

CLINICAL AI CHI AS EXERCISE MODALITY IN COMPLETE DECONGESTIVE THERAPY

- Hydrostatic pressure supports drainage over the venous system: water depth needs to be 34 cm at least
- Drainage is about interstitial fluids exchange, coming from the fascial extracellular matrix
- Lymphdrainage in CDT is about addressing and reviving fascia
- CAC kata's have to follow a proximo-distal sequence
- CAC activates muscles at around 30% of the 1RM: this follows early strengthening in CDT



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