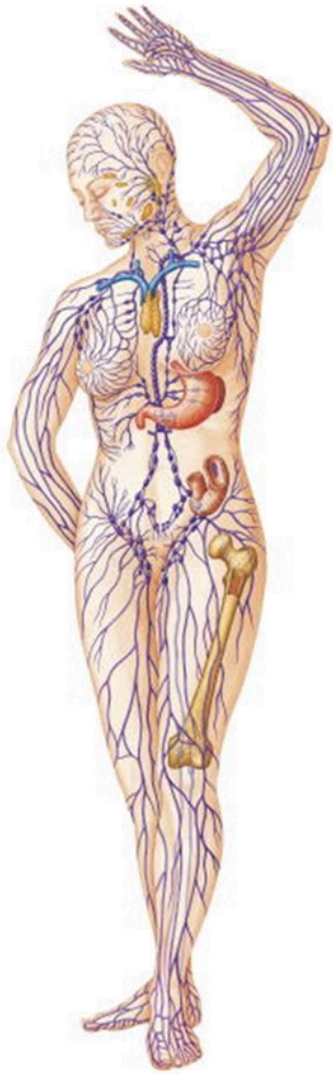


Can Lypossage® Be A Therapeutic Treatment?



The answer is a resounding yes! Lypossage® is a hybrid treatment based on elements included in Complex Physical Therapy for Lymphoedema (i) and Massage Therapy (ii). According to Judith R. and John R. Casley-Smith, CPT for Lymphoedema has four elements. These elements are; “1) Skin care, 2) A special lymphatic massage, 3) Compression bandaging and (later) garments, 4) Special exercises which supplement the massage.” In addition, according to Dr. Goats, “Massage reduces swelling very effectively and is used widely for this purpose in sports therapy. The mechanism is uncomplicated. When a superficial valve-bearing vein or blind-ended lymph channel is compressed, fluid can only drain towards the heart. Interstitial fluid can then enter the vessel more easily. Arteriolar congestion reduces further as the tissue fluid pressure is relieved and thus perfusion improves.” He also posits that, “the effect of massage upon lymph flow has been measured experimentally...other studies comparing massage, passive movement and electrical muscle stimulation again showed lymph flow to be greatest following massage.”(iii)

Lypossage® is often thought of as a cellulite treatment, and is often used in helping reduce the “look” of cellulite. The reason the qualifier “look” is used is because often what looks like cellulite is often lymph congestion and not cellulite. And because of the way Lypossage has been taught along with its origins, the dimpled look of the skin is reduced after Lypossage treatments. According to Charles W. Wiltsie III, LMT, the creator of the treatment, “The February/March 1999 issue of *Massage Bodywork* included an article about my research, ‘Deep Tissue Massage: Does Massage Therapy Have an Impact on Body Dimensions in the Hips and Thighs of Women?’ I did this study because I was curious about whether or not complex physical therapy (CPT) for Lymphoedema would work on healthy women. In other words, would a protocol similar to CPT help a healthy woman lose dimension...”(iv)

So, in a nutshell, what is Lypossage and is it a therapeutic treatment? Lypossage is the following; 1) Passive movement, 2) Body Wraps, 3) Massage Therapy with an eye toward stimulating skeletal muscle contraction. The massage technique is meant to mobilize tissue and systems in the body, in such a way that the lymphatic system, as well as other systems, can create the optimum lymph flow relieve bloat and congestion. The myofascial elements of the massage therapy treatment also help structurally integrate the body. In addition, all of the Lypossage strokes are systematic and predictable and have evolved from the original protocol when applied as a therapeutic treatment.

i. *Australasian Journal of Dermatology*; Modern Treatment of Lymphoedema I. Complex Physical Therapy: The First 200 Australian Limbs, Published by The Australasian College of Dermatologists, by Judith R. Casley-Smith and John R. Casley-Smith, June 28, 2007 (originally published August 1992), Volume 33, Issue 2, pages 61-68

ii. *British Journal of Sports Medicine*, Massage- the scientific basis of an ancient art: part 2. Physiological and therapeutic effects; by Geoffrey C Goats PhD MCSP (School of Occupational Therapy and Physiotherapy, University of East Anglia, Norwich, UK, published 1994, 28 (3)

iii. Ibid

iv. *Massage & Bodywork Magazine*; The Evolution of Lypossage- Coming Into Its Own, by Charles W. Wiltsie III, June/July 2003