

TREATMENT INSTRUCTIONS

REHABILITATION APPLICATIONS



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CONTRAINDICATIONS

Always review contraindications before starting LymphaTouch® treatment.

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 contraindication 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.

NOTE:

Always read the contraindications and instruction 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.

NOTE:

LymphaTouch® instructions serve as generic instructions. Always choose device settings, size of treatment cup and length of treatment to meet patient tolerance and specific needs. Always monitor patient response of treatment. If the treatment causes pain, adjust the negative pressure or vibration settings or stop the treatment.

OPERATING PRINCIPLE

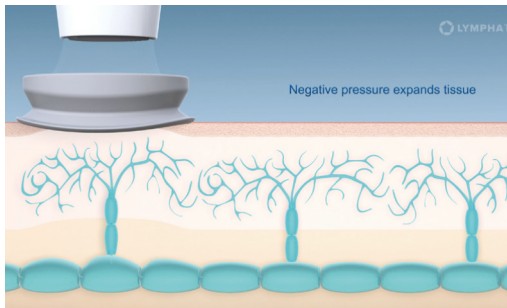


LymphaTouch® is a medical device which is based on negative.

The device serves as a supporting tool for manual therapy. LymphaTouch® helps improve lymphatic circulation in the treated area.

The device can also be used to treat fibrotic tissue, scars and axillary web syndrome.

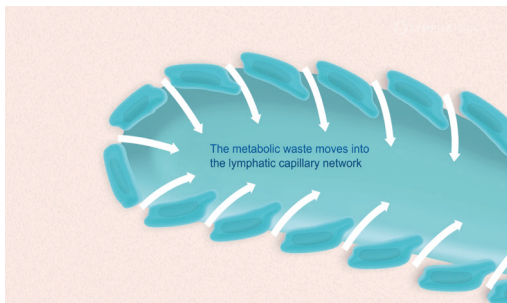
The whole therapy can be performed device assisted or negative pressure can be combined with other techniques to improve therapy outcome.



Negative pressure expands the tissue.



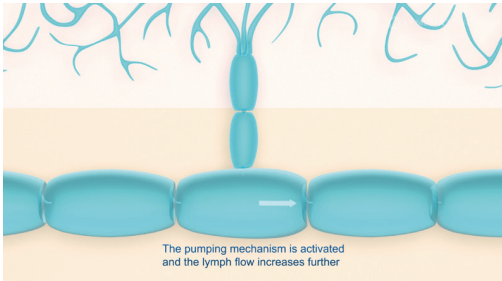
Negative pressure creates movement of the anchoring filaments and the endothelial holes expand.



Metabolic waste moves into the lymphatic capillary network.



Lymph and metabolic waste is transported through the lymphatic capillaries to pre-collectors.



And further to the collectors. The pumping mechanism is activated and the lymph flow is increased further.

SYMBOLS

Explanations of the symbols are presented in the table below. The symbols are used to help the user to choose suitable settings, treatment cup and treatment technique.

Symbols for treatment settings and treatment cups

	Pressure 20-350 mmHg	Negative pressure setting: 20 mmHg - 250 mmHg (up to 350 mmHg with Sport Upgrade)
	Pulse 2 s / 50% (Standard setting)	Pulsation setting: Pulse length 1-5 s Work and rest ratio 30-90%
	Continuous 20-350 mmHg	Continuous negative pressure setting
	Vibration 20-90 Hz	High frequency vibration setting
	Sizes 10 mm 35 mm 50 mm 60 mm 80 mm	Treatment cup: Always choose a treatment cup that fits the area to be treated

Symbols for treatment techniques

	Stationary technique	To help activate tissue To help improve local circulation
	Sliding technique	To help improve drainage To help mobilize tissue
	Lift and twist technique	To help mobilize tissue To help loose up adhesions
	Combo technique	To help mobilize tissue To help loose up adhesions

TREATMENT CUPS

LymphaTouch® device has five different sizes of treatment cups: 10 mm, 35 mm, 50 mm, 60 mm and 80 mm. Treatment cup must fit well with the shape of the treated body part. Additionally, patient's comfort level must be considered when choosing the treatment cup.

