

> THE ACADEMY #1

YOUR NEW MONTHLY UPDATE

EDITORIAL

We're pleased to introduce the first edition of The Academy: the new monthly update from our **Winback Academy**.

The main objective is to give you a **summary of what's been happening on social networks** such as the Winback Academy - Physio - Sport Facebook page.

What's more our experts will introduce you to **specific protocols** relating to different areas in which the academy works (*manipulative therapy, sports, women's health, beauty*) but also advice on **how to use our products, upcoming training, new accessories**, etc.



WINBACK



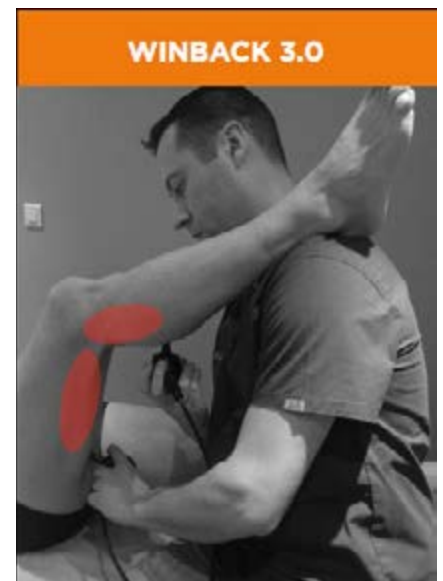
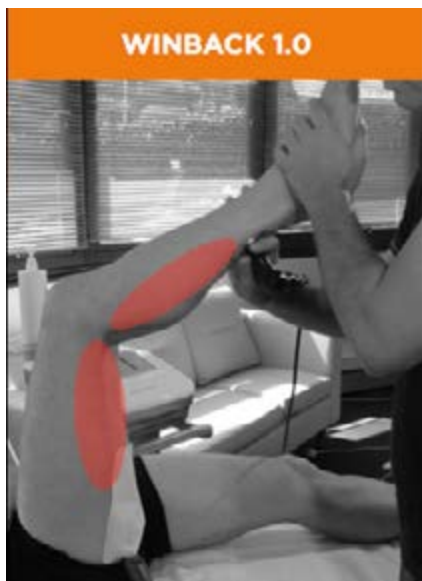
THIS MONTH'S NEWS

This month we have launched a **study into the effects of winback therapy on knees that have been operated on following total knee replacement (days 15 to 30)**. It's a large scale study that relies upon your input to share our therapeutic tecar therapy results with the scientific and medical world.



If you've had a total knee replacement, please share your experiences with us. The form is very easy to fill in (*you can find it on the Winback Academy - Physio - Sport - Facebook page*).

If you want to join in e-mail zaineb@winback.com



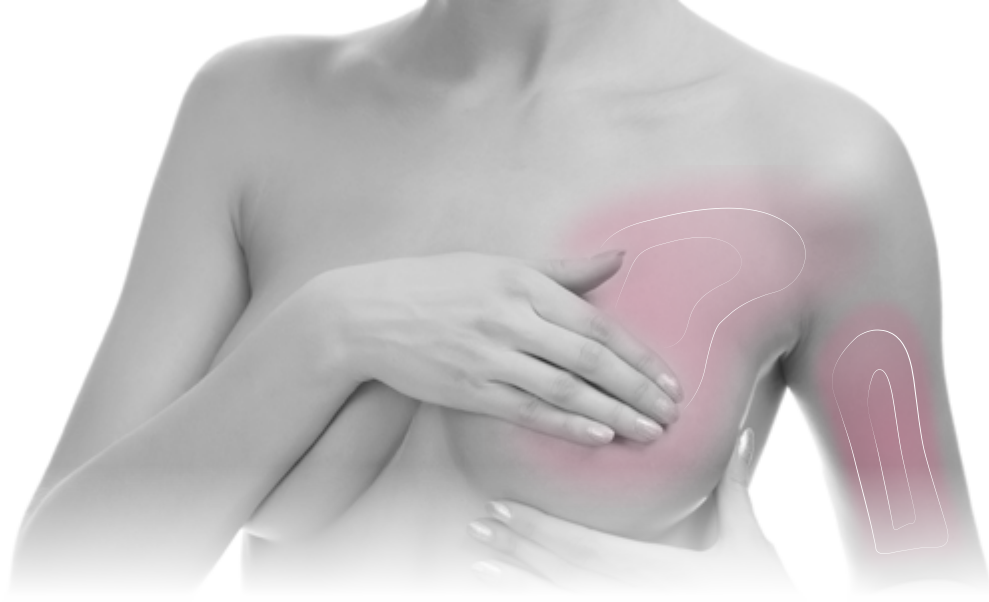


A NEW CONCEPT IS BEING DEVELOPED: WINBACK WOMAN CARE

Winback will be launching **new protocols** specifically to meet women's needs at key points such as :

- the postpartum period
- the menopause
- lymphatic issues
- pathophysiological approach to cosmetics

Aurore Chambaudu, Muriel Bise and Patricia Brizon will reveal the **first version** of these protocols in upcoming editions. The entire concept is due to be launched in **September**.



