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**Excerpt from the study about the
effect of vibration massages in
combination with thermal infrared
on congestions in blood- and
lymph- vessels**

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Focus

The hhp Andullation Therapy System
with infrared deep heat



Interrogating

The aim of the study was to determine the effect of oscillating vibration massages in combination with thermal infrared on the lymphatic system.

The following significant variables were tested:

- 1 Subjective sensation of pain
- 2 Amount of movement
- 3 Swellings
- 4 Distribution of body fluids

Procedure

The participating test subjects are randomly distributed between two test groups. The survey group was subjected to 15 minute applications of the medical hhp Andullation Therapy System with a special combination program treating the whole body and facilitating lymphatic outflow (Andullation massage). The test group was subjected to a placebo bed with neither vibrations nor infrared for the same time period.

Just prior to the treatment, all test subjects had to take part in a survey to register their personal detail and contraindications as well as additional details like medication regimes. Afterwards, four of the participants' dependent variables

- Subjective sensation of pain
- Amount of movement
- Swellings
- Distribution of body fluids

were tested as an entry test for the empirical study.

Test group in treatment with the hhp Andullation Therapy System. Basic Program 6 (Pain reduction, treatment of circulatory disorders of the lower legs and feet, stimulation of lymphatic flow and blood circulation, strengthening of the immune system):

10 probands

Test group (without treatment):

10 probands

Instruments and methods



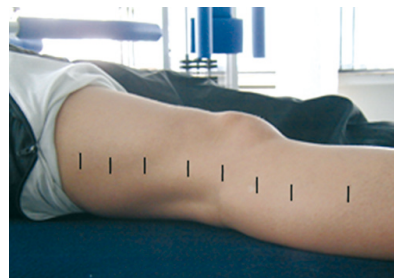
Analysis of the body



Body Composition Analyser
Inbody 3.0 Biospace



Approach to
measurement



Principle of the
„4-cm disk model,”
according to Kuhnke

Conclusion

Due to proven physiological reactions of the human body,
Andullation massages offer a wide variety of applications:

- Srehabilitative application for patients suffering from disturbances of the lymphatic outflow
- pre-emptive measures to prevent dysfunctions of the circulatory system
- tensions
- headaches and shooting pains
- regeneration enhancing countermeasures to sore muscles and other results of residual metabolites