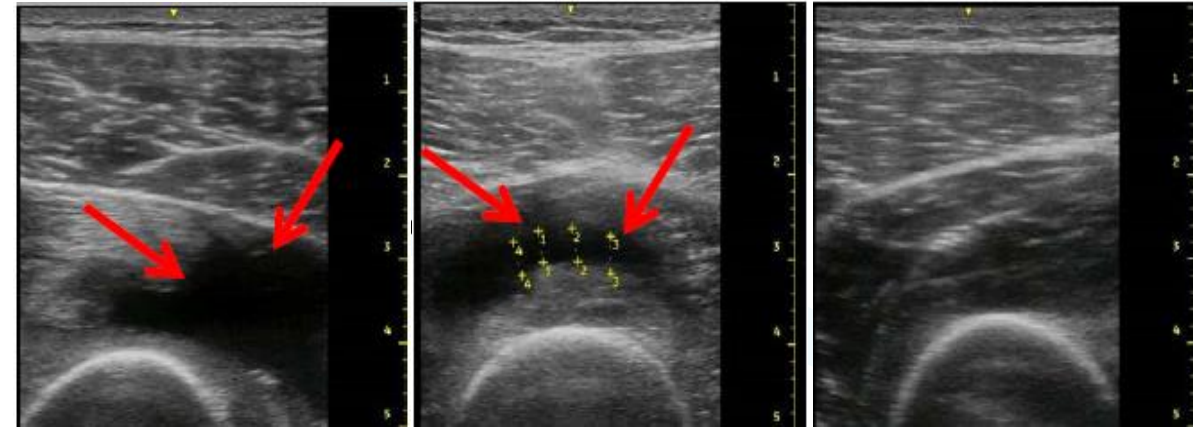
Edema management

- The aim is to activate the lymphatic system and move the swelling fluid away from treated area
- Negative pressures between 20 - 150 mmHg
- Mechanical vibration 90 - 60 Hz
- LymphaTouch Pro includes built-in instructions for the treatment of swelling

Pain management

- Identifying the cause of pain and start with lower negative pressure settings
- CRPS / fibromyalgia as a symptom of swelling
 - treatment of swelling 60 - 90 mmHg
- E.g., plantaris fasciitis and carpal tunnel syndrome → increase the space between tissues → more negative pressure

Treatment Results with LymphaTouch



LymphaTouch combined with cryo therapy



Contraindications

Review contraindications before using the device

Absolute

- Acute deep vein thrombosis
- Acute infection
- Congestive heart failure
- Cardiac edema
- Kidney dysfunction
- Conditions, in which increased venous and lymphatic return is undesirable

Relative

- Active cancer, seek medical advice in advance
- Pregnancy, seek medical advice in advance
- In addition, all contraindications for manual lymphatic drainage and physiotherapy apply.
- If you are uncertain of the suitability of the device for treatment, seek advice from healthcare professional prior to starting the treatment. As this list is not exhaustive, always seek advice from healthcare professional in the event of doubt.

Before Starting the Treatment

The application is easy and simple



1

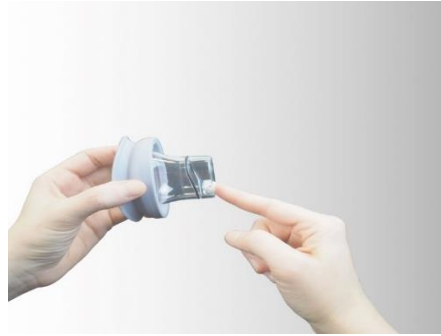
Define the area to be treated

Choose treatment cup according to the area and goal of the treatment



2

Put tiny bit emollient on the o-ring of the treatment cup to ensure proper connection with treatment head



3

Insert a filter before attaching the treatment cup to the treatment head



4

Apply sufficient amount of massage cream on the area to be treated to ensure good skin contact with the cups

This helps proper movement of the cup



5

Choose an appropriate treatment technique

LymphaTouch® Settings

- Negative pressure settings 20 – 400 mmHg
- Pulsation or continuous mode
- Mechanical vibration between 20 – 90 Hz
 - 20 Hz for deeper tissue levels
 - 90 Hz for superficial edema treatments
- Choose appropriate treatment settings, times and cups according to the goal of the treatment



Treatment cups - Sizes

10 mm	35 mm	50 mm	60 mm	80 mm
				
Local scars Small joints Face Head and neck	Local scars Small joints Face Head and neck	Local scars Joint areas Face Head and neck Palm area	Torso Upper and lower limbs	Torso Upper and lower limbs



Treatment Cup Maintenance – Cleaning the Cups



- Remove the cup from the treatment head and dispose the single use filter
- Clean the treatment cups after every treatment session. Use a mild disinfectant to wipe the cups.
- The rubber ring should be removed from the 60 mm treatment cup when cleaning the cup.
- Treatment cups should be replaced with new ones regularly or latest when there is visible wear and tear.
- If the treatment cups are used heavily, the rubber ring may become worn out and soften faster. In this case, replace the treatment cups more frequently to ensure a proper negative pressure treatment.

Treatment Technique Applications



Stationary technique

To help activate tissue
To help improve local circulation



Lift and twist technique

To help improve drainage
To help mobilize tissue



Sliding technique

To help mobilize tissue
To help loose up adhesions
To help redirect fluid



Combo technique

To help mobilize tissue
To help loose up adhesions



Stationary technique

When to apply?

