

65 - MODELING MASSAGE AND LYMPHATIC DRAINAGE MANUAL - COMPARISON OF RESULTS IN LOWER MEMBERS

BRUNA CAROLINE PIRES DA SILVA¹
BRUNA CECCHETTI MENDES DA SILVA¹
GABRIELLE LOUISE ROMEO PEREIRA¹
LARISSA DE OLIVEIRA PERASSINI VIANA¹
MAIBI DE OLIVEIRA CEZARETTO¹
MARIANA UEMURA TOYONAGA¹
NATHÁLIA ALONSO MARTINS¹
PALOMA DO CARMO ALVES¹
ANDRÉ LEONARDO DA SILVA NESSI²

¹Graduandas of the course of Bachelor of Aesthetics of Universidade Anhembi Morumbi – SP

²Advisor master of the School of Health Sciences of Universidade Anhembi Morumbi – SP
alnessi@anhembi.br

doi:10.16887/89.a1.65

INTRODUCTION

It is known that the skin is the largest organ of the human body, reaching 16% of the body weight that has multiple functions, among them thermoregulation, which occurs through blood vessels and sweat glands. Moreover, these glands carry out the excretion of various substances (KOSZELA, 2015).

In addition to this tissue, others also have important functions like thermoregulation. Adipose tissue is specialized in the production of heat (thermogenesis) and, therefore, actively participates in the regulation of body temperature (VALE, et al., 2010).

The pathophysiology of Gynoid Lipodystrophy is directly linked to an inflammatory element. In most cases localized fat binds to LDG, causing the adipocyte volume to press adjacent tissues, damaging the tissue vascularization and causing herniation to the dermis (SANT'ANA, 2010).

Faced with the structure of the skin and subcutaneous tissue, there are features that influence these and other functions, for example: massage. The massage has a local mechanical effect, this action is due to the direct action of the pressure exerted in this massaged segment (KOSZELA, 2015).

In addition, this manual resource exerts a reflexive, indirect action through the local release of vasoactive substances. The various techniques of massage can promote: Increase in malleability and tissue extensibility; Pain relief; local and general muscle relaxation; increased blood and lymphatic circulation; increased tissue nutrition; stimuli of visceral functions; removal of catabolic products; increased sebaceous secretion; increased joint mobility; displacement, targeting and removal of pulmonary secretions (KOSZELA, 2015).

It is known that LDG is classified according to its clinical variations, based on varying degrees. Several therapeutic modalities are used in the treatment of LDG and localized fat, among them, modeling massage (SANT'ANA, 2010).

The massage fulfills its role acting on dead cells, accelerating its elimination, also leading to the stimulation of the circulation, causing local hyperemia. It also acts in the elimination of fluid retention by also acting in the lymphatic system (KOSZELA, 2015).

In the modeling massage, the techniques used can increase blood and lymphatic circulation, increase tissue nutrition, aid in the penetration of active, stimuli of the visceral functions (PEREIRA et al., 2015). Besides this feature as therapy there are others in aesthetics, such as manual lymphatic drainage.

Manual lymphatic drainage has to do with hydrology, referring to the meaning of evacuating a swamp from its excess water by means of canisters that flow into a well or a watercourse. It is reported that DLM has the function of mobilizing a fluid stream that is inside a lymphatic vessel at the superficial level, creating pressure differentials to promote the displacement of lymph and interstitial fluid, aiming at its replacement in the bloodstream (BATISTA, et al., 2017).

It can be said that DLM drains the excess liquid that bathes the cells bringing the water balance of the interstitial spaces, the evacuation of the wastes from the cellular metabolism and it is configured like a complex technique, represented by a set of very specific maneuvers, that (BATISTA, et al., 2017). In the present study, the aortic aneurysms were performed on the axillary axillary and axillary inguinal surface anastomoses.

Based on the proven physiological effects of the two techniques presented, the study used them to analyze their results on the aesthetic dysfunctions of sedentary women.

Since the 1970s, in our society, there has been an increase in the participation of women of high socioeconomic status in the labor market. A growing impoverishment of the middle classes, coupled with the increase in expenses for children's education, health and other necessities that are now considered basic, drove, especially in the 1980s, married women to seek work outside the home (COUTINHO, LOSADA, 2007).

