

# 6D ACTION

Six-Dimensional Activation™

## 6D Action Device

6D Action Device is based on negative pressure or vacuum technology and can be used as an aid for physiotherapy and lymphatic drainage therapy.

6D Action vacuum based device allows continuous vacuum suction and also pulsating vacuum suction. The device package includes the main unit, 6 plastic suction cups in different sizes, single and dual vacuum hoses with a filter for plastic suction cups, a roller suction cup with a filter, a power cable and a carrying bag.

## New!

Autoclavable glass suction cups, and both dual hose and multi hose for using two suction cups simultaneously. Multi hose is designed for easy change of cups and hoses.

Single hoses, dual hoses and multi hoses are now available as accessories for both plastic and glass cups.



## Six-Dimensional Treatment with 6D Action

### 6D Action Device package

1. Main unit
2. Single hose for plastic suction cups + filter
3. Dual hose for plastic suction cups + filter
4. Plastic suction cups x 6, diameters 25 mm, 30 mm, 35 mm, 45 mm, 65 mm, 85 mm
5. Roller suction cup, diameter 75 mm
6. Power cable
7. Carrying bag

### Accessories

8. Glass suction cups x 5, diameters 64 mm, 47 mm, 36 mm, 12 mm, 11 x 19 mm (oval)
9. Single hose for plastic suction cups + filter
10. Dual hose for plastic suction cups + filter
11. Single hose for glass suction cups + filter
12. Dual hose for glass suction cups + filter
13. Filter for single and dual hose

14. Set of 5 filters for roller suction cups of 75 mm and 50 mm
15. Roller suction cup, diameter 75 mm
16. Roller suction cup, diameter 50 mm
17. Multi hose for plastic cups and glass cups

### Technical data

Vacuum: 0-300 mm Hg (± 10-15%)  
Pulsation: 0.1-3.0 s (± 10-15%)

