

# Complementing ESWT – lymph drainage with the V-ACTOR®

**Vibration therapy using the V-ACTOR® applicator from STORZ MEDICAL has proven itself a useful complement to focused or radial shock waves in ESWT consultations.**

Muscle fibres naturally resonate at up to 35 Hz. The amplitudes achieved by this resonance may reach the thickness of a human hair. The purpose of this physiological tremor is a drainage effect for the terminal vessels of the arteriovenous and lymphatic system within the extracellular matrix. This is connected to the tissue cells via ion channels and membrane-bound protein bridges. The fine resonances of the muscle fibres ensure an inflow and outflow within the tissue – something which the cardiovascular system is unable to accomplish.



The objective of medical lymph drainage is to return tiny lymph-dependent tissue particles and fluid to the major lymph vessels by means of special stimulating hand movements. In lieu of manual lymph drainage, outstanding lymph drainage effects can also be achieved with the V-ACTOR® vibration head. As with manual lymph drainage, the treatment starts by stimulating the central and peripheral lymph nodes. This is followed, as with traditional lymph drainage, by treating the major lymph vessels in a proximal to distal direction using circular movements. Treatment is indicated for

post-trauma conditions with oedematous swelling, such as are often experienced following surgery, sports injuries and venous and lymphatic diseases. Good results have been achieved following sprains, ligament injuries and muscle fibre tears. After the major lymph vessels in the extremities are opened up as a result of the draining vibration effect of the V-ACTOR®, the smallest of the lymph capillaries in the injured area are accessed using radial shock waves. The pressure of the shock waves causes a curtain-like opening of the capillary walls, allowing tissue debris and erythrocytes to be washed in.

Reducing these substances results in reduced lymph retention and a consequent reduction in oedema. Vibration therapy with the V-ACTOR® stimulates physiological muscle oscillations, leading to drainage of lymph and tiny tissue debris towards the centre. The benefits of the lymph drainage-facilitating V-ACTOR® applicator are clear, and not only in sports medicine and postoperative swelling. Lymph drainage, resulting in an opening of the lymph channels, should also take place as a preparatory step prior to Acoustic Wave Therapy (AWT®) from STORZ MEDICAL for

for treating cellulite. This dilation effect is known to last for up to 24 hours. Pre-treatment with V-ACTOR® lymph drainage can optimise the results of cellulite treatment with AWT®.

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