WINBACK TREATMENT FOR POST OPERATIVE BREAST CANCER

A Winback physiotherapist generally intervenes when surgery takes place: this will be

following the removal of the sentinel node or after axillary node dissection, to retain mobility in the arm that has been operated on. At that point, by selecting the resistive RET mode, Winback enables the different joints to move without causing pain. In the case of lymphedema (*arm edema of lymphatic origin*), **Winback** favours drainage by selectively stimulating different lymph nodes (*local vasodilation*) through the application of an MIX3 focal electrode. **Winback therapy** is able to actively tackle lymphedema of the arm. This type of complication affects almost 1 in 4 women. It manifests as an edema on the arm on the affected side of the body. The arm then tends to swell. It becomes heavy and painful. This lymphedema can appear a few days after the treatment and then up to months or even years afterwards. Using **Winback's TECAR therapy** can prevent lymphedema from happening or stop it getting any worse.

Prior to breast reconstruction, the therapist can use different methods to prepare the skin and the muscles in order to increase tissue flexibility. **WINBACK 4.0** can quickly single out the different layers of dermis. Select the innovative RET+ which makes manual massage techniques easier and provides unbeatable comfort.

Following breast reconstruction with implants to avoid adhesion. **Winback** is formulating different protocols to reduce potential lymphatic circulatory issues or bruising. **Winback** energy speeds up the healing process.

Following latissimus dorsi flap reconstruction to eradicate adhesions where the latissimus muscle was harvested, as well as any risk of subsequent fibrosis. **Winback** has broken new ground with the Superbeat resistive mode which combines neuro-sensitive twitch recruitment with diathermy (widely recognised in low frequency work).

For post op pain, get immediate pain relief, comfort and mobility with **Winback's** SWAP sessions. This option alternates capacitive and resistive modes in the same session.

NEW WINBACK SHOWROOM IN PARIS / TRAINING ROOM:

We now have a new showroom in Paris which will double as a training venue. Our address is 117 Boulevard Sebastopol, 75002, Paris

COMING UP IN JUNE: THREE MYEXPERT TRAINING SESSIONS

10 JUNE 2017 - PARIS SHOWROOM INTERNATIONAL SPORT & FITNESS TRAINING



Boost your sports practice with WINBACK energy.

Speakers : **Pascal Gohier** (*France's national basketball team coach*), **Andrei Gheorgiu** (*international Winback expert - sports physiotherapist in Brasov, Roumania*) and **Frédéric Delacour** (*international Winback expert - osteopath*).

This training will outline how **Winback energy** influences the different phases of **athletes' care**. (*from performance enhancement to recovery*) as well as looking at practical cases such as groin injuries, myofascial lesions and jumper's knee. This will look at the point at which the injury happens right up **until the player begins practicing again**.

17 JUNE 2017 - PARIS SHOWROOM WOMEN'S HEALTH



Pain is not inevitable thanks to WINBACK energy.

Come and find out more about new women's health protocols which feature accessories that have been specifically adapted for women. **Winback** is introducing some new approaches for female patients. Treatment is **quick, comfortable and without pain**. Training involves a quick recap of **Tecar technology**, methodology with enhanced hygiene instructions and an introduction to **new treatments that have been tested and approved** by colleagues including episiotomy, urinary incontinence and caesarean scars. You'll be **surprised by what your device can do**. Simply adding a few accessories will provide you with **very effective gynaecological and urology equipment**.