Dimensions: 18 x 26 x 19 cm  
Weight: 4.6 kg

Power requirements: 220 VAC, 50 Hz, 90 VA

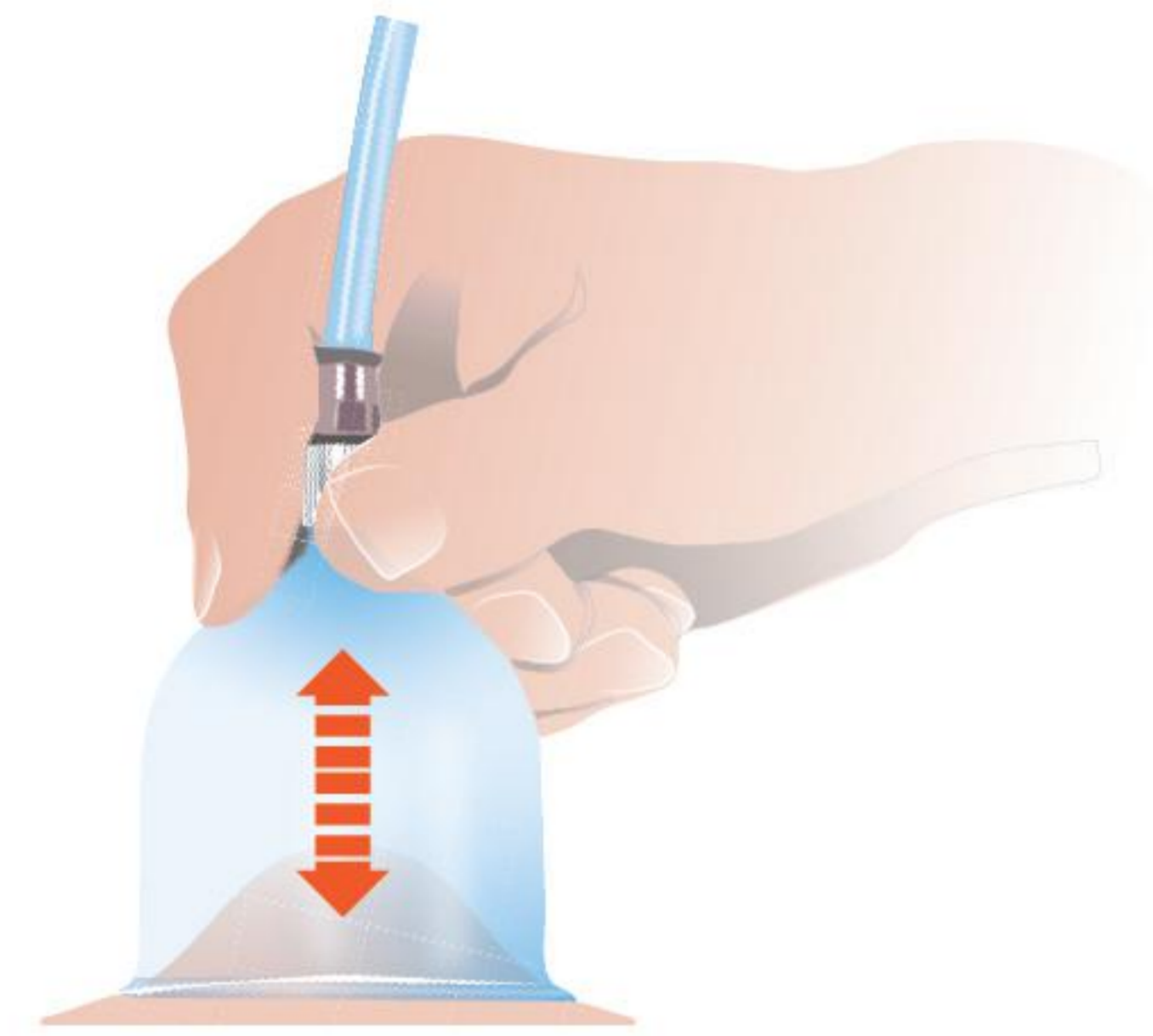
[www.6dtape.com](http://www.6dtape.com)



