



**K-Active®**

*Life!*

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## **TRIGGER POINTS –** Origins, treatment and the best tools

**DEEP OSCILLATION –**  
Electrotherapy on  
the highest level



**BYE, BYE TIRED SKIN...**  
Beauty Taping – the new trend

Dear readers,

Our title already gives it away: In this issue of the **life!-Magazine** I would like to tell you more about painful, tense points on our body: It is about trigger points. What are trigger points and how can I best loosen them up? This is exactly what you will find out in this magazine.



I am also pleased to introduce you to a new level of electrotherapy. It is called **DEEP OSCILLATION®**, which is particularly easy to use using the device of the same name. Faster regeneration and self-healing after

trauma, injuries and operations are only a small part of the diverse possibilities of **DEEP OSCILLATION®**.

You can also look forward to an exclusive interview with the physiotherapist from the first division soccer team Werder Bremen: among other things, Adis Lovic explains how the daily work with professionals takes place and explains what a physiotherapist must bring to the job in order to be able to work for a top team.

And I hope you enjoy reading it!



Siegfried Breitenbach

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# ELECTROTHERAPY

## ON THE HIGHEST LEVEL

The deep oscillation is a patented therapy method that significantly accelerates performance, regeneration and self-healing.

It is mainly used in sports, in case of physical overload, trauma, general pain problems, operations, for scar optimization or in case of neurological in-

dications. But even in the beauty sector **DEEP OSCILLATION®** already has a convinced group of users.

### What is deep oscillation?

Using electrostatic attraction and friction, impulses set the treated tissue in pleasant vibrations with a biological depth effect. In contrast to other forms of therapy, these vibrations have an extremely gentle effect on all tissue components (skin, conductive tissue, subcutaneous fat tissue, muscles, blood and lymph vessels) down to a depth of up to 8 cm.

By using this therapy method, you can

- Reduce pain,
- Reabsorb edemas,
- Promote wound healing,
- Improve Trophic and
- Reduce skin redness.

In addition, anti-inflammatory and anti-fibrotic effects have been clinically documented.

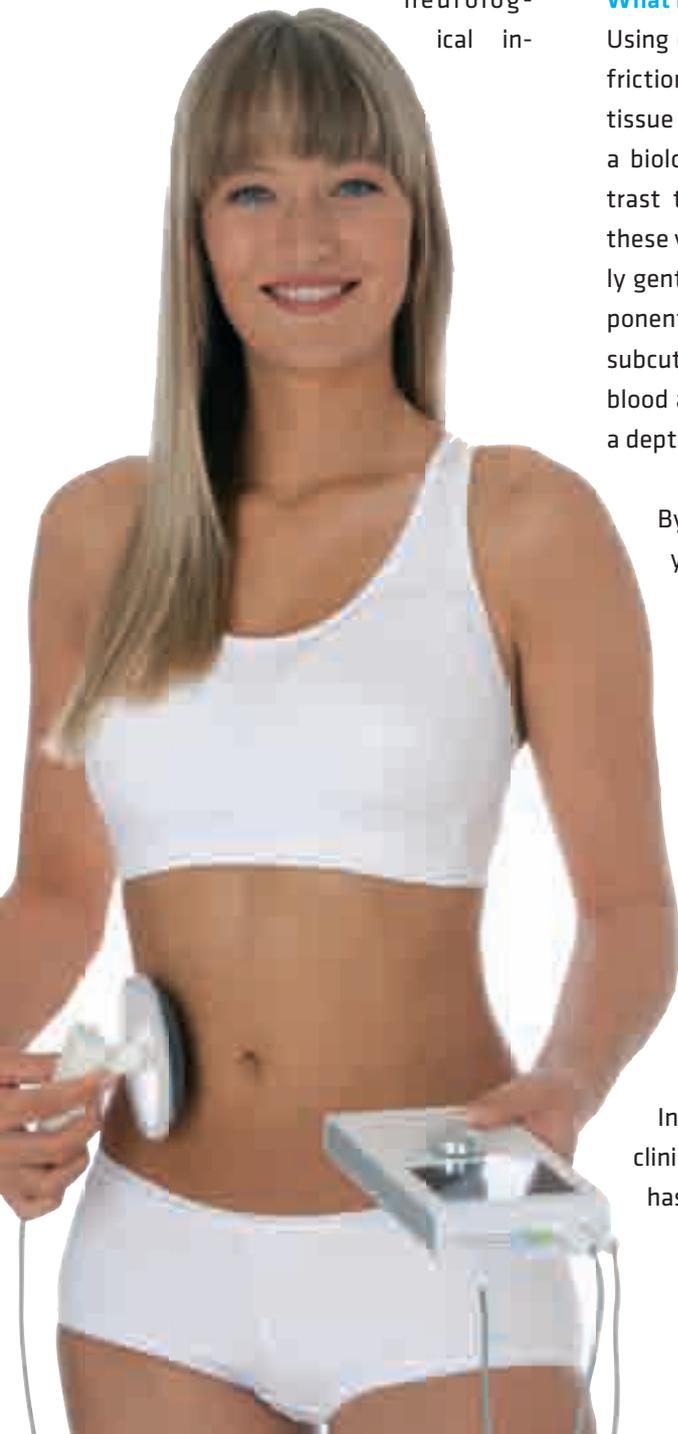
### How do I apply deep oscillation?

