

Deep Oscillation Electrostatic Massage: A Practitioner Review

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discovered Deep Oscillation therapy at the MTI Conference in London in 2018, where it was being demonstrated by the Sisters and Directors, Julie Soroczyn and Mary Fickling of PhysioPod UK. I really didn't expect to be going home with a device of my own!

INSTANT ATTRACTION

DEEP OSCILLATION® electrostatic massage instantly appealed to me. The therapy permeates an 8cm depth, through the entire depth of tissue layers but WITHOUT any pressure required on my part; so, taking out the hard work and saving my hands. It is clinically-proven, with its efficacy confirmed in over 40 studies (1).

At their stand I watched a video (2) which showed the impact on tissue of deep oscillation in real time, via ultrasonography. This showed the resonant and kinetic movement of the connective tissue, as affected by the electrostatic field being generated. After that first massage I was literally hooked, I said "wow" when I felt the wonderful vibrations on my skin, it was instantly relaxing and since then I have had many clients say the same!

CONNECTING UP

Julie had a small electrode fixed on her arm and I held a small titanium bar; both

the electrode lead and the bar lead are plugged into the small portable device, which forms the three-way connection for the therapy to work. Julie selected a treatment from the pre-programmed indications on the unit and applied a little talc (which helps the therapy to glide). She massaged my back and shoulders. I felt relaxed, much looser and pain-free and that was after just one 20-minute treatment.

WHAT IS DEEP OSCILLATION®?

DEEP OSCILLATION® is a safe, non-invasive, non-traumatic treatment, which to my delight, is very well received by my clients. Because of its gentle application, it can be applied in acute and chronic injury and from day one post-operative. The clinically proven effects include: significant pain reduction, anti-inflammatory, anti-fibrotic, detoxification, oedema reduction, haematoma reduction and support of the wound healing process and unlike other treatments, deep oscillation can also be applied over metal pins and plates. Contraindications are similar to normal

massage ones plus pregnancy and pacemaker.

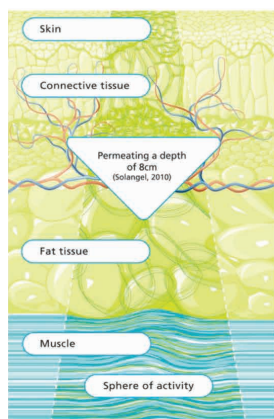
PUTTING DEEP OSCILLATION INTO PRACTICE

Initially, I worked on family and friends and then after attending a training session in Nottingham with PhysioPod, I began to actively use the therapy in my practice.

On Monday's, I use deep oscillation at The Fold, Bransford and the rest of the week I do mobile and onsite sessions in the surrounding areas. I find the mobile sessions using deep oscillation can be offered without having to take massage tables and other heavy equipment, which is good because some clients may not wish, or are unable to get on to a couch. I can now offer massage that can be wherever the client is most comfortable, which is usually in their own homes. With deep oscillation, I can offer sessions from as little as 15 minutes to 90 minutes, which means I can increase the number of clients I see.

REDUCING TREATMENT TIMES

Treatment time for common injuries is reduced and still every session is bespoke



to each client. Top-up sessions can be offered to clients recovering from common ailments. Clients that compete in sports activities often come post-event and tell me that they love the fact there is an immediate effect and that the treatment is so pleasant. Clients going for surgery come for sessions to prepare before their operation date to make sure the tissue in the operable area is at its healthiest and then after surgery to aid healing and manage the pain. It's just awesome to see the positive effects on each client! I often treat whole families in their own homes or spend a day in an office with sessions for the whole workforce. There are just so many conditions that are treatable from acne to speeding up the healing process from broken bones. I find Clients prefer to rebook 5 sessions in advance to be sure that they get booked in, as I am now booked up many months ahead.

REDUCING PRESSURE ON MY OWN BODY

I can now massage all day without drawing on my own physical strength, whilst still offering the quality of touch through a gloved hand. Treatments are not tiring for me; quite the opposite. I feel energised and very pleased to be able to offer a treatment with such wonderful results.

THE RESULTS

Many of my successful treatments are also highlighted in the analysis of a questionnaire of other healthcare professionals using deep oscillation and acupuncture in the UK (4), this is an interesting read. I don't use acupuncture, but I have had success with the following:

Fibromyalgia Syndrome (FMS): Every client has benefited so far from the gentle yet powerful treatment, backing up the study conclusions of Kraft et al, 2013 (5)

Arthritis: Pain relief has been the highlight for many clients. Exactly how Deep Oscillation works with pain was presented at the MLDUK Conference 2018 by Dr Jens Reinhold (6)

Sciatica: On many occasions one treatment has aided complete relief

Myelitis: Pain managed and mobility increased

Gout: Immediate pain relief

In-growing toe nails:

Pain relief and reduced swelling

Prolapsed discs and nerve damage:

For pain relief and to support and strengthen surrounding musculature

Scoliosis: To manage pain and rest overused muscles

Chronic Swelling: Reducing volume and providing pain relief

Sinus Problems: Relieving inflamed tissue and muscles of the neck and head

Tinnitus: Helped to rebalance the ear

Broken bones: Improved lymphatic drainage allowing a fresh flow of blood, oxygen and nutrients to the area thereby boosting the healing process.

Nerve damage: Nerve pain 'soothed' as clients feel changes during and after a session.

Arthroscopy Post Knee Surgery: Reducing pain and swelling

IBS: Soothed vagus nerve and helped to calm digestive system.

Oesophageal spasm: Muscle encouraged to return to its normal function.

EQUINE AND CANINE

Another exciting part of the therapy is that it is also used in equine and canine treatments so I am able to treat my own horses and dogs from injuries and common ailments. My senior animals really enjoy the therapy and so far with great success, without encountering the usual huge vets' bills. Though I am not qualified to treat other people's animals, there are Equine Therapists using all over the UK and Ireland who use the therapy with the Vets permission. (3)



Gilligan Carter-Morgan of Equi-Therapy UK (Official FEI Permitted Equine Therapist) uses Deep Oscillation and teaches as part of the Equi-Therapy UK Diploma in Equine Sports Massage Therapy with workshops in Deep Oscillation for both horse owners and equine professionals alike.



Jeannine Piron of Pfofen Therapie, Switzerland

MY BUSIEST YEAR ON RECORD

I have yet to advertise that I offer "Deep Oscillation Therapy" as well as Massage and Wellbeing but I have had my busiest year ever via word of mouth recommendation from happy clients and from the free listing on the Therapist Map on the PhysioPod website.

The investment I made in buying the portable Deep Oscillation Personal Sports for my business has already been worth every penny. I highly recommend the product and the sales and after sales support from PhysioPod; their approach is professional, friendly and reassuring. ■

Article References

- (1) Clinical Evidence www.physiopod.co.uk/references.shtml.
- (2) DEEP OSCILLATION® Verification by Ultrasound <https://vimeo.com/302875557>
- (3) Therapist Map on PhysioPod UK www.physiopod.co.uk/therapist-map.shtml
- (4) Deep Oscillation and Acupuncture Analysis of Questionnaires www.slideshare.net/MaryFickling/analysis-of-acupuncture-and-deep-oscillation-questionnaires
- (5) Safety and Effectiveness of Vibration Massage by Deep Oscillations: A Prospective Observational Study www.hindawi.com/journals/ecam/2013/679248/
- (6) Dr Jens Reinhold Presentation on Deep Oscillation and Pain <https://vimeo.com/301916857>

INFORMATION

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