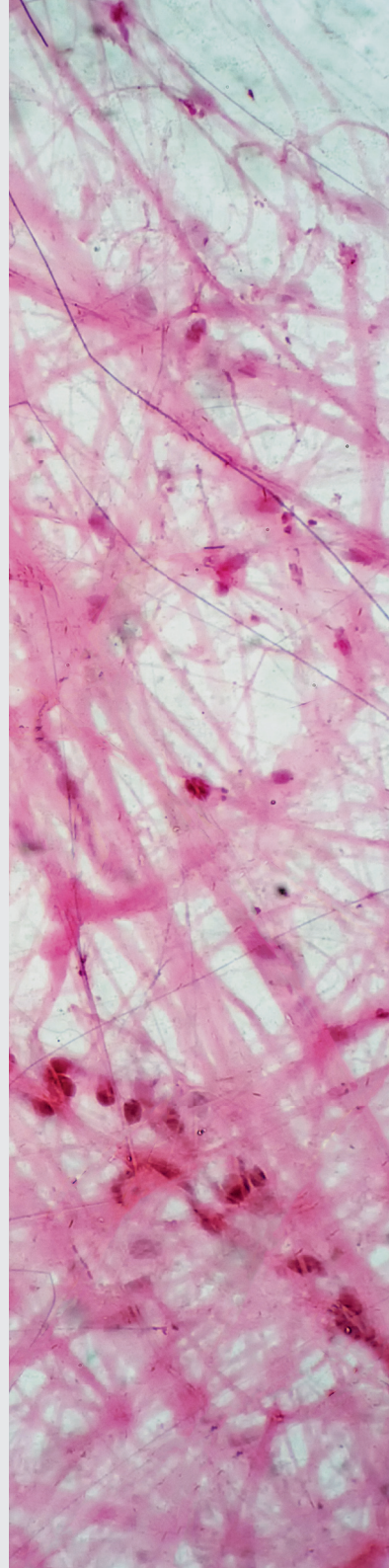


**i-Tech<sup>®</sup>**  
INDUSTRIES  
The science of skin

From youth to aging:  
stimulation of the  
connective tissue  
architecture for lasting  
health and beauty

**SCIENTIFIC BOOK**  
Florence



i-Tech Industries S.r.l. plays a key role in the Beauty&Wellness and Healthcare industries, as a manufacturer of successful technologies that guarantee remarkable results.

We strongly believe in research: our mission is to continuously enhance our expertise and knowledge of the human body, its transformations and changes over the course of its life. This helps us to improve our know-how and it allows us to improve our technologies to be an innovation leader on the market.

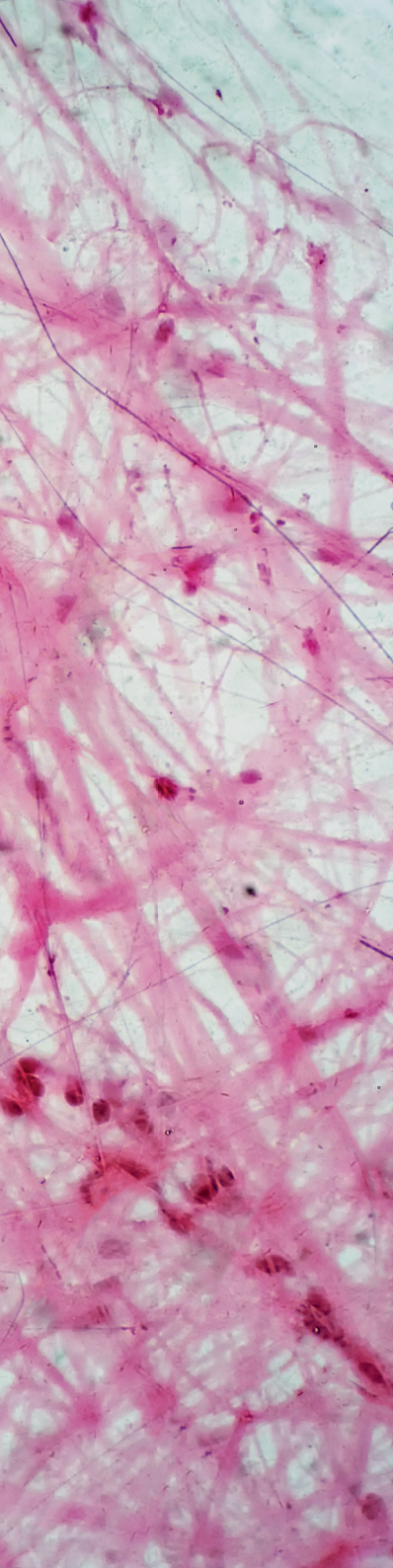
Our vision is the implementation of non-surgical technologies which aim at providing final customers with real and concrete results for their health, wellbeing and beauty.

Embracing change and driving innovation through technologies and services of high scientific and technological value to meet individual needs in terms of beauty, wellbeing and health, is the primary purpose of i-Tech Industries.

An expert scientific team constantly works to develop new protocols, to evaluate new applications and to achieve unbeatable results, with the aim of supporting the users all over the world and of increasing the customer satisfaction.

In the following pages, we are pleased to share the extracts of the presentations and round tables taken by doctors and experts during the International Scientific Meeting held in Florence in May 2022.

The abstracts follow the original order of presentations during the Scientific Meeting.



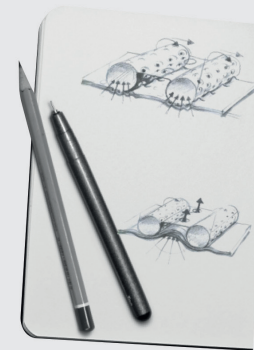
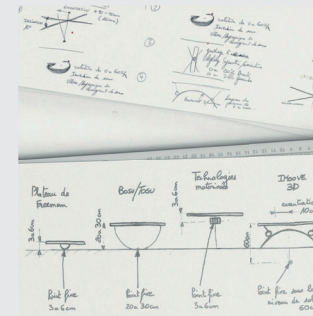
## A NEW UNDERSTANDING OF THE SKIN

**The architecture of the connective tissue is susceptible to changes** over the course of its life, and its variations lead to aesthetic-functional problems that represent a challenge for professional practitioners. The principle of Roboderm® and Elispheric® techniques is based on a thorough understanding of the architecture of the connective tissue and it is born from the latest discoveries by Dr. Guimberteau on skin structure.