In addition to the **Evident** clinical device, **PHYSIOMED®** has developed the **DEEP**



**OSCILLATION® Personal** mobile device specifically for deep oscillation. Beneath the therapist's hands or the hand applicator, which is moved in a circular motion over the tissue, the pleasant therapy effect of deep oscillation is created. Many preprogrammed and clinically proven applications can be started using the so-called „therapy cards“ that are inserted into the device. ■

How exactly the „all-in-one device“ **DEEP OSCILLATION® works**, find out here:





# TRIGGER POINTS

ORIGIN, TREATMENT AND THE BEST TOOLS

Over 400 skeletal muscles make our body perform even the smallest of movements every day. However, this daily stress also leaves its mark: The consequences are hardening and tension in the muscles, which can lead to severe pain, both over a large area and at certain points.

These points, which cause uncomfortable, stabbing pain when pressed or even touched, can be trigger points.

### What are the origins of trigger points?

Both the development and the cause of trigger points are still not fully understood when viewed

under strictly scientific criteria. Doctors and therapists justify the development of the trigger points with a wide variety of causes. They assume that trigger points develop from influences such as muscular imbalances, psychological stress, poor nutrition and overworked muscles.

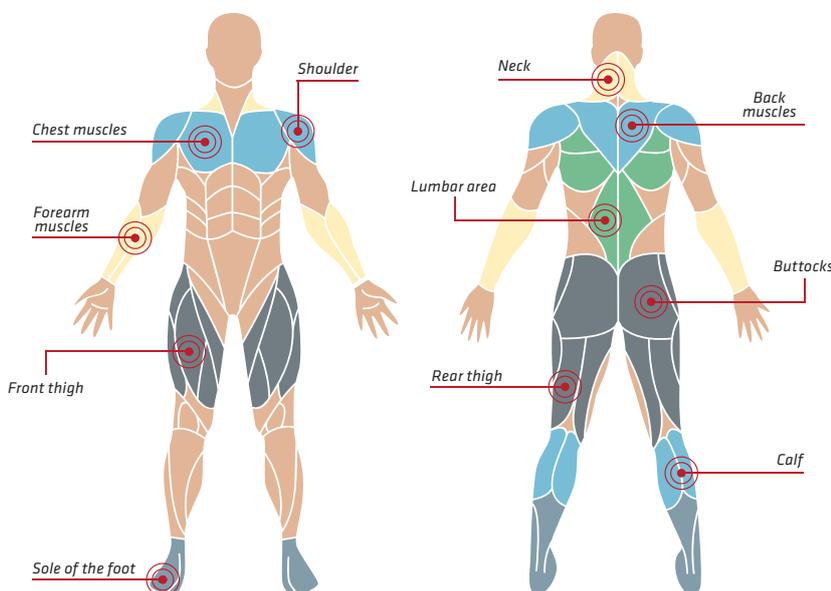
“Today’s generation problems” such as sitting too long and not moving enough can also be the cause of trigger points.

### What are myofascial trigger points?

Trigger points are maximally tense points within the myofascial system. These punctual tensions usually lead to a clearly palpable knot within the muscle. Those points are said to be responsible for sometimes severe pain when pressed or pulled and can also radiate into other parts of the body. These trigger points, which come from the muscles and the fascia, are called myofascial trigger points.