# Application of the 6D Method

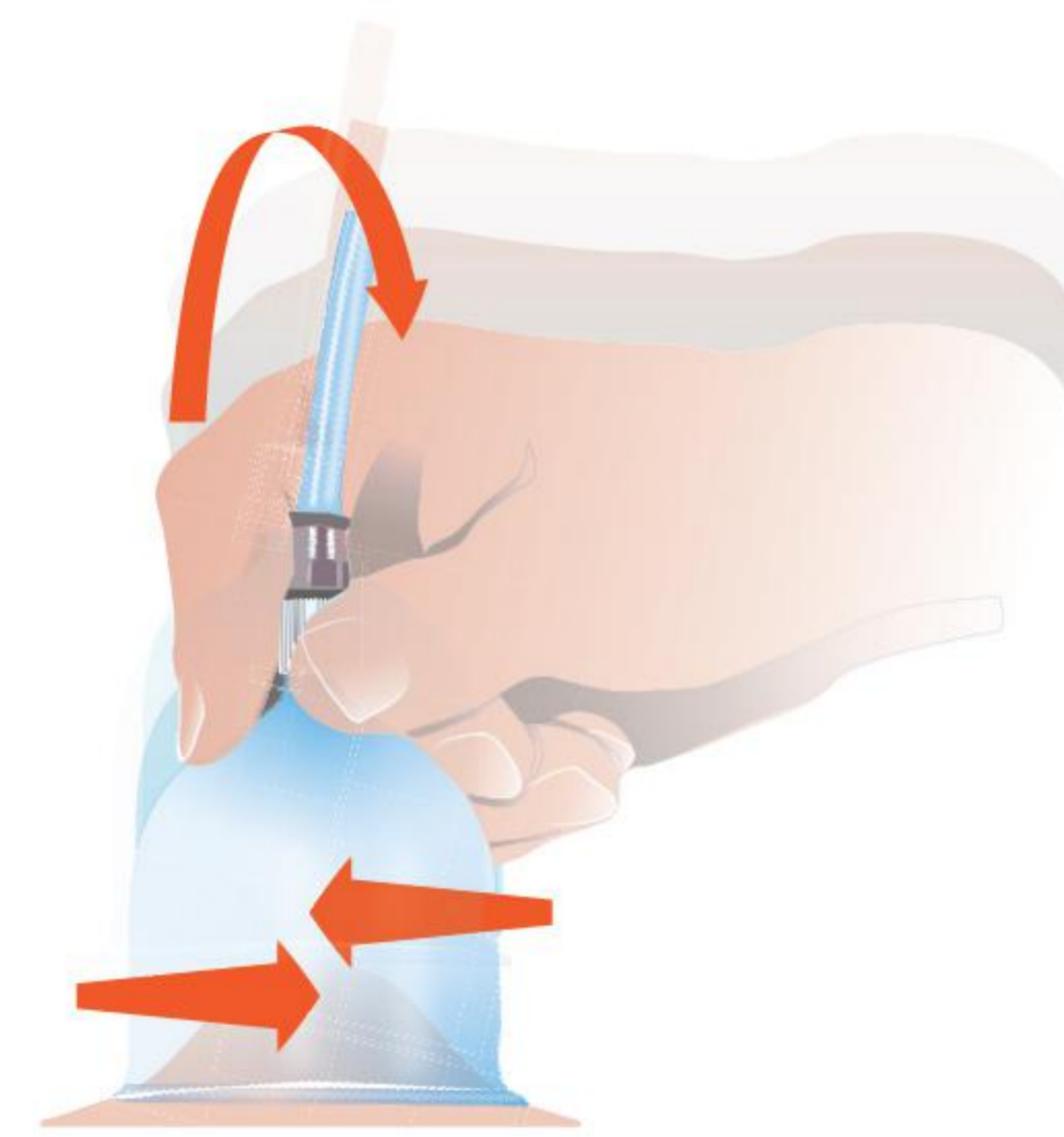
## The three application modalities of the 6D Action Device

The three application modalities with 6D Action device are:



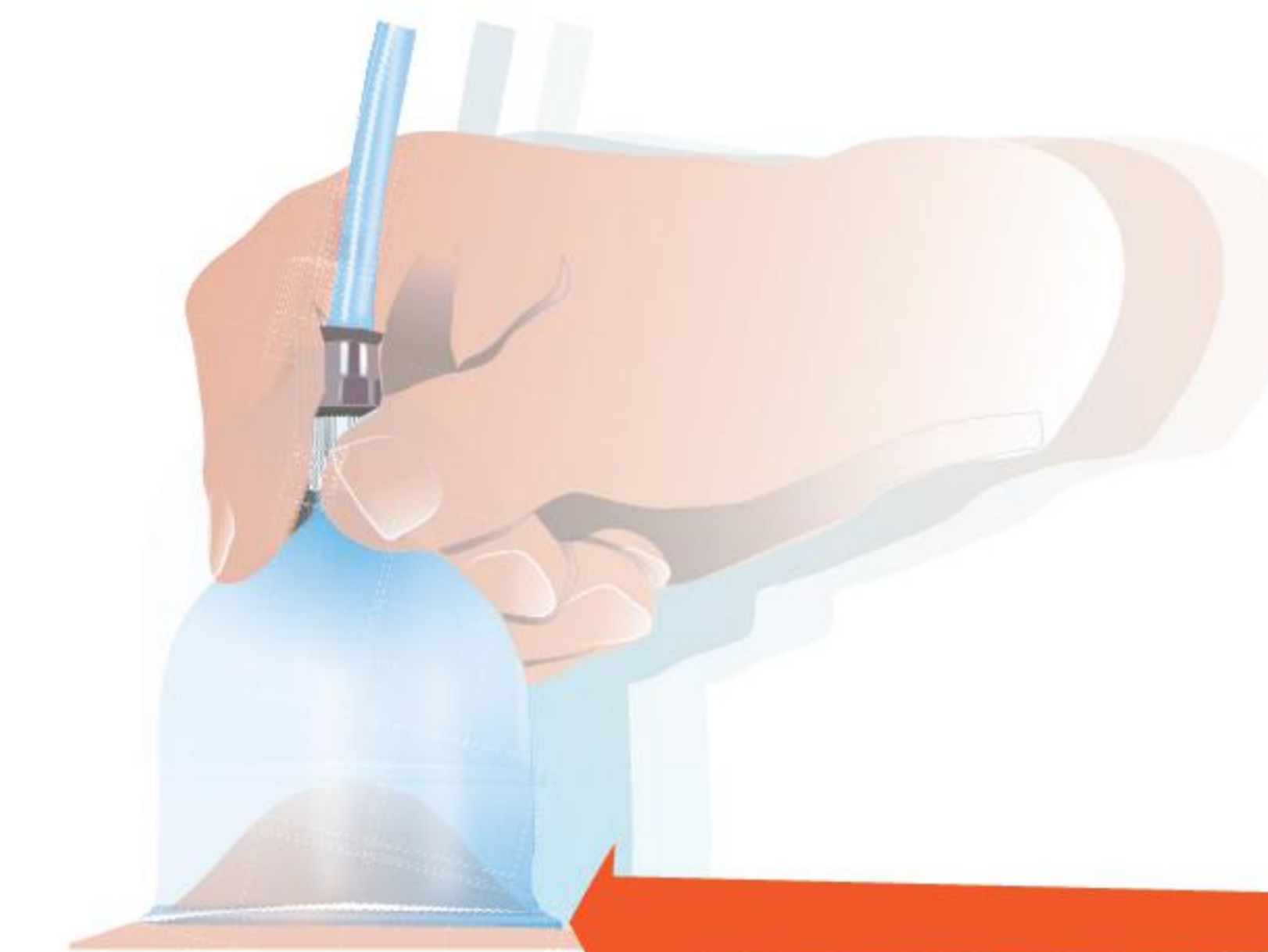
### 1. Pulsation

In this treatment technique the suction cup pulsates in one place.



### 2. Lift and twist

The suction cup is lifted and twisted either with pulsation or continuous suction mode.