As a general rule, we recommend choosing the largest treatment cup suitable for the treated body part. This enables wider area of effect.

Treatment cup	Size	Area of use
	10 mm	Local scars Small joints Face Head and neck
	35 mm	Local scars Small joints Face Head and neck
	50 mm	Local scars Joint areas Face Head and neck Palm area
	60 mm	Whole body
	80 mm	Torso Upper and lower limbs

Treatment cup maintenance



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.

To order more treatment cups, contact your local distributor.

Note:

- Store the cups in device bag or in a box.
- Avoid exposure to sun light or bright light from lamps.
- It is advisable to rub fingers along the black o-ring with a small amount of massage oil.
- The treatment cups are not autoclavable.

TREATMENT CUP FILTERS

- Single-use medical grade filters for treatment cups.
- Insert a filter before attaching the treatment cup to the treatment head.
- NOTE: The device does not start operating without a filter.
- Change the filter after every treatment to ensure better hygiene.
- Remove the filter before cleaning the treatment cup.



TREATMENT SETTINGS

Always adjust the pressure level, pulse length and vibration setting according to the patient sensations and tissue properties.

Negative pressure mmHg

Negative pressure can be adjusted between 20-250 mmHg (up to 350 mmHg with Sport Upgrade).

Generic table on how to apply and choose negative pressure

mmHg negative pressure values	
20-50	Treatment of sensitive and aged skin
50-100	Treatment of normal tissue
100-200	Treatment of normal and tight tissue Fascia treatment and scar tissue treatment
200-350	Treatment of hard tissue Fascia treatment

Negative pressure mmHg with pulsation

mmHg setting can be applied using a pulsation setting

- Standard setting 2 s
- Pulsation length range 1 s - 5 s
- Standard setting 50% work and rest ratio, range 30-90%

Example 1:

50/50% 2 s pulsation: 1 s negative pressure work phase, 1 s rest phase, used for tissue activation.

Example 2:

80/20% 2 s pulsation: 1,6 s negative pressure work phase, 0.4 s rest phase, used for fascial decompression.

mmHg with constant negative pressure



Negative pressure setting can be used with a constant negative pressure.

Pay special attention to the pressure level and patient perceptions in order to avoid hematomas and tissue damages.



Vibration setting Hz

LymphaTouch® has a unique feature of combining negative pressure and mechanical high frequency vibration.

Use a higher mmHg value between 100-350 mmHg when using the Hz setting in order to ensure an effective negative pressure treatment.

In general higher frequencies have an effect on the superficial layers of the tissue and lower frequencies take the effect deeper into the tissue.

Hz Vibration setting	
90	Superficial tissue layers Liquid transport Edema
40-60	Deeper tissue layers Fascia Acute muscle injuries
20	Deep tissue layers Joints and tendon injuries Fibrotic and hard tissue

BEFORE TREATMENT

- Read the instruction manual carefully before using the device.
- Review contraindications before use.
- LymphaTouch® treatment does not require any special preparations.
- Massage oil or lotion can be applied directly on the skin to help move the treatment cup.

AFTER TREATMENT

- Continue the follow up care according to the therapy plan of the patient.

TREATMENT TECHNIQUES

Always choose an appropriate treatment technique for your patient. Different treatment techniques and manual techniques can be combined in order to achieve the best treatment outcome.

Stationary technique

- Hold onto the treatment handle and place the treatment cup lightly on the skin. The treatment handle engages negative pressure automatically.
- Make sure that the treatment cup is in tight contact with the skin.
- In order to ensure the contact, the rubber edge can be pushed lightly against the skin. Avoid pushing too hard.
- Keep the treatment cup on same spot for 3 to 5 pulsations, and then move the treatment cup to an adjacent skin area so that it covers about 1/3 of the previously treated area.