According to data from the PNAD (national sample household survey), the participation rate of married women in the paid labor market rose from 27.4% to 37.7% from 1981 to 1990, and data from the IBGE indicate that the increased participation was greater in the case of women with a good level of schooling and most of the time coming from families with a medium to high level of income (COUTINHO, LOSADA, 2007).

Sedentarism is considered the disease of the millennium, this is due to the daily behavior of habits arising from the comforts of modern life. It is also due to lack and / or absence and / or decrease of physical or sports activities. People with little physical activity and who lose few calories during the week can be considered sedentary or with sedentary habits (COUTINHO, LOSADA, 2007). All over the world it has been growing

THEORETICAL REFERENCE

The sitting posture is also a reality of modern life and we can see some examples of this in the everyday work

environment, school and or college, cinema, church, vehicular direction, often all together in a single routine and many studies have been made feasible to verify its harmful effects. And these studies already show us that sitting posture, for a long period, is responsible for several noxious changes in the musculoskeletal structures of the spine, especially in the lower back. When the individual moves from the standing position to the sitting position, the internal pressure in the intervertebral disc nucleus increases by approximately 35%, and all structures, such as ligaments, small joints and nerves, that remain in the back are stretched (CARVALHO, LESSA, 2014).

The sitting posture over a long period tends to reduce circulation to the lower limbs, which causes edema in the feet and ankles and the lower limb in general, in addition to back problems and discomforts of the neck and upper limbs (CARVALHO, LESSA, 2014).

The modeling massage is a technique that uses rapid and intense movements on the skin, thus bringing various benefits to the body, such as oxygenation of tissues, breakage of the fat chair and improvement of muscle tone, in addition, modeling massage generates also local hyperemia due to stimulation of the blood circulation (KOSZELA, 2015).

Bringing enhancements to the skin and body contour, modeling massage stimulates visceral functions, decreases anxiety and stress. The similar maneuvers of classical aesthetic massage have centripetal sense, constant rhythm, approximately 5 seconds of frequency for each maneuver and moderate intensity and pressure (LION et al., 2017).

The maneuvers cause a thermogenic, detoxifying, enzymatic, lipolytic, orthomolecular, reorganizing, vasodilating and lymphokinetic effect; venous return and microcirculation also improve; there is a significant increase in ATP production; the transport of amino acids, production of proteins increasing muscle toning, circulation of vascular plexuses with increased uptake of local oxygen, are increased. The procedure promotes cell regeneration and helps in the normalization of metabolism (LEO et al., 2017).

The human body has systems that act together to ensure its functioning, one of these systems is the lymphatic system and to ensure its balance and optimize its functions, it is possible to use manual techniques, such as manual lymphatic drainage (DLM) (GODOY, GODOY, 2016).

In 1930, the Danish physiotherapist Emil Vodder observed that by gently manipulating and massaging the lymph nodes of people with flu and sinusitis, the overall health of these patients improved considerably (GODOY, GODOY, 2016).

From these observations Vodder created the technique of drainage used by him, which in the year 1936 was announced at an exhibition in Paris. In 1977, Albert and Oliver Leduc, physiotherapists, improved and adapted the Vodder method and according to Leduc the DLM aims to eliminate excess liquids, maintaining the fluid homeostasis of the cellular interstice and is characterized as a complex, applied technique with a series of specific maneuvers (BATISTA et al., 2017).

DLM maneuvers are indicated for muscle relaxation, improved circulation and improved appearance of hypertrophic scars, proving that lymphatic drainage is an efficient technique. From these studies, it is noted that DLM is performed through smooth, rhythmic maneuvers that obey the path of the superficial lymphatic system, has a function of balancing and removing body fluids, activation of the immune system and mainly, reduction of edema and lymphedema, and may increase the amount of fluid to be filtered and increase diuresis (BATISTA et al., 2017). As explained, the lymphatic system is responsible for the balance of body fluids and the kidney is responsible for maintaining the volume of the extracellular fluid. In patients under normal conditions, no glucose is observed in the urine. In patients with diabetes, LDL accelerates the renewal of extracellular fluids, facilitates the transport of metabolic waste to the organs of excretion, and stimulates the passage of nutrients (FRÉZ et al., 2012).

