

## BODY FLOW

### What is it?

Body Flow is a new electrotherapy device that stimulates the smooth muscle around lymphatic vessels and veins. For the purpose of treating lymphoedema, this causes a reduction in swelling and fluid in the limb and can reduce limb volume and fluid by up to 15-30% (Bases on 3x per week for 1 month at 20mins per session). The machine can also be used to reduce post-exercise soreness (delayed onset muscle soreness) and is used by athletes to help with recovery.

### Treatment options:

#### *In clinic:*

1. You will require an Initial and Final assessment at a cost of \$160.00 (for both sessions) which is to paid upon first visit. You are also able to claim under Physiotherapy on your health fund. The initial session is required for assessment, measurement and to show you how to use the machine. The final assessment is to measure the effect of the treatment and to enable the Physiotherapist to advise the best ongoing management.

2. Treatments are purchases in a pack of 12 of 20 minute sessions for \$600.00. This includes mini reassessments and works out to be \$50 per session and is also claimable on Physiotherapy cover.

3. At the end of the 12 treatments, you will receive a reassessment where the Physiotherapist will decide the next step for you, either to repeat the treatment or to rent or buy a Body Flow unit for maintenance.

### Body Flow Costing:

Rent: \$22.00 per day  
Buy: \$3800.00 incl. GST

### What is Lymphoedema?

Lymphoedema is the abnormal swelling of the superficial body tissues, most often the limbs. Lymphoedema is a result of failure of the lymphatic system to adequately collect and/or transport lymph. The resulting affected limb/s becoming swollen and painful.

Lymphoedema can be caused by congenital conditions, infection/mosquito bite virus or by trauma to the lymphatic system via, injury or surgery/radiation for cancer treatment. As a chronic condition with no cure, the estimated 160,000 Australians that sufferer from Lymphoedmea need to manage their condition for the duration of their life.

Lymphatic massage, Endermologie and the Bodyflow machine are used successfully to increase the transport capacity of the lymphatic system and remove the stagnant plasma proteins from the tissues.

