

icoone®

BEST PRACTICE

icoone Medical
applications
in senology





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JOCELYNE ROLLAND



Physical Therapist since 1977 and Healthcare Executive since 1981.

Master 2 in Educational Sciences in 1992.

Institute trainer in Basic Physiotherapy Training.

Training and Research Director at LPG in France and abroad (USA and

Mexico) from 1991-2008.

In 2009 she returned to private practice, opening a specialised breast cancer clinic in the 5th district of Paris.

In 2018 she obtained a diploma in Sports Health at René Descartes University and INSEP institute and since then has been a lecturer at this institute; she also teaches for various university diplomas: Supportive care (Georges Pompidou European Hospital), Oncological Breast and Gynaecological Surgery (Curie Institute).

She developed Rose Pilates and later AVIROSE with the French Rowing Federation.

With the Pelvipereineology Institute of Paris, (www.ippp.fr) she trains professionals and is responsible for the Breast Cancer curriculum. To date, she has trained over 1200 physiotherapists in breast cancer physical therapy and in these two concepts; she has also published 2 books. "Beautiful and In Shape After Breast Cancer. The Rose Pilates Method" and "The Avirose Method: Rebuild Yourself Gently After Breast Cancer".

She became the godmother of the Network of Breast Physiotherapists, which boasts over 700 physiotherapists in France trained in this speciality, www.reseaudeskinesdusein.fr.

Since September 2020, she has held innovative workshops at American Hospital in Paris (Neuilly sur Seine) to teach women to how to manage their bodies after breast surgery.

Jocelyne is a member of AFSOS, (French-speaking Association for Supportive Oncology Care), and the international association Multinational Association of Supportive Care in Cancer (MASCC).