It is believed that DLM increases the filtration capacity of the lymphatic tubules, stimulating a greater passage of nutrients from the blood to the tissues and also a greater elimination of residues and excess glucose present in diabetics through the urinary system (FRÉZ et al., 2012).

METHODS

This is an experimental, quantitative and qualitative study. The research was carried out at the Anhembi Morumbi-Campus Mooca-SP-São Paulo-SP, which was authorized by the ethics committee, the TCLE. An imaging term was used for all volunteers (Annex II). Data were collected through the period of September 2018, in the morning shift, twice a week for two weeks.

The population consisted of women, who agreed to participate in the study for purposes of comparison between the reaction of their body to each of the techniques. The modeling massage technique was performed for two days in a period of one week. After a three-day break, so that there was no interference from one technique to another, we performed the manual lymphatic drainage technique on the same volunteer again in two days in a one-week period.

Inclusion criteria were: female volunteers aged between 25 and 45 years of age who work in a seated position for a period equal to or greater than four hours per day. The exclusion criteria were: pregnant women volunteers, with neoplasms and decompensated blood pressure.

At the beginning and at the end of the treatment the perimetry was performed with tape measure of the region to be treated, in the case of lower limbs always with the same standardization. Standardizing measures is fundamental, as it will interfere in the results obtained as well as in the perception of the results achieved.

It was used as a measurement reference of: Proximal thigh, below the gluteal fold. Medial thigh at the midpoint between the inguinal line and the proximal border of the patella. Distal thigh, near the femoral epicondyles. Knee, at the middle level of the patella (CUOCHINSKI, 2013).

A total of 4 treatment sessions were performed in each of the volunteers, 2 of modeling massage and 2 of lymphatic drainage, both techniques with the same university standard, Leduc technique. The product used for both techniques was the sliding massage cream of the brand Natural Water Pimenta Negra. Following the equipment kindly made available by the company Terra Azul Technology, available on the website www.terraazul.com.br: BODY MAP and PHYSICAL TEST 8.0 made available by TerraAzul Technologies

RESULTS and DISCUSSION

The results were computed from the MMII measurements of 4 volunteers and presented by the BODY MAP and PHYSICAL TEST 8.0 evaluation system provided by TerraAzul Technologies.

TerraAzul Informática Ltda. has been a market leader for 20 consecutive years and is regarded by the industry's foremost experts as the simplest, most practical and complete software in the application of physical assessment. Physical Test 8.0 is software for physical evaluation and exercise prescription that allows total control over the goals and performance improvements of the users. It was created in an environment of easy use so that the focus is focused on the well-being of the users (TAVARES, 2017).

According to the research, sedentarism is considered the disease of the millennium, this is due to the daily behavior of

habits arising from the comforts of modern life. The sitting posture over a long period tends to reduce circulation to the lower limbs, which causes edema in the feet and ankles and the entire lower limb in general, in addition to back problems and neck discomforts and upper limbs. (CARVALHO, LESSA, 2014)

Based on the literature studied, massage directly influences our skin, having a local mechanical effect, this action is due to the direct action of the pressure exerted in this massaged segment (KOSZELA, 2015).

It is noted that the DLM is performed through smooth, rhythmic maneuvers and that obey the path of the superficial lymphatic system, has the function of balancing and removing body fluids, activation of the immune system and mainly, reduction of edema and lymphedema, increase the volume of fluids to be filtered and increase diuresis. (BATISTA et al., 2017)

Also based on the literature presented in the work, modeling massage is a technique that uses rapid and intense movements on the skin, thus bringing various benefits to the body, such as tissue oxygenation, fat chair break and tone improvement muscle, in addition, modeling massage also generates local hyperemia due to the stimulation of the blood circulation. (KOSZELA, 2015)

Analyzing the results of the volunteers individually, we will start with R.P, volunteer 1. The volunteer one lost a larger amount of total centimeters during the two lymphatic drainage sessions, maintaining their body mass equally in the first and last session. The volunteer two, C.T had better results when we analyzed the lymphatic drainage sessions when analyzing measures.

