



What can negative pressure therapy be used for?

Many people use negative pressure only for scar treatment, when it can help with much more. This quick guide shows all applications at a glance: swelling, pain, mobility, sports, and postnatal rehabilitation. Identify patients who would benefit from negative pressure therapy. There are probably more than you think.

Negative Pressure is a Versatile Tool for Modern Rehabilitation

Many know negative pressure therapy as an effective method for reducing swelling, but that is just scratching the surface of LymphaTouch's true capabilities. Whether you are a physical therapist, massage therapist, or osteopath, this tool is a dynamic extension of your hands. It enables vertical tissue lifting and manipulation that manual pressure cannot achieve. See all the ways you can use negative pressure therapy in your daily client work.



Sports and Recovery

Elite Soccer Performance: Maximum Recovery with LymphaTouch Technology

Osteopath Laura Korhonen describes the device as a standard tool especially for treating swelling, bruises, and scars. It allows treatment of injuries in the acute phase and speeds recovery without excessive tissue stress. "Empirical experience is strong. Swelling decreases faster and bruises heal noticeably more quickly. The device is effective yet gentle, which is important for athletes."

"LymphaTouch has
been absolutely
invaluable to us."

Laura Korhonen

Osteopath, Finland Women's
National Football Team



Key Benefits:

Faster swelling reduction in impact injuries.

Minimizing muscle soreness, DOMS.

Protecting support staff's hands.



Pain and Functional Capacity

Effective Relief for Jaw and Neck Pain with LymphaTouch

Physical therapist Jenni Soikkeli specializes in pain conditions of the jaw and neck-shoulder region. Her clinic sees clients suffering from chronic neck pain, jaw pain, and painful, tense jaw muscles.

LymphaTouch has become part of Jenni's toolkit, especially in treating pain patients. "I use LymphaTouch for soft tissue tension states, pain, and scars, particularly in treating jaw muscles and neck trigger points."

"LymphaTouch has clearly enhanced the effectiveness of my own work. Most often clients report the jaw relaxing and the feeling of tension easing."

Jenni Soikkeli

Physiotherapist, HE-fysio



Key Benefits:

Rapid jaw pain relief

Improved jaw joint mobility

Enhanced treatment effect

Sports and Recovery

Rapid Recovery from Contusion Injury with LymphaTouch Technology

Docent Tiina Laitala describes a case where a professional ice hockey player was injured during a game and sustained a contusion injury to the middle thigh muscle.

The athlete received LymphaTouch device treatment combined with Cryonic ultra-cold therapy to relieve swelling and pain. Treatments were initiated on the first day of injury approximately 6 hours after first aid. "The patient's perceived pain decreased after the first treatment, VAS 8 to 5.5. The contusion injury to the middle thigh muscle recovered at tissue level in eight days."

"Combined LymphaTouch and Cryonic ultra-cold treatments significantly accelerated bruise recovery from the typical 3-week recovery time."

Tiina Laitala

Docent, ATC, University of Turku



Key Benefits:

Rapid pain reduction (VAS 8 → 5.5)

Tissue recovery in 8 days

Return to sport in 9 days (vs. 3 weeks)