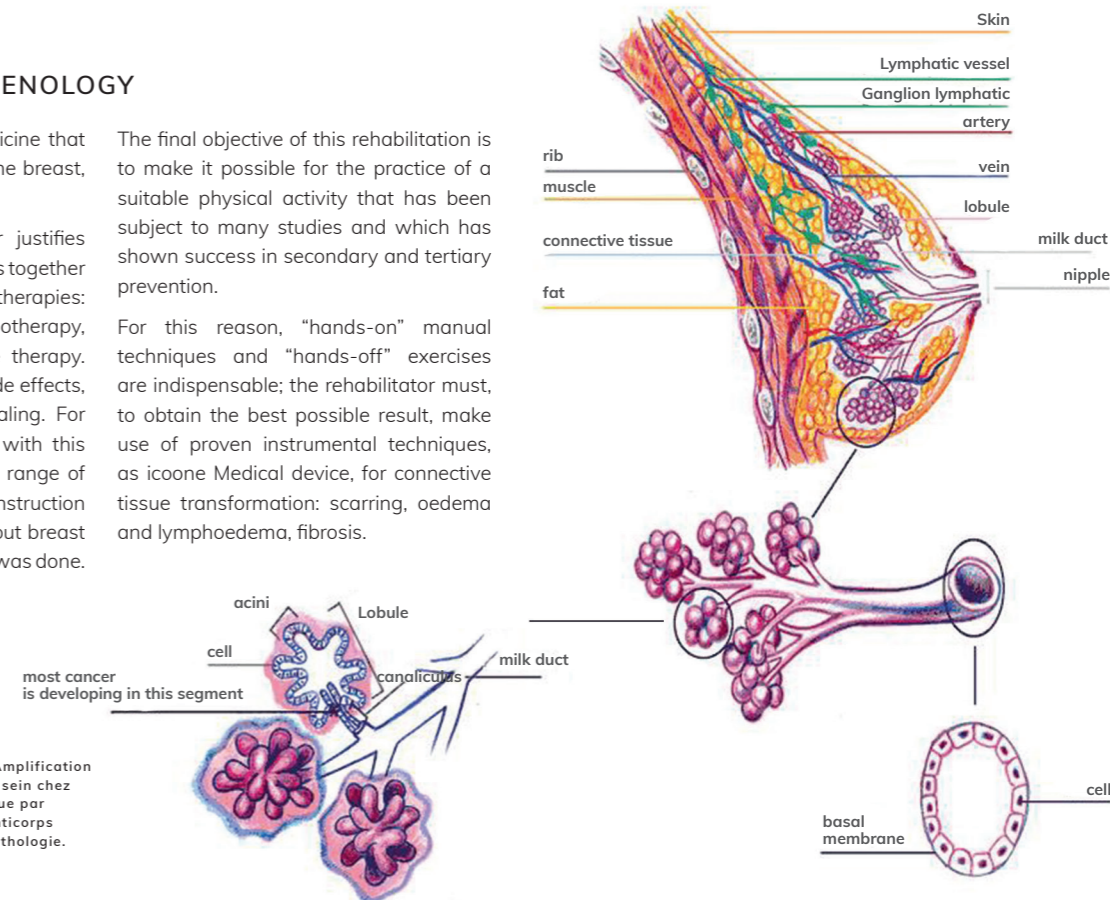
INTRODUCTION TO SENOLOGY

Senology is the branch of medicine that deals with diseases affecting the breast, especially breast cancer.

A diagnosis of breast cancer justifies initiation of a strategy that brings together some or all of the following therapies: chemotherapy, surgery, radiotherapy, target therapies and hormone therapy. Although they result in many side effects, they lead most women to healing. For improved quality of life along with this healing, physiotherapy offers a range of techniques that aid in the reconstruction of the entire body, with or without breast reconstruction, if a mastectomy was done.

The final objective of this rehabilitation is to make it possible for the practice of a suitable physical activity that has been subject to many studies and which has shown success in secondary and tertiary prevention.

For this reason, "hands-on" manual techniques and "hands-off" exercises are indispensable; the rehabilitator must, to obtain the best possible result, make use of proven instrumental techniques, as icoone Medical device, for connective tissue transformation: scarring, oedema and lymphoedema, fibrosis.



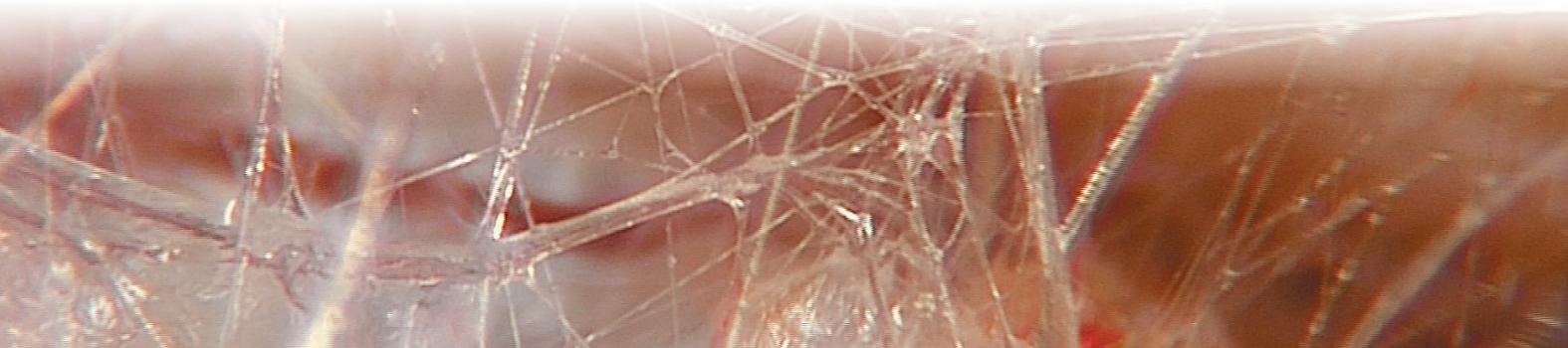
PICTURE SOURCE: "Romain Metayer. Amplification de l'oncogène HER2 dans le cancer du sein chez la femme. Prise en charge thérapeutique par les inhibiteurs de tyrosine kinase et anticorps monoclonaux. Médecine humaine et pathologie. 2016. ffdumas-01637834"



