

## Indications, Benefits & Contraindications for lymphatic drainage (pressotherapy)

### Indications

- improving blood and lymph circulation
- pushing the residual lymph towards the lymph nodes
- removal of lymphatic oedema and exudates
- improving the nutrition and oxygenation of the skin and other tissues
- removal of toxins from the body

### One of the most universal physiotherapeutic treatments

for the treatment of various types of oedemas

- after mastectomy (hand swelling)
- as a prevention of venous insufficiency and thrombosis
- in ischaemic lower limb disease
- in the case of "heavy legs" and so-called "spider veins"
- in the case of osteoarthritis
- in rheumatic diseases, including RA or JIA
- in the course of gout
- people with endocrine disorders (thyroid diseases, diabetes)

### Sport and athletes

- post-workout regeneration
- muscle fatigue, manifested by pain and tension
- swelling, especially after contusions
- preventively as a method to reduce the risk of injury

### Beauty and wellness

- cellulite
- loss of skin firmness
- excess fatty tissue
- after liposuction in order to quickly remove swelling, toxins and as a method of preventing tissue fibrosis

### Benefits

- prevention
- help those, who suffer from various diseases affecting the condition of the blood and lymphatic system
- eliminates the feeling of "heavy legs" and swelling that occurs in the evening, e.g. in people who do standing or sitting work
- stimulation of the work of the circulatory system
- removal of oedema of various types

## Benefits for athletes

- reduction of muscle pain
- accelerating the removal of residual lymph and toxins
- increasing the rate of regeneration
- increasing body's efficiency
- improvement of sports results
- preventively, to reduce the risk of injury

## Aesthetic benefits

- Improvement in appearance of the body
- cellulite reduction
- firming effect
- body slimming

## Contraindications

- pain or numbness of unknown origin
- severe atherosclerosis or ischemia
- vascular diseases are a relative contraindication to pressotherapy
- pregnancy
- hypertension
- pacemaker
- thrombophlebitis
- skin diseases, moles
- lymphangitis
- dermatitis, wounds
- arthritis
- high body temperature
- thick, external visible varicose veins
- cardiac rhythm disturbances (arrhythmia)
- blood pressure disorders
- myocardial ischemia
- asthma
- tumors, infiltrates, neoplasms
- cardiac and respiratory failure
- kidney failure
- and others the same as in classic manual massage