

Treatment protocol.











Oxygenation and elimination of toxins by lymphatic massage.

Combination of massages and treatments Results guaranteed.

# Presotherapy treatment

adagyo treatments' are especially indicated for people with circulatory issues and fluid retention, but there are many systems of the body which can improve with preassure therapy treatment:

It improves the lymphatic system due to the increase of the lymph circulation, leading to the elimination of metabolic waste

Improves the circulatory system, increasing the amount of oxygen in the body and relieves the blood pressure in the extremities

**Improving the digestive system** relaxing the abdominal and intestinal muscles to facilitate its operation.

It improves the muscular system, providing relaxation and relief in case of muscle spasms.

Improves the skin tone due to increased blood flow by facilitating cell regeneration.

Recommended as a postoperative treatment in cosmetic surgery such as liposuction.

Indications for the treaments using adagyo device:

- Stimulation and maintenance of the blood and lymphatic circulation
- Prevention of varicose veins (in their previous symptoms like heaviness of legs, edema...).
- Varicose veins in pregnancy.
- Prevention of thrombosis
- Post thrombotic syndrome
- Varicose veins and lymphatic edema.
- Prophylaxis thrombus embolic.
- Post-surgical treatments such as liposuction.
- Post-operative
- Cellulite and obesity (improved circulatory response)
- Prevention and improvement of atrophy and tissue elasticity.
- Neurological diseases.
- Paralysis of the lower limbs
- Diseases and muscle spasms (relaxation).
- General detoxification of the body.



# **Step 1: preparation prior to treatment**

adagyo device should only be used by qualified professionals who have received appropriate training and have thoroughly read the adagyo user's manual (included with the equipment) before operating the system.

Assessment of the client: before starting any kind of treatment, it is essential to have a complete record of the client and have him/her sign the respective informed consent. Assess and establish the client's real expectations.

**Selecting the client:** It must be a healthy client with real objective expectations consistent with his age, which seeks to reduce localized fat in certain areas of the body to improve body contour and appearance.

**Evaluation of the treatment area:** must be ruled out conditions that may contraindicate treatment (see contraindications).

**Explanation of treatment:** treatment should be explained to the client and it must know feelings and any inconvenience that may arise during treatment.

 For hygienic reasons, we recommend using disposable pants during treatment.





# Step 2: start of treatment

- Selection of the program (see treatment table).
- Selecting the treatment time (20-40 min.).
- Selecting the maximum pressure of the established program (40-80mb).
- Selecting pause between cycles (1-10 seconds).

## **Treatments:**

adagyo presents 9 treatments with muscular, circulatory and cellular tissue effects, differentiating the following:

#### Treatment 1:

# **Opening lymphatic pathways**

This treatment is intended to open the lymphatic pathways. It is recommended to apply it before any other treatment.

This treatment is intended to open the lymphatic pathways. It is recommended to apply it before any other treatment.

It is not recommended to use very high pressures.

#### Pressure recommended:

40-60 mBar



| Phase 7.<br>Deflated cell 4 | ++++ |
|-----------------------------|------|
| Inflated cell 7             | 1111 |
| Phase 6.<br>Deflated cell 3 | ++++ |
| Inflated cell 6             | 1111 |
| Phase 5. Deflated cell 2    | ++++ |
| Inflated cell 5             | 1111 |
| Phase 4. Deflated cell 1    | ++++ |
| Inflated cell 4             | †††† |
| Phase 3.                    |      |
| Inflated cell 3             | 1111 |
| Phase 2.                    |      |
| Inflated cell 2             | 1111 |
| Phase 1.                    |      |
| Inflated cell 1             | 1111 |



# **Treatment 2:**

## Relaxation

This treatment intended to improve a complete lymphatic drainage. The comprehension process starts at the bottom area the tip and gradually exerting pressure rises continuing upward to the abdominal area.

In this process each one cell maintains its pressure until the end of the sequence. Upon completion of decompress all cells at once. The process is repeated until the end of treatment.