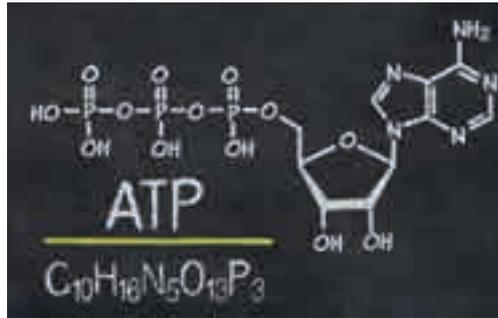
### How to treat trigger points?

The fact is that when pressure is applied to the trigger points, the patient feels pain. Experience has



### The scientific background

If the muscles are no longer supplied with enough energy in the form of adenosine triphosphate (ATP), the reduced concentration of ATP leads to a permanent contraction of the muscle tissue. The muscles can no longer relax. Trigger points can develop at these points.



shown that trigger points are harmonized again through long-lasting counter pressure. So, with the trigger point massage, nothing else is done other than exerting pressure on the painful points. As a result of this, the muscle should relax again at this point. This process is also known as trigger point therapy and is commonly used by trained physiotherapists and doctors.

If you would like to treat your trigger points yourself, we recommend that you get sufficient information from a specialist beforehand.

### The trigger point therapy: Prepare your body for the treatment

Before you start treating your trigger points, it is advisable to warm up your body beforehand. You can do this by actively warming up, by movements with light stretching exercises, or by pretreating the trigger point locally with heat. In this way, you are already promoting the local circulation in the muscles and increasing the mobility in your muscles. By doing this, your body can more easily cope with

the pressure exerted on the trigger point and you can achieve even better treatment results.

### The right tool for fascia massage

When doing self-massage, it is important to put pressure on the painful areas. Whether you generate this pressure with your thumb or with a trigger tool is entirely up to you. However, many parts of the body are difficult to reach without a tool, which is why we recommend using a therapy tool.

Particularly suitable tools are fascia balls and specially shaped trigger tools, the head of which is modeled on the shape of a thumb.

## TYPES OF MYOFASCIAL TRIGGER POINTS

Myofascial trigger points have one thing in common: An overstrained area in the muscle structure. But how the perceived pain is triggered, in what way and where it is expressed, is not always the same. That is why myofascial trigger points are divided into two categories:



### Latent myofascial trigger points: Pain from pressure

When palpating these trigger points, i.e., when palpating and exerting pressure on the area, spontaneous pain occurs. Latent trigger points can also become active trigger points. This usually happens when the points are not treated, and other stressful factors are added.



### Active myofascial trigger points: Pain when moving or resting

These trigger points not only hurt when there is little or no stress, they also impair normal muscle function. The full extension of the muscle is prevented. This means that the range of motion of the muscles and thus the joints is limited. The pain often radiates to other parts of the body. This reaction is known as "referred pain".

**How to massage your trigger points yourself:**

Pick up your massage tool and search the affected area for the most painful spot. Once you have located this point, apply slight pressure to the area for the time being. Gradually you can slowly increase the pressure. Hold this position for 30 to 90 seconds, depending on the pain sensation, until the pain subsides. You can repeat this process several times for each trigger point.

If you want to pay special attention to one area, you can change your position on the TRIGGERDING a little in between treatments. Moving the myofascial chains

by rotating the arms or legs, you can (depending on the part of the body) treat the trigger point even better in the entire myofascial system.

**The trigger point treatment: Watch out for red flags!**

If your body sends you warning signs, so-called red flags, when you have acute symptoms, you should refrain from treating your trigger points for the time being. These red flags include, for example, very sensitive skin, open wounds or bruises.

If anything is unclear, you should consult a doctor or therapist who

will take care of your concerns. Basically, you can't do anything wrong when massaging your trigger points. ■

You can find the interview with Maurice from TRIGGERDINGER here:



**BODYCHECK IN PROGRESS – MAKE YOUR THERAPY MEASURABLE AND VISIBLE!**

Visible progress in therapy or rehabilitation is extremely important. If the progress is only “felt” but cannot be “seen”, the patient can become somewhat insecure. He must be able to see the results in order to stay motivated and to keep the eye on the ball.