**The connective tissue is an alveolar structure in 3 dimensions**, which connects, supports and creates cohesion of the human body, linking “the cells in tissues, the tissues in organs, the organs in organisms”. Dermis, aponeurosis, fascia, bones, lymphatic system, vascular system, nerves, ligaments, capsular joints, subcutaneous fat: connective tissue is present and cross all of them.

**During the lifetime, there are many factors which can influence the shape and solidity of the architecture of the connective tissue:**

- Gravity force
- Nutrition
- Environment
- Sedentary lifestyle
- Physical inactivity
- Weight gain
- Aging process
- Illnesses
- Accidents/sport injuries
- Surgery
- Medications



Thanks to this new understanding of the architecture it is possible to develop methods, techniques and technologies to contrast these factors in order to prevent and recover damages on the structure of the architecture. In fact, more than any other human tissue, connective tissue, due to its versatility and omnipresence, is the seat of intrinsic transformations affecting each of its constituent elements or involving the structures that cross it. Fibrosis, inflammation, scars, fluid retention, fat deposit, loose skin, muscular weakness are some of the main transformations of the connective architecture that can affect individuals during their lifetime. **Roboderm® and Elispheric® techniques restore the missing movements to the connective tissue architecture** in order to activate its restructuring capacities (softening, defibrosis, toning), its metabolic capacities (release of blocked chemical reactions) and to revive diminished functions such as permeability, exchanges, lipolysis, drainage, release of nerve impulses, vascularization and oxygenation of tissues, collagen synthesis.

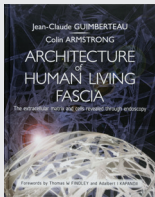
The additional strength of these techniques is their capacity to approach the architecture of the connective tissue in a **completely natural, non-invasive, yet effective way**.





### Dr. Jean-Claude Guimberteau

MD, Plastic surgeon, specialized in hand surgery and microsurgical replantation, member of the French Academy of Surgery (France)



## Growth and aging of the body explained by the relationship between the constitutive fibrillar architecture and the force of gravity

During his work on the subcutaneous sliding systems between organs, Dr. Guimberteau has observed **the connective tissue**. He has discovered that it is composed of **fibrillar structures** organized in a global network. This system of organization is apparently totally chaotic and functions in a way that is far removed from traditional mechanical models.

The basic functional unit of these sliding structures is the **microvacuole**. It is a microvolume formed by the intertwining of fibrils in 3 dimensions. The dynamics of this multimicrovacuolar system enables all the intricate movements inside the body, combining mobility, speed, interdependence and plastic adaptability. This is possible because of different levels of prestress and molecular fusion, fission and dilaceration.

The body consists of this fibrillar framework enclosing both multimicrovacuolar microvolumes or groups of cells themselves structured by fibrils, and it is a volume of living matter under tension. This tension appears to be governed by the concept of biotensegrity, which is based on a global distribution of constraint throughout the entire structure. This tissue pretension enables the body to overcome gravity during the growth phase until adulthood. From then on, there is a gradual decrease in tension, and the gravitational force takes its 'revenge'. The aging process occurs under the influence of **internal** (degradation in the quality and quantity of collagen and Glycosaminoglycans) and **external factors** (slimming, exposure to sunlight, the loss of its fat content and smoking).

Aging can be considered as the revenge of gravity on endogenous tension. The sagging of structures like skin can be explained by the distension of fibres that have lost their intrinsic qualities. During the aging process, fibrils become gradually less resistant to tension and lose their dynamic capacity to return to the original princeps form. The intrafibrillar tension decreases. The support of the muscles is less effective and the force of gravity becomes more active, the skin and subcutaneous structures distend and ptose over time.

There are 2 possible ways to delay these effects of aging and maintaining the external appearance of the skin: by nonmedical external intervention with local treatment aimed at improving trophicity (cream, etc.) or/and by physiotherapy using either skin massage techniques or devices designed to mobilise the skin and subcutaneous structures in all 3 dimensions of space. This dynamic imposed on the architectural fibrillar structures will prolong their intrafibrillar tension and adaptability.

**On the first day of the International Scientific Meeting, Dr Guimberteau presented also for the first time the film "Anatomical adventures in Fibrillar Island".**

This film presents in a narrative way the world under the skin as seen through an intra-tissue endoscope. The theme is the exploration of an unknown land by the shipwrecked in the 18<sup>th</sup> century, known as the Age of Enlightenment, in which the explorers are exposed to numerous circumstances reminiscent of Gulliver's Travels, Alice in Wonderland and even Indiana Jones.

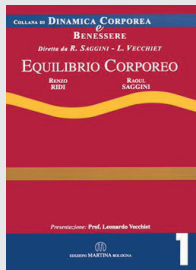
It is therefore an anatomical tale with a pedagogical virtue, but also philosophical. Indeed, at the end of the film, the captain of the ship manages to escape but realizes that he is escaping from himself, comprehending with amazement the complexity of his being. Without trying to understand everything, he rejoices in the existing harmony and beauty.





### Prof. Raoul Saggini

MD, Full Professor of Physical and Rehabilitation Medical Department at the G. D'Annunzio University, President of the Italian Society of Rehabilitation and Regenerative Interventional (Italy)



## Postural dysfunctions and the bioprogressive morpho-functional optimization

The man is a system born to move, a 'movement system'. Having a good posture means being ready to move in a correct way. To really understand the human being, it is necessary to consider that posture is nothing more than the cognitive process but over time is the expression of the functional and sensory 'morphology' of the evolved identity.

*Bernstein said "Posture consists of keeping ready for movement: Readiness to move".*

Our science has spent a lot of time in the study of molecular interactions to understand our operation, and a little less time in deepening the ways by which we **give shape and function to ourselves** - therefore also dysfunction - and how **we can treat it**.

