

Lymphatic System Study - Fresenius University of Applied Sciences Europe

Excerpt from the study on the effect of oscillating vibration massage in combination with infrared irradiation in cases of congestion in the venous and lymphatic systems

Study objective

The aim of the study was to determine what influence oscillating vibration massage in combination with infrared irradiation has on the lymphatic system.

The meaningful dependent variables examined in this context were:

1. Subjective perception of pain
2. Range of motion
3. Degree of swelling
4. Distribution of body fluids

Object of the study

The medical massage couch with deep infrared heat.

Study procedure

By random allocation, the participating individuals were randomized into two groups. One study group was exposed to a 15-minute application of the medical hhp massage couch, using a special combined whole-body treatment program designed to promote lymphatic drainage through oscillating vibration massage. The control group was exposed for the same duration to a placebo couch without vibration and without infrared irradiation.

Immediately before the examination, the subjects completed a questionnaire that provided information about personal data, contraindications, and additional information such as medication intake. The participants were then assessed in an initial test of the empirical study according to the four dependent variables:

- Subjective perception of pain
- Range of motion
- Degree of swelling
- Distribution of body fluids

The complete study can also be requested as a brochure or PDF. Please inquire about it.

Measurements

Body analysis

Measurement of range of motion

Conclusion

On the basis of the demonstrated physiological reactions in the human body, the areas of application of oscillation massage range from rehabilitative applications in patients with lymphatic drainage disorders, through preventive measures aimed at avoiding circulatory disorders, muscle tension, headaches and limb pain, to regeneration-promoting measures such as the relief of muscle soreness and the breakdown of metabolic products.

Explanatory notes

- **oscillating vibration massage:** Precisely defined oscillations act more harmoniously on the different tissue structures.
- **venous:** Relating to the veins.
- **lymphatic:** Relating to the lymph.
- **empirical:** Knowledge gained through observation and experiments.
- **rehabilitative:** The return of a sick person to normal living and working conditions using various methods.