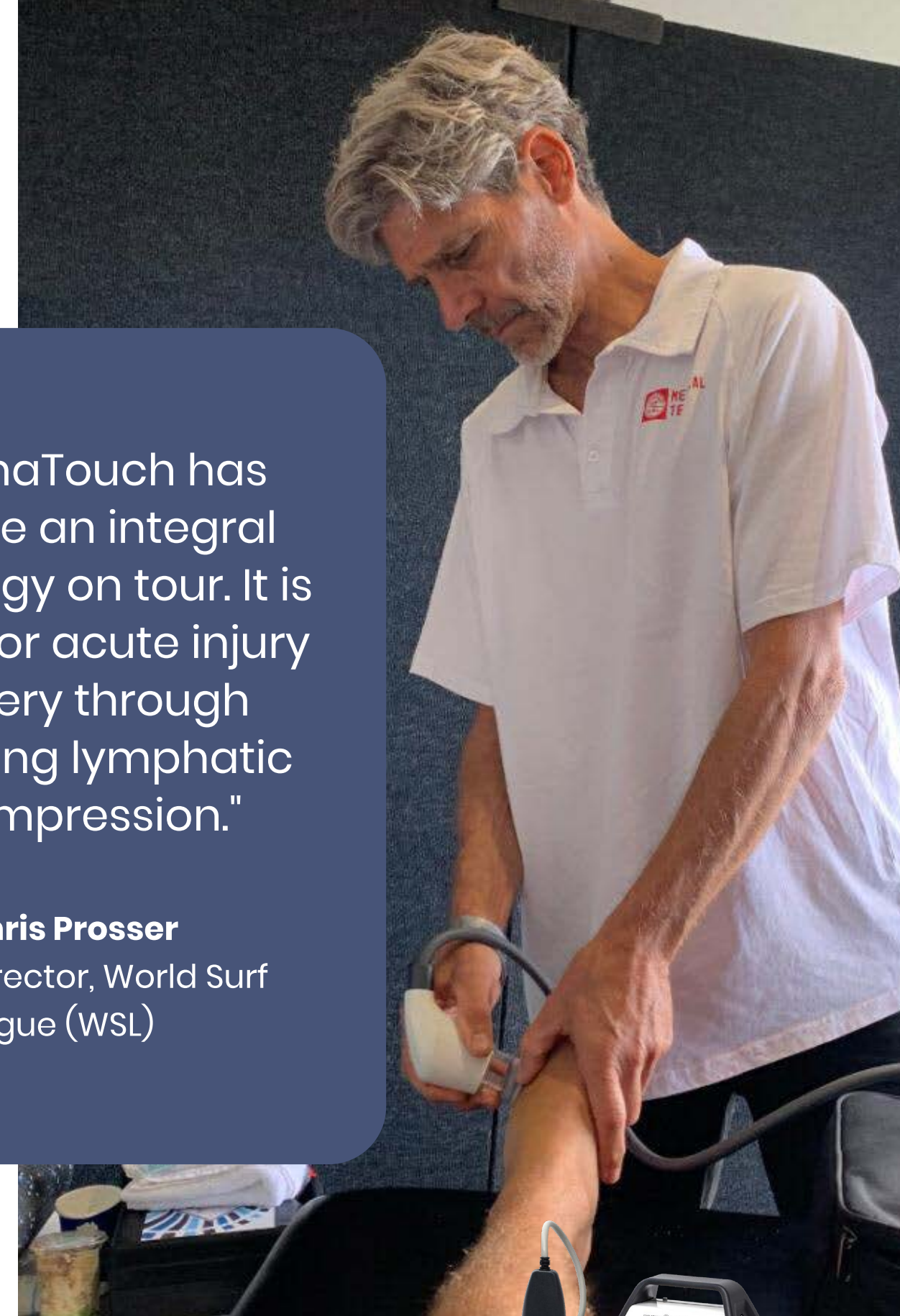
Sports and Recovery

Integrated Performance and Recovery Technology with LymphaTouch

Dr. Chris Prosser has been part of the World Professional Surfing Tour since 1994 and has worked with elite athletes across multiple disciplines for over 30 years. As Medical Director for the World Surf League, WSL, he has integrated LymphaTouch into his athlete care programs. "The LymphaTouch system uniquely integrates decompressive performance and fascial release recovery technology into one streamlined, time-efficient system. From abdominal scar tissue remediation to preventively optimizing fascial plane function around the pelvis, hip, and knee, LymphaTouch has become an integral technology on tour."

"LymphaTouch has become an integral technology on tour. It is perfect for acute injury recovery through facilitating lymphatic decompression."

Dr Chris Prosser
Medical Director, World Surf League (WSL)



Key Benefits:

Acute injury recovery

Fascial plane optimisation

Performance and recovery integration

Sports and Recovery

Faster Recovery from Soft Tissue Injury with Self-Treatment Using LymphaTouch Technology

A Finnish national-level cross-country skier sustained a severe soft tissue injury to the left thigh. Swelling and tissue fluid accumulation in the injury area showed no signs of decreasing even 2.5 weeks after the injury. LymphaTouch treatments were initiated as self-treatment at the 4-week mark.

“The athlete noticed the feeling of pressure decreasing after each treatment session. The first clear signs of improvement were observed after the first week.”