A bioprogressive rehabilitation model consists of a global therapeutic approach related to systems medicine. Postural dysfunctions in humans are nothing more than spatial deformities (e.g. scoliosis, syndrome of rotatory shoulder cuff, mediogluteus myofascial syndrome, muscle-fascial fatigue, plantar fasciitis), considering the human being as system that is complex, total, causal, variable in time, calibrated, adaptive, equifinalized, redundant, preferential. The only approach can therefore be that of systems theory, which is the theory of organismic totality where they have an operational dimension, not single causalities but interdependent interesting causal complexes, and this shares how insufficient the deterministic explanations are in the analysis of complex phenomena.

Humans are able to incrementally self-organize to reach a final state characterized by **Dynamic balance of Body dynamics**, a dynamic equilibrium of a body system, a system of motion. Therefore, the man is an organized set of relationships between elements, resulting from a process of selective reduction of disorder. When the man is in a state of discomfort, the system is in a state of disorder increased; **the medical act is an intervention in line with the reduction in the state of disorder**.

To work on the dysfunction, it is necessary to work on a global project, considering the whole system of the human being. The postural dysfunction of a body system is specifically linked to an alteration of the egocentric reference. This is addressed through the use of an elispheric system, therefore by concentrating the work on the median line to recreate an equilibrium where there is an alteration of motion and sensoriality, a perception deficit and an alteration of the median line. Cellulite is addressed in the same way, thanks to the use of microstimulations: to solve this blemish, we should think of a hierarchical organization of the human body that has to provide for a development in an energetic and synergetic context of the geometry of soft tissues. This concept is fundamental, but cannot be detached from the general law of the movement system, therefore it is clear that we have to work on the cell on the extracellular matrix.



### Dr. Chantal Bardon

Osteopath, Physiotherapist,  
specialized in reflexology and  
muscular chains (France)

### Dr. Alain Bardon

Osteopath, Physiotherapist,  
specialized in bio mechanical and  
muscles rehabilitation (France)

### Prof. Raoul Saggin

MD, Full Professor of Physical  
and Rehabilitation Medical  
Department at the University of  
Chieti-Pescara (Italy), President  
of the Italian Society of  
Rehabilitation and Regenerative  
Interventional (Italy)

### Dr. Andrea Cevenini

Trainer, specialized in the body  
movement, i-Boost concept  
International Trainer at i-Tech  
Industries s.r.l. (Italy)

## Benefits of the combination of beauty treatments and movement for best results

Combination is the keyword, the human body is not made by parts.

**Dr. Chantal Bardon** spent many years treating patients with Elispheric movement and microstimulations through a combination of them. These two technologies complement each other: i-coone starts a mechanization work that continues on the Elispheric platform, taking action and putting the patient 'on his feet', subject to the force of gravity.

*Beauty passes from posture, well-being.*

The body is a reality made of interconnected parts. For example, a person who has cellulite manifests a series of problems with posture, circulation, breathing, mobility etc. To deal with these problems, one of the first steps is to work at the feet level to reactivate the circulation. Equally important to achieve the result is the work on breathing that connects the axis between the diaphragm and the hypothalamus with the third ventricle, where the formation of muscle tone and relaxation happens. From this point of view, the Elispheric movement helps to restore the flexibility of the fascia surrounding the muscle.

The scientific contribution of **Dr. Alain Bardon** to the development of Elispheric and microstimulation technologies has been fundamental. Stimulation from the feet is

important, and working on posture increases beauty and health of the body.

*Movement is life. We are spirit, substance, movement. Not the opposite.*

If the foot does not touch the ground in a correct way, a series of consequences occur through the human body: the upper diaphragm is immobile so the lungs do not take oxygen properly, the propulsive pelvis and the organs of the abdomen don't move and therefore don't inform the brain through their 'sensors', thus conditioning the microcirculation of the legs and the genital system. The movement of the feet is also essential for the blood supply to the brain. The man is born with a corporal pattern of left hemisphere injury that needs to be corrected, a wrong posture is mainly given by the fact that, in 80% of cases, the baby in the mother's belly is with the left knee raised and the body twisted, for this reason many people have bad left knee and breathe poorly of the left diaphragmatic Dome. When working with Elispheric platform, there is an activation of the entire system of all cross chains of the body, all bands of the entire casing, all articulations; the synergistic work allows to bring the human body to a correct movement. The propulsion of the feet with the body working in all axes is what allows the body to find the natural spiral of movements.

The **helicoidal movement is already inherent in the human DNA**, explains Professor **Saggin**. This is the reason behind the familiarity that patients establish with the Elispheric platform, a tool that can improve the capabilities of the fascial osteo-muscular system, which is characterized by intrinsic properties such as stiffness, elasticity and tone. The rotation mechanism generates a well-defined movement, a rhythm marked over time that contributes, together with the movement, to improve the osteo-muscular-fascial function system with the modulation of elasticity, tone and stiffness. The patient perceives the improvement he receives from the Elispheric platform and it is an improvement that involves the motor and sensory sphere.

**Dr. Andrea Cevenini** concludes the first round table of the International Scientific Meeting with an explanation of the i-Boost concept, a global concept which combines microstimulations and Elispheric movement. Thanks to this combination, it is possible to work in a holistic way on beauty, not only on the

aesthetic appearance of the body but, in general, on the total harmony of the body. Microstimulations provide different kinds of benefits on the connective tissue, skin and body, while Elispheric movement completes this specific action thanks to the physical activity in order to provide several benefits in terms of muscular strengthening, flexibility, coordination, posture and balance. More specifically, one i-Boost session consists of 1 icoone treatment and 2 different icoone Booster programmes of 20-25 minutes, allowing to reach specific goals in terms of beauty and wellness. The operator feeling is always very positive, reflecting the positive feelings of the client on several aspects: easy-to-use device, the greater and more express results, the possibility to manage the protocols according to the needs of the centre and of the client, in order to provide customised treatments for the global beauty of the body.

All the speakers of the round table agree that **body health and beauty are a consequence of a synergic action, from the outer to the inner side, and from the inside to the outside.**

That is why it is important to relay on innovative technologies, capable of stimulating the entire body without 'cutting' it into parts, by using the dynamic action of microstimulations and Elispheric movement together.







