

## **UKLC Study Room 9 – Massage World Lymphatic Pressure Therapy has scientifically proven results**

In February 2019 UKLC were invited to present at the first ever UK Lymphatic Science meeting. We were delighted to present significant proven results from our breast cancer aftercare therapy - Lymphatic Pressure Therapy (LPT) - which I developed from 39 years of working as a therapist and a passion to help improve the lives of cancer survivors. When first writing in 2015 Massage World about this new aftercare it really was all about lymphoedema prevention. However, collecting and applying over three years of data into scientific charts, I wasn't at all prepared for the extraordinary and amazing physiological and psychological results we obtained from treating patients and how this therapy has changed their lives. LPT is now a 'scientifically' proven and safe application of learned disciplines that amalgamate into truly rewarding outcomes.

I am, however, still perplexed and saddened that the lymphatic system continues to be greatly misunderstood and there is an apparent apprehension to venture into patient aftercare, when our ethos is to expand our knowledge of the human body for the benefit of our clients.

### **As a qualified Lymphatic Pressure Therapist, you will**

Attain and execute an effective and best practice standard in a new therapy to deliver current unmet needs. Amalgamate a variety of disciplines which, when implemented, provide a complete treatment for exceptional aftercare - currently unavailable. Balens course entry requirements are a minimum of six-month massage training with six months working practice and a UKLC Lymphatic Integrated Massage course.

LPT comprises: Posture and Gait Observations, Range of Motion Assessment, Kinex™ Muscle Stimulation, Lymphatic Pressure Pumping Massage and Guided Lymphatic Exercises.”

### **Posture and gait observations**

Post-operatively patients continuously showed unsteadiness and a feeling of being unbalanced on their feet. By observing and informing clients of their posture creates a new self-awareness and helps prevent possible long-term muscular contraction which will eventually lead to pain from skeletal distortion.

*Testimonial - “I have greater mobility in my shoulder joint, pain and my balance has improved such a lot.”*

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#### Range of motion assessment

The inhibited movement potential of the shoulder joint must be assessed. We evaluate active range of motion (AROM) where the patient moves the affected limb on their own, and passive range of motion (PROM) when the therapist assists movement to enable the greatest movement without pain. This again increases patient awareness and provides therapy outcome data.

*Testimonial - "Much improved motion and movement. Everything is easier now more relaxed in total."*

#### Kinex™ muscle stimulation

Kinex™ is a new muscular therapy which works by re-introducing traumatised muscles and neurological pathways via the Golgi tendon organs. Temporary impairment of proprioception has also been known to occur from cytotoxic factors such as chemotherapy.

*Testimonial - "I am now able to do up the back of my bra by myself. This has never been the case since my surgery, three years ago."*

#### Lymphatic pressure pumping massage (LPPM)

LPPM is an updated massage application for maximum stimulation of lymph flow. It mimics the anatomical gradient pathways from capillaries to deeper lymph vessels by introducing a heartbeat to the lymphatic system and is unequalled in any other form of current lymphatic massage.

*Testimonial – "Is a comfort to feel like you are doing something post-surgery to avoid Lymphoedema and increase movement."*

#### Therapist guided lymphatic exercises with a ball

This empowers patients to continue maximum recovery within the four-week period of treatment through a series of exercises. The use of pressure changes from breathing into the ball and application of pressure to the shoulder is prevalent in LPT and is the key to creating best outcome results.



*Testimonial - "This treatment has been great. So far I've noticed an improvement in my shoulder movement, and the reduction of swelling. The exercises have been helpful and I'm noticing small changes all the time. Today, I experienced less pain overall. This therapy is definitely a great aftercare treatment."*

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#### Summary

Those with a passion or wanting to help clients on the road to recovery from the largely ignored and terrible after-effects of breast cancer, are few and far between but for those of us who are, we are making a huge difference to a small number of women and will continue to ask the question to fellow therapists.

“If anything happened to you, as one in seven women are going to develop breast cancer – to where and to whom would you want to go for aftercare?” Because, currently there is nothing out there that delivers a complete proven aftercare therapy other than Lymphatic Pressure Therapy.

#### Results after only 8 hours over 4 weeks of LPT

26 women were assessed over a three-year period from self-referred - mastectomy and lumpectomy breast cancer patients. We took the range of motion active and passive measurements using a goniometer and their limb circumference before and after therapy and patients were invited to discuss LPT.

Scientifically, the 3 Asterix \*\*\* in a whisker chart indicates that these results are `significant` and this means data collected is deemed as a `without a doubt` proven therapy.