**The visceral approach
and WINBACK tecar
therapy**

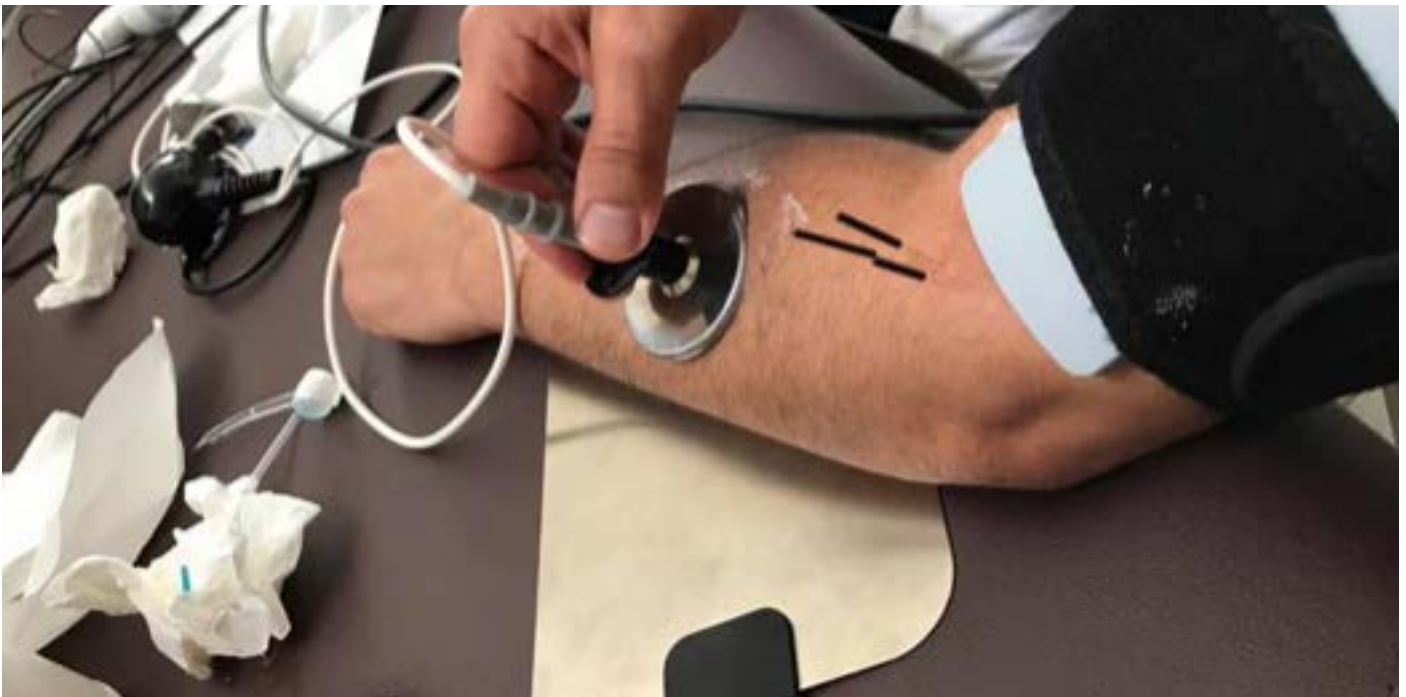
Speaker: **Frédéric Delacour**
(*Winback international expert and
osteopath in Ormesson, France*).

How to use **visceral manipulation**
with your **device** ?

This training will outline manipulative therapy techniques for the **hepatic, gastric, peritoneal and sphincter areas**.

Whether you are new to manipulative therapy or an experienced practitioner, you will be surprised how **easy it is to carry out treatments using Tecar therapy**.

PHOTO OF THE MONTH: DRY NEEDLING



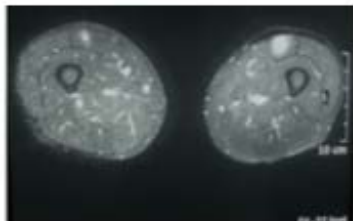
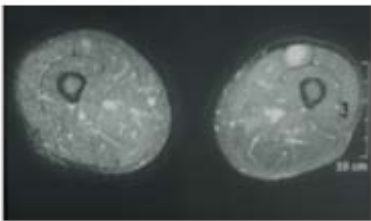
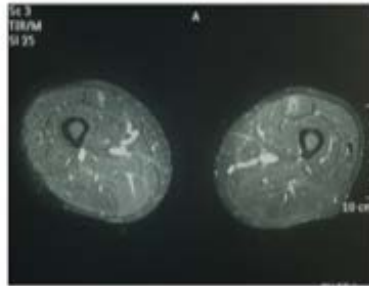
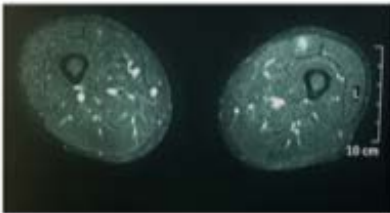
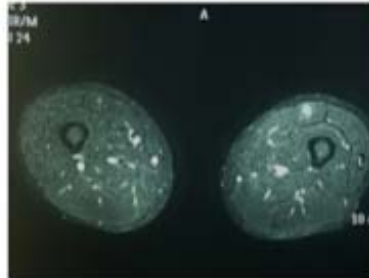
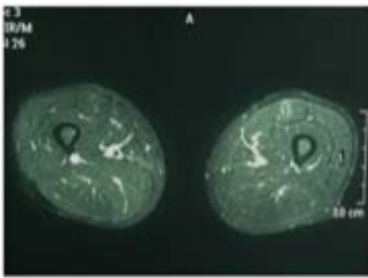
The medical board is currently exploring the possibility of including the **practice of dry needling** into our area of competence (*using acupuncture needles to treat trigger points*). Let's hope that happens soon! Most of our European counterparts already use this technique. The Greeks, in particular, have found a way to **incorporate this into Winback therapy practices**.

