



LYMPHATOUCH®

Real Results with LymphaTouch

What Can Be Achieved with LymphaTouch? Explore 10 real treatment outcomes using negative pressure therapy, with before and after images.

Real Treatment Outcomes with LymphaTouch

This guide brings together 10 real treatment cases using LymphaTouch and negative pressure therapy, with before and after images. Each case outlines the starting point, how the treatment was carried out over time, what the patient experienced, and how the outcome developed.

The cases have been chosen around some of the treatment areas clinicians most often ask about, including C section scars, mastectomy scars, sports injuries, chronic swelling, and keloid scars. Together, they offer a practical view of how tissue can respond, and how change may unfold over time.

Looking through real cases can often be one of the most useful ways to understand what treatment may look like in practice. In some situations, changes may be visible early on, while in others the outcome may develop more gradually across a course of treatment. The aim is to give a grounded picture of the different ways scars, swelling, and injured tissue may respond.



This case has been shared by Hannah Poulton, women's health physiotherapist and scar specialist, owner of HLP Therapy Limited and PhD researcher.

27-Year-Old Lumpectomy Scar

The client had a 27-year-old breast scar from two lumpectomies. The most significant problems were a pinching sensation, tightness, restrictions, pain, and inability to wear a bra normally.

The client attended HLP Therapy four times, with each treatment session lasting 45 minutes. Treatment included LymphaTouch therapy, scar therapy, and changes to exercise, diet, and hydration. LymphaTouch was the most significant element of the treatment.

LymphaTouch treatments were performed at 350 mmHg negative pressure with a small 10 mm treatment head. Treatment was delivered in two 15-minute sessions directly on the scar tissue and the tight area where the tissue had hardened.

Treatment Course Results

- After the first treatment session, the client felt pain had reduced by 60%.
- After the second treatment session, the client was able to wear a bra comfortably for the first time in 27 years.
- After the third treatment session, the breast was fuller and tightness had reduced by 80%.
- After the fourth and final treatment session, the breast scar was softer, less adherent, the breast fuller, the breast area was pain-free, and tightness had reduced by 85%, with the client extremely satisfied with the results.



This case is from physiotherapist Erja Kouri, who has used LymphaTouch for over 15 years and specialises in treating and rehabilitating foot problems.

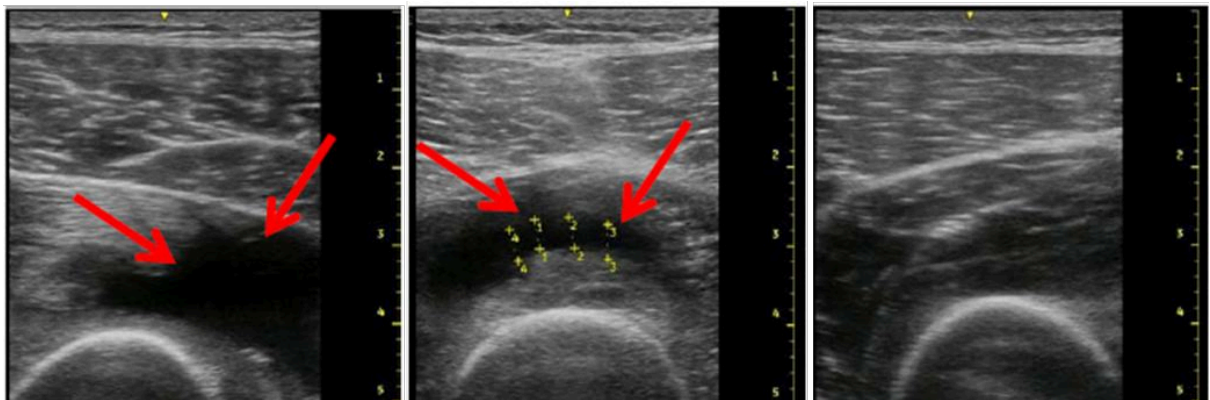
Early Intervention Can Also Affect Scar Appearance

The client had significant swelling in the left foot following a fusion surgery on 11 May (evening photo). Extensive Nordic walking exercises were used to support recovery. The client attended treatment daily over the following days, and the treatment series included LymphaTouch treatments on different areas with varying pressures and applicator sizes.