Note:

- Keep the treatment cup on the same spot for 3-5 pulsations and then move it to an adjacent skin area so that it covers about 1/3 of the previously treated area.

Lift and twist technique



- Hold onto the rubber part of the treatment cup.
- Lift and twist the treatment cup during the working period of the negative pressure cycle. Reset the treatment cup during the rest period.
- Lift and twist the treatment cup to the opposite direction during the next working period of the negative pressure cycle.
- This technique can be applied for fascial techniques, for breaking up hard tissue and to help loosen adhesions.



Note:

- Lift and twist the treatment cup during the working period of the cycle.
- Release during the pause-phase and repeat to the opposite direction.

Sliding technique



- Sliding technique can be applied using pulsating mode or constant mode. When using the constant mode, you should pay special attention to the pressure level and patient's perceptions in order to avoid hematomas and tissue damages.
- Hold onto the rubber part of the treatment cup. Slide the treatment cup lightly on the skin. Avoid pushing the treatment cup down.
- It is easier to slide the treatment cup if less manual pressure is applied to the front section of the treatment cup. Sliding can be made easier also by adding massage oil.
- This technique can be applied for fascial treatment indications, to soften tissue, to loosen up adhesions and for lymphatic indications to guide the lymphatic fluid towards healthy parts of the body.



Note:

- Slide the treatment cup lightly over the skin using the pulsating or continuous negative pressure setting.

Combo technique



The combo technique can be performed with pulsation or with constant pulsation mode



Note:

- Use a combination of lift and twist technique and sliding technique moving the cup dynamically.
- This technique can be performed with different treatment cup sizes. This technique is appropriate for treating adhesions and axillary web syndrome.

PREOPERATIVE TREATMENT APPROACH

LymphaTouch can be used as preoperative treatment to help reduce postoperative swelling, bruising and to support the overall rehabilitation process.

Always consult a healthcare provider or physician in charge to check when the treatment can take place preoperatively.

Approach to treat preoperative swelling

Activate the initial lymphatics and initiate the treatment to the area where the operation will take place. A general preoperative treatment follows a proximal - distal - proximal treatment direction.

Always monitor patient reactions on how the tissue responds to the treatment and chosen settings.

Note:

- Activate initial lymph node clusters using the stationary technique.
- Treat with stationary technique from proximal to distal direction closer to the surgery site.
- Treat with sliding technique from distal to proximal direction.
- End with the stationary technique at the initial lymph node clusters.

POSTOPERATIVE TREATMENT APPROACH

LymphaTouch can be used as part of the postsurgical rehabilitation to help reduce swelling and pain.

Approach to treat postoperative swelling

Activate the initial lymphatic pathways and continue the treatment near to the surgical site. A general postoperative treatment follows a proximal - distal - proximal treatment direction.

Always monitor patient reactions on how the tissue responds to the treatment and chosen settings.

Note:

- Activate initial lymph node clusters using the stationary technique.
- Treat with stationary technique from proximal to distal direction closer to the surgery site.
- Treat with sliding technique from distal to proximal direction.
- End with the stationary technique at the initial lymph node clusters.

Treatment of fresh scars

LymphaTouch can help promote the healing process of a fresh scar.

Always monitor patient reactions and how the tissue responds to the treatment and chosen settings.

Note:

- Activate initial lymphatics using the stationary technique.
- Treat the adjacent area lightly by using stationary technique, so there is no movement of the wound or sutures.
- Never treat on top of an open wound.

Treatment of scarring

Older scars can contribute to reduced range of motion, pain and reduce muscle and joint function.

LymphaTouch can be used to help loose up adhesive sites. The location and shape of the scar determine the negative pressure level and the size of the treatment cup. Negative pressure level should be increased gradually during the treatment, monitoring how the tissue reacts.