ICOONE MEDICAL AND MULTI MICRO ALVEOLAR STIMULATION

Health starts with healthy tissue. Totally **natural and painless**, icoone® Medical is the ideal technology for therapeutic procedures with **evident results even on delicate and problematic tissue**.

icoone® Medical is actually the only device in the world with an innovative **Roboderms**® patent capable of providing **Multi Micro Alveolar Stimulation (M.M.A.S.)**, effective deep down stimulation of connective tissue reaching **up to 21,600 microstimulations per minute**; results are visible and palpable after the first application. Microstimulation makes it possible to stimulate the entire structure of the skin and its connective tissue with precision and in a way that is **specific and non-invasive**.



SCARRING TISSUE

A normal scar should be flat, flexible, mobile, painless and light. During surgery of the breast or armpit, scar attenuation can limit the functional and aesthetic sequelae for an optimal quality of life.

When care comes early manual techniques stretch, mobilise, lift and drain scars; when absent or delayed, resorting to specific microstimulations will make it possible to banish adhesences, improve adjacent tissue and drain stagnant areas.

Specificity of senology application:

Using the Robomini or Robotwins handpieces to stimulate the tissue more broadly than just the scar line: scars from lumpectomy, mastectomy, armpit procedures, reconstruction scarring.

Modifying the position of the breast, the thoracic wall, the donor site and recipient site of the reconstruction, for deeper stimulation thanks to better attachment of the tissue. Start with a position that relaxes the tissues thanks to the heaviness of gravity for easy application.

The duration of the application depends on the density of the tissue, but rarely exceeds 5 minutes per scar.



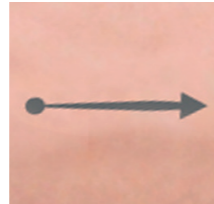
Mastectomy



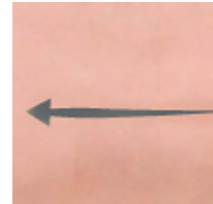
Diep



LEGEND



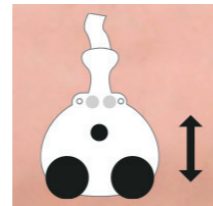
Stationary action



Gliding of the handpiece



Action on the tissue



Pumping

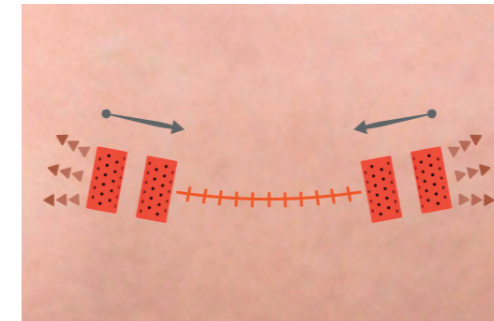
SCARRING TISSUE

icoone Medical protocol

Before any procedure on the scar, place 2 Robomini or 2 Robotwins at each end of the scar; positioned convergently, they apply stationary action and that stretches the scar divergently.

This specific action, possible thanks to the simultaneous use of two handpieces, allows the two ends of the scar to be stimulated at the same time, in order to mobilize and soften the tissue.

The microstimulations are effective and at the same time delicate, to deeply stimulate the connective tissue and improve the condition of the skin.

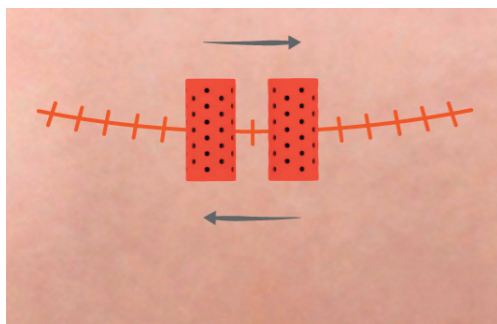


SCARRING TISSUE

icoone Medical protocol

Using the Robomini or Robotwin on the scar area longitudinally, back and forth.