**Dr. Claudia  
Van der Lugt**

*Medical doctor specialized in EBD  
contourshaping & weightloss,  
laser and LED therapy (The  
Netherlands)*



## **Applications and benefits of microstimulations combined with the Elispheric movement in the concept of weight loss, shaping and healthy quality of life**

The clinic of Dr. **Claudia Van der Lugt** is specialised in control shaping weight loss. Losing weight is not just a diet, is not just the contour, it is about **changing the mindset, finding and increasing basal metabolic rate.**

The brain is fundamental, that is where endorphins that are responsible for good feelings are produced. If there is no connection between brain and body, nothing happens.

To lose weight, it is necessary the involvement of a full team of medical professionals, consultations, measurements, laboratory. There are many aspects to be taken into account. **First of all, the goal and the path to reach that goal have to be set.** Then, the treatment plan for the client can be designed. To change their lifestyle, people need awareness. Without awareness, nothing happens. And to reach awareness, concentration is required. The same concentration is required to keep the feet on the Elispheric platform. **The body-brain balance is the essence of i-Boost,** as it is necessary to stand on the platform in a certain position and to do certain movements.

Second of all, a very important focus is related to **nutrition.** Around the organs there is fat tissue, the visceral fat tissue that is well vascularised. Therefore, by eating less, fat tissue is consumed. However, also subcutaneous fat tissue is involved. Fat tissues tend to grow with aging and bad nutrition, and when they go into hyperplasia and hypertrophy, what they do is repress all the lymphatic vessels in that area, so they can't transport fatty acids and trans clitoris through the

lymphatic system to be delivered where they are supposed to be metabolised. For that, a lymphatic drainage is required, therefore we use microstimulations. What people eat is stored as proteins, carbohydrates, starch, sugar, fat tissue, and this is all energy. When the starch and the carbohydrates are taken out with diet, the only things provided are the amino acids. This reduces the caloric intake, and the basal metabolic rate can manage less energy from nutrition.

In standard conditions, the brain needs glucose to produce, work and metabolise. **Glucose is not available in our dietary plans, but it is available through the treatment if the fat cells are liberated with i-Boost, what happens is actually an increasement of the basal metabolic rate.**



### Dr. Maria Angela Paladino

*Biologist, Scientific Director and Head of the Training Department at i-Tech Industries s.r.l. (Italy)*

### Dr. Chantal Bardon

*Osteopath, Physiotherapist, specialized in reflexology and muscular chains (France)*

### Mrs. Patricia Brizon

*Beauty Trainer, specialized in the beauty care for body and face (France)*

### Dr. Mariia Tryfonova

*Doctor Dermatologist, Endocrinologist, Chief Doctor of Tryfonova M.D. Clinics (Ukraine)*

### Dr. Valeriia Vetchynkina

*Doctor Dermatologist, head doctor and founder of the Estederm Clinic (Ukraine)*

## The best icoone results and presentation of the new Results Book

During the IV edition of the International Scientific Meeting, Dr. **Maria Angela Paladino** presented icoone new Results Book 2022, containing a selection of the most relevant results for aesthetic applications of the technology on face and body, as well as for applications in medical aesthetic and rehabilitation.

**The Results Book 2022** is a collection of icoone results coming from the i-Tech Industries' internal evaluation center, the doctors who are cooperating with i-Tech, the winners of the icoone Best Results Contest and the work of icoone centers around the world. The idea behind this book is not only to share the results, but also to show how they were obtained, in terms of number of sessions, frequency of sessions and protocols.

Many results are possible with icoone on beauty, health and wellness. As **Dr. Chantal Bardon** highlights, it is especially extraordinary that with icoone these results are obtained very quickly. What she observed in the use of this technology is that the results obtained not only affect the treated area but also great changes in the silhouette and posture are generally observed. When a specific area is treated, the results are actually visible on the entire body.

What has changed over the years in terms of clients requests and results? **Patricia Brizon** explains that to us. She notes that the 'question', what men and women want, has not changed: be slimmer, eliminate cellulite, erase the signs of aging. What has changed over the years is the approach. 20-30 years ago, women were willing to do anything to look like the supermodels they saw in women's magazines, they demanded quick results without changing anything in their

lifestyle. Today women are more informed and aware, they want to know how the treatment works, and above all they are not willing to accept everything. Most patients today ask for a reduction in the fat 'volume' in the typical female areas. Along with this, however – and this is the novelty – they also want to improve the quality of the skin, to erase the signs of aging, to have effective and non-invasive technologies. Today, patients want health and well-being, in addition to results. This demand can now be met thanks to Roboderm and Multi Micro Alveolar Stimulation.

On the use of icoone in rehabilitation, for the post-surgical treatment in aesthetic medicine, **Dr. Mariia Tryfonova** gives us an insight: rehabilitation is the most important part of surgery, and microstimulations are the solution that Dr. Tryfonova uses on her patients in rehabilitation after liposuction, for pain relief and to improve the quality of the tissue.

Even when it comes to facelift, it is really important to use microstimulations after surgery. The use of this technology can be diversified and adapted to different treatments. In the case of hair transplantation, icoone is used in the pre and post transplantation phase to prepare the skin and give then good rehabilitation.

Looking at the results obtained by icoone in the different treatments, Dr. **Valeriia Vetchynkina** reminds us of how versatile icoone's programs are, from shaping to surgical and aesthetic treatments. Thanks to the Multi Micro Alveolar Stimulation, very noticeable results can be achieved in a short time.

Thanks to the different contributions of the panelists, it is clear that this technology can provide **incomparable results in aesthetic and medical fields, satisfying patients and clients' requests everywhere in the world.**



**Dr. Roberto Carniel**  
Rehabilitation and Sports Doctor  
(Italy)



## The use of microstimulations and elispheric movement in the postural dysfunction of aging

With the passing of years, slow and progressive changes occur at the postural level. In the elders, these changes affect the ability to control and perform movements in a correct way. Balance, a determining element of posture, is also acquired through the sensory information that the receptors collect and send to the central nervous system: some important receptors are visual, vestibular and proprioceptive. In the elders, the information is altered, as aging also involves these apparatuses.

In those most affected by senility, or also suffering from other pathological dysfunctions, especially at neurological level, symmetry of movements and coordination are compromised in an important way, so that the two sides of the body tend to move in a totally different way. This results in a decrease or total loss of motor control and the ability to walk confidently. Often, in older age, the fear of falling and the feeling of instability cause stiffness in the movements, making the elders unable to start walking correctly and to develop a proper mobile posture, with considerable repercussions.