The duration of negative pressure action can be extended to achieve a longer decompression of the tissue. For adhesive scars, the continuous negative setting can be applied.

Always monitor patient reactions and how the tissue responds to the treatment and chosen settings.

Note:

- Place the treatment cup near the scar and directly on top of the scar and/or adhesion. Treat by using stationary technique.
- Activate the constant mode and treat adhesive areas by applying the lift and twist technique and combo technique.
- Treat the adhesive site locally for several minutes evaluating the tissue reaction.

FIBROTIC TISSUE AREAS

Always monitor patient reactions and how the tissue responds to the treatment and chosen settings.

Note:

- Activate the initial lymphatic pathways before treating the fibrotic tissue area itself. Use the stationary technique.
- Treat directly on the fibrotic tissue area by using the stationary technique. Treat the entire fibrotic tissue area. Activate the high-frequency vibration. Start from higher frequencies and move gradually to the lower frequencies.
- Apply the lift and twist technique with or without high-frequency vibration on top of the fibrotic area.
- If the tissue is hard, the pulse length can be extended. This enables a longer decompression of the tissue.
- You may also apply continuous negative pressure combined with mechanical high-frequency vibration directly on top of the fibrotic tissue area.

TREATMENT OF JOINTS

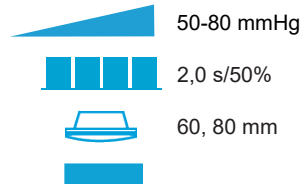
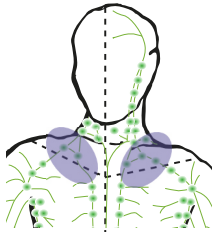
Applying LymphaTouch negative pressure around the joint areas is an efficient way of reaching different joint interspaces. LymphaTouch is suitable for treatment of acute and chronic joint related injuries and conditions.

Examples on how to apply around joint areas.



HOW TO START AND END A LYMPHATOUCH® TREATMENT

One way of starting and ending a LymphaTouch® treatment is to activate the supraclavicular fossa region to prevent congestion. The treatment instructions start and end at the supraclavicular fossa.



Note:

- Keep the treatment cup on the same spot for 3-5 pulsations and then move the treatment cup to an adjacent skin area, so that it covers about one third of the previously treated area.
- Anterior activation: Place the treatment cup above the collarbone.
- Posterior activation: Place the treatment cup on the trapezius muscle.
- Treat a total of three to five spots on both left and right side.
- The activation of the supraclavicular fossa (terminus) can be done both from the anterior or posterior side of the body. Always choose the best treatment position for the patient.

Example of an anterior activation



Example of a posterior activation



APPLICATION AREAS FOR LYMPHATOUCH® TREATMENT

LymphaTouch® serves as an assisting tool for manual therapy. In these treatment instructions, the treatments are given solely with the device, but the therapist can always choose to give a part of the treatment manually or to apply some other method.

Always notice local contraindications and precautions before starting the treatment. The stated negative pressure values and treatment techniques serve as general instructions.

Therapist must always adapt the negative pressure to the perceptions of the treated patient. The treatment is started with a low negative pressure value, and the pressure value is gradually raised during the treatment observing the treatment reactions in patient during the whole treatment.

Size of the treatment cup is chosen so that it fits well to the shape of the treated body part and the patient finds it comfortable.

