

What are the benefits of the techniques used during my therapy sessions?

We will use a variety of techniques to improve your condition and to assist with:

- Moving fluid
- Healing wounds
- Managing scars
- Reducing your edema (swelling)
- Softening any scar tissue that is impairing healing.
- Softening fibrosis- a type of scar tissue that develops when swelling has been present for a long time, leading to thickening of the skin and tissue.

Types of techniques:

→ Low Level Laser Therapy

The style of low level laser therapy (LLLT) we use here is called a THOR laser. This is a “cold laser”, meaning it will not burn the skin. It delivers a very specific wavelength of red light that interacts with cells. Research has found that this particular color of light increases our cells’ energy, opens the blood and lymphatic vessels to improve blood and lymphatic flow, and improves the healing rates of wounds. It can also reduce pain and soften scar tissue. We may not use this technique if you are using a topical steroid, have recent steroid injections, or if you are on any photosensitive medications. In the



rare instance you have an increase in symptoms after treatment the laser will be discontinued.

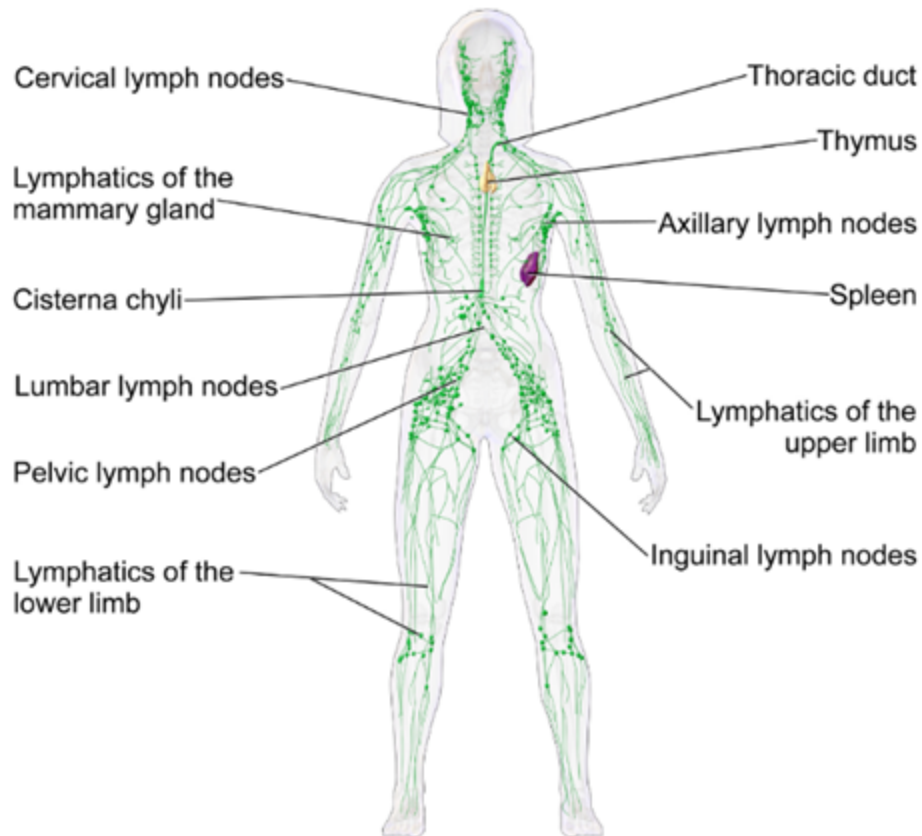
→ **6D Action/Lymphatouch Negative Pressure Devices**

The 6D action and Lymphatouch are negative pressure devices that are applied directly to the skin. They offer gentle suction that allows us to stretch the skin in a way that cannot be done manually. The pressure and duration of the suction are controlled by the therapist applying the device. If you have a wound, this will not be used on the wound, but to the skin surrounding the wound. This device allows us to reduce adhesions (bands of scar-like tissue) and scar tissue, reduce edema, and promote blood flow.



→ **Manual Lymphatic Drainage**

This is a massage technique that moves lymphatic fluid. The massage stimulates the lymphatic channels (see image on page 3). This helps move the lymphatic fluid out of the congested area and into a less congested area of the body. This will help rid your body of the excess fluid. The therapist will apply this massage to your body with gentle skin stretch that is applied along the lymphatic pathways and towards lymph nodes.



Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". *WikiJournal of Medicine* 1 (2). - Own work

→ **Vibration Therapy**

Vibration is a tool used to reduce firm tissue, soften scar tissue, and promote lymphatic fluid flow. The movement of the vibrator allows the underlying tissue to stretch. This helps move thickened fluid so that it can continue through the lymphatic system and be filtered. Stretching and softening the skin reduces pressure in the tissue space, which allows better skin movement and reduces pain because the pressure over the nerves is reduced.



→ Kinesio Tape/ Elastic Tape

Kinesio Tape is applied to the skin in such a way that it lifts the skin to help create more space between the skin and the underlying structures. It offers a gentle stretch to the skin over a prolonged period of time. This allows the lymphatic channels to remain in a more opened state to improve the flow of the fluid out of the area of swelling. Kinesio Tape can also be applied over scar tissue to soften the scar. Other uses of Kinesio Tape include giving gentle feedback to the muscle on how it should be positioned to promote better quality of movement within that muscle.



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