Additionally, elevation, including at night, was part of the rehabilitation. LymphaTouch was a central component in reducing swelling and supporting scar healing.

Treatment Protocol

- Supraclavicular fossa anteriorly 50 mmHg, approximately 10 pulses at 3 locations
- Plexus solaris 100 mmHg 5x. Inguinal lymph nodes pulsing 80 mmHg
- As before, moving distally. On the foot 60 mmHg applicator 50 mm, lower 30 mm, big toe dorsum and base 10 mm
- Extensive work on the big toe dorsum
- Gentle gliding strokes over the dorsum of the foot, from the lateral side



Day 1

Day 4

Day 8

This case has been shared by Tiina Laitala, Docent, ATC, University of Turku.

Ice Hockey Player's Contusion Injury

A professional ice hockey player was injured during a match and sustained a contusion injury to the middle thigh muscle. He was unable to continue playing. The athlete used elbow crutches due to pain for two days. The athlete received LymphaTouch device treatment combined with Cryonic ultra-cold therapy to relieve swelling and pain for four days. LymphaTouch and Cryonic ultra-cold treatments were initiated on the first day of injury approximately 6 hours after first aid (following cold-elevation-compression-rest treatment).

The bruise visible in ultrasound images is marked with red arrows (days 1 and 4). The contusion injury to the middle thigh muscle recovered at tissue level in eight days, and no clearly visible scar tissue formed at the injury site.

Treatment Course Results

- The patient's perceived pain decreased after the first treatment (VAS 8 → 5.5).
- The injured muscle tolerated light stretching four days after the injury.
- The contusion injury to the middle thigh muscle recovered at tissue level in eight days.
- The athlete was able to continue light exercise already 5 days after the injury.
- The athlete returned to sport nine days after the injury (typical recovery time 3 weeks).



Baseline



Two months after introducing LymphaTouch

This case has been shared by Daniel Ceh and Joep Fernando, therapists specialising in scar treatment from London Scar Therapy.

Hypertrophic Knee Scar Following Trauma

A 29-year-old male was injured in a traffic accident and sustained an open patellar fracture requiring surgical fixation. Four months post-surgery, he had a highly vascularised, raised z-shaped hypertrophic scar on the anterior knee, causing pain from friction, tightness, dryness, and itching. The patient initially received standard conservative treatment for four months, including manual massage, moisturising, silicone, desensitisation, and compression therapy. Following metalwork removal, a new linear scar appeared alongside the original hypertrophic scar. At this stage, LymphaTouch Pro was incorporated as a supplement to the multimodal treatment programme.

LymphaTouch Pro treatments were administered fortnightly using 100-180 mmHg negative pressure in pulse mode with 2-second cycles at 50% duty cycle, with a 60 mm treatment head for 20 minutes per treatment session.

Treatment Course Results

- Scar vascularity decreased significantly, with visible improvement in redness and colour.
- Scar height decreased markedly, with both scars flattening and becoming less visible.
- Extensibility improved considerably, with tissue softening and moving better.
- Patient reported reduction in itching in both frequency and intensity.
- Friction pain eased, with decreased sensitivity to clothing and bedsheets.
- Progress accelerated significantly following introduction of LymphaTouch Pro compared to conservative treatment alone.



This case has been shared by Hannah Poulton, women's health physiotherapist and scar specialist, owner of HLP Therapy Limited.