"Knee range of motion increased significantly and rapidly after LymphaTouch treatment was initiated."

Arsi Ruuskanen

Cross country skier,
Finnish national team



Key Benefits:

Knee mobility improved (70° → 140°)

Swelling and tightness resolved in 4 weeks

Self-treatment enabled daily use

Swelling and Recovery

Effective Swelling Reduction and Pain Relief with LymphaTouch Technology

LymphaTouch is an effective tool for treating swelling. LymphaTouch activates lymphatic circulation and moves swelling fluid away from the swollen area. Swelling decreases during the first treatment session, reducing not only swelling but also the feeling of pressure in the swollen area. LymphaTouch can be used for treating both post-surgical and chronic swelling.

LymphaTouch is also suitable for use in acute injuries, such as ankle sprains and hematomas.

"I felt both physically and mentally lighter immediately after LymphaTouch treatment. The limb circumference had decreased by 0.5–2 cm."

Hip replacement surgery patient



Key Benefits:

Rapid swelling reduction

Relief of pressure sensation

Suitable for acute and chronic situations

Lymphoedema and Cancer Care

Comprehensive Treatment and Pain Relief with **ymphaTouch Technology**

Oona received a breast cancer diagnosis in December 2020. As part of her treatment, she underwent a partial mastectomy and complete axillary lymph node removal. Approximately six months after radiation therapy ended, lymph swelling began to develop in the left upper limb. Fibrotic tissue and lymphatic cords formed in the wrist area, causing pain.

LymphaTouch was an effective tool for treating these symptoms. "The device treatment released the hard tissue in the wrist area quickly and reduced pain in the treated area."

"During LymphaTouch treatment you can immediately see how the swelling decreases and relaxes the entire upper limb, making it pain-free."

Oona

Lymphoedema patient,
Docrates Cancer Hospital



Key Benefits:

Rapid release of fibrotic tissue

Reduction of pain and discomfort

Immediate swelling reduction

Versatile Use

Occupational Therapist's Choice: Versatile Use in Various Rehabilitation Situations with LymphaTouch Technology

Melody Brown is an experienced occupational therapist with over 20 years of experience in treating lymphedema and vascular diseases. She uses the LymphaTouch Pro device in a versatile way in knee replacement surgery rehabilitation, treating adhesions in breast cancer rehabilitation, and managing severe secondary lymphedema. "The device's pulsation mode was particularly effective in breaking down adhesions, and the low vibration setting helped reach deeper tissues."

"Leg circumference decreased and fibrotic tissue softened considerably after just 15-20 minutes of treatment."

Melody Brown
Occupational Therapist,
lymphoedema and vascular
disease specialist



Key Benefits:

Scar tissue mobilization and knee mobility.

Treatment of adhesions and lymphatic cords.

Softening of fibrotic tissue.

Versatile Physical Therapy

Gentle Yet Effective Treatment from Maternity Physical Therapy to Cancer Rehabilitation with LymphaTouch

Physical therapist Johanna Tossavainen works at Yhdessä Terapiapalvelut and Mehiläinen Turku. Her clientele ranges from maternity physical therapy to musculoskeletal and pain physical therapy, as well as psychophysical physical therapy. LymphaTouch has brought a new dimension to treatment effectiveness. "The client sees in the mirror how the scar has risen closer to the skin surface, and feels at the same time that the treatment was gentle. That combination relaxes and builds trust."

"It's always a wonderful moment when the client sees in the mirror how much their facial expression can change, even though the treatment feels so gentle."

Johanna Tossavainen
Physiotherapist, Yhdessä
Terapiapalvelut &
Mehiläinen Turku



Key Benefits:

Fewer treatment sessions needed

Gentle treatment with deep effect

Protecting the therapist's hands

Versatile Physical Therapy

Achieving Results Without Compromising Your Hands with LymphaTouch

Physical therapist Natalie Perkins has nearly 30 years of experience treating the full spectrum of the community, from Olympic athletes to nursing home patients. Over her career, she tried numerous therapeutic devices, but none could match the results she achieved with her own hands until she discovered LymphaTouch. "I was able to assess the soft tissue before and after LymphaTouch application and had to reluctantly but excitedly concede that the device had made a significant difference. More than anything, I was impressed by how the result was achieved without any discomfort to the patient."

