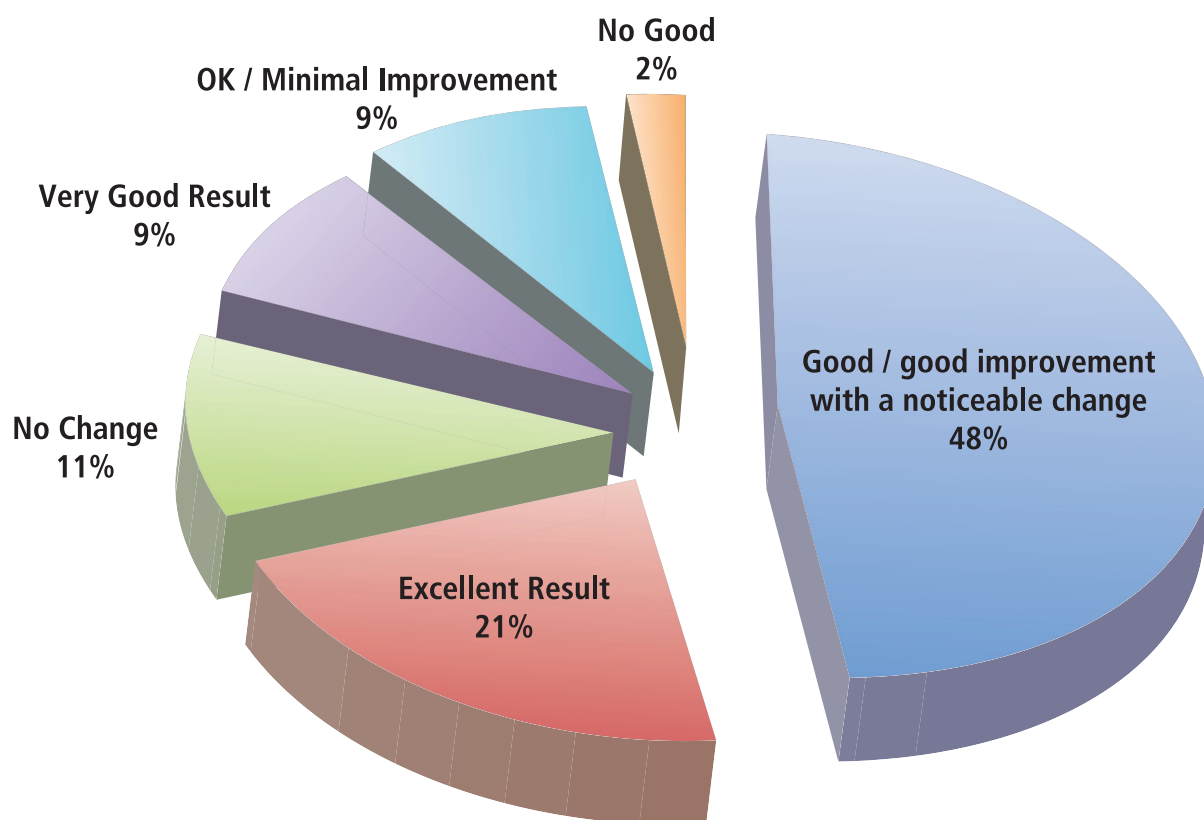


“Analysis of DEEP OSCILLATION® therapy technique in conjunction with manual therapy”

Report by Chris Boynes, Consultant Chartered Spine and Sports Physiotherapist,
Harley Street and North Norfolk Practices

Number of treatments carried out: 44
Duration of DEEP OSCILLATION® treatments: 40 minutes
Protocol: 200 Hz – 20 minutes / 60 Hz – 20 minutes
Method: Vinyl gloved hands

A further 20 minutes was allowed for: connective tissue release, myofascial release, joint mobilisations and manipulations, specific exercise rehabilitation, diagnostic and functional taping, home exercise work



DEEP OSCILLATION® technique applied for 44 treatments x 40 mins
Period: 7th January to 14th March 2016

By Chris Boynes, Consultant Chartered Spine and Sports Physiotherapist



Excellent results achieved

Chronic cervical spine with increased connective tissue tension
 Neck and thoracic spine
 Chronic tennis elbow

Very Good Results achieved

Degenerative Achilles tendon rupture with lots of swelling in calf etc

Good / good improvement with a noticeable change

Chronic lower back problems
 Ankle and knee trauma with large soft tissue swelling, myofascial tear as well as muscular damage
 Neck th/spine
 Calf mm tension/overworked
 Neck and thoracic spine
 Neck, shoulders and lower back
 Post ACL trauma / swelling
 Ankle trauma/swelling
 Knee and patella-femoral swelling – probably low grade synovitis
 Spinal / tissue tension

Ok / minimal improvement

Calf tightness post spinal nerve compression release (2 treatments)
 Spinal (2 treatments)
 Shoulder tension/tight connective tissue (1 treatment)

No Change

Acute overactive TE - x 2 – no real change
 Spinal - x1- no real changes
 Chronic spinal – x 2 – no real changes

