



Physium System: Negative Pulse Controlled Pressure Mecanotherapy Profound Fascial Mobilization (PFM): Methodology, Studies and Cases

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Abstract:

Physium System (PFM) This is a new physiotherapy method to treat chronic pain of myofascial origin, joint or caused by fibrosis, preventing the patient coming or late much in doing so. Designed and developed in Spain in the last 8 years. It is a binomial between a methodology-valuation system and a controlled dose applicator device. It is a deep mechanotherapy of tissues, based on the controlled application of intermittent negative pressure, which mobilises different layers of tissue, from superficial to deep, compared with manual therapy and suction cups. Treatment protocols are applied depending on the pathology and age of the patient. Treatment maneuvers are performed by the physiotherapist. It does not cause pain to the patient and no bruising. So far, physiotherapists could not quantify the amount of force of application of the different techniques with our hands. With this method, if we can quantify and apply the exact amount, and be able to carry out scientific research with a measurable, quantifiable and stable system. The method and the treatments have been standardized and are reproducible by any physiotherapist. The patient can be treated

in different centers receiving the same type of treatment.

Less physical wear of the physiotherapist and his hands without so many injuries. There is no loss of physical contact with the patient's. Rapid response to treatment. Demonstrates efficacy in the improvement of acute and chronic pain, and of biomechanical origin, postsurgical fibrosis, hyperalergic and hypoesthetic scars, myofascial restrictions, limitation of articular movements, aid in sports recovery, Treatment and prevention of sports injuries, disappearance of muscle scars and some improvement against neurological spasticity.

The mechanisms of action are equal to massage, with decreased pain and increased compartments, shown in hamstring, greater regeneration and management of collagen, demonstrated by mechanotransduction at the cellular level.

Biography:

Manuel Garabal Miguel has completed his PhD from Alfonso X El Sabio University, UCM in Spain. Private Clinic Exercise ,Ph. Professional cycling Teams and Official Ph. "Vuelta Ciclista a España" for 15 years, Official Ph. "Madrid en Danza 2015,2016,2017", Responsible-organizer of the Physiotherapy Area of the international sporting events of the Olympic candidacy of Madrid 2012 y 2016, introduces in Spain and Europe the technique of Kinesiotape in 1989, President of the Spanish Association of Shiatsu Specialists for 20 years, Shiatsu Teacher from 1987, ChD, In 1995 performs the foot and ankle rehabilitation protocols operated by minimal incision surgery for The Academy of Ambulatory Foot and Ankle surgery (USA). Biomechanics collaborator for Adidas Padel for your products,member of the Spanish Society of Ultrasound in Physiotherapy, member of the Physium System Scientific Committee, member of the Spanish Association of Physiotherapists and the Official College of Physiotherapists of Madrid.