"I always maintained that if I could somehow achieve the same results that my hands did without the pain of treatment then I have hit the jackpot."

Natalie Perkins

Principal Physiotherapist,
Bodyworks Consulting, Australia



Key Benefits:

Same results as manual therapy without patient discomfort

Protects therapist's hands

Effective across all patient populations

Versatile Physical Therapy

LymphaTouch is a Versatile Tool for Various Client Groups and Specializations

Vaalan Fysioterapia Oy is a multifaceted company employing five physical therapists, two sports massage therapists, and one private physician. The company serves a wide range of client groups in adult neurological and pediatric physical therapy.

The LymphaTouch device was acquired in spring 2024, and its use has become established as part of daily work. "The device is really easy to use, and its versatile settings enable tailoring treatment to different client groups," says rehabilitation manager Emilia.

"What's amazing is that LymphaTouch is so versatile; musculoskeletal physiotherapy, pain, chronic conditions, scars, and lymph – everything works and for all ages."

Emilia & tiimi

Rehabilitation Manager,
Vaalan Fysioterapia Oy



Key Benefits:

Suitable for all client groups and age groups

Acute pain treatment and tissue preparation

Easy to transport for home visits

Scar Treatment and Postnatal Care

Evidence-Based C-Section Scar Treatment with LymphaTouch

Hannah Poulton is a women's health physical therapist with over 22 years of clinical experience, specializing in C-section scar rehabilitation. She has helped thousands of women reclaim their health after birth.

In October 2020, she was introduced to LymphaTouch, which transformed her scar treatment practice. "From the very first treatment, I saw results. The scar tissue moved better, felt less tight, and my clients could feel the change too." Hannah is currently pursuing a PhD focused on scar therapy, with specific emphasis on the benefits of using LymphaTouch in cesarean section recovery.

"LymphaTouch delivers fast, long-lasting results. I truly believe it is the best device on the market for scar treatment, especially for c-section scars."

Hannah Poulton
Women's Health
Physiotherapist, HLP
Therapy Limited, UK



Key Benefits:

Adjustable pressure levels

Immediate tissue response

Safe for all scar types

Scar Treatment and Acute Swelling

Versatile Support Across Patient Populations with LymphaTouch

Claire Brodie is a UK-based physical therapist specializing in women's health and sports injuries. She runs her own clinic, working with clients ranging from postnatal women to individuals recovering from acute injuries.

Since adopting LymphaTouch in late 2024, she has seen both clinical and business value. "I originally bought LymphaTouch mainly for C-section and abdominal scarring, but I have actually used it just as much for swelling, particularly on acute knee and ankle injuries. I have had some patients hobble into their appointment and leave with improved pain and minimal limp."

"The great thing about LymphaTouch is that it's easy for the patient to understand. When you describe the negative pressure, it makes sense to them straight away."

Claire Brodie
Physiotherapist, Spring
Physio, UK



Key Benefits:

Precise pressure control for sensitive tissues

Acute swelling and scar treatment

Protects therapist's hands

Reducing Treatment Time and Improving Outcomes with LymphaTouch

Kathy McGinty is an oncology rehabilitation specialist at Johns Hopkins in Baltimore, treating patients with lymphedema and post-cancer rehabilitation needs. Since integrating LymphaTouch, treatment time has improved dramatically. "For lymphedema patients, it used to take five or six weeks to get them ready for discharge. With LymphaTouch, that time is down to three weeks." The device's negative pressure lifts fibrotic tissue, while mechanical vibration softens restrictions.

"The LymphaTouch does things that hands just can't. I couldn't imagine working without it now."

Kathy McGinty

Oncology Rehabilitation
Specialist, Johns Hopkins, USA



Key Benefits:

Treatment time reduced from 6 weeks to 3 weeks

Softens fibrotic tissue immediately

Protects therapist's hands



Discover the Potential of Lymphatouch

Device implementation is designed to be as easy and flexible as possible for physical therapists, massage therapists, osteopaths, and other healthcare professionals. To help you see how negative pressure therapy delivers results in practice, we can walk through real before-and-after cases together.

Contact us, and we will show you documented treatment outcomes and discuss how Lymphatouch could work in your practice.

[Contact us »](#)