No good: Chronic spinal / headaches – x 1 – not a good result

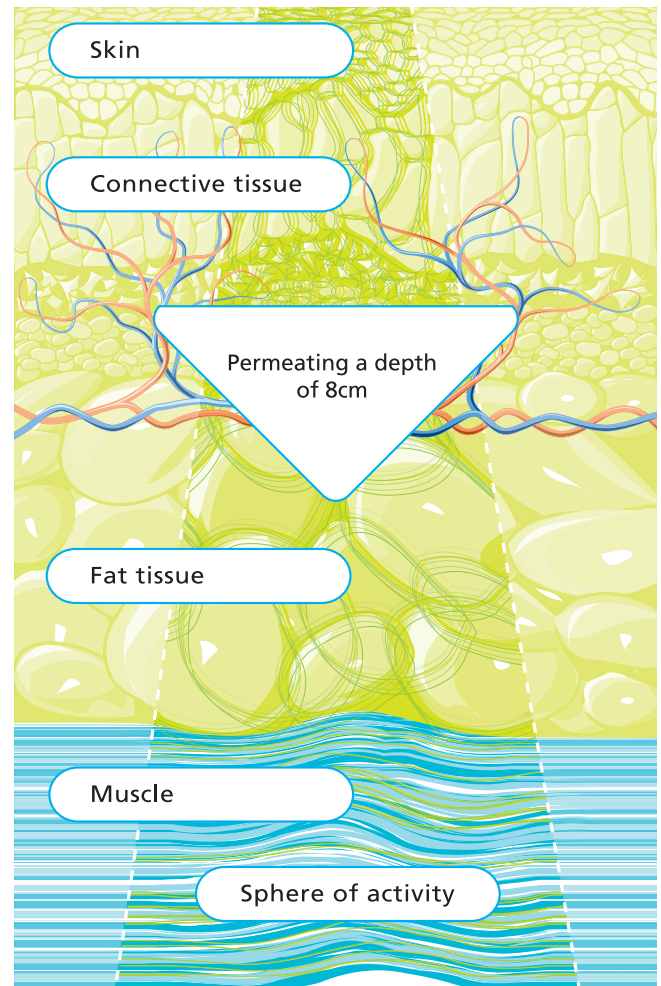
WHAT IS DEEP OSCILLATION®?

- Intermittent, electrostatic, massage therapy
- Supports & enhances physical forms of therapy
- Non-invasive, non-traumatic, non-thermal
- Safe over implanted pins and plates
- Effective in acute injury situation
- Can be applied day one post operatively via vinyl gloves or applicators
- Saves physiotherapists hands

WHAT MAKES DEEP OSCILLATION® UNIQUE?

In contrast to externally applied, mechanical forms of therapy, (e.g. vibration), the therapy effect of DEEP OSCILLATION® takes place in the tissue itself and works through the entire depth of the tissue layers (skin, connective tissue, subcutaneous fat, muscles, blood and lymph vessels) to a depth of *8 cm

(*Solangel, 2010)



About Chris Boynes

Chris Boynes is a very proactive and experienced chartered sports and musculo-skeletal physiotherapist with a previous degree in Physical Education. He has worked with elite athletes across a wide range of sports for more than twenty years. For six years he worked in professional rugby as Club Physio to London Irish RFC. He has toured with the England U19 Football team and worked with GB athletes in disciplines as varied as gymnastics, weightlifting, boxing, field and track athletics and badminton. He has presented at various conferences including on Rehabilitation in Professional Sport at Edgehill University and also lectures in sports injuries, sports rehabilitation and taping techniques. An expert in sports injury management and sports rehabilitation, Chris recognises the importance of working with young athletes to reduce the risk of potential injury and enhance sports performance.



Chris lectures on sports injury management to chartered physiotherapists, osteopaths and other medical professionals in the UK and abroad. He also works closely with the Spinal Foundation based up north and in Harley Street with Mr. Martin Knight, treating patients suffering with complex back problems. A former marathon runner and martial artist, Chris continues to cycle and run near his home in North Norfolk, working mostly in the relaxed environment of his clinic near Fakenham in North Norfolk, but he also has a weekly clinic in London's Harley Street. Chris takes a very lateral approach to treatment, using techniques from other disciplines, such as acupuncture and osteopathy, alongside his wide ranging physiotherapy skills and background in physical education and fitness. His priority is always to get rid of pain. Then he will treat the injury, helping clients understand what has caused the problem and working with them to restore normal function.

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DEEP OSCILLATION®

The athermal mechanical mode of action of DEEP OSCILLATION® can induce the following clinically documented effects in treated tissue to an 8cm depth:

- Strong pain-alleviating potential. This applies to acute traumatic as well as to chronic pain conditions
- Anti-inflammatory effect
- Prevention and reduction of secondary and primary lymphoedema
- Prevention of fibrotic remodelling processes, reduction of fibrosis
- Muscle relaxation, promotion of physical activity, mobilisation
- Support of wound healing processes
- Normalisation of haemodynamic parameters of the skin, correction of aesthetic-neurotic problems and influence on biological ageing through preventive effects on premature ageing

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