Arm Treatment Following Intensive Chemotherapy and Radiotherapy

A female patient arrived at HLP Therapy Limited in August 2022. The previous year, she had undergone a left breast lumpectomy. Following surgery, the patient developed significant cording in the left upper limb as well as hardening and vein closure in the right upper limb as a consequence of intensive chemotherapy and radiotherapy.

The patient was unable to use her right side due to pain, tightness, and the appearance of her arm. Significant muscle atrophy was observed, and the patient was unable to return to work or drive her car, which had an enormous negative impact on her physical and mental wellbeing. The doctors' prognosis indicated a permanent condition with no treatment options.

The physiotherapy and scar treatment course lasted a total of three months with eight treatment sessions. Each 60-minute treatment session included scar massage (10-15 minutes), class 3B laser therapy (5 minutes), and LymphaTouch treatment using a 10 mm cup at 350 mmHg pressure for 15-20 minutes. The treatment plan also included home exercises to strengthen the upper limb.

Treatment Course Results

- Tissue surrounding the veins began to soften after the first two treatment sessions.
- LymphaTouch treatment made significant changes to the scar and tightened tissues already by the second treatment session.
- Significant improvement in arm appearance and function by the eighth treatment session.
- Pain and tightness decreased considerably, enabling return to daily activities.
- Patient regained the ability to use her right arm functionally.
- Patient was able to return to work and drive her car again.
- Muscle strength improved through the combination of treatment and home exercises.



Post-Operative Swelling Treatment Following Total Knee Replacement

The client presented with significant post-operative swelling following total knee replacement surgery. The swelling was limiting the desired range of motion and hindering rehabilitation progress. A single 20-minute treatment session was performed to address the acute swelling.

Treatment was performed using the device's post-operative swelling treatment programme. Negative pressures of 60-150 mmHg were used in pulse mode, systematically working to mobilise fluid from the affected area. RCT study results confirm the device's effectiveness in treating swelling and pain management in the days following surgery

Reference: "Postoperative swelling: influence of negative pressure application in comparison to manual lymphatic drainage after total knee arthroplasty—a randomised controlled trial", European Journal of Orthopaedic Surgery & Traumatology.

Treatment Results

- Visible reduction in swelling after a single 20-minute treatment session
- Desired range of motion achieved, supporting rehabilitation progress
- Evidence-based approach supported by RCT research
- Effective acute intervention for post-surgical swelling management



This case has been shared by a Finnish physiotherapist

C-Section Scar Rehabilitation

The client sought treatment for rehabilitation of a C-section scar approximately 4 months old. The initial situation showed numbness and redness in the scar area. A particularly troublesome area was in the centre of the scar, where there was practically no sensation at all. The client also felt a strong tightening sensation at the scar edges when the scar was treated.

Rehabilitation began with scar examination and skin sensation testing. The client then attended 4 treatment sessions, during which the scar was treated manually at first and then with the LymphaTouch® device. Treatment sessions were quite similar as the therapist was exploring and practising the technique.

Treatment protocol: Initially 50mm treatment head, 120mmHg, pulse 2s/50%, stationary technique. Then 35mm treatment head, approximately 150-200mmHg, pulse 2s/50%, lift and rotate technique. Finally 35mm treatment head, continuous, approximately 150mmHg + vibration 20Hz. Device treatment time was approximately 15 minutes per session.

Treatment Course Results

- After just four treatment sessions, the change was significant for the client
- Skin sensation returned to the entire scar area, with no completely numb area remaining
- The client reported: "Treatment exceeded expectations. I wouldn't have believed this. Treatment felt really pleasant and was my weekly relaxation moment"
- Scar area showed visible improvement in appearance and sensation



Discover the Potential of LymphaTouch

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LymphaTouch is designed to be straightforward to bring into practice, with flexibility across different treatment styles and clinical settings. Looking through real before and after cases can often be the most practical way to see the outcomes that have been achieved, and the difference that can make for both practitioner and patient.

If helpful, we can look through those together and explore whether LymphaTouch could have a place in your practice.

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