This application allows to treat directly the scar tissue to mobilize it in order to improve the functionality of the entire area involved and make the scar less visible.



Thanks to the microstimulations it is possible to treat even the most delicate and sensitive tissues, limiting the functional and aesthetic sequelae of scars, for an improvement in the quality of life.

The microstimulations allow to reduce adhesions, soften the tissues and limit the onset of fibrosis.

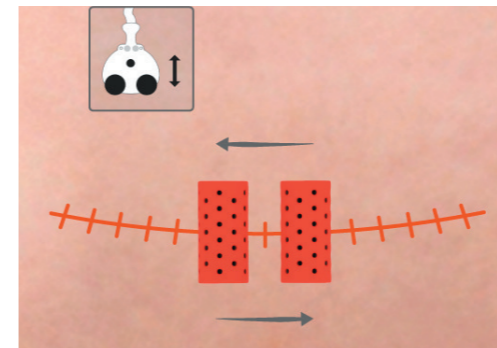
SCARRING TISSUE

icoone Medical protocol

Based on the characteristics of the scar, fibrosis, adherence, retraction, the following movements are applied.

Adherence: up and down with the 'Pumping' movement since the handpiece is moving back and forth.

The combination of the microstimulations with the therapist's manual action makes the stimulation even more effective, for the complete functional recovery of the affected area.

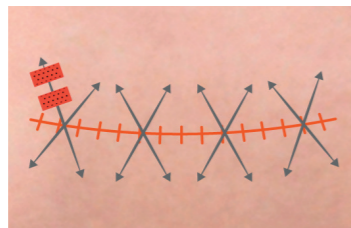
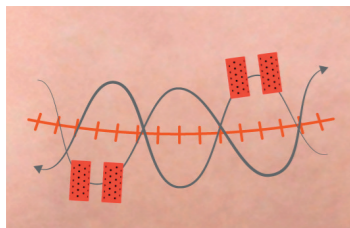
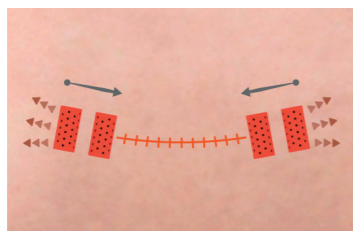


SCARRING TISSUE

icoone Medical protocol

Based on the characteristics of the scar, fibrosis, adherence, retraction, the following movements are applied.

Fibrosis: stationary action to stretch the scar, sinusoidal or with crisscross lines over the scar.



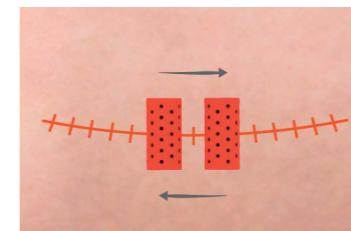
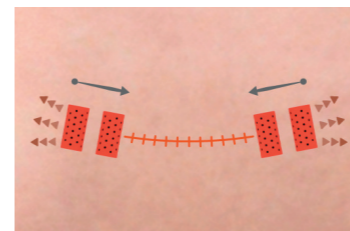
SCARRING TISSUE

icoone Medical protocol

Based on the characteristics of the scar, fibrosis, adherence, retraction, the following movements are applied.

Retractile: place 2 Robomini or 2 Robotwins at each end of the scar; positioned convergently, they have stationary action which stretches the scar divergently. Afterwards, glide the handpieces over the scar area longitudinally, back and forth.

For a more specific and focused action on the scar tissue it is possible to use the 2 Robomini handpieces, in order to optimize the mobilization process and improve the flexibility and elasticity of the scar.



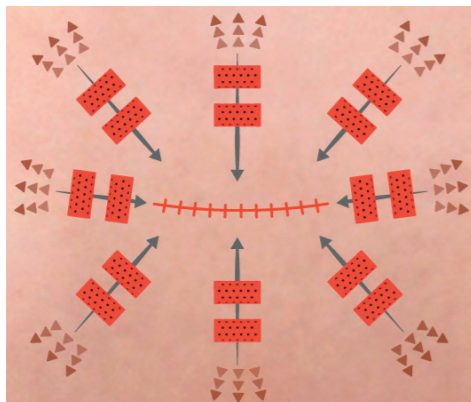
SCARRING TISSUE

icoone Medical protocol

Based on the characteristics of the scar, fibrosis, adherence, retraction, the following movements are applied.

