

# The Expanding Lymphedema Toolbox

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The lymphedema toolbox is an expansive collection of advanced education, manual therapy skills, objective measures, creative problem-solving and modalities. Lymphedema modalities are diverse in design and include low level laser, kinesiotape, IASTM, negative pressure devices, pneumatic compression and HIVAMAT Deep Oscillation.

HIVAMAT stands for **H**istologically **V**ariable **M**anual **T**echnique. HIVAMAT Deep Oscillation uses electrostatic attraction and friction to produce a mechanical vibration in the body. The mechanical vibration begins on the epidermis and penetrates into deeper connective tissues. The deep oscillation effect is the result of the exchange of attraction and friction forces.

In 2022, I added HIVAMAT Deep Oscillation into my lymphedema toolbox. I incorporate HIVAMAT Deep Oscillation therapy as an adjunct to complete decongestion therapy, manual therapy techniques and other modalities. Using a variety of different deep oscillation program settings, I have successfully treated breast seromas, accelerated range of motion gains from axilla web cording and decreased breast edema pains. I have documented scar tissue mobility gains and faster tissue softening responses on fibrotic tissues.

In addition to treating oncology impairments, I integrate deep oscillation therapy in lipedema treatments, facilitate manual lymphatic drainage in liposuction and cosmetic post-operative care.

Deep oscillation therapy has a gentle soothing sensation on the skin surface. My patients relish the treatment experience and notice when omitted from treatment. Adding HIVAMAT Deep Oscillation into my expanding lymphedema toolbox has proven invaluable for benefiting lymphedema outcomes and providing another avenue for patient recovery.