

# NoMoreIce

How the Original Tecartherapy by Human Tecar  
Reduces Edema in Just a Few Sessions

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# Human Tecar Therapy

## What is it, and how does it work?

It is a treatment using radio frequencies, allowing us to affect various systems in the body, such as:

- Circulatory
- Muscular
- Endocrine
- Neurological
- Biokinetic
- Bioenergetic





# What types of cases does it address?

- Orthopaedic
- Urological
- Aesthetic
- Neurological
- Insomnia



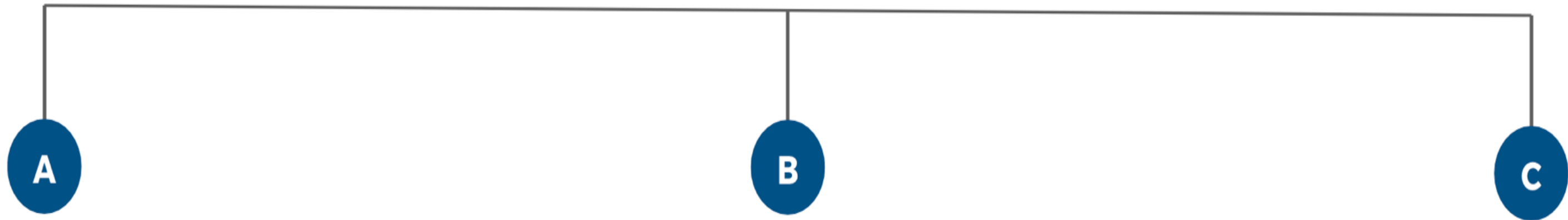


# Three Reactions

- ☑ Stimulation of microcirculation
- ☑ Stimulation of vasodilation
- ☑ Increase in internal temperature

# 3 SELECTIVE REACTIONS

Within a biological tissue



## STIMULATION OF MICROCIRCULATION

Increased blood flow velocity at  
capillary level

## STIMULATION OF VASODILATION

With significant oxygen supply,  
nutrition and temperature increase

## MARKED INCREASE OF INTERNAL TEMPERATURE

With a significant supply of oxygen,  
nutrients, and an increase in temperature.

Human Tecar

# CASE STUDIES

- Ankle Sprain
  - 2nd Degree Muscle Strain
  - Multiple Trauma
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# Case Study #1

## Ankle Sprain

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- Male, 27 years old
- Lateral ankle sprain
- Hematoma
- Edema



# Case Study #2

## 2nd Degree Muscle Strain

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- Professional football player
- Male, 24 years old
- Biceps muscle strain
- Hematoma
- Pain



# Case Study #3

## Multiple Trauma

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- Hand crushed in a press
- 273 sutures
- Destruction of the radial artery
- Edema
- Hematoma,
- Pain
- Sensory loss





# Conventional Treatments

- Electrotherapy
- Kinesiotherapy
- Ice Therapy

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# Estimated Recovery Times

- Case 1: 2 months
- Case 2: 1.5–2 months
- Case 3: 5–6 months

# How Human Tecan could contribute to these three cases

In each case, Tecar therapy helps activate the lymphatic system. By improving circulation, it delivers large amounts of oxygen and nutrients to the injured areas, aiding recovery.

## Case Study 1

### Ankle Sprain

- Activation of the lymphatic system in the entire lower limb
- Increased microcirculation around the sprain area
- Gentle mobilization of the ankle joint within the pain threshold
- Avoid applying ice for at least 2 hours after treatment

## Case Study 2

### Muscle Strain

- Activation of the lymphatic system in the entire lower limb
- Increased microcirculation around the injury
- Passive mobilization of the limb using the device on the injured area at medium or low intensity
- Drainage of the biceps muscle and repetition of the process
- Avoid applying ice for at least 2 hours after treatment

## Case Study 3

### Multiple Trauma

- Activation of the lymphatic system in the upper limb
- Increased microcirculation throughout the upper limb
- Mobilization of the wrist and finger joints
- Drainage of the hand to reduce edema
- Repeat the process based on available treatment time
- Avoid applying ice for at least 2 hours after treatment

# Common Factors

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As seen, these are three different orthopaedic cases. However, the approach was nearly identical.

Let's compare the results between the 1st and 10th treatment sessions.

# The Treatments

- Each session lasted 1 hour
- Lymphatic system activation
- Increased microcirculation
- Drainage
- Repetition

Each hour-long session was divided into three 20-minute parts, allowing us to repeat the process and achieve the desired outcome.



