

# Literature

PHYSIOMED ELEKTROMEDIZIN AG

ADDRESS  
Hutweide 10  
91220 Schnaittach/Laipersdorf  
Germany

PHONE +49 (0) 91 26 / 25 87 -0  
FAX +49 (0) 91 26 / 25 87 -25  
E-MAIL [info@physiomed.de](mailto:info@physiomed.de)  
WEB [www.physiomed.de](http://www.physiomed.de)

This article should be cited as follows:

JOHANNING – CSIK, F. Behandlung postpartaler Brustschmerzen und -spannungen mit dem Intensivierungssystem Hivamat. Dissertation: Amberg, Germany (1994).

Institution:

Klinik für Frauenheilkunde und Geburtshilfe des Marienkrankenhauses Amberg. Lehrkrankenhaus der Universität Erlangen-Nürnberg, Amberg, Germany.

---

## Abstract

---

### BACKGROUND AND RATIONALE

Postpartum breast pain and tension are important from a therapeutic point of view as they could possibly hamper a lying-in woman's desire to breastfeed. The cause of the symptoms in the days immediately after giving birth are hyperemisation and oedema due to lymphatic overload and increased volume as well as increased secretion and filling of the mammary glands. Current therapy options (drugs, ice bags, alcohol compress) have limited success and are in part not free of side effects.

The aim of our study was to evaluate the effects of DEEP OSCILLATION® vs. usual care.

### MATERIAL AND METHOD

From October 1990 until July 1991 a sample of n=50 patients (average age 29 years) was included in the study. The breast to be treated was randomly assigned a priori. On three consecutive days starting with the time of time let-down the breast was treated for 15 minutes a day.

### RESULTS

Treatment resulted in significant improvements – by means of a 6-point rating scale – in the parameters swelling, induration, spontaneous pain and tenderness.

Absolute values are better than the results for proteolytic enzymes. Furthermore a very high compliance and level of acceptance was reported.

### CONCLUSION

The author concludes that DEEP OSCILLATION® had significant and clinically relevant influence on swelling, induration, spontaneous pain and tenderness. The therapy is safe and free of side effects. There is complete compliance after the first treatment and a high level of acceptance of the lying-in women.