Thank you to **Anastasios Tolis** our **Winback Academy expert in Greece**. Please send your photos (**to zaineb@winback.com**) so we can feature them here!

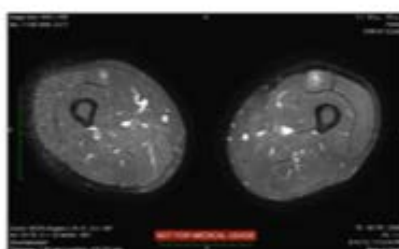
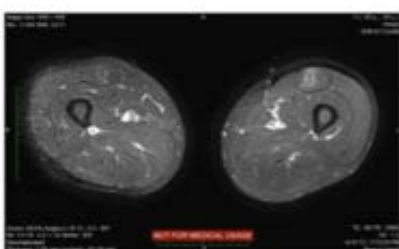
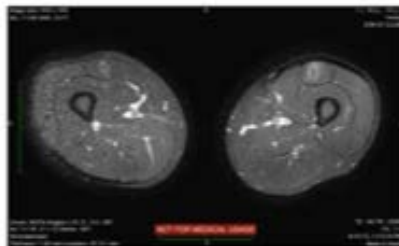
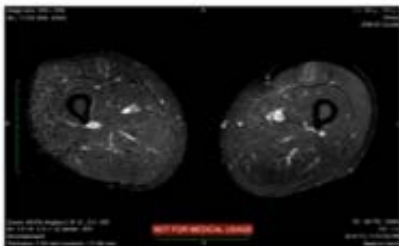
CASE STUDY OF THE MONTH

CASE STUDY ON SECOND DEGREE CONTUSION AFTER THE USE OF WINBACK TECAR THERAPY

NICHOLAS CHATZOGLOU - DOCTOR MEDICINE & REHABILITATION
PANAGIOTIS PSYCHIDIS - DOCTOR RADIOLOGIST



3 DAYS POST INJURY MRI
MALE 43, WEEKLY SPORTS - 15 KM RUNNING



2nd Grade contusion left quadriceps
1st Grade contusion right quadriceps

WATCH OUR VIDEO AND DISCOVER 5 DIFFERENT WAYS TO USE WIN-

WINBACK®

QUICK START

WINBACK 1.0
MANUAL MODE

Between 300 and 500 kHz
Frequency

WINBACK®

QUICK START

WINBACK 2.0
HANDS FREE MODE

Between 300 and 500 kHz
Frequency

WINBACK®

QUICK START

WINBACK 3.0
EXPERT MODE

Between 300 and 500 kHz
Frequency

WINBACK®

QUICK START

WINBACK 4.0
EXPRESS MODE

1 MHz
Frequency

WINBACK®

QUICK START

WINBACK 5.0
INTELLIGENT MODE

Between 300 and 500 kHz
Frequency

READERS' QUESTIONS

In this section we'll take the time to help you **resolve any difficult cases you may encounter**. Our experts in **manipulative therapy, sports therapy, women's health and beauty** will be **happy to help and outline their protocols**. Submit your cases to zaineb@winback.com

DATES FOR YOUR DIARIES: UPCOMING TRAINING !

MAY 2017

17 MAY 2017
MYPRACTICE PARIS

18 MAY 2017
MYPRACTICE NICE

19 MAY 2017
MYBEAUTY NICE

20 MAY 2017
CRYOBACK PARIS

JUNE 2017

10 JUNE 2017
MYEXPERT SPORT PARIS

14 JUNE 2017
MYPRACTICE PARIS

15 JUNE 2017
MYBEAUTY PARIS

17 JUNE 2017
INTIMITY PARIS

24 JUNE 2017
MYEXPERT THÉRAPIE MANUELLE
VISCÉRALE PARIS

Training is free so make the most of it!

Sign up at [winback.com](http://www.winback.com) on the Winback Academy page

<http://www.winback.com/fr/formations/>

See you soon!

The Winback Academy team