## Recommended pressure:

40-55 mBar

#### End of secuence

| Deflating of all cells      | +++1     |
|-----------------------------|----------|
| Phase 7.                    |          |
| Inflated cell 7             | 1111     |
| Phase 6.<br>Inflated cell 6 | ††††     |
| Phase 5. Inflated cell 5    | ††††     |
| Phase 4. Inflated cell 4    | <br>†††† |
| Phase 3. Inflated cell 3    | ††††     |
| Phase 2.<br>Inflated cell 2 | ††††     |
| Phase 1.<br>Inflated cell 1 | 1111     |

# **Treatment 3:**

# **Drainage**

The treatment consists on keeping the inflated segment while the next segment is inflated and a deflated of the anterior segment. This system produces a centripetal pressure wave or drag pumping in order to obtain a reactivation of venous and lymphatic circulation, blocking the return and relaxing the muscular system.

This treatment is recommended for subsequent relaxation to others treatments such as reactivating the lymphatic system and circulatory or as maintenance and prevention of circulatory problems. It is recommended as a post-exercise sports massage.

#### Recommended pressure:

40-60 mBar



| Deflating of all cells          | $\downarrow\downarrow\downarrow\downarrow\downarrow$ |
|---------------------------------|--|
| Phase 7.                        | ++++   |
| Deflated cell 5 Inflated cell 7 | $\uparrow\uparrow\uparrow\uparrow$                   |
| Phase 6. Deflated cell 4        | ++++   |
| Inflated cell 6                 | 1111   |
| Phase 5. Deflated cell 3        | ++++   |
| Inflated cell 5                 | 1111   |
| Phase 4.                        | ++++   |
| Deflated cell 2 Inflated cell 4 | 1111   |
| Phase 3.                        | ++++   |
| Deflated cell 1 Inflated cell 3 | <b>†</b> †††   |
| Phase 2.                        |  |
| Inflated cell 2                 | ††††   |
| Phase 1.                        | ***  |
| Inflated cell 1                 | . 1111   |

# Presotherapy working procedure

# **Treatment 4:**

## **Stimulant**

This treatment is used as stimulant of the lymphatic and circulatory system. This treatment is very similar to the relaxing one but with a pause between each of the cells, so reinforces the effect obtained during the treatment sequence.

The effect of these treatments is to intensify the effect of the treatment No. 3 (drain) in the area where it has been made the treatment. In this way, the program performs a progressive cell inflated and deflated, to continue the lymphatic relaxation massage focused mainly in the area where the treatment was performed.

#### Recommended pressure:

40-60 mBar

# **Treatment 5:**

# **Legs post-treatment**

It is especially designed for using after the completion of these aesthetic medicine treatments: reduction localized and generalized adiposity treatment, reduced circumference treatment or reaffirmation of tissue and cellulite treatment.

It focuses on relaxing the legs when completed any aesthetic medical treatment.

#### Recommended pressure:

40-80 mBar



#### **End of secuence**

| Deflating of all cells          | $\downarrow\downarrow\downarrow$ |
|---------------------------------|----------------------------------|
| Phase 7.                        | <b>+++</b>                       |
| Deflated cell 5 Inflated cell 7 | 111                              |
| Phase 6.                        | <b>+++</b>                       |
| Deflated cell 4 Inflated cell 6 | 111                              |
| Phase 5.                        |                                  |
| Deflated cell 3 Inflated cell 5 |                                  |
|                                 |                                  |
| Phase 4. Deflated cell 2        | +++                              |
| Inflated cell 4                 | 111                              |
| Phase 3. Deflated cell 1        | <b>+++</b>                       |
| Inflated cell 3                 | 111                              |
| Phase 2.                        |                                  |
| Inflated cell 2                 | 111                              |
| Phase 1.                        | 111                              |
| Inflated cell 1                 |                                  |

\* entre el hinchado de cada celda hay una pausa. Esto diferencia este tratamiento del de relajación.



| Deflating of all cells             | ++++          |
|------------------------------------|---------------|
| Phase 7.                           | ++++          |
| Deflated cell 6<br>Inflated cell 7 | 1111          |
| Phase 6.                           | ++++          |
| Deflated cell 5 Inflated cell 6    | 1111          |
| Phase 5.                           | ++++          |
| Deflated cell 4 Inflated cell 5    | † <b>†</b> †† |
| Phase 4.                           | ++++          |
| Deflated cell 3<br>Inflated cell 4 | 1111          |
| <b>Fase 3.</b><br>Deflated cell 2  | ++++          |
| Inflated cell 3                    | 1111          |
| Fase 2.                            | ++++          |
| Deflated cell 1<br>Inflated cell 2 | 1111          |
| Phase 1                            |               |
| Inflated cell 1                    | 1111          |



# **Treatment 6:**

# **Buttock post-treatment**

It is especially designed for using after the completion of these aesthetic medicine treatments: reduction localized and generalized adiposity treatment, reduced circumference treatment or reaffirmation of tissue and cellulite treatment.

