

Program Guide



Depressootherapy - Medical

 **b-Lift+**

F A C E A N D B O D Y

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Advice

Definition of vacuum therapy or depressotherapy: the skin is mobilized using a suction cup in which a vacuum is created. This allows us to combine several massage techniques by increasing their effect by the vacuum created in the suction cup: there is strong coloring of the skin. Hyperemia indicates an increase in exchanges.

Suction cups of different calibers can be used depending on the areas to be treated.

These suction cups are used with different pressures:

- from 150 to 200 mmHg: we increase capillary permeability. Pressure rarely used or in
- carcinologie.
- from 400 to 500 mmHg: anti-retraction effect. (retractile scars)
- from 600 to 800 mmHg: detachment effect. (adherent scars)

The use of different suction cup manipulation techniques: either local maneuvers are performed with mobilization step by step by removing the suction cup each time, with or without a twist, or the maneuver is done in a sliding motion to which a twist and rotation can be added, even on the peri-scar area. A wave movement similar to palpate-roll can also be reproduced.

The suction should be increased depending on the patient's feelings and skin reaction.



1 Accessories



- R3** Conical suction cup
- R9** Small cylindrical suction cup
- R15** Medium cylindrical suction cup
- R25** Small round suction cup
- R35** Medium round suction cup
- R60** Large round suction cup
- PR10** Soft silicone suction cup
- S8** Stylus
- Stylet** Mini palpate and roll
- Palpate** Silicone suction cup
- Palpate** Palpate and roll

IMPORTANT

Regular cleaning of filters is necessary to avoid clogging and premature obsolescence of the device.



2 The scars

The different types of scars

Retractable scar

Retractable scars are curled up because the scar area has shrunk. This causes traction on the skin tissues.

A retractile scar is recognized because it forms fibrous cords, relatively rigid and slightly raised compared to the level of the surrounding skin. It can add to the aesthetic problem, a functional discomfort.

Fibrotic, hypertrophic or keloid scar

Hypertrophic scars are caused by an overproduction of collagen in the skin. The amount of fibrous tissue in the healing process is so dense that it deforms the scar to the point of making it increase significantly in volume. These are scars with significant inflammatory flare-ups and are delayed over time.

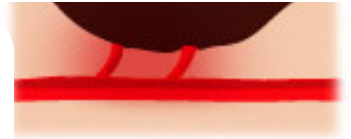
Adherent scars

Scars adherent to underlying planes. (eg: thyroidectomy or cesarean section scars). An adhesion refers to an abnormal adhesion of cicatricial origin of two contiguous surfaces normally separated. The adherent scar is part of what is called pathological scars.

The 4 phases of healing

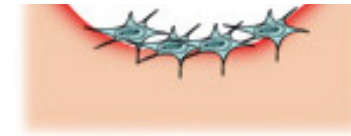
1 – Hemostatic and inflammatory phase (1 to 3 days)

Immediately after the wound appears: vasodilation of the vessels, plasma leak Vasoconstriction, formation of clots thanks to platelets then scab Leukocytes and macrophages arrive to clean and eliminate dead tissue, germs and bacteria Inflammatory reaction: erythema, edema, pain, increase in local temperature



2 – Budding phase (1 week)

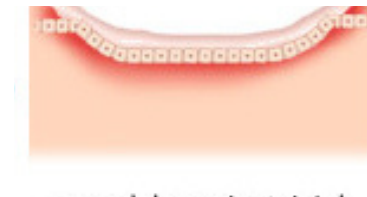
Appearance of fibroblasts after being stimulated by macrophages Production of large quantities of collagen, elastin and connective tissue in order to fill the loss of substance Formation of buds at the ends of the injured capillaries: red and granular appearance of the wound



3 – Epithelialization phase (1 to 3 weeks)

Once the connective tissue has reached its maximum level, the collagen fibers remodel.

Appearance and migration of keratinocytes at the edge of the wound Contraction of the wound: closure by a primary scar



4 – Remodeling phase (1 year)

Degradation of dermal collagen: start of remodeling Slow contraction of the wound edges thanks to myofibroblasts and strengthening of the union between the epidermis and the dermis The scar becomes more flexible, smoother and softer Leads to the formation of the definitive scar



2.1 Retractable scar

Too short for skin needs

Step 1: Mobilize

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 500 mbar

Be careful of possible redness, tapping away while always making commas upwards.

Step 2: Smooth

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 500 mbar

Be careful of possible redness, tapping away while always making commas upwards.