Rehabilitation instructions

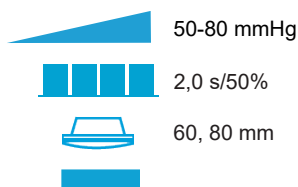
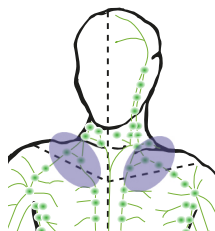
- Pre-treatment of spinal area
- Neck treatment
- Shoulder treatment
- Elbow treatment
- Wrist treatment
- Knee treatment
- Ankle treatment
- Sport recovery treatment

Instructions to help you get started

- Instructs you where to treat
- What device settings to choose
- What treatment cup to use
- Summarizes the treatment pattern

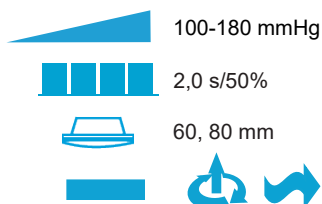
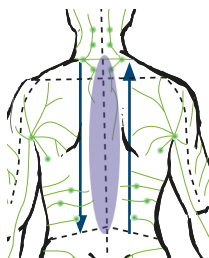
PRE-TREATMENT OF SPINAL AREA

All LymphaTouch® treatment instructions start with the same treatment pattern. This is a global treatment approach to ensure good overall treatment outcome. Therapist can always choose to leave the pre-treatment out and focus to treat more locally. LymphaTouch® pre-treatment of the spinal area is an excellent way to prepare the body for a massage.



Note:

- Keep the treatment cup on the same spot for 3-5 pulsations and then move the treatment cup to an adjacent skin area, so that it covers about one third of the before treated area.
- Treat a total of three to five spots on both left and right side.

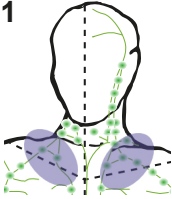


Note:

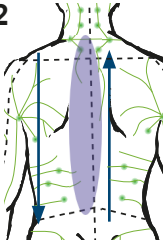
- Treat directly on the spine from around C7 downwards towards the sacroiliac joint by using the stationary technique. Repeat in the opposite direction and repeat the whole sequence as needed.
- Continue the treatment using the lift and twist technique directly over the spine and treat along the spine.
- Continue the treatment by using the sliding technique (pulsation setting or continuous setting). Slide the treatment cup in the form of an s-shaped curve crossing the spine. Avoid pushing the treatment cup down. It's easier to move the treatment cup if less manual pressure is applied to the front section of the treatment cup, still maintaining the skin contact. Sliding can be made easier also by adding massage oil to the patient's skin.

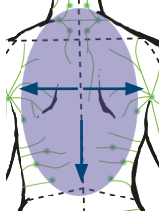
Neck treatment

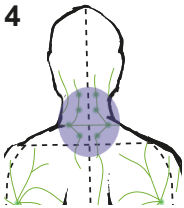
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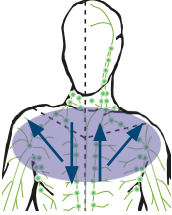

