

**ENDERMOLOGIE®** treatment by the Cellu M6 machine has been used in New Zealand for about eight years. The prototype was developed by a Frenchman about 1985 for treating his burn scars. He was requiring physiotherapy constantly to prevent the usual contractures these undergo. He was seeking an alternative way to manage them. The Keymodule i version we currently have is the fourth generation module released at the end of 2002. Worldwide 100,000 treatments a day are being done by Endermologie®. The FDA (Food and Drug Administration in the USA) has approved the machine for the temporary reduction of cellulite (temporary as regular sessions are required to maintain this effect).

### **WHAT CAN IT BE USED FOR?**

As with its initial development, it will improve scar appearance and texture. It has been used in treating race horses for injury recovery. In New Zealand (and through a lot of the Western world) it has been used to improve cellulite and body shape. It has also been used (as with race horses) in a therapeutic mode. This means injured and tight areas of muscle can be improved. Localised bruises and haematomas (localised collections of blood in the tissues) can be rapidly dispersed. Improvement in recovery from sports activity has been demonstrated. In the Rugby World Cups both the French and Australian teams incorporated use of the machine as part of their physiotherapy programme for players. The French team had used it even earlier. Golfers will improve their swing through improved movement of their spinal and muscle actions. It is a standard fixture of the PGA golf tour now. Poor lymphatic drainage (both very superficial as in cellulite problems, but also the more problematic swollen legs and arms) can be dramatically improved with this treatment.

### **WHAT HAPPENS WITH MUSCLE INJURY?**

Usually areas of the muscle are contused or have torn fibres. This must be repaired. Localised congestion of the tissue occurs as part of the repair process. The injury can disrupt or block with pressure the usual channels of drainage for these areas. At time local collections of blood exert pressure on the area (as in haematomas). Interference with good drainage means a slower rate of recovery from the injury as breakdown products accumulating cannot be readily cleared. By gently massaging the areas it is possible to promote increased fluid drainage to speed the initial healing and recovery. Then further massaging for stretching the healing muscle ensures it will function fully on recovery. Otherwise the usual scarring reaction of the body can result in tightened (or shortened) areas.

### **WHAT ABOUT LYMPHATIC PROBLEMS?**

Problems with your body draining fluid from the tissue can arise from a problem with the lymphatic system. The lymphatic vessels parallel your blood vessels draining fluid from the peripheries of the legs, arms and head back to the veins near the heart. They have their own slow pulsing movement activated small muscles in the wall of the vessels. They rely largely on your muscles and limb movements squeezing the fluid up through them. At times the vessels are affected and rain less than effectively resulting in fluid build up in the peripheries – puffy ankles etc. This can occur through being born with a deficient system. More commonly injuries and especially surgery can affect them. Cutting out lymph glands (part of the lymphatic system) will at times adversely affect their function. The chances of this are greater with greater age. Like most parts of the body they deteriorate with time. In the pas the most effective

method for improving less than optimal lymphatic function (apart from wearing a compression garment fitted for the affected area) was a special physiotherapy technique called Manual Lymphatic Drainage (MLD) for short. Endermologie® has been shown to be effective as an alternative method.

### **USUAL PROCEDURE**

A series of sessions of Endermologie® with the Keymodule i will improve these problems. Often a general body warm up and then a more focal treatment on the problem areas is done. Some problems, as with lymphatic drainage, require some work on the more central body to ensure this area is functioning well before proceeding to the actual problem area. Some muscle problems may at times require only localised treatment. Even this is usually begun around the problem, gradually working on the most tender point. Those for improving general body mobility, as with golfing protocols, will involve a treatment more widely.

### **MECHANISM OF ACTION**

The Endermologie® Keymodule i works through the treatment head that is applied to the skin in a number of modes. There is a suction action which stimulates blood supply and some fluid movement. This can be varied in intensity and from continuous to intermittent modes. Intermittent actions allow for more efficient fluid drainage. The head has rollers in it. These operate independently of each other in speed direction. This allows the creation of a number of different actions on the underlying tissue depending on what response is required. The rollers themselves can be fixed in position or allowed to glide within the head to effect different tissue responses. There

are three different large heads with different rollers for different results. There are also smaller heads that can treat smaller problem areas.

## WHAT ELSE CAN BE DONE?

As mentioned before, for lymphatic problems there is manual lymphatic drainage. Regular massage for muscle problems can also be employed.

For both types of problems extra relief can be achieved with laser treatment. A Gallium Arsenide laser with a scanning mode and designed for such problems can be programmed to cover the affected areas. Usually these treatments are done in ten to twenty minute blocks. The effect on muscular (and also joint) problems is to relieve pain rapidly, with some initial relief after the session and more improvement occurring overnight. It has been possible after a combination of massage and laser treatment for some people to go without their compression garment for considerable periods of time.

For improving muscle tone and balance after an injury there is a new modality available – Huber®. This revolutionary machine was developed by the same company that developed Endermologie®. Its unique action both evaluates and trains you within its programme. With sensor grips at a number of levels it can detect your underlying muscle power at different levels of your body both initially and as you progress through training. An oscillating base platform throws you off balance as you attempt to maintain an even muscle power visually represented by a target. The column the hand grips are on can vary in height through a session again throwing your usual balance off. In a twenty minute session significant improvements in muscle tone and power can be developed. And it

tends to be more coordinated and focused. The upright posture required in using the machine more accurately mimics normal life.

## SUMMARY OF INDICATIONS

- Muscle injury treatments
- Fibromyalgia
- Haematomas and bruising
- Increased sports performance
- Accelerated recovery after sports or gym workouts
- Lymphatic drainage problems
- Scar Remodelling



# ENDERMOLOGIE®

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Muscular & Lymphatic Problems

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