

6D Six-Dimensional Method™
ACTION



Six-Dimensional
Treatment with **6D Action**

For Physiotherapy, Lymphatic Therapy
and Active Self-Care



Guidelines

Six Dimensional Treatment with 6D Action Vacuum Device

The three application modalities with 6D Action Device:

1. Pulsation treatment technique

In this treatment technique the suction cup pulsates in one place. We recommend a minimum of three (3) pulses in one place and only then move the treatment cup forward 1/3 – 2/3 the distance of a cup diameter.

2. Lifting and twisting treatment technique

According to this technique the suction cup is lifted and twisted either with pulsation or continuous suction mode.

3. Gliding treatment technique

According to this technique the suction cup glides on the skin tissue. The direction is from distal to central. With gliding you can use straight lines or S-shaped curves or a combination. For gliding you can use either regular cups or a roller cup with pulsation or continuous suction mode. With pulsation one can use higher pressure settings for gliding. In order to use continuous suction mode for gliding the pressure level needs to be adjusted into a suitable lower level. With this adjustment the suction cup glides easily on the skin and feels pleasant. Gliding can be made easier and more effective as follows: press and stretch tissue with the other hand into the opposite direction to gliding.



General Guidelines

1.

The pressure can be adjusted from very mild to strong suction. The highest level is 300 mmHg. The pressure should be selected so that the skin is lifted but does not cause pain nor irritation. In general, the treatment feels mild but is still effective and pleasant.

2.

Pulsation frequency can be selected from 0.1 second to 3 seconds. Approximately one second intervals are suitable and most commonly used in various treatments.

3.

We recommend using as big of a cup as possible that is suitable for the treatment area. This way a bigger area can be treated at once.

4.

We recommend using a treatment cup with rolls for bigger muscle groups in the feet and torso.

5.

All the contraindications for physiotherapy, lymphatic therapy, massage and self-care apply. If you are uncertain of the suitability of the device for the treatment, seek medical advice prior to starting the treatment.

See 6D Action Vacuum Device guidelines in video format at

www.6dtape.com



Basic treatment protocol

1. Phase: Activation of supraclavicular fossa

Always start with activating the lymph nodes in the supraclavicular fossa. The left side takes care of the left upper body, the left upper extremity and both of the lower extremities. The right side takes care of the right upper body and the right upper extremity. Use the pulsation technique with approximately 15 pulsations on each side of the supraclavicular fossa. The activation can be done in the supine or prone position. If the person is in the prone position, activation can be done over the trapezius muscle.

Picture: Supraclavicular fossa activation in prone (a) and supine (b) positions.



2. Phase: Activation of the spine and treatment of torso

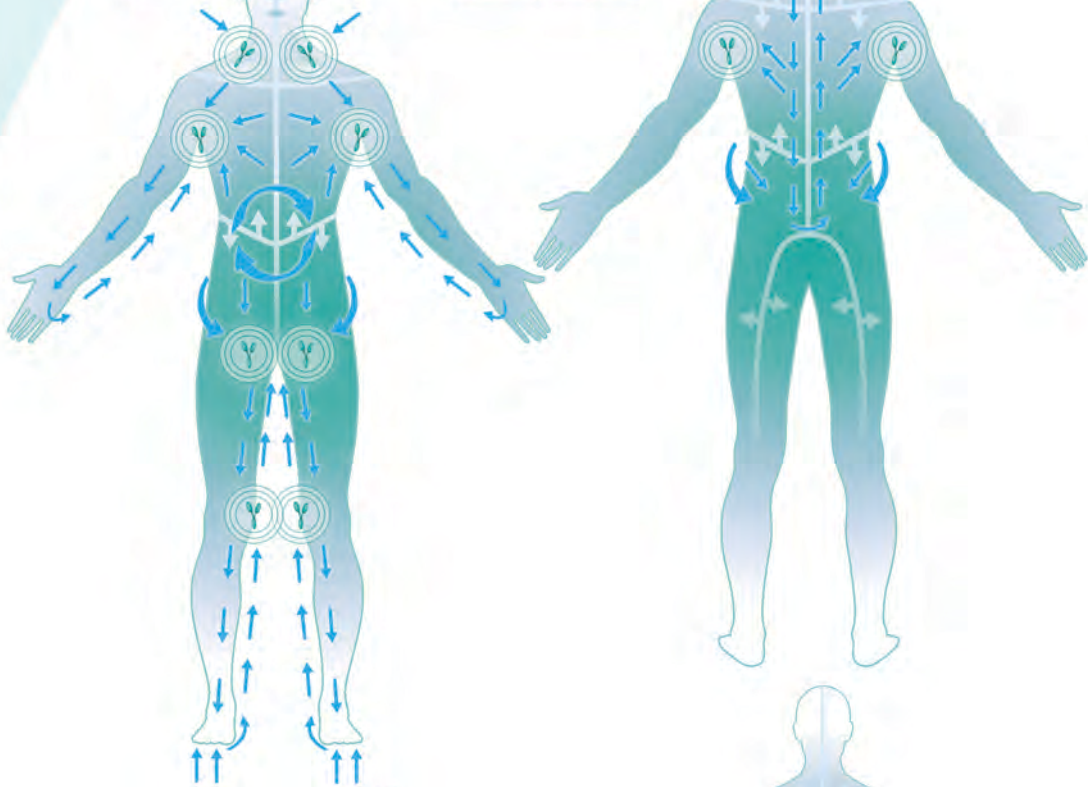
Start activation from the neck area and proceed all the way to the end of the spine and the back to the neck area. Use the pulsation technique first, then the lift & twist technique and thereafter the gliding technique. On the upper body above the lymphatic watershed the treatment direction is towards the armpits, and below the watershed the direction is towards the groin areas. We recommend activating the armpit and groin areas with a couple of pulsations before the treatment.