If you had an innovative training device with which you could not only measure progress, but also record it, a lot would be gained. Because the patient's motivation is an indispensable parameter on the way to the therapy goal!

At this point we would like to introduce you to **KFORCE**. The innovative tools were developed to

measure, record and then assess muscle strength, balance, joint amplitude or isometric strength, for example.

Everything is controlled and saved by and on the **KFORCE** app. Create a separate profile for each patient, save their performance and evaluate their progress even over long periods of time: With **KFORCE**



you can keep a complete documentation. ■

All you need is an app and up to seven KFORCE exercise devices:



# HOW DID KINESIOLOGICAL TAPING CHANGE YOUR THERAPY?

The K-Active® interview with:  
Marco Welz, sports physiotherapist of the  
German national judo team



**M**arco Welz is a physical therapist with heart and soul. As a sports physio of the German national judo team and head of several practices in Mannheim, he always strives to achieve optimal therapy results for his athletes and patients.

**K-Active®:** Hello Marco! Nice that we can ask you a few questions about the influence of kinesiological taping on your everyday life and your work.

You have been a great advocate of **K-Active®** taping for many years. How did you find out about the



taping in the first place and what made you decide to become a speaker?

**Welz:** When I was with the judo national team in Japan in 2001, I saw athletes put strips of tape on their thighs and around their kneecaps themselves. I just thought that the Japanese didn't know exactly how to put on proper, stable knee tapes. What a mistake I made then!

In 2004 after the Paralympics in Athens I did my first kinesiological tape course with Siegfried Breitenbach, the managing director of **K-Active®**, and since then I am hooked! It is amazing how diverse this method is. Siggi really inspired and convinced me and that's how I became a **K-Active®** tape instructor.

**K-Active®:** What would you say to colleagues who have had little or no experience with kinesiological taping: Is it worthwhile to acquire knowledge about taping and to include it in the treatments?



**Welz:** Clearly YES! Correct, competent and good advanced training like at **K-Active®** is definitely worth it! You cannot learn something like that on the internet or with a book. These "magic moments" happen and you only understand them on the training courses and then you also understand the connections of the myofascial system and their effects – simply brilliant! I can only advise: "Dear colleagues, broaden your horizons!"

You can find the entire interview here:



## THE K-ACTIVE®- INTERVIEW WITH: ADIS LOVIC

**Physiotherapist at  
SV WERDER BREMEN**

**K-Active®:** As a physiotherapist, you are part of the support team at SV Werder Bremen. When and how did you get into the profession of physiotherapist and this interesting job at SV Werder Bremen?

**Lovic:** Already during my apprenticeship and later in the early professional stage, I had the desire to work with competitive athletes. During an advanced training course, I got in touch with Werder through a colleague and in 2011 I ended up in Bremen. Initially, I worked for four years at the training center as a physiotherapist, and since 2015 I've been part of the medical team of the Bundesliga team.

**K-Active®:** To deal with a current topic right away: Does the corona pandemic have an impact on your daily work? For example, has anything changed in the players' treatments?

**Lovic:** The corona pandemic has of course also changed our work. The treatments are designed more individually, treatment times are precisely coordinated so that the contact times are kept as short as possible. For this purpose, all treatments are carried out with



an FFP2 mask, and the treatment area is regularly disinfected. This also extends the workdays.

**K-Active®:** Due to the pandemic, there were also many "English Weeks". Did this time affect injuries or recovery times? For example, has it been possible to determine an increasing number of player failures?

**Lovic:** No, we could not experience that. Of course, the main focus in

the English Weeks is on regeneration and the ability to play again. Monitoring and communication have been intensified. Above all, the agreements between the athletic, medical and coaching team play an important role during this time.

**K-Active®:** Are there players who are treated by you more often than others? And which player is your "front runner" for treatments?

**Lovic:** It is different. One would like a little more care, the other a little less. It also has something to do with age. The slightly older and more experienced player also needs a little

more treatment.

**K-Active®:** A lot of things happen in the head in football. Is there a typical "cabin clown" in the team who spreads the most positive mood?

**Lovic:** No, but of course there are different kind of guys on the team. One of them may be joking, the other takes care of the music in the cabin. Of course, the

younger ones are a little more reserved and calmer. Overall, we have a very good mix in our team.