To have good posture, as well as better conscious control of the body in space, toned but flexible muscles are also required. **The elispheric movement allows to work on the harmony of the body** as a whole, increasing muscle tone, improving circulation and increasing flexibility. Thanks to the platform equipped with the elispheric movement, the natural spiral movement of muscles and joints is reproduced, stimulating the proprioceptive system by carrying out 3 simultaneous actions:

1. Improved posture by stimulating biomechanical adaptation of the body and promoting motor control
2. Improved joint mobility and muscle coordination
3. Improved flexibility, thanks to specific exercises that stretch the muscles gently and naturally.

A further aid for the maintenance of flexible tissues is given by Multi Micro Alveolar Stimulation, a non-invasive but effective stimulation. The cells thus renew themselves, improving the condition of the tissues: the stimulation of fibroblasts improves the production of collagen and elastin, which are responsible for the skin texture and tone. The microstimulation therefore allows to have countless beneficial actions:

- the tissues regenerate, thanks to the action of the massage on the connective tissue;
- the muscles decontact, thanks to the manipulation and stimulation of the skin and subcutaneous;
- stimulation of endorphins, substances that act at the level of the brain, increasing the feeling of well-being and pleasure.

The treatment with microstimulations as well as with the elispheric movement promotes a **complete well-being of the body and mind together**, favoring the release of endorphins and determining a general feeling of well-being.





### Dr. Elias Sawaya

MD, Plastic and Hand Surgery.  
French and Lebanese Board  
Certified (France)

### Dr. Alain Bardon

Osteopath, Physiotherapist,  
specialized in bio mechanical and  
muscles rehabilitation (France)

### Mrs. Patricia Brizon

Beauty Trainer, specialized in the  
beauty care for body and face  
(France)

### Dr. Roberto Carniel

Rehabilitation and Sports Doctor  
(Italy)

## Aging: Multi Micro Alveolar Stimulation for preventing and reducing the effects of aging

The approach on how to deal with the signs of aging has changed over time.

Dr. Elias Sawaya highlights that the 'old' tissue has to be approached more carefully than a 'young' one. All the microfibrils and the microvacuoles are less tense and resistant to compression and extension, there is less freedom of movement, many liquids are lost, cells are scarce. With respect to the evolution in the treatment of aging tissue, it is very important not to dwell only on the skin, but to bear in mind also the notion that there are underline structures, SMAS -superficial musculoaponeurotic system - and it is necessary to take care of them to have long term results. The most recent approach is the regenerative treatment with STEM cells. Scientific research is underway to see if STEM cells express surface markers or multiple themselves. However, the research is still in progress.

*I think the secret of life is movement*

The theme of old age is absolutely interesting and complex for Dr. Alain Bardon. By looking at people who lived in the countryside, Dr. Bardon realized that their skin, their muscles, their bodies in general were perfect, magnificent even if the women had given birth to 6 or 7 children. These people were used to working all day, they were always on the move and, also thanks to a correct and healthy diet, they had found a perfect balance, even if unknowingly. **The basic proposition is that human body must be in motion, so that it remains young.** For those who live in the city instead, microstimulations and Elispheric movement are two solutions through which they can 'move' because, thanks to them, the tissue rejuvenates.

According to Mrs. Patricia Brizon, aging is not only time passing, as skin marks can also be observed in young people. Several aspects can contribute to skin aging. Each case needs its own evaluation indicating very concrete things, such as the position of the microstimulators to adopt, how to move them, whether to put them directly on the skin or use tights. The treatment of 'old' skin is more difficult, requires a very precise diagnosis and involves the fielding of specific elements in each session. It is necessary to imagine session after session, the protocols, the architecture of the body and face that gradually improves.

Dr. Roberto Carniel is Sport Doctor of an important Italian Football Team. He began to use microstimulation with players, who generally need to achieve results in the shortest possible time. A 2% deficiency of the movement, for a person who lives a normal life, does not mean anything. The athlete instead faces problems in other parts of the body, so it is necessary to solve even the smallest problem quickly. For instance, after an injury, it often happens that the muscle fascia sticks to the underlying muscle. Microstimulations are used in these cases, both from a preventive perspective and for healing in the post-trauma. This kind of treatment allows for greater vascularization, greater elasticity and the possibility to have sensitivity where the muscle is in relation with the nearest joint. This means that, if there is an injury at the level of the rectus femoris in which the extension is conditioned, freeing the muscle allows in this case the knee to make a complete movement.

Everyone ages. However, **with microstimulations we can stimulate tridimensionally the connective tissue architecture to keep it healthy and thus down the aging effects.**



**Dr. Valeriia Vetchynkina**  
Doctor Dermatologist, head  
doctor and founder of the  
Estederm Clinic (Ukraine)

**ESTE+DERM**

## Practical use of the Multi Micro Alveolar Stimulation for body aesthetic applications

Dr. Valeriia Vetchynkina has been working with Multi Micro Alveolar Stimulation (M.M.A.S.) for 10 years, during which she has seen a lot of great results and many satisfied patients.

Clinical use of microstimulations is based on mesenchymal stimulation of microvacuoles; these base structures are the functional unit of every stromal tissue, trapping interstitial fluid into a reticular cage supported by large collagen fibers. The Multi Micro Alveolar Stimulation generates a global action, from the surface to the subcutaneous tissues, in order to activate the natural cell metabolism and to promote regeneration and tissue harmony.

The microstimulation induces a physiological reaction increasing the biological response with mobilization of the trapped fluid and activation of cytokines cascade, cells proliferation and immunological response.

The treatment particularly focuses on 3 areas:

**Aesthetics:** reduction of localized fat deposits, skin firming and lifting, especially important in case of sudden weight loss, treatment of all kinds of cellulite, body circumference reduction.

**Medicine:** reduction of edema and congestive symptoms (often sought by patients who lead a sedentary lifestyle), stages 1 and 2 of venous varices, recovery from injuries, fractures, recovery after natural childbirth and cesarean section.

**Sports:** reduction of muscular aches and cramps after exercise, recovery from strains and injuries, recovery after increased physical exertion, preparation before competitions.