Picture: Activation of the spine (c), lymphatic watersheds (d) and treatment directions (e).



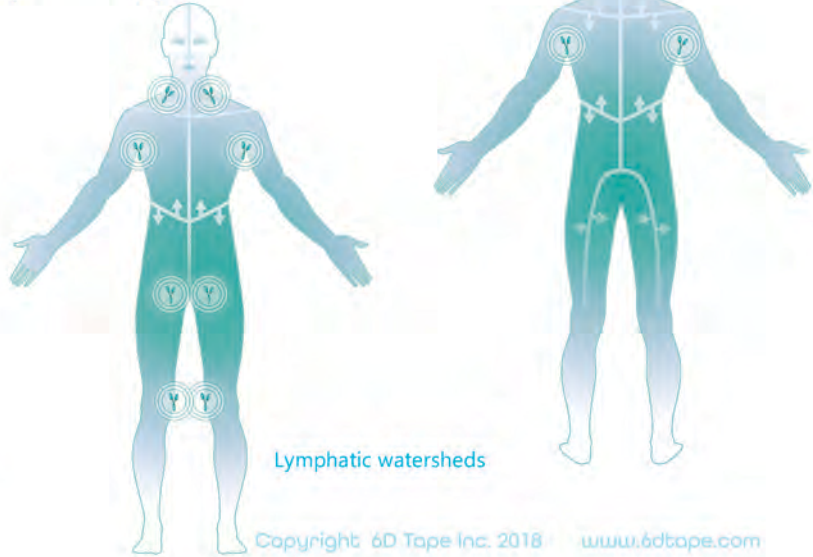
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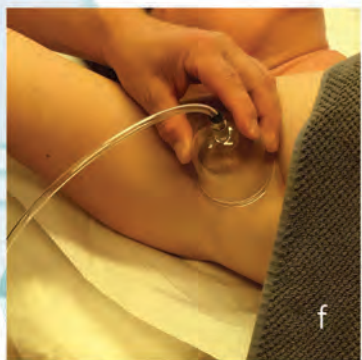
Treatment directions



d

Lymphatic watersheds





3. Phase: Treatment of upper extremity

Activate the supraclavicular fossa (1) first, and optionally the spine (2) if you have time. Activate the armpit on the side of the treatment next with approximately 10 pulsations. Treat the upper extremity starting from the shoulder and proceed all the way to the hand and then back from the hand to the shoulder. Pay special attention on the medial elbow area. Use all three application modalities of pulsation, lift & twist, and gliding.



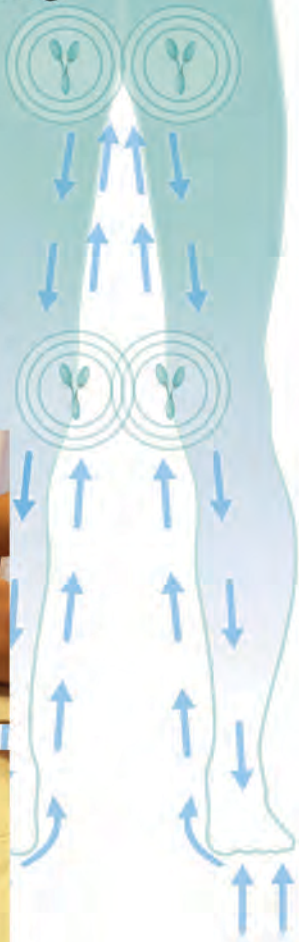
Picture: Treatment of armpit (f), treatment of medial elbow (g), treatment of hand (h)

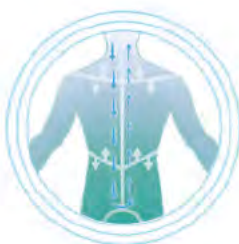


4. Phase: Treatment of lower extremity

Activate the supraclavicular fossa (1) first, and always the spine (2). Optionally activate the stomach area under the sternum next in clockwise direction. Activate the groin area on both sides and proceed towards the knee. Pay special attention on the medial side of the knee. Continue the treatment all the way down to the foot and the sole of the foot. Go back in reverse order. Use all three application modalities of pulsation, lift & twist, and gliding.

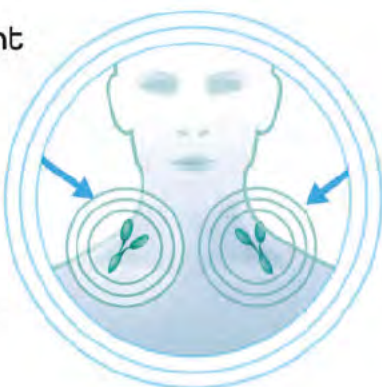
Picture: Activation of stomach area (i) and groin (j), treatment of the medial side of knee (k) and the sole of the foot (l).





5. Phase: Finishing the treatment

The last phase of the treatment is activation of the supraclavicular fossa like in the phase 1. If the lower extremity of the body has been treated activate the groin area, and if possible, also the spine before ending the treatment to the supraclavicular fossa area.



6. Phase: After the treatment

After the treatment it is important to drink water to avoid dehydration.



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