2.2 Fibrotic scar

Fold of stiff, indurated skin

Step 1: Mobilize

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 400 mbar

Repeat the operation on the different parts to be treated from bottom to top.

Step 2: Smooth

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 400 mbar

Be careful of possible redness, tapping away while always making commas upwards.

2.3 Adherent scar

Lack of mobility relative to underlying planes

Step 1: Mobilize

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 500 mbar

Step 2: Smooth

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 600 mbar

2.4 Cesarean section

Lack of mobility relative to underlying planes

Step 1: Vascularize

Accessory: R35 suction cup **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 200 mbar

Step 2: Smooth

Accessory: palpate-roll **Mode:** continuous **Treatment time:** 10 minutes **Vacuum exerted:** 300 mbar

3 Drainage

3.1 Edema

Step 1: Mobilize

Accessory: R15/R25 suction cup Mode: pulsed Treatment time: 5 minutes Vacuum exerted: 530 mbar

Step 2: Drain

Accessory: suction cup to be adapted as required Mode: continuous Treatment time: 10 minutes Vacuum exerted: 530 mbar

3.2 Upper limbs

Step 1: Stimulate

Accessory: suction cup to be adapted as required Mode: pulsed Treatment time: 5 minutes Vacuum exerted: 530 mbar

Step 2: Mobilize

Accessory: suction cup to be adapted as required Mode: pulsed Treatment time: 5 minutes Vacuum exerted: 530 mbar

Step 3: Drain

Accessory: suction cup to be adapted as required Mode: continuous Treatment time: 10 minutes Vacuum exerted: 530 mbar

3.3 Lower limbs

Step 1: Drain

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 530 mbar

Step 2: Mobilize

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 530 mbar

Step 3: Drain

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 10 minutes **Vacuum exerted:** 530 mbar

4 Burns

Depressotherapy allows the generation of depressurization zones, it allows the deep dermis and the subdermal layer to be reached.

Step 1: Mobilize

Accessory: suction cup to be adapted as needed **Mode:** pulsed statically x3 then tapping x3 **Treatment time:** 5 minutes **Vacuum exerted:** 150 mbar

Step 2: Soften

Accessory: suction cup to be adapted as needed **Mode:** smooth continuously x3 **Treatment time:** 5 minutes **Vacuum exerted:** 200 mbar

5 Tendinopathy

Tendinopathy is a more comprehensive term, which includes all the pathologies that can affect a tendon (therefore inflammation, but also other problems such as tendon cracking, calcification, tendon rupture, nodule or even enthesopathy)

Step 1: Relieve

Accessory: suction cup to be adapted as required **Mode:** pulsed static x3 **Treatment time:** 5 minutes **Vacuum exerted:** 300 mbar

Step 2: Mobilize

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 300 mbar

Movement from bottom to top

6 Rachis

6.1 Cervicalgie

Step 1: Vascularize

Accessory: R15/R25 suction cup Mode: continuous
Treatment time: 5 minutes Vacuum exerted: 200 mbar

Step 2: Mobilize

Accessory: suction cup to be adapted as required Mode:
pulsed Treatment time: 5 minutes Vacuum exerted: 200
mbar

Step 3: Relieve

Accessory: suction cup to be adapted as required Mode:
continuous Treatment time: 5 minutes Vacuum exerted: 200
mbar

6.2 Back pain

Step 1: Vascularize

Accessory: suction cup to be adapted as needed **Mode:** continuous **Treatment time:** 5 minutes
Depression exerted: 500 mbar

Step 2: Mobilize

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 500 mbar

Step 3: Relieve

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 500 mbar

6.3 Low back pain

Step 1: Vascularize

Accessory: suction cup to be adapted as needed **Mode:** continuous **Treatment time:** 5 minutes
Depression exerted: 200 mbar

Step 2: Mobilize

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 200 mbar

Step 3: Relieve

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 200 mbar

6.4 Sciatalgie

Step 1: Vascularize

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 200 mbar

Step 2: Mobilize

Accessory: suction cup to be adapted as required **Mode:** pulsed **Treatment time:** 5 minutes **Vacuum exerted:** 200 mbar

Step 3: Relieve

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 200 mbar

7 Irradiated skins

Step 1: Mobilize

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 200 mbar

Step 2: Soften

Accessory: suction cup to be adapted as required **Mode:** continuous **Treatment time:** 5 minutes **Vacuum exerted:** 300 mbar