- LPT significantly improves patient limb mobility and function
- LPT significantly decreases affected limb measurement
- LPT improves self-reported symptoms of sub-clinical Lymphoedema
- LPT overall perceived by patients as beneficial

#### Testimonials of LPT

*"My range of movement has massively improved. I am so pleased as I can feel my shoulder and I am using it so much more. I have followed the exercises and I can certainly feel the difference."*

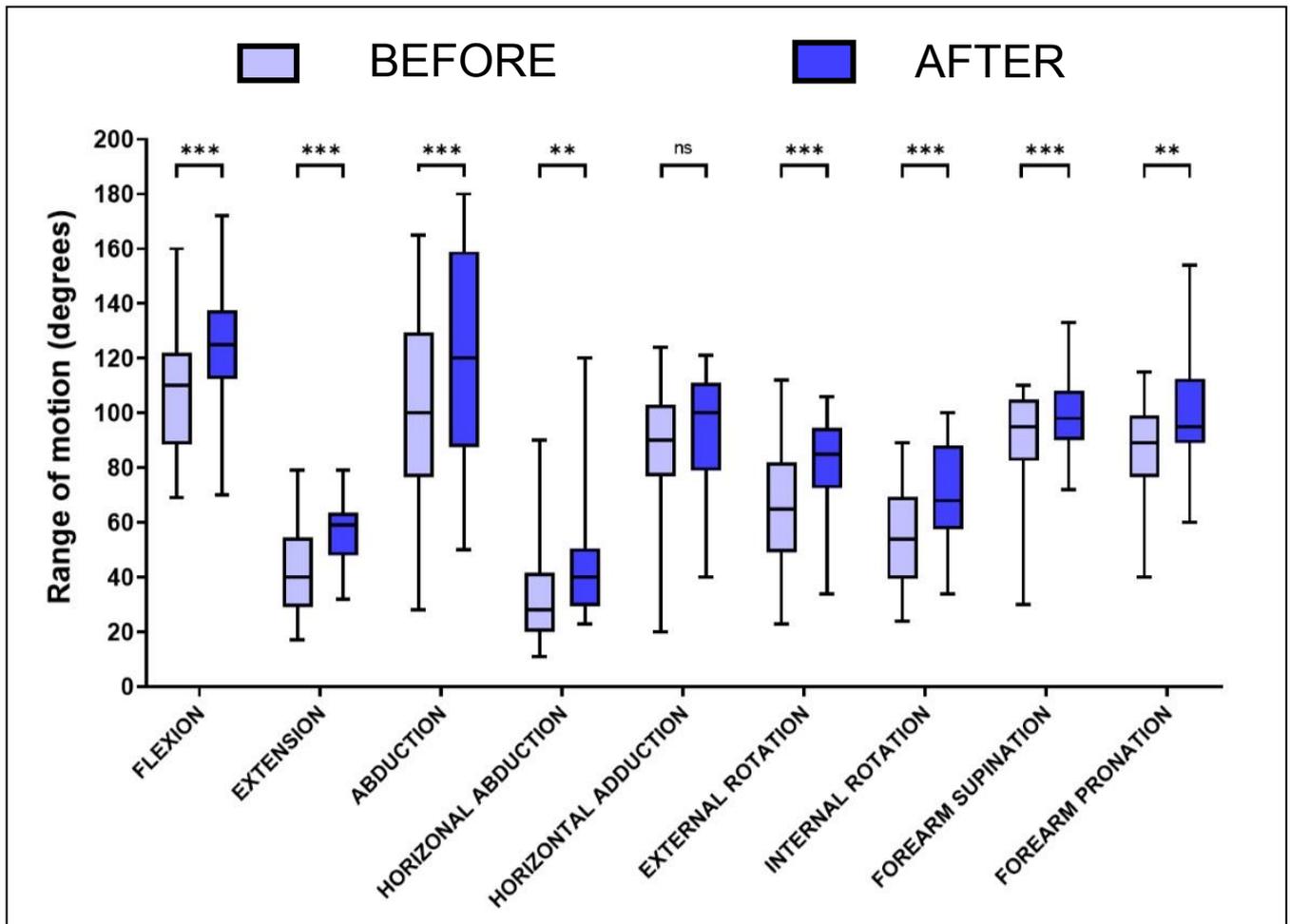
*"Excellent, after first session I have sensation back and I can feel the change in my shoulder already. Flexibility difference really noticeable all muscles feel much looser, range of movements feels good!"*

*"The pain I was feeling was real and was affecting day-to-day life and I was feeling low in energy and mood. I have greater mobility in my shoulder joint, less pain and my balance has improved, and I found all the exercises easier to do."*

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## Lymphatic Pressure Therapy has scientifically proven results

Significant results showing **improved range of motion** from the effected arm of breast cancer patients after only 4 weeks and 8 hours of LPT therapy.



# UKLC Study Room 9 – Massage World

## Lymphatic Pressure Therapy has scientifically proven results

Significant results showing **reduction of swelling** from the effected arm of breast cancer patients after only 4 weeks and 8 hours of LPT therapy.