These are the advantages of M.M.A.S.:


- Patented technology
- Two-handed massage (with 2 handpieces simultaneously) - 100% natural effect
- Visible Results from the very first sessions
- Customized treatments to meet individual requests (a lot of programs that can be combined among themselves and modified for a particular patient, creating individual recipes for procedures)
- Work with any type of skin, even with thin and sensitive skin, as well as with traumatized areas of the body
- Visible effects on all parts of the body and face
- Ability to perform procedures every day, without time limitations
- 100% painless - the procedures are non-invasive, they do not cause any pain and do not require a period of rehabilitation.

Microstimulations perform 3 simultaneous actions:

1. **Lymphatic drainage:** relaxing effect on the nervous system, gymnastics of the capillaries of the circulatory system, drainage of lymphatic system and intercellular space;
2. **Elasticity and lifting of tissues:** stimulation of mechanoreceptors with subsequent production of elastin and collagen; stimulation of fibroblasts (synthesis of elastin and collagen, increase of skin elasticity)
3. **Body shaping:** lipolysis activation, cellulite reduction, circumference correction, remodeling and relief smoothing.



**Dr. Mariia Tryfonova**  
Doctor Dermatologist,  
Endocrinologist, Chief Doctor of  
Tryfonova M.D. Clinics (Ukraine)

 TRYFONOVA M.D

## **New opportunities and results for plastic surgery and aesthetic medicine clinics**

Dr. Mariia Tryfonova started her work with icoone devices in 2018. Second generation of icoone arrived in 2020 and in Ukraine is very popular and effective, also thanks to **25% increase in the active stimulation surface of microstimulators**. The stimulation is very effective, and **people can see its effects immediately after the first procedure**.

The team working in the clinic of Dr. Mariia Tryfonova consists of endocrinologists, biologists, surgeons, cosmeticians, cosmetologists and assistants. The procedure starts from consultation, lab tests, and special focus is given to the endocrinological aspect, to take care of hormonal balance.

Dr. Tryfonova's clinic offers many treatments aimed at intervening on problems of a different nature, some of them purely aesthetic, some others medical.

Some cases and types of treatments were presented: abdomen reshaping, treatment after face surgery, combination with cryolipolysis, buttocks remodeling etc.

Microstimulations are an essential support in the clinic for aesthetic surgeons in all the aforementioned cases, since they can be used alone but also as a support to other procedures, specifically during the preparation and the rehabilitation phases. In the preparation of the tissues, before more invasive procedures, they prevent side effects and, after the procedure, improve the healing process. The rehabilitation programs can be applied a few days after the surgery, with subsequent faster recovery and better results.

Microstimulations are very effective also among men, especially for hair implantation, for which it is necessary to prepare the skin. Sometimes people are not satisfied, because few months after hair transplantations, grafts go away. Through a good stimulation and good circulation of blood, more energy is given to the grafts, and grafts become younger. Therefore, it is really important to prepare the skin and grafts before the transplantation.





### Dr. Jean-Claude Guimberteau

MD, Plastic surgeon, specialized in hand surgery and microsurgical replantation, member of the French Academy of Surgery (France)

### Dr. Elias Sawaya

MD, Plastic and Hand Surgery. French and Lebanese Board Certified (France)

### Prof. Raoul Saggini

MD, Full Professor of Physical and Rehabilitation Medical Department at the University of Chieti-Pescara (Italy), President of the Italian Society of Rehabilitation and Regenerative Interventional (Italy)

### Dr. Jocelyne Rolland

Senologist, specialist in care of women after breast cancer surgery (France)

### Dr. Mariia Tryfonova

Doctor Dermatologist, Endocrinologist, Chief Doctor of Tryfonova M.D. Clinics (Ukraine)

## Post-surgery recovery: how microstimulation acts on the architecture of the connective tissue

This round table addressed the relevant topic of post-surgical recovery. After surgery, the skin and the connective tissue architecture is altered. To get back to a complete wellness, it is therefore necessary to optimize the recovery, to gain back aesthetic but most importantly the function of the tissues. By acting directly on the connective tissue architecture, microstimulations can be helpful to ease the recovery when the tissues have been subjected to surgery.

After surgery, as explained by **Dr. Jean-Claude Guimberteau**, there is no longer any mobility of the tissue, nature is not able to repair the tissue independently, and in fact it simply creates a 'cap' to avoid communication with atmospheric pressure. To reactivate the harmonious movement, it is necessary to practice massages and in this is precious the work of microstimulations that allows you to have results in significantly shorter times than a manual massage. The important thing is that the movement, the massage, is done in the **3 dimensions of space**, as the person is a 'volume' that exists in 3 dimensions. Surgery, if done properly, must be followed by an excellent rehabilitation, and if the patient is also collaborative, then excellent results can be obtained.

When a person is active and a surgeon has the chance not to operate on him or her in emergency setting, it is essential to prepare the body for the macro movement levels with devices, states **Dr. Elias Sawaya**. During surgery, it is necessary

to be as minimally invasive as possible, to pay attention to everything that surrounds the area being operated. When inside the skin, there are techniques allowing not to disrupt the major forces of movement in that particular zone of the skin. In the post-operative phase, microstimulations can enhance the regeneration of the skin. For good rehabilitation, it is fundamental to bear in mind that **movement is crucial**: if we think about living creatures, the man is the only one that, after an operation, stays in bed for weeks, while all the others, shortly after, begin to move and this allows them to be faster in recovery.

Also within the framework of rehabilitation, **Prof. Raoul Saggini** adds that the movement must be of all tissues at all levels to achieve complete rehabilitation. To do so, the frictional forces - those forces that prevent the sliding of all structures, from the dermis to the bone tissue - must be reduced. **Intrinsically, nature has the domain of repair**. However, the human hand as well as the traumatic event can be so damaging that they compromise the possibility of the repair being realized independently. For this reason, nature must be accompanied in the possibility of repair through a rehabilitation plan, in which two aspects must be understood: **giving back the best shape and giving back the best function**, these two things are indissoluble. In this, microstimulation plays a very important role because it is a '**gentle act**'. The person must be treated with courtesy and kindness, and the latter can be the expression of the use of methods such as microstimulation, to have a homogeneous response of the tissue. This is a decisive factor in the rehabilitation process, even after surgery.