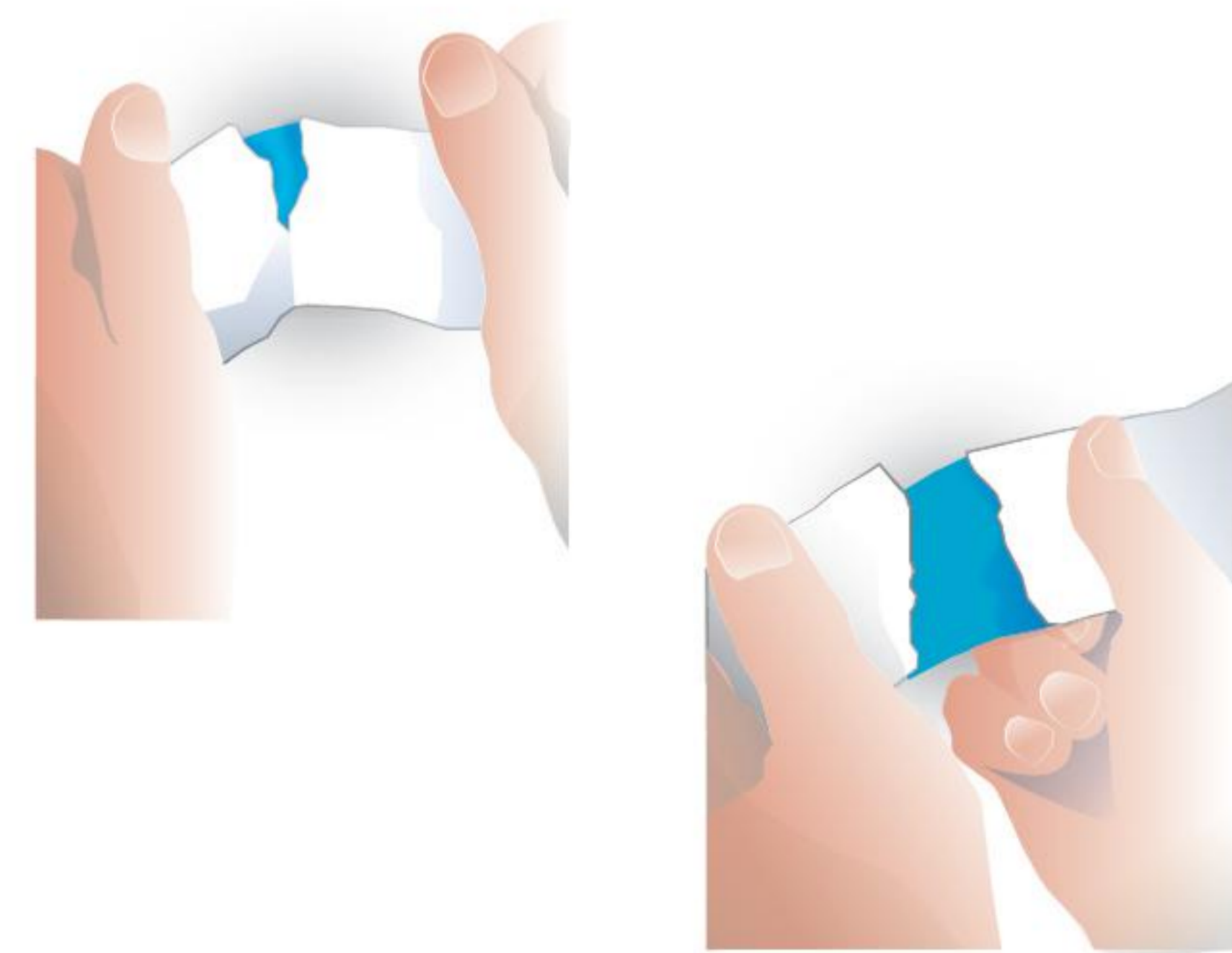
### 3. Gliding

The suction cup glides on the skin tissue from distal to central.

## The application and activation of the 6D Tape handle tape

**b)**

Tear the backing paper by **slightly** stretching the tape.



**c)**

Attach the tape to the skin starting from the middle of the strip and remove the backing paper from the ends.