Hypertrophic (inflammatory): draining around the scar and completing with compressive pad.

This action allows to reduce inflammation, drain and soothe pain for the patient's general well-being.



FIBROSIS

Fibrosis can affect a body area following surgery, trauma, inflammation, reconstruction that becomes abnormally dense. Softening it diminishes discomfort, oedemas, nerve pain, freeing up the range of motion of joints affected by the fibrosis.

Once fibrosis has formed, use of mechanical procedures becomes necessary; specific microstimulations take deep action and soften connective alveolar, releasing pooled lymph.

Specificity of the application in senology:

Using the Robomini handpieces to stimulate the dermal envelope of the breast, operated or reconstructed, recipient and donor sites for reconstruction.

Modifying the position of the breast, the thoracic wall, the donor and recipient site of the reconstruction, for deep down stimulation for better attachment of the tissue.

Progressively tensioning the tissue using nearby joints.

The duration of the application depends on the density of the tissue, but rarely takes more than 8-10 minutes per area.



FIBROSIS

icoone Medical protocol

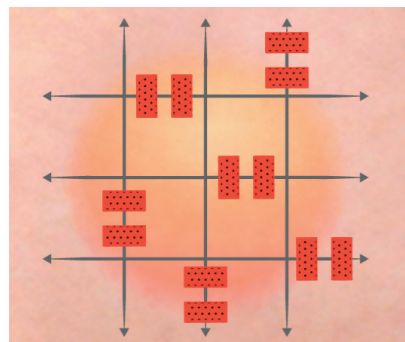
Start in a grid pattern over the fibrous area with the two Robomini handpieces to make the entire area more supple.

Then in a grid pattern and back and forth with a Robomini handpiece over the denser and more fibrous areas.

Then combine draining movements toward nearby lymph nodes.

Complete the results obtained in each session with taping.

Complete by stretching underlying muscles to sustain the results.



BREAST LYMPHOEDEMA

After radiotherapy, the breast may present reactional lymphoedema that is typically characterised by orange skin. If the oedema persists, it goes along with a fibrous and fatty transformation of the dermal-fat envelope of the breast; that risks setting the oedema.

Specific Multi Micro Alveolar Stimulations mobilise the subcutaneous tissue and free up trapped lymph; freed up tissue finds its fineness and mobility, the fibrous transformation of the oedema is thus avoided.

Specificity of the application in senology:

Using the Robomini or Robotwin handpiece to stimulate all of the breast tissue and the areas of peripheral drainage: under the bra, décolleté, side of the chest, back, abdomen.

The duration of the application depends on the reactivity of the tissue; the density of the breast decreases throughout the application. The skin should not heat up; do not stimulate the chest for over 10 minutes.



BREAST LYMPHOEDEMA

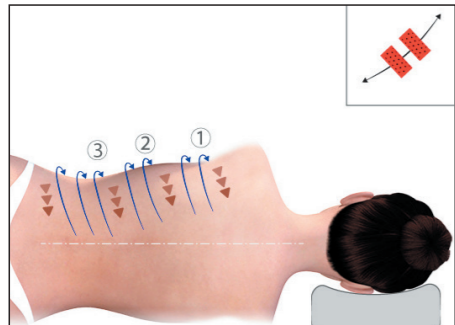
icoone Medical protocol

Start by reactivating drainage in the retroclavicular and then axillary lymph nodes through rhythmic manual pressure with the patient on her back.

Patient on lateral side, glide the Robomini or Robotwin under the arm, the spinal column toward the breast; use one-way movement to stimulate tissue drainage toward the lymph nodes.