It focuses on relaxing the buttock when completed any aesthetic medical treatment.

# **Recommended pressure:**

40-80 mBar

# **Treatment 7:**

# **Abdomen post-treatment**

This treatment is used as stimulating of the lymphatic and circulatory system. This treatment is very similar to relaxing but with a pause between each of the cells, so reinforces the effect obtained during the treatment sequence.

This treatment is aimed to relaxing the abdomen once aesthetic medical treatment in the work area is over.

## Recommended pressure:

40-60 mBar



#### End of secuence

| Deflating of all cells          | ++++ |
|---------------------------------|------|
| Phase 7. Deflated cell 6        | ++++ |
| Inflated cell 7                 | †††† |
| Phase 6. Deflated cell 5        | 1111 |
| Inflated cell 6                 | 1111 |
| Phase 5.                        | ++++ |
| Deflated cell 4 Inflated cell 5 | 1111 |
| Phase 4. Deflated cell 3        | ++++ |
| Inflated cell 4                 | †††† |
| Phase 3. Deflated cell2         | ++++ |
| Inflated cell 3                 | 1111 |
| Phase 2.                        | ++++ |
| Deflated cell 1 Inflated cell 2 | 1111 |
| Phase 1.                        |      |
| Inflated cell 1                 | 1111 |



| Deflating of all cells             | ++++                                    |
|------------------------------------|---|
| Phase 7.                           | ++++                                    |
| Deflated cell 6<br>Inflated cell 7 | <b>†</b> †††                            |
| hase 6.                            | ++++                                    |
| Deflated cell 5<br>Inflated cell 6 | † <b>†</b> ††                           |
| hase 5.                            | ++++                                    |
| Deflated cell 4<br>Inflated cell 5 | 1111                                    |
| Phase 4.<br>Deflated cell 3        | ++++                                    |
| nflated cell 4                     | ††††                                    |
| Phase 3.<br>Deflated cell 2        | ++++                                    |
| nflated cell 3                     | 1111                                    |
| Phase 2.                           | ++++                                    |
| Deflated cell 1<br>Inflated cell 2 | ††††                                    |
| ase 1.                             | • |
| nflated cell 1                     | 1111                                    |

# Presotherapy working procedure

# **Treatment 8:**

#### **Pretreatment**

This treatment intended to open the lymphatic pathways to work better before any fat reduction treatment, circumference reduction or firming tissue and cellulite.

The program performs a treatment similar to sequence number 1 (Opening of lymphatic channels) with the difference that makes aend sequence lymphatic massage (treatment number 3) which repeat to end the time-programmed massage, what Unlike treatment number 1.

## **Recommended pressure:**

40-55 mBar

# **Treatment 9:**

# Leg post-treatment

This treatment intended to provide lymphatic drainage more intensive treatment 3. This treatment produces a continuous and progressive draw from the most proximal part of the limb until the distal portion, while maintaining fully swelling of the previous cells until the end of the sequence. Once completed, all cells are compressed together.

The intensity of this drainage is achieved by a preliminary step of inflation and deflation of cell No. 5, in order to obtain unlocking lymph nodes by compressing lymph nodes. Cell No. 5 is located at the root of the limb and is responsible for compressing the inguinal node (veryimportant for proper lymphatic drainage). It is recommended to perform the treatment with medium or low pressures, due to its intensity.