- Start of the treatment, activates circulatory and soft tissue
- Gentle way of mobilizing tissue

Tips for use

- Adjust the negative pressure levels to support treatment goal
- Hold the cup
- Keep the cup at the same place for 3-5 pulsation
- Next place covers 1/3 of the previous area
- Activate the whole area
- Add mechanical vibration if wanted



Lift and twist technique



When to apply?

- Fascial release, scar tissue mobilization
- Swelling management

How to do

- Increase negative pressure levels to prevent cup from coming off the skin
- Lift and twist during suction phase, release softly back to the starting position.
- Lift and twist both directions – stay in the same place couple of pulses



Sliding technique



When to apply?

Pulsation mode

- Swelling management – redirect the fluid

Continuous mode

- More intensive fascia release
- Scar tissue

Tips for use

- Add massage cream

Pulsation mode

- Stay still during pulsation, slide during the rest phase

Continuous mode

- Decrease negative pressure levels
- Slide to wanted direction





Combo technique

When to apply?

Pulsation mode

- Swelling management
- Fascia release and scar tissue

Continuous mode

- More intensive fascia release
- Scar tissue

Tips for use

- Add massage cream

Pulsation mode

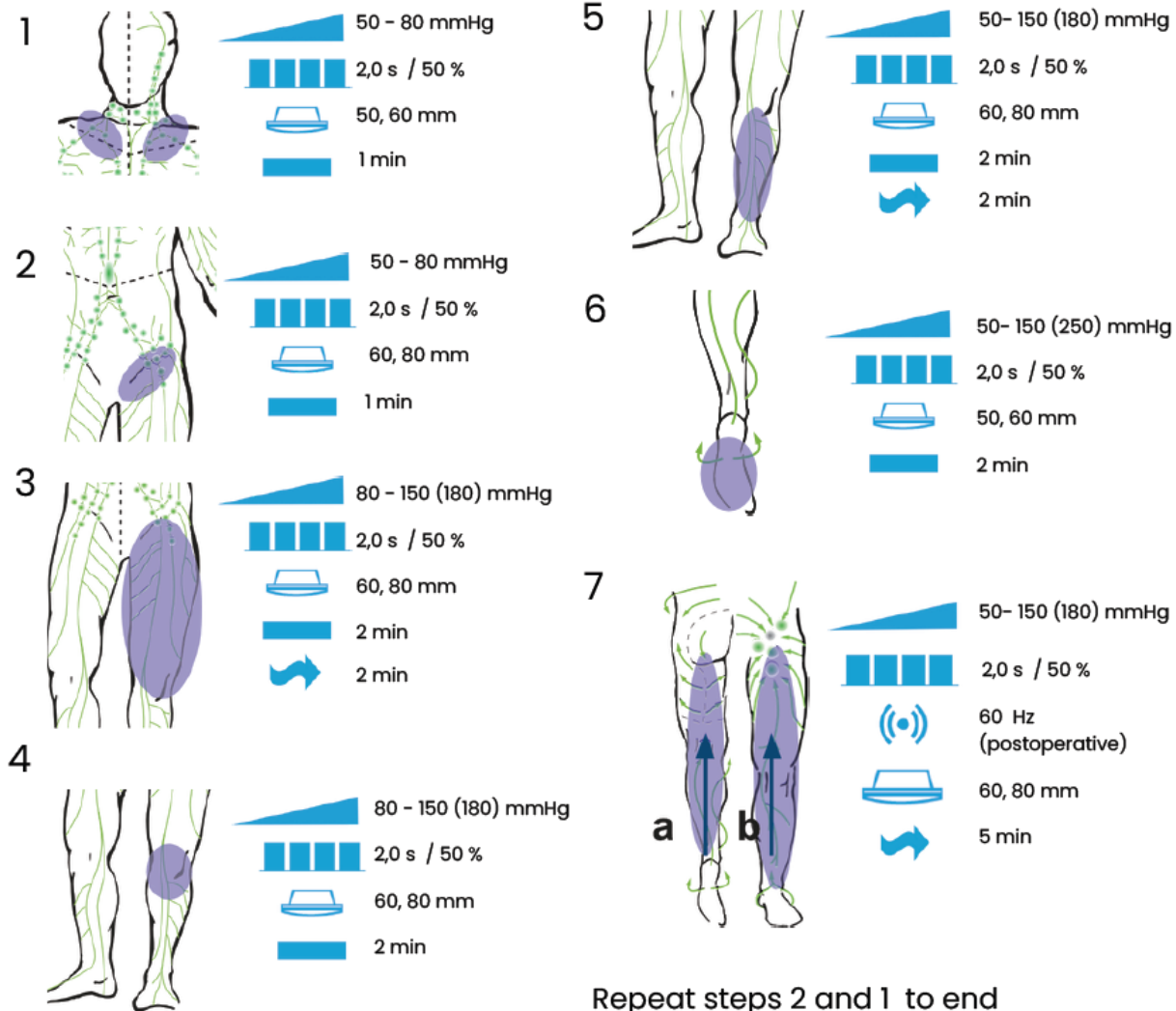
- Lift and twist during pulsation, slide during the rest phase

Continuous mode

- Decrease negative pressure levels
- Slide with lift and twist motion to wanted direction



Lower extremity treatment protocol



Repeat steps 2 and 1 to end the treatment



Thank you!

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Always read the contraindications and user manual before using the device. If you are uncertain of the suitability of the device for the treatment, always seek advice from healthcare professional prior to starting the treatment. ©Copyright 2024 LymphaTouch Inc.

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