1. external breast chain (3 passes*) then;
2. inferior scapular chain (3 passes*) then;
3. toward the posterior parietal lymph nodes (3 passes*);

* 3 passes on each trace defined by the width of the microstimulators, the number of traces will depend on the size of the back.



For larger chests, use the Robotwin. Start these passes 3 times again from 1 to 3. Repeat the various passes 3 times again thereafter.



BREAST LYMPHOEDEMA

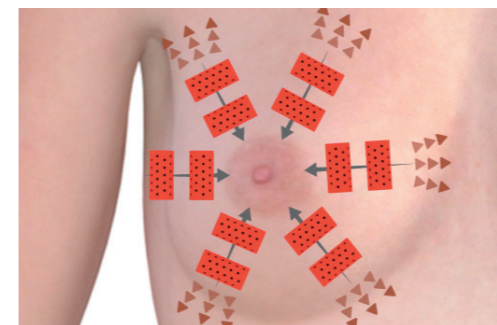
icoone Medical protocol

On the breast Robomini handpiece is used to drain the cutaneous envelope of the breast from the areole outward gliding the handpiece inversely from the distally toward the areole.

The first passes are done with draining rhythm, the traces are defined by the width of the microstimulators, 3 passes on each trace.

The following are performed in continuous rhythm, also 3 passes on each trace.

A delicate and at the same time effective action, to directly stimulate the breast area, with the purpose of treating the tissues both on the surface and in depth, freeing fluid accumulations and preventing the formation of fibrosis.



BREAST CANCER EFFECTS ON THE UPPER LIMB - RELATED LYMPHOEDEMA

Lymphoedema of the upper limb is no longer a given after breast cancer; surgery spares more and more often the lymph nodes of the upper limb, leaving the drainage pathways of the upper limb functional. The risk factors of lymphoedema after treatments have been identified as weight gain and lack of physical activity.

When lymphoedema takes hold, it is key to break the vicious circle of the fibrous and fatty transformation of the tissues where the lymph pools.

Specific alveolar microstimulations mobilise the subcutaneous tissue and unblock trapped lymph, thus preventing fibrous transformation; drained tissue regain its fineness and mobility.

Specificity of the application in senology:

Using the Robomini or Robotwin handpiece to stimulate all of the anterior and posterior chest tissue, the Robotwin for the upper limbs, and Robomicro for the hands.

The duration of the application depends on the reactivity of the tissue; the density of the upper limbs should diminish during the application. The skin should not heat up; do not stimulate the chest or upper limbs for over 15-20 minutes.

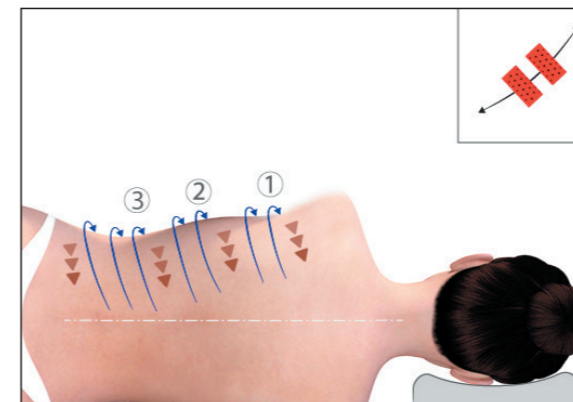


BREAST CANCER EFFECTS ON THE UPPER LIMB - RELATED LYMPHOEDEMA

icoone Medical protocol

Start by reactivating drainage in the retroclavicular and then axillary lymph nodes through rhythmic manual pressure.

Glide the Robomini or Robotwin along the spinal column toward the root of the arm to tension the tissue toward the column; glide one way to drain toward the lymph nodes, 3 times on each trace defined by the width of the microstimulators. Repeat all steps 3 times.



