



## Case report : Broken knee

**Patient:** The patient is approximately 50-year-old woman, who has fractured her knee patella, and the knee has been operated on. Since the trauma and still four weeks after the surgery, she has edema on a large area around the knee: circumference in the swollen right knee is 36 cm, vs left knee 32 cm. There are colour changes in the skin on both sides of the scar, and the skin is tight.

The patient wears braces, with immobilization removed a week earlier. Pain is on level 4 in the VAS scale of 1 to 10, and range of motion is clearly reduced. Active flexion is 20 degrees, passive 30 degrees.

**Methods:** The patient was treated twice using the LymphaTouch device. The inguinal lymph nodes were first opened manually. LymphaTouch was then applied in a pulsating mode, and with a 50-90 mmHg negative pressure setting, to transport the lymph away from the knee area towards the inguinal lymph nodes. The scar area was finally treated using continuous 90 mmHg suction, both by keeping the treatment head in place and by sliding it on the skin.

The treatment sessions lasted 25 minutes.

**Results:** The swelling in the knee was clearly reduced already during the first treatment session, so that the circumference of the knee decreased by 1 cm. During the second treatment a week later, the circumference reduced by a further 0,5 cm. Range of movement improved by 10 degrees, the color of the skin improved and the scar became lighter. The patient considered the treatment pleasant.