 50-80 mmHg
 2,0 s/50%
 60, 80 mm

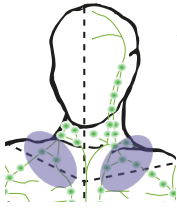
- 2**


 100-180 mmHg
 2,0 s/50%
 60, 80 mm
  
- 3**

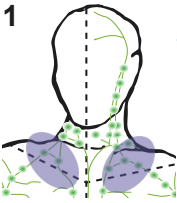

 80-180 mmHg
 2,0 s/50%
 60, 80 mm
 
- 4**


 80-200 mmHg
 2,0 s/50%
 35, 50 mm
 
- 5**


 80-160 mmHg
 2,0 s/50%
 60, 80 mm
 
- 6**


 50-80 mmHg
 2,0 s/50%
 60, 80 mm


Shoulder treatment left side





50-80 mmHg

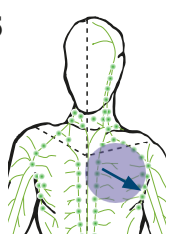


2,0 s/50%



60, 80 mm







100-150 mmHg

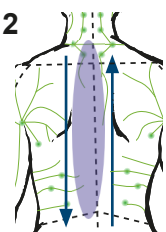


2,0 s/50%



60, 80 mm







100-180 mmHg

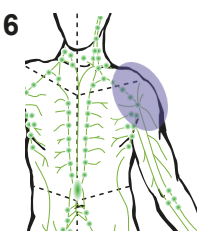


2,0 s/50%



60, 80 mm







80-130 mmHg



2,0 s/50%



80-180 mmHg



2,0 s/80%

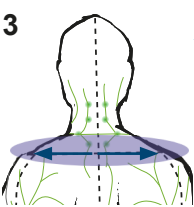


90-20 Hz



60, 80 mm







100-150 mmHg

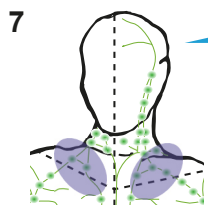


2,0 s/50%



60, 80 mm







50-80 mmHg

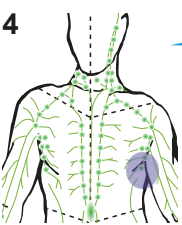


2,0 s/50%



60, 80 mm







50-80 mmHg



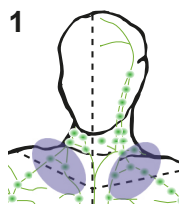
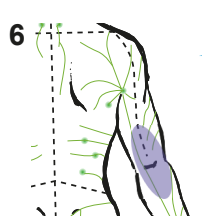
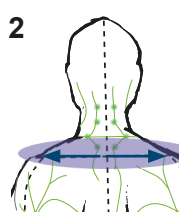
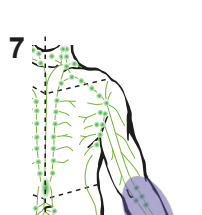
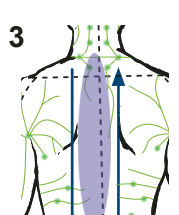
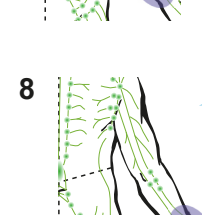
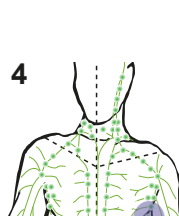
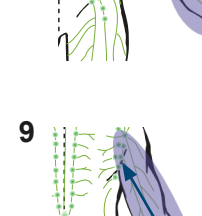
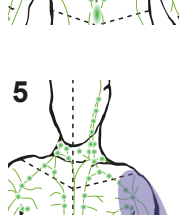
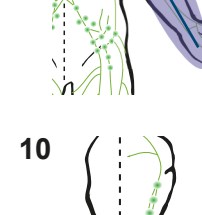
2,0 s/50%



60, 80 mm

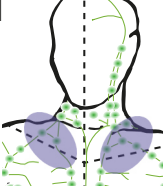


Elbow treatment left side

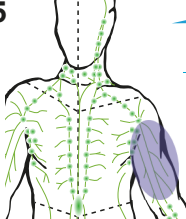
1  50-80 mmHg 2,0 s/50% 60, 80 mm	6  80-200 mmHg 2,0 s/50% 60, 80 mm
2  50-80 mmHg 2,0 s/50% 60, 80 mm ↪	7  80-140 mmHg 2,0 s/50% 60, 80 mm
3  100-180 mmHg 2,0 s/50% 60, 80 mm ↻ ↪	8  80-250 mmHg 2,0 s/50% 50, 60 mm
4  50-80 mmHg 2,0 s/50% 60, 80 mm	9  100-180 mmHg 2,0 s/80% 90-20 Hz 60, 80 mm ↪
5  80-140 mmHg 2,0 s/50% 60, 80 mm ↪	10  50-80 mmHg 2,0 s/50% 60, 80 mm

Wrist treatment left side

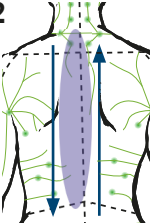
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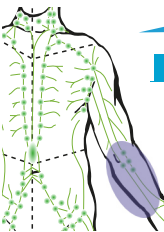
50-80 mmHg
2,0 s/50%
60, 80 mm
- 5