BREAST CANCER EFFECTS ON THE UPPER LIMB - RELATED LYMPHOEDEMA

icoone Medical protocol

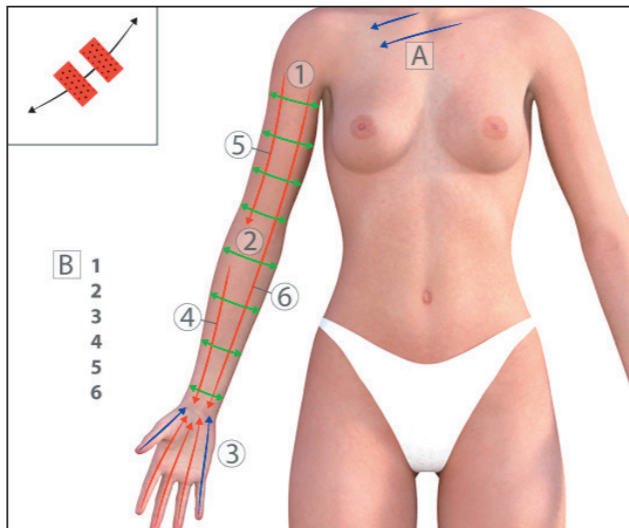
Use Robotwin or Robomini on the upper limb to drain the cutaneous envelope of the arm (1), then the forearm (2) with Robomini and, lastly Robomicro on the hand (3) with traces going disto-proximally.

The first steps are done with a draining rhythm, transversally, starting with the arm, top to bottom, then the forearm, top to bottom.

The following steps are done in a continuous rhythm, transversally and then longitudinally, segment by segment of the forearm (4) then the arm (5), then a single length movement from the top of the arm toward the hand (6).

The microstimulations allow to act on the tissue in a non-invasive and painless way and, for this reason, they are received by the patients very positively.

The stimulation on the connective tissue is deep and effective with visible results from the first application, even on delicate or problematic skin, such as in the case of lymphoedema.



Thanks to the different sizes of the handpieces, it is possible to carry out a specific and precise action on all areas of the body, from the largest ones, such as the arms, to the smallest ones, such as the fingers.

The gentle and effective action of the microstimulations allows to achieve results on all skin transformation.

BREAST RECONSTRUCTION

After a mastectomy, reconstruction can be immediate or delayed; it is immediate when it is done at the same time as the removal of the breast gland; the dermal-fat envelope is spared. Only tissue donor sites need to be treated.

If reconstruction is delayed, it is necessary to maintain the suppleness of the chest scar, the area that will receive a new breast and to prepare donor sites to provide a skin flap; after the surgery, donor sites need to be treated and recipient sites need to be maintained.

The case of lipofilling: lipoaspirated fat is injected into the chest to form a new breast. Donor sites are treated to prepare them pre-and post- surgery (oedema, haematomas, pain). Recipient sites are treated after resting for at least 6 weeks; it is then necessary to soften any fibrosis that may have set in.

Specific microstimulations work deep down to soften and unblock connective areolar tissue, fat, bruising and haematomas of donor and recipient tissue.

Specificity of the application in senology:

Using the Robomini handpiece on the reconstructed envelope of the breast and on scars.

Using the Robotwins handpieces on limbs, belly and back.

The duration of the application depends on the density of the tissue to be prepared and the magnitude of the issues due to the reconstruction.



BREAST RECONSTRUCTION

icoone Medical protocol

“Fibrosis” protocol on donor sites, belly or back, then recipient sites if fibrosis: breast reconstructed using lipoaspirated fat with fibrosis complications or engraftment and adherence or reactionary fibrosis.

“Scar” protocol on mastectomy scar before surgery, then on reconstruction scarring of flaps, belly, back.

“Lymphoedema” protocol for post-lipoaspiration on donor sites with bruising and oedema.

During the stimulation of the breast with Robomini it is possible to gently and effectively approach the scar which is very fragile and sensitive.

Furthermore, the Robomini handpiece is very useful in the treatment of the back scar, which is generally very painful and localized in an area of the body that is difficult to stimulate with larger handpieces.



DIEP



Latissimus Dorsi Flap

*“The best protection any woman
can have... is courage”*

Elizabeth Cady Stanton

*Thanks to the extraordinary women
who took part in this project, we are pleased
to have helped to support their journey.*





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