**K-Active®:** Apart from Werder: Do you have any sympathy for another club, and have you ever thought about wanting to work there?

**Lovic:** Werder has already become the number one club in my heart. But as the players always say: "Anything is possible in football." I am very satisfied where I am now.

**K-Active®:** Back to your work as a physiotherapist: Are you more of a type who is open to innovative products and measures to opti-

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**"A physiotherapist should have three qualities: flexibility, motivation and teamwork"**

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mize therapeutic work, or do you prefer to use tried and tested and well-known tools?

**Lovic:** I am very interested in innovative practices, and I always try to educate myself further. For me, in the end it must be a good mix of individual, pragmatic and evidence-based work.

**K-Active®:** In your opinion, which three qualities should a physiotherapist have if he wants to set foot in top-class sport?

**Lovic:** Only three? (laughs). Then a high degree of flexibility in terms of time, motivation and the ability to work in a team.

**K-Active®:** Finally, a personal question: Which day has been the most exciting as a physiotherapist so far? And what happened on that day?

**Lovic:** That's easy. That was May 14th, 2016. With a 1-0 win against Frankfurt on matchday 34, we secured our relegation. We had such



*Adis Lovic loves working with athletes*

nerve-wracking weeks behind us. Everything has fallen off you.

**K-Active®:** Mr. Lovic, thank you for the interview! ■



Bye, bye  
tired skin...



## BEAUTY TAPING WITH KINESIOLOGY TAPES

Have you heard about „Beauty Taping“? If not, then it’s about time! Although the trend originated in Eastern European countries, it has long since arrived in domestic practices and bathrooms – and rightly so.

**S**mooth skin, a rosy complexion: who doesn’t want that! Unfortunately, many signs of aging can often no longer be completely avoided with increasing years of

life. The decision then regularly falls on Botox or hyaluronic acid injections, despite all concerns. But it does not have to be, because the new beauty trend “Beauty Taping” has no side effects, and you can even do it yourself at home.

**Find out now how beauty taping works and start with these simple applications for the face and décolleté:**

### The gentle tape for sensitive skin and beauty taping: K-Active® Tape Gentle

Do you tend to have skin irritations by a tape application or just want to treat your skin very gently? Or are you still looking for the right tape for beauty taping? Then get to know the **K-Active® Tape Gentle!**



Water-repellent cotton fabric  
The cotton texture reduces the penetration of water

High quality production  
Precise and sinusoidal waves in the adhesive coating

STRATAGEL® adhesive technology  
Especially for taping sensitive skin

- Extra skin-friendly – innovative **STRATAGEL® adhesive** for particularly sensitive skin and allergy sufferers, no skin irritation when peeling off
- Beauty taping – a true specialist for face or beauty tape applications, THE beauty tape
- For special requirements – also for babies, children, the elderly, parchment skin, lymph problems, cancer and diabetes, after operations and for scars

- Best effect – optimal support for joints and muscles, activation of self-healing powers

You don't know what you are missing out on with the Tape Gentle until you've tried it. Convince yourself!

## BOEGER® THERAPY: MORE THAN JUST A SCAR THERAPY

The Boeger® therapy is an innovative fascia technique with which adhesions in fascia tissue are diagnosed and permanently loosened.

Adhesions can disrupt the overall system and lead to poor posture and pain. The developer David Boeger established this form of therapy both in his home country, Switzerland, and in Germany with a great deal of commitment and a high-quality training concept.

We'll show you the way to the Boeger® therapy step by step.

### Step 1:

Read up on it! The iXpending® concept offers you a completely new approach: you yourself ensure

freedom from pain and more mobility by releasing the congestion in your organ and muscle fascia yourself.



*iXpending® - mobilize fascia chains correctly.*  
Order now at:  
[k-active.com](http://k-active.com)

### Step 2:

Learn the Boeger® therapy from speaker

David Boeger. No one can convey systemic scar therapy like the developer himself. Success guaranteed!

3-day course in  
Hösbach near  
Aschaffenburg:



### Step 3:

Apply the Boeger® therapy! David Boeger constantly gives new tips and food for thought for the work in practice. In this post he explains how a vaccination can force your patient into a hunched posture and thereby hinder the entire treatment of the actual symptoms:





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