In the case of volunteer 3, T.V the most satisfactory result in terms of measurements was obtained in the sessions of manual lymphatic drainage. Finally the number four volunteer, J.C, had results similar to the two techniques, increasing some measurements in specific places in the modeling massage but decreasing more with manual lymphatic drainage, such as in the upper thigh.

FINAL CONSIDERATIONS

A limitation was observed in the study, since each volunteer may have had different habits during the period of this study that may have altered the final result. All the volunteers obtained better results with manual lymphatic drainage technique in the reduction of the lower limbs volume. We oriented more practices of both techniques with a greater number of evaluated ones. In the comparison between practice of Modeling Massage and Manual Lymphatic Drainage in LLL, no statistically significant differences were found. However, it is possible to find responses of an observed trend towards the mean decrease of MLD in (MID = -0.7%) and (MIE = 0.5).

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MODELING MASSAGE AND LYMPHATIC DRAINAGE MANUAL - COMPARISON OF RESULTS IN LOWER MEMBERS

Introduction: Due to the comforts provided by modern life, the sedentary lifestyle today can be considered the disease of the millennium. We know that the number of women entering the labor market has grown more and more, especially in higher positions in offices where work is done mostly on computers that require sitting. With this routine adiposity and edema tend to increase in lower limbs. Objective: to verify after the Modeling Massage and Manual Lymphatic Drainage, the results on body composition in lower limbs of female volunteers. Methodology: the study was carried out with four female volunteers with ages ranging from 25 to 35 years, through four sessions each. Data compared before and after, using tape measure and data analysis with Physical Evaluation Program and Prescription Physical Test 8.0 - Terrazul. Results: The results were computed from the MMII measurements of 4 volunteers and presented by the BODY MAP and PHYSICAL TEST 8.0 evaluation system provided by Terra Azul Technologies. The four volunteers obtained a more satisfactory result in the manual lymphatic drainage protocol compared to the modeling massage. Final considerations: The manual lymphatic drainage protocol presented greater efficacy in volumetric comparisons than modeling massage. In the comparison between practice of Modeling Massage and Manual Lymphatic Drainage in the LLL, DLM presented a mean decrease in (MID = - 0.7%) and (MIE = - 0.5).

Keywords: Manual Lymphatic Drainage; Modeling Massage; Body Composition.

MANUEL DE MODÉLISATION DU MASSAGE ET DU DRAINAGE LYMPHATIQUE - COMPARAISON DES RÉSULTATS DES MEMBRES INFÉRIEURS

Introduction: En raison du confort procuré par la vie moderne, le style de vie sédentaire peut aujourd'hui être considéré comme la maladie du millénaire. Nous savons que le nombre de femmes entrant sur le marché du travail a augmenté de plus en plus, en particulier aux postes les plus élevés dans les bureaux où le travail est effectué principalement sur des ordinateurs nécessitant une position assise. Avec cette routine, l'adiposité et l'œdème ont tendance à augmenter dans les membres inférieurs. Objectif: vérifier après le massage de modélisation et le drainage lymphatique manuel, les résultats sur la composition corporelle des membres inférieurs de femmes volontaires. Méthodologie: l'étude a été réalisée avec quatre femmes volontaires âgées de 25 à 35 ans, à raison de quatre séances chacune. Comparaison des données avant et après, à l'aide d'un ruban à mesurer et d'une analyse des données, avec le programme d'évaluation physique et le test physique de prescription 8.0 - Terrazul. Résultats: Les résultats ont été calculés à partir des mesures MMII de 4 volontaires et présentés par le système d'évaluation BODY MAP et PHYSICAL TEST 8.0 fourni par Terra Azul Technologies. Les quatre volontaires ont obtenu un résultat plus satisfaisant dans le protocole de drainage lymphatique manuel par rapport au massage de modelage. Considérations finales: le protocole de drainage lymphatique manuel a présenté une efficacité plus grande dans les comparaisons volumétriques que le modelage par massage. Dans la comparaison entre la pratique du massage de modélisation et le drainage lymphatique manuel dans la LLL, le DLM a présenté une diminution moyenne de (MID = - 0,7%) et (MIE = - 0,5).

