



PhysioPod® UK Ltd
EXCLUSIVE UK & IRELAND DISTRIBUTORS
DEEP OSCILLATION®
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NHS APPROVED SUPPLIERS

30 Things We've Discovered Can Be Helpful in Lipoedema Management

- 1) Aqua Aerobics
- 2) Anti-inflammatory Diet
- 3) Cardio Exercise (Low Impact)
- 4) Cognitive behaviour therapy (CBT)
- 5) Compression Garments/Compression Pumps
- 6) Cycling
- 7) Dance classes
- 8) Deep Breathing
- 9) Deep Oscillation
- 10) Dry Brushing
- 11) Housework
- 12) Hydration
- 13) Kinesio Taping
- 14) Lipoedema Liposuction
- 15) Lymphatic Yoga
- 16) Manual Lymphatic Drainage (MLD)
- 17) Nordic Walking
- 18) Pilates
- 19) Rebounding
- 20) Reduce Non-Lipoedemic Fat

- 21) Skincare
- 22) Self Lymphatic Drainage (SLD)
- 23) Strengthening Exercises
- 24) Support Groups
- 25) Supplements
- 26) Swimming
- 27) Tai Chi
- 28) Tripudio
- 29) Walking: in Water
- 30) Whole Body Vibration