Speaking specifically about women, during the treatment to recover the connective tissue after surgery, explains Dr. **Jocelyne Rolland**, it is necessary to start from the type of intervention performed.

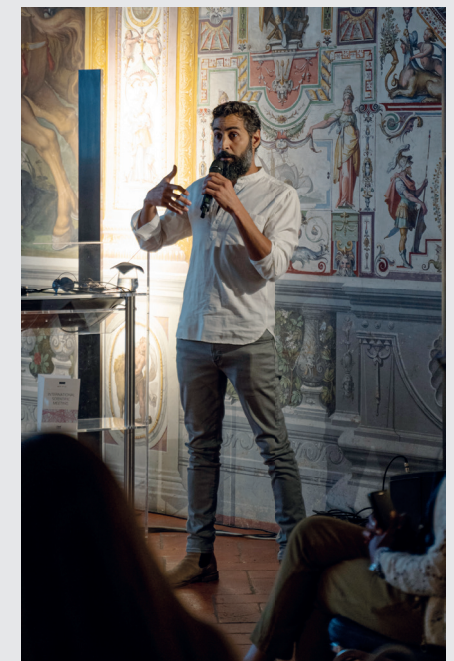
In the case of conservative surgery - when the surgeon removes the cancer - there are two scars, the internal and the external one; even if not visible, the second one is much more painful. In this case, by using technology, it is possible to feel different sensations very quickly, even palpating the tumor area. For people who undergo mastectomy - the removal of the mammary gland - there are two main problems to be faced: the skin tends to stick to the muscle, thus the woman, almost to protect the injured part, tends to bring the shoulder forward. In this case, therefore, there are

two areas to be treated: the area that has undergone the surgical operation, and the scapula to finally obtain a free movement. Finally, in reconstructive surgery - the insertion of an implant, or abdominal/dorsal 'flap' - the areas that are subjected to the treatment are always two: there is a new breast, but there are also new scars generated, those of the abdomen from which the skin was taken.

Generally speaking, women do not want to see or touch the scar at first, but after undergoing the treatment they feel positive sensations. This is very important, because **the improvement is mental, is about the quality of life.**

**Dr. Mariia Tryfonova** explains how liposuction, blepharoplasty, mastoplasty are all aesthetic surgeries in which the patient immediately asks how noticeable the scar will be. This is a topic of concern, in the field of aesthetic medicine, it is essential to intervene on scars with a series of targeted protocols, with new technologies in which the use of laser and microstimulation are very important. Microstimulation especially contributes to an increase in oxygen supply, allowing to give new life to the scar and ease the pain. In addition to the post-operative phase, in the time preceding the operation, the skin must be prepared. There have been cases, says Dr. Tryfonova, in which **patients renounced surgery as they already had great results with the treatments.** This allows to understand how microstimulation and laser can help improving the skin.

All the aesthetic and functional disorders of connective tissues can be seen as changes in the connective tissue architecture: **only a technology capable of directly stimulating this architecture can be relevant in restoring a correct function, and that is why icooone is the perfect aid for the surgeon.**





**Dr. Maria Angela Paladino**  
Biologist, Scientific Director and  
Head of the Training Department  
at i-Tech Industries s.r.l. (Italy)



## Presentation of a case study: postpartum cesarean section treated with icoone medical applications

**Dr. Maria Angela Paladino** presented a study carried out by a medical clinic in Russia, Healthy Planet. It is a medical clinic specialized not only in treatments for women, but also in endocrinologic problems, metabolic diseases, oncology.

From September 2021, 30 women treated with icoone after **caesarean section** have been observed. The doctors treated the women with M.M.A.S. for seven sessions, 3 sessions/week. With a control group they made a comparison and verified what happens when the ladies do not receive the M.M.A.S.. The inclusion criteria were: first operative intervention, planned operative delivery, weight of the fetus, amniotic fluids index, low parity, age. At the end of the entire treatment, **the results were incredible**, not only for the appearance of the scar but also for the reaction on the subcutaneous tissues.

Thanks to the two groups of treated and untreated patients, it was possible to compare the results: in those women who were not treated with M.M.A.S., the reaction of the tissue was not really good. For the evaluation of the results doctors used an ultrasound device and an evaluation of the hematomas was also made. In those women who were treated with M.M.A.S., **they treated the scars, but also the tissue involved by the scar.**

This study explains us how microstimulations benefits were observed by the patients, because during the sessions no side effects were noted. The high efficiency and safety, as well as the outcomes in terms of aesthetics and wellness can be clearly seen. We are talking about health and wellness, but also about beauty and aesthetics.

The clinic submitted this survey to the patients also in order to discover more about their feelings, tolerance and benefits and it pointed out a high degree of satisfaction among the patients.

Finally, after this study, the clinic start to use microstimulations not only for the postpartum or in gynecology, but also, for instance, for the metabolic diseases.





**Dr. Jocelyne Rolland**  
Senologist, specialist in care  
of women after breast cancer  
surgery (France)



## icoone Medical applications in Senology

Last year, i-Tech Industries started, through the collaboration with Jocelyne Rolland, a specific project in senology for women. The goal is to **provide therapeutic support for rehabilitation after breast cancer**. However, the project also aims at something deeper and bigger: the well-being of patients during rehabilitation after breast cancer. Jocelyne Rolland used to develop active protocols, in parallel to her job of physiotherapist, to help women to get back to physical activity, which is a very important goal of rehabilitation after breast cancer.

The way to take care of patients is to imagine that each woman is like a wounded sportswoman. It is necessary to bring or to start - if she has never done it - the physical activity as she receives surgery, chemotherapy, radiation and / or hormonal therapy. The journey is long and hard for women. They have to be helped to recover everything, to finally have a good quality of life and return to physical activity.

*To reach better results, it is important to take care of the whole body.*

**The treatment must involve not only the specific area, but the entire body and mind.**

In rehabilitation, physiotherapists must take into account the micro and macro movement. In the case of micro movements, they involve the tissues, and for this reason **the use of microstimulation is very important, totally natural and painless, therefore the acceptance is perfect**. Thanks to it, all the vacuole are opened and everything inside the tissue is improved, bringing visible and palpable results from the first application. Women

often think that being cancer survivors means having to live with pain for the rest of their lives, but that is not true. Thanks to good techniques during rehabilitation and physical activity, the goal to have a perfect body without any pain can be reached.