Mots-clés: Drainage lymphatique manuel; Massage de modelage; Composition corporelle

MASAJE MODELADOR Y DRENAJE LINFÁTICO MANUAL - COMPARACIÓN DE RESULTADOS EN MIEMBROS INFERIORES

Introducción: Después de las comodidades proporcionadas por la vida moderna, el sedentarismo hoy puede ser considerado la enfermedad del milenio. Sabemos que el número de mujeres insertas en el mercado laboral ha crecido cada vez más, principalmente en cargos mayores en oficinas donde el trabajo se realiza en la mayor parte del tiempo en ordenadores que exigen la posición sentada. Con esta rutina la adiposidad y el edema tienden a aumentar en miembros inferiores. Objetivo: verificar después del Masaje Modelador y el Drenaje Linfático Manual, los resultados en la composición corporal en miembros inferiores de voluntarias del sexo femenino. Metodología: el estudio fue realizado con cuatro voluntarias del sexo femenino con rango de edad de 25 a 35 años, a través de cuatro sesiones cada una. Datos comparados antes y después, con uso de cinta métrica y análisis de datos con el Programa de Evaluación Física y Prescripción Physical Test 8.0 - Terrazul. Resultados: Los resultados fueron computados a partir de las medidas de los MMII de 4 voluntarias y presentados por el sistema de evaluación BODY MAP y PHYSICAL TEST 8.0 disponibilizado por la empresa Terra Azul tecnologías. Las cuatro voluntarias obtuvieron un resultado más satisfactorio en el protocolo de drenaje linfático manual comparado con el masaje modelador. Consideraciones finales: El protocolo de drenaje linfático manual presentó una mayor eficacia en las comparaciones volumétricas que el masaje modelador. En la comparación entre la práctica de la Masaje Modeladora y el Drenaje Linfático Manual en los MMII, En la DLM presentó una disminución media en (MID = - 0,7%) y (MIE = - 0,5).

Palabras clave: Drenaje Linfático Manual; Masaje Modeladora; Composición Corpora.

MASSAGEM MODELADORA E DRENAGEM LINFÁTICA MANUAL – COMPARAÇÃO DE RESULTADOS EM MEMBROS INFERIORES

Introdução: Decorrente dos confortos proporcionados pela vida moderna, o sedentarismo hoje pode ser considerado a doença do milênio. Sabemos que o número de mulheres inseridas no mercado de trabalho tem crescido cada vez mais, principalmente em cargos maiores em escritórios onde o trabalho é realizado em maior parte do tempo em computadores que exigem a posição sentada. Com esta rotina a adiposidade e o edema tendem a aumentar em membros inferiores. Objetivo: verificar após a Massagem Modeladora e a Drenagem Linfática Manual, os resultados na composição corporal em membros inferiores de voluntárias do sexo feminino. Metodologia: o estudo foi realizado com quatro voluntárias do sexo feminino com faixa etária de 25 a 35 anos, através de quatro sessões cada. Dados comparados antes e depois, com uso de fita métrica e análise de dados com o Programa de Avaliação Física e Prescrição Physical Test 8.0 – Terrazul. Resultados: Os resultados foram computados a partir das medidas dos MMII de 4 voluntárias e apresentados pelo sistema de avaliação BODY MAP e PHYSICAL TEST 8.0 disponibilizado pela empresa Terra Azul tecnologias. As quatro voluntárias obtiveram um resultado mais satisfatório no protocolo de drenagem linfática manual comparado com a massagem modeladora. Considerações finais: O protocolo de drenagem linfática manual apresentou uma maior eficácia nas comparações volumétricas do que a massagem modeladora. Na comparação entre prática da Massagem Modeladora e Drenagem Linfática Manual nos MMII, Na DLM apresentou uma diminuição média em (MID = - 0,7%) e (MIE = - 0,5).

Palavras-chave: Drenagem Linfática Manual; Massagem Modeladora; Composição Corporal.