# Case Study #1

## Ankle Sprain

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After 1st Seccion



After 3rd Seccion



After 10th Seccion

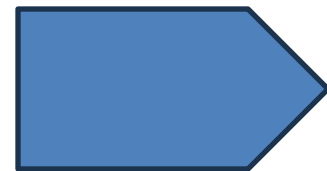
# Case Study #2

## 2nd Degree Muscle Strain

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Before 1st Seccion



After 3rd Seccion





After 6th Seccion



After 10th Seccion

# Case Study #3

## Multiple Trauma

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Before 1st Seccion



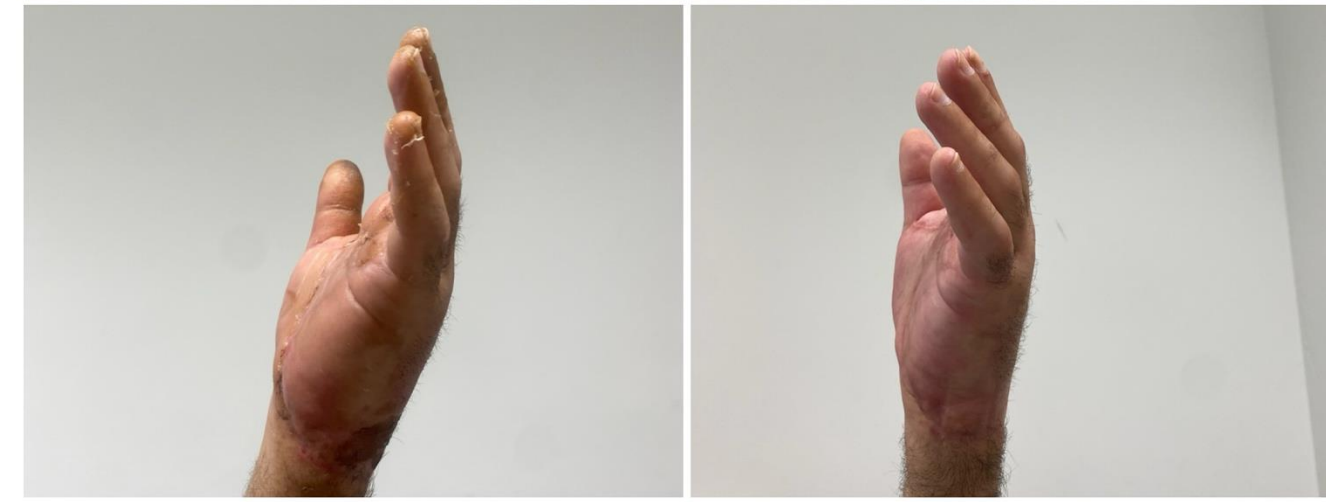
After 1st Seccion



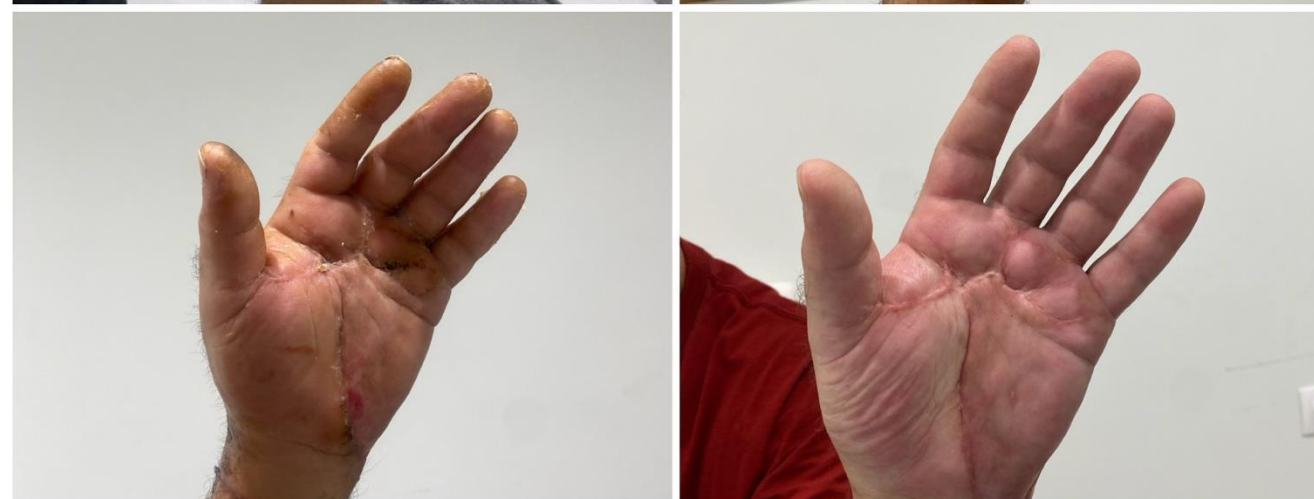
After 4th Seccion



After 6th Seccion



After 10th Seccion



After 10<sup>th</sup> Therapy



# Conclusion

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With Human Tecar and our expertise as physiotherapists, we can now address various treatments from the very first post-traumatic or post-surgical days. We intervene directly or indirectly to assist the body in recovery.



# Thank You

for your attention!

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