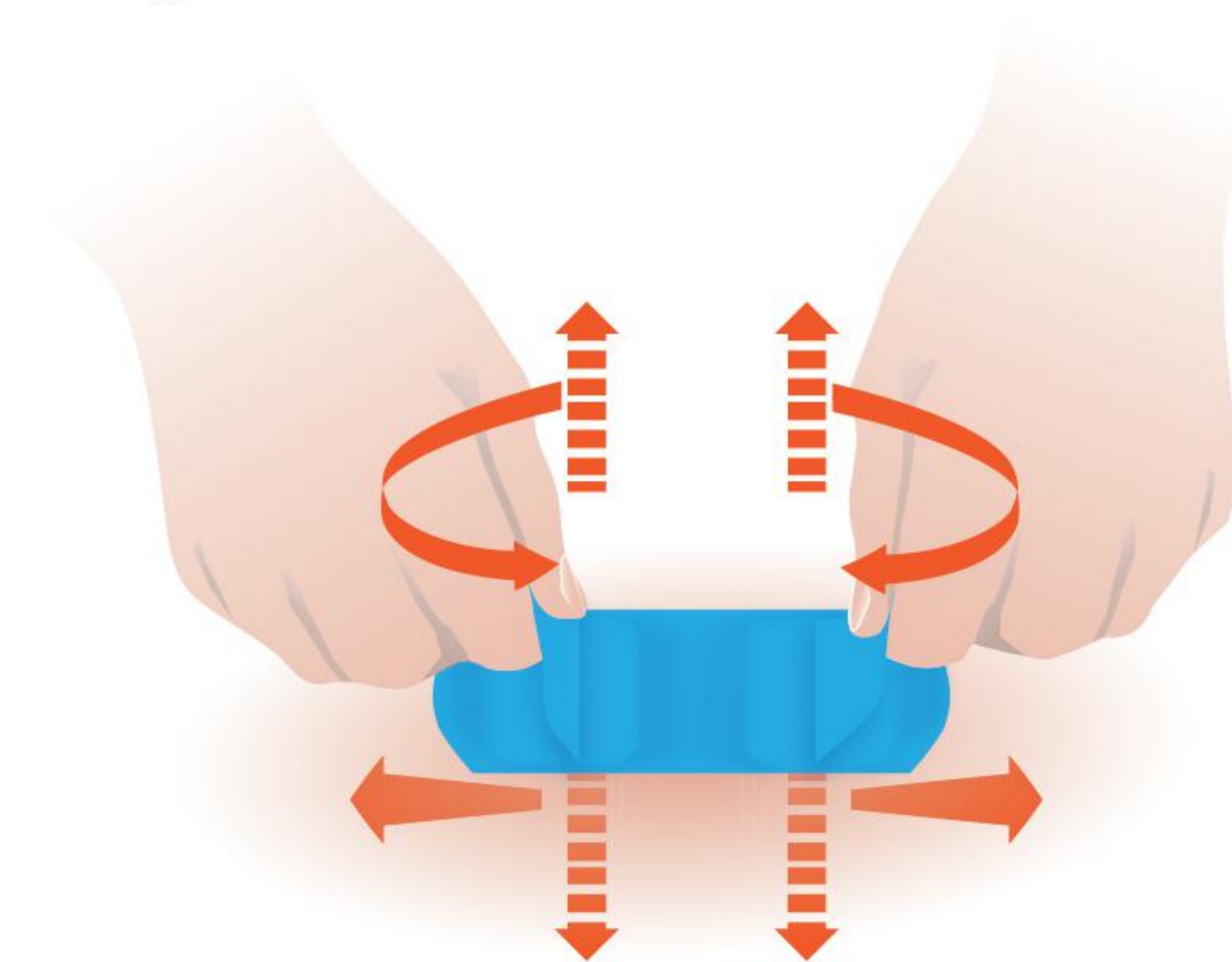
**d)**

Rub the tape from the middle to the ends and wait for 15 minutes for the bond to reach its maximum strength before starting the treatment.



**e)**

Activate the 6D Tape by mobilizing the tissue in different directions by lifting, twisting, spinning, stretching and pushing from the handles with one hand or both hands.



## Tape and activate with 6D Tape

**a)** Clean the skin, remove the hair and make sure that the skin is dry before applying the 6D Tape to the desired area.

**b)** Cut the backing paper by first stretching the tape slightly so that the backing paper tears. Leave both ends of the backing paper unremoved in order to place the tape on to the skin without touching the adhesion. 6D Tape should not be stretched at all from the ends of the tape, and the recommended

maximum stretch is 15 % with special taping techniques that may require stretching.

**c)** Attach the 6D Tape to the desired area starting from the middle and hold the end of the tape with the help of the backing paper. Avoid wrinkles. Finally remove the backing paper from the end of the tape. Repeat for the other end of the tape.

**d)** Rub the tape gently but firmly from the middle towards the ends. Increase the rubbing pressure slightly in every rub

to ensure strong hold on the skin. Do not start the treatment immediately since the bond reaches its maximum strength in about 15 minutes.

**e)** The 6D Tape is activated six-dimensionally by mobilizing the tissue in different directions, for example lifting, twisting, spinning, stretching and pushing. You can activate the tape with one hand or two hands simultaneously. We recommend activating the tape for 5 to 15 minutes. To achieve the best results, activate the tape with

3-4 hours intervals. The more you activate the tape, the better the results will be. The treatment intensity can vary from mild to strong.