In the case of scars, the goal of the treatment is to remove any residual adhesions, soften the surrounding tissues, drain inflammation, release the imprisoned nerve threads and make the scars more discreet, finer, flatter.

Fibrosis is a real problem; it is important to get rid of it and reduce pain. The treatment allows to release the conjunctiva alveoli, drain trapped lymph, reduce discomfort, edema, neuropathic pain, release the range of motion hampered by this fibrosis, prepare for other surgical procedures, and regain the suppleness and freedom of the tissues.

In the past, all women had lymphedema, because surgeons used to remove many nodes in the axillary area. Nowadays, things are different, because thanks to the procedure of sentinel nodes, the problem of upper limb becomes less important. However, sometimes it is necessary to treat lymphedema that appears long time after the surgery. During the treatment the goals are: to mobilize the subcutaneous tissue to get rid of fibrosis and to help to loose weight to release trapped lymph, and supplement with muscle strengthening and physical activity.

To complete the results of microstimulations, sessions with Elispheric physiological movement are very useful, allowing mobilization, proprioception and global exercises to fight against sarcopenia and joint stiffness to improve the results of the rehabilitation course.


**Dr. Marina Caleffi**

*IrisRoma xleDonne xlaVita Onlus  
(Italy)*

**Dr. Grazia Armento e  
Valentina Ricozzi**

*Campus Bio-Medico University  
Hospital in Roma (Italy)*

**Dr. Stefano Giordani**

*MD, Oncologist, Scientific Director  
of Onconauti Association (Italy)*



## Support for women after breast cancer in the rehabilitation and improvement of quality of life

From the collaboration between **IrisRoma xleDonne xlaVita Onlus**, **Onconauti Association**, **Campus Bio-Medico University Hospital** and **i-Tech Industries**, an **observational clinical study** to improve the life standards of people with breast cancer was born in 2021 - and is still ongoing. The start of the collaboration was made possible by **Iris Roma xle Donne xla Vita Onlus**, a national association for the protection of women's health and rights. The study is part of an integrated and rehabilitative oncologic program, and involves a group of patients for whom Campus Bio-Medico University Hospital provides treatments. The doctors designed a treatment facility with two separate groups of patients: one following the 'classic' protocol of physical exercises and lifestyle, and another group of patients adding to this path the rehabilitation with microstimulations.

As suggested by **Dr. Grazia Armento**, oncologist, the common goal is to find answers for the needs of patients suffering from breast cancer or who have overcome this disease. The last 20 years have been the most transformative ones in the history of medical oncology, there have been many advances in every field of cancer medicine, and survivorship research is an expanding field. People live longer and better. With more than 32 million 5-year survivors, the new frontier of increasing interest is the identification of problems, needs and risks of long-term survivors based on cancer type, gender, age and treatments received.

**Campus Bio-Medico University Hospital** understood the importance of integrating physical rehabilitation with active anti-neoplastic

treatments first, and follow-up programs after, to pursue a global approach to the cure of cancer survivors. Furthermore, through highly innovative therapeutic approaches such as microstimulations, it is also possible to regenerate, by stimulation, the connective tissue with an absolutely painless functional-aesthetic rehabilitation.

**Dr. Valetina Ricozzi**, oncologist involved in the study, clearly identifies in the use of microstimulations the desire to restore a holistic vision of long-surviving cancer patients in order to guarantee an improvement in the quality of life, remembering that the well-being of these patients is a well-being that must be common.

As pointed out by **Dr. Stefano Giordani**, 6% of the Italian population can be defined as 'onconaut', that is 'Cancer Survivors', people undertaking a path of around 10 years to then be able to call themselves 'cured'. Cancer treatments often leave a trail of symptoms that affect people's quality of life: chronic pain, fatigue, concentration disorders and mood changes.





# INTERNATIONAL SCIENTIFIC MEETING

"From youth to aging:  
stimulation of the connective tissue  
architecture for lasting  
health and beauty"

i-Tech  
INDUSTRIES  
The science of age



**i-Tech Industries would like to thank the doctors that shared with us their experiences:**

**Dr. Grazia Armento**, MD, Oncologist at Campus Bio-Medico University Hospital (Italy)

**Dr. Alain Bardon**, Osteopath, Physiotherapist, specialized in bio mechanical and muscles rehabilitation (France)

**Dr. Chantal Bardon**, Osteopath, Physiotherapist, specialized in reflexology and muscular chains (France)

**Mrs. Patricia Brizon**, Beauty Trainer, specialized in the beauty care for body and face (France)

**Dr. Marina Caleffi**, Journalist, project and communication responsible at IrisRoma xleDonne xlaVita Onlus (Italy)

**Dr. Roberto Carniel**, Rehabilitation and Sports Doctor (Italy)

**Dr. Stefano Giordani**, MD, Oncologist, Scientific Director of Onconauti Association (Italy)

**Dr. Jean-Claude Guimberteau**, MD, Plastic surgeon, specialized in hand surgery and microsurgical replantation, member of the French Academy of Surgery (France)

**Dr. Jocelyne Rolland**, Physiotherapist Senologist, specialist in care of women after breast cancer surgery (France)

**Prof. Raoul Saggini**, MD, Full Professor of Physical and Rehabilitation Medical Department at the University of Chieti-Pescara (Italy), President of the Italian Society of Rehabilitation and Regenerative Interventional (Italy)

**Dr. Elias Sawaya**, MD, Plastic and Hand Surgery. French and Lebanese Board Certified (France)

**Dr. Mariia Tryfonova**, Doctor Dermatologist, Endocrinologist, Chief Doctor of Tryfonova M.D. Clinics (Ukraine)

**Dr. Claudia Van der Lugt**, Medical doctor specialized in EBD contourshaping & weightloss, laser and LED therapy (The Netherlands)

**Dr. Valeriia Vetchynkina**, Doctor Dermatologist, head doctor and founder of the Estederm Clinic (Ukraine)





Headquarters:  
Via I Maggio 4/Q  
40057 Granarolo Emilia  
BOLOGNA – ITALY

[www.icoone.com](http://www.icoone.com)  
[www.i-boost.it](http://www.i-boost.it)