



The Portland Hospital
for Women and Children

Physiotherapy Department
234 Great Portland Street
London, W1W 5QT
Tel: 020 7390 6553
Fax: 020 7390 6555

Testimonial for the Physiopod Hivamat 200

We have been using the Hivamat 200 for the past nine months with a variety of our patients who attend the hospital for Physiotherapy and have found it to be an excellent adjunct to the treatments that we offer.

We have used the Hivamat across both our paediatric and adult client group to reduce swelling and pain post injury, post surgery and post natally. We have found it to be of particular relief to patients in reducing discomfort and swelling around the abdominal area following gynaecological surgery.

However the area in which the Hivamat has consistently provided us with beneficial results has been in the treatment of patients suffering with lymphoedema. We have observed that it aids the reduction of swelling, loosens fibrotic tissue (which often seems to be present post breast surgery) and our patients have reported the experience of lightness in the treated area and a feeling of well-being. These effects cannot be understated as lymphoedema can be very uncomfortable and difficult to manage and so being able to provide any sort of relief is, we feel, invaluable.

What we were not expecting was the effect that it would have on our therapists. Ilze, one of our physiotherapists who specialises in Manual Lymphatic Drainage says "my hands and fingers do not have to work as hard as you only need a light touch to get good results. Over the years my hands have become stiff but with the use of the Hivamat, treatments are much easier on the hands and are rewarding both for patient and therapist. I use it several times a week combined with physiotherapy; I would not get such good results without it."