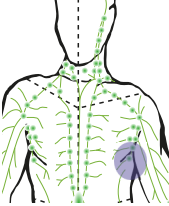
80-120 mmHg
2,0 s/50%
60, 80 mm
- 2



100-180 mmHg
2,0 s/50%
60, 80 mm
- 6



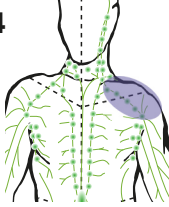
80-120 mmHg
2,0 s/50%
60, 80 mm
- 3



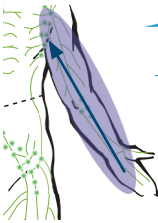
50-80 mmHg
2,0 s/50%
60, 80 mm
- 7



80-250 mmHg
2,0 s/50%
50, 60 mm
- 4



80-120 mmHg
2,0 s/50%
60, 80 mm
- 8

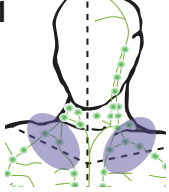


100-180 mmHg
2,0 s/80%
90-20 Hz
60, 80 mm

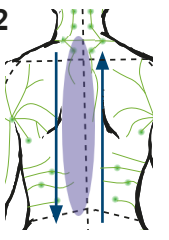
9 **END THE TREATMENT BY REPEATING STEP 1.**

Knee treatment left side

- 1**



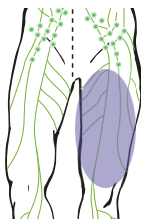
50-80 mmHg
2,0 s/50%
60, 80 mm
- 2**



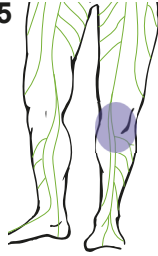
100-180 mmHg
2,0 s/50%
60, 80 mm
- 3**



50-100 mmHg
2,0 s/50%
60, 80 mm
- 4**



80-120 mmHg
2,0 s/50%
60, 80 mm
- 5**



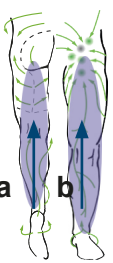
80-130 mmHg
2,0 s/50%
100-180 mmHg
2,0 s/80%
90-20 Hz
60, 80 mm
- 6**



80-120 mmHg
2,0 s/50%
60, 80 mm
- 7**



120-250 mmHg
2-3 s/50%
60, 80 mm
- 8**

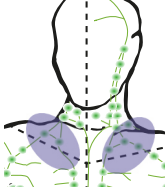


100-180 mmHg
2,0 s/80%
90-20 Hz
60, 80 mm
- 9**

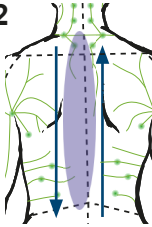
END THE TREATMENT BY REPEATING STEP 1.