#### **Recommended pressure:**

40-70 mBar



| Phase 7. Deflated cell 4    | +++         |
|-----------------------------|-------------|
| Inflated cell 7             | 1111        |
| Phase 6. Deflated cell 3    | 111         |
| Inflated cell 6             | 1111        |
| Phase 5.<br>Deflated cell 2 | +++         |
| Inflated cell 5             | 1111        |
| Phase 4.<br>Deflated cell 1 | +++         |
| Inflated cell 4             | 1111        |
| Phase 3.<br>Inflated cell 3 | <b>†</b> †† |
| Phase 2.                    |             |
| Inflated cell 2             | . 1111      |
| Phase 1.                    |             |
| Inflated cell 1             | 111         |
|                             |             |



| eflating of all cells     | $\downarrow\downarrow\downarrow$ |
|---------------------------|----------------------------------|
| hase 9.                   | •••••                            |
| flated cell 7             | 111                              |
| hase 8.                   |                                  |
| flated cell 6             | . † † †                          |
| hase 7.<br>flated cell 5  | 111                              |
| hase 6.                   |                                  |
| flated cell 4             | 111                              |
| hase 5.                   |                                  |
| flated cell 3             | . 111                            |
| hase 4.                   |                                  |
| flated cell 2             | 111                              |
| hase 3.                   |                                  |
| flated cell 1             | †††                              |
| hase 2.<br>eflated cell 5 | +++                              |
| hase 1.                   |                                  |
| flated cell 5             | 111                              |



# **Treatment tables**

| Treatment                           | Program   | number      | Treatment time | Recommended pressure |              |
|-------------------------------------|---|-------------|----------------|----------------------|--------------|
| Maintenance                         | Relaxation<br>Stimulant                                   | 2<br>4      | 20-30 min      | 40-70 mBar           | 30-52,5 mmHg |
| Edematous and compact cellulite     | Legs Treatment<br>Buttocks treatment<br>Abdomen treatment | 5<br>6<br>7 | 30-40 min      | 40-80 mBar           | 33,7-60 mmHg |
| Soft cellulite                      | Legs Treatment<br>Buttocks treatment<br>Abdomen treatment | 5<br>6<br>7 | 25-35 min      | 40-75 mBar           | 30-56,2 mmHg |
| Localized and generalized adiposity | Legs Treatment<br>Buttocks treatment<br>Abdomen treatment | 5<br>6<br>7 | 30-40 min      | 40-75 mBar           | 30-56,2 mmHg |
| Obesity                             | Relaxation<br>Stimulant                                   | 2<br>4      | 30-40 min      | 40-65 mBar           | 30-48,7 mmHg |
| Venous and<br>lymphatic edema       | Drainage  | 3           | 25-35 min      | 40-60 mBar           | 30-45 mmHg   |
| Venous insufficiency                | Intense drainage  | 9           | 25-35 min      | 40-60 mBar           | 30-45 mmHg   |
| Thrombosis prevention               | Relaxation<br>Stimulant                                   | 2<br>4      | 30-40 min      | 40-60 mBar           | 30-45 mmHg   |
| Elephantiasis                       | Drainage<br>Drenaje intenso                               | 3<br>9      | 25-35 min      | 40-55 mBar           | 30-41,2 mmHg |
| Surface drainage                    | Drainage  | 3           | 25-35 min      | 40-75 mBar           | 30-56,2 mmHg |
| Intense drainage                    | Drainage  | 3           | 25-35 min      | 40-75 mBar           | 30-56,2 mmHg |
| Fluid Retention                     | Relaxation<br>Stimulant                                   | 2 4         | 25-30 min      | 40-60 mBar           | 30-45 mmHg   |
| Post-surgery                        | Drainage<br>Intense drainage                              | 3<br>9      | 20-30 min      | 40-60 mBar           | 30-45 mmHg   |



# make your patients' dreams come true

cocoon medical is a Spanish company, based in Barcelona, created with the aim of offering technology and innovation to the service of cosmetic medicine, capable of manufacturing non-invasive medical equipment to satisfy the needs of the most demanding clients.

Built-up by a team of highly qualified professionals, cocoon medical has become a leading worldwide company due to its continued ability for innovation and development. We place our maximum trust in our partners, both national and international, in order to get to understand the needs of each market, offering the most innovating solutions to our customers.

cocoon medical has the highest national and international quality certifications, offering the best service in their field.











