



Service Priorities and Programmes
Electronic Presentations

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From the layman topic: `Massage can detox` reflects the related service needs in Hospital Authority

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Introduction

In Hong Kong massage can detox is the hot topic for the local citizen especially for the female. Many cosmetic centers and beauty houses had promoted its effectiveness. Being a medical profession (Lymphoedema therapist), we mainly concern for the therapeutic effect but not for the beauty issues. In fact, special massage namely Manual Lymphatic Drainage, (M.L.D.) can reduce swelling and has therapeutic management of lymphoedema and other illness.

Objectives

1/.Discuss and comment on the topic: massage can detox through the professional point of view (Complex Lymphatic Therapy Therapist, (CLTT). 2/.M.L.D can be applied to the several illness e.g. a/.an effective component in the treatment and control of primary and secondary lymphoedema b/.an effective treatment for: chronic wound, reduce bruising and softens scar tissue (keloids) c/.sinus congestions ,migraine, pain management and so on. 3/. Related clinics can be established so as to shorten the hospital stay and improve qualities of patients' lives.

Methodology

M.L.D. is a specialized massage technique developed in the 1930's by the Danish practitioner. The therapy improves the functioning of the lymphatic circulation system by specific manual and gentle movements of the skin which stimulate the contraction of the lymphatic vessels thereby increasing the rate of removal of waste products, toxins and excess fluid from the body's tissues. Moreover, it is important that a properly trained and qualified therapist delivers the treatment.

Result

The benefits of M.L.D. are many and can be profound. It can be promulgated in Oncology/Palliative, Breast, Wound and Pain arena. It can also consolidate and strengthen our cares and services through evidence based practice.