

Analysis of Acupuncture and Deep Oscillation Questionnaires



Which conditions do you regularly treat effectively with a combined Acupuncture and Deep Oscillation approach?

Achilles Tendinopathy
All injuries: acute and chronic – especially rotator cuff, hamstring, calf
Back pain/spasm: acute and chronic
Circulatory improvement
Fibromyalgia
Fibrosis/Scar tissue.
Fibrous adhesions
Haematoma reduction
Hip pain
Interstitial cystitis (IC)
Lateral & medial epicondylitis (TE & GE)
Ligament sprains & strains
Lipoedema pain and swelling reduction
Muscle pain, spasms, strains and tears

Neck pain and spasms
Neural entrapments - acute
Neuropathy
Oedema
Osteoarthritis (OA)
Parkinson's related stiffness
Piriformis syndrome
Post operative healing
Proximal hamstring tendinopathy
Sciatica
Shoulder pain
Temporomandibular disorder (TMJ)
Tendinitis
Tight muscles, i.e gluteal and upper traps
Whiplash

Do you use DEEP OSCILLATION pre or post acupuncture? What is the effect on tissue, does it help needling?

“PRE: it helps ease the muscles and Relax the patient, particularly if in a lot of pain. I have been told on a number of occasions it makes needling more comfortable”

“PRE: I use DO pre-needling as the needles are in for 25 mins, so client is relaxed during acupuncture. DO releases tension and helps needle insertion, so more comfortable for client”

“PRE: I use it on areas that are around joints or sensitive areas prior to needling. Works brilliantly. Not sure if it helps needles go in, I am a gentle Acupuncturist!”

“PRE: treatment for acute neck / back spasm, for pain reduction and tissue relaxation and it definitely reduces discomfort of needling”

“Usually POST in muscular issues. PRE: DO lessens the discomfort of needling and helps the patient to relax”

“Mostly POST: I surround the dragon of the injury with acupuncture and then use DO in a thought of dispersing the metabolites that have been mobilised from the acupuncture. PRE needling I think DO may create a desensitization to the neural structures”

**Do you use DEEP OSCILLATION pre or post acupuncture?
What is the effect on tissue, does it help needling?**

"If they come for acupuncture I will try that first. If it is taking too many sessions to fix, I will suggest DOT or a combination of acupuncture and DOT and will use for stubborn injuries; such as ligament and tendon damage and chronic nerve injury or pain"

"PRE: For Fibromyalgia and whiplash injuries where patients very sensitive to treatment to relax them first"

"Haven't done but will try, time restricted"

"PRE: Yes, in most pain conditions I use DOT first and then acupuncture. Sometimes I use it simultaneously. Example for low back pain or sciatic pain I use DOT first to soften the adhesions and reduce the inflammation and then needle locally and distally. Another example is when treating lymphatic problems in lower limbs I use principle acupuncture points and while they are inserted I use DOT to move the fluid back up. In most cases DO makes needling easier"

"Not tried PRE but will, generally use after to enhance physiological changes brought on by needle insertion"

Do you feel that using Acupuncture and Deep Oscillation has reduced treatment times? If so, by how much?

"Yes, I am able to do in two sessions what conventional treatments usually would take 4-6"

"Reduce no. of sessions, so rather resolving the issue quicker and enabling a maintenance program to begin, rather than reducing the length of the individual session"

"Yes, patients see results in probably 25% less sessions"

"DOT has certainly helped with pain and movement in 85-90% of cases. I will often use it as a first line treatment for pain and movement. I don't worry about treatment times just outcomes, as in better pts ASAP"

"Yes, 30-40% reduction on average"

Not treatment times, but perhaps the frequency of treatments.

"YES - Has reduced no of treatment sessions, probably by 20%, in addition to achieving swelling reduction and regaining range of movement sooner e.g considerable change within 2-3 sessions rather than what would be achieved in 3-4 sessions"

"Not sure if it has reduced treatment times, but result is more effective"

"Each treatment is longer, but I'm seeing faster results by a few sessions (about 3 sessions less) although acupuncture alone can be very successful."

"It actually keeps the client coming back when they might have given up, because the problem requires too many acupuncture treatments. With some people if they don't see marked results quickly they give up. With these people it adds another dimension and they keep coming. I use it where I feel it appropriate for that individual."

"I often use DOT as the only method of treatment and spend longer using it. Or, I use acupuncture as an additional treatment to deep tissue massage and trigger point Therapy"

What do you feel DOT does to help/interact Acupuncture?

"Increases blood flow, relaxes, relieves pain."

"Each treatment compliments each other; it offers a calming and soothing effect on clients... I generally use it post needling to relax the client especially if I have used electro-acupuncture."

"As mentioned previously I believe it not only helps to get deep into the muscle fibres so making other treatments easier, but also relaxes the client more which again helps with the overall treatment"

"Encourages relaxation prior to needling; relaxation both of the patient mentally, and of the tissues physically"

"I think it speeds up the effectiveness of acupuncture treatments."

"Softens the tissues to make needle insertion more comfortable"

"Decreases tissue tension Needles insert easier Pt comfort and decreased pain Increased ROM with DOT and needles"

"Clear metabolites mobilised through acupuncture"

"It softens tissue in areas where manual massage is difficult"

"Opens up the area, moves the micro circulation of chi and blood, helps me to define areas that need work due to seeing redness at the skin level"

What do your patients feel about your use of DOT, what feedback do you regularly get?

"Most patients respond favourably to DOT and are quite intrigued by its concept. Most have found relief of symptoms when applied to painful neck and shoulders"

"They love it!! They find it very relaxing & immediately feel there is some relief"

"I want that hand vibration thing again, It was really calming, I feel so relaxed" to 'Did that come through your hand'...Amazing"

"Excellent feedback. Out of 100% - an 80-85% positive change. They come back for more!"

"My patients really like the use of the 'machine' as they call it and I have several clients that book regularly for treatments with DOT by way of 'maintenance' rather than just when they have specific issues"

"Players generally comment that they feel that have come back quicker than they expected and feel a lot more mobile following treatment"

"They love it. They are surprised it is effective as it feels so comfortable."

"Feel that it really reduces their pain"

"Regularly re swelling; patients are amazed that the swelling has gone down 'before their eyes'. Especially so with total knee replacements when the swelling hasn't changed in 6-9 months post-op; however when the treatment finishes, they see an immediate reduction; very dramatic positive response!"

"We are sometimes into minor miracle territory. On the whole most people are very pleased with the results"

"Reduction in pain, feels less tight and looser. Patients can move closer to normal movements eg gait. They feel the problem is healing quicker and well compared to previous injuries."

"Most people love it as it's very relaxing, and gentle, most people want to come back again for more treatment"



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