Ankle treatment left side

- 1



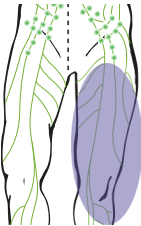
50-80 mmHg
2,0 s/50%
60, 80 mm
- 2



100-180 mmHg
2,0 s/50%
60, 80 mm
- 3



50-100 mmHg
2,0 s/50%
60, 80 mm
- 4



80-120 mmHg
2,0 s/50%
60, 80 mm
- 5



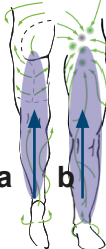
120-200 mmHg
2,0 s/50%
60, 80 mm
- 6



120-200 mmHg
2,0 s/80%
35, 50 mm
- 7



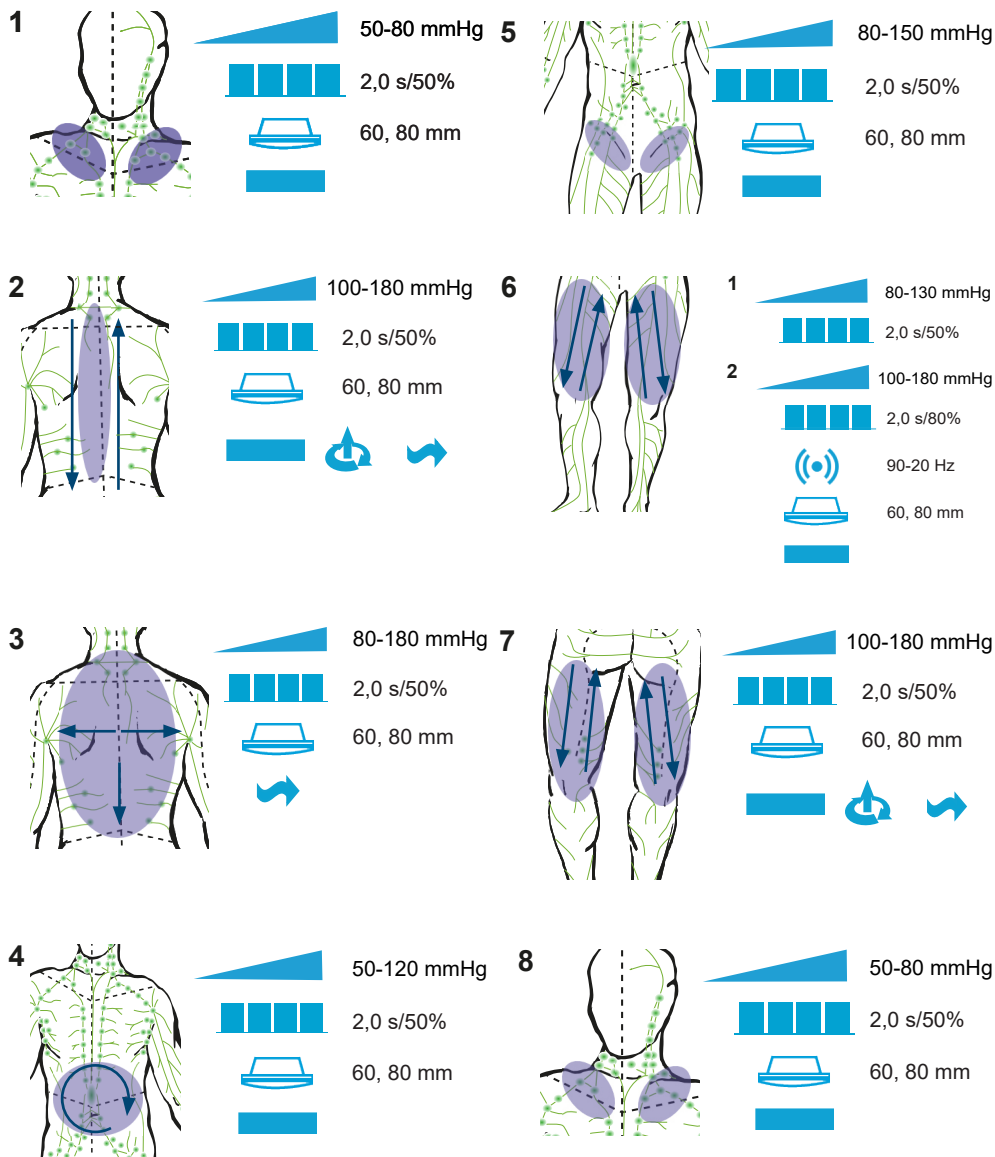
120-250 mmHg
2-3 s/50%
60, 80 mm
- 8



100-180 mmHg
2,0 s/80%
90-20 Hz
60, 80 mm
- 9

END THE TREATMENT BY REPEATING STEP 1.

Sport recovery treatment



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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