



## Lymphline Spring Issue 2011

---

REPORT ON DEEP OSCILLATION® THERAPY by Christine Talbot

**Christine Talbot is a State Registered Nurse, a member of the British Lymphology Society and a Vodder, Medical Leduc and Casley Smith, CDT and MLD Practitioner & Lymphoedema Therapist.**

“Since purchasing the Hivamat 200 in November 2009 I have found it a remarkable piece of ingenuity; very simple to use, deeply effective on a multitude of conditions from tissue softening, reduction of limb volume, improving circulation, scar management, wound healing and reducing pain and disability. I feel it has revolutionized the way in which I treat the Lymphoedema patients in my care and now a couple of my patients are self-managing with the personal unit simply because they have been amazed at the results that have been achieved. They are now treating themselves in their own home and self managing their condition day to day. I feel this is very self empowering for them and as a result their appointments are not as regular.

The sensation of the therapy is very pleasant and relaxing. I use it on practically all of my patients, it is just like a light gentle pulsation, which comes through my gloved hands and is felt on the skin. It is very safe and in twenty two years of its use for Lymphoedema there has never been a case of any problems whatsoever.

The Hivamat, which I use, is the one therapists use and I can alter the parameters of the machine whilst working to best suit my patient’s needs and the changing tissue state beneath my hands. I can feel limbs softening much more quickly than without the therapy and the therapy has taken the weight and pressure off my own hands and wrists, another added benefit. I find that for hard fibrotic limbs it is very effective.

I am often asked what makes it so different to other electrotherapies on the market. Well I don’t profess to be an expert but what I do know is that the therapy does not heat or electrically stimulate the tissue like Ultrasound or Tens. It can be used safely over implanted pins and plates. The basic principle is that as I move my hands over the tissue I am introducing intermittent, low frequency impulses. These impulses penetrate the entire depth of the tissues and an electrostatic field is created between my hand and my patients’ tissue layers or in the case of self treating between the handheld applicator and the patients’ tissue layers.

The tissue layers are attracted and released in the frequency applied. So if the frequency is 160Hz, then the tissue is attracted and released 160 times a second. Higher frequencies work very well with pain and breaking apart trapped biological matter (protein solids and fluid build up) and the lower frequencies pump out the collected matter to the lymph system for removal. I can report that once out, the lymph stays out for much before returning.

In terms of the contraindications, normal MLD contraindications remain but also it would not be used if a patient had a Pacemaker, was pregnant or had a known sensitivity to electrostatic fields. If you would like to try a treatment then I recommend you visit [www.physiopod.co.uk](http://www.physiopod.co.uk). All the MLD therapists using this treatment are listed including the NHS Lymphoedema Clinic at Stoke On Trent under the direction of Rebecca Elwell. I would recommend that a course of treatments are undergone with a therapist near to you before considering purchase of a personal uni. This way the therapist can access your suitability for the therapy and you can make an informed choice.

Following successful treatment/treatments, the timings and frequencies that have been applied by the therapist to the patient can be replicated to a therapy card for use in the personal unit. The personal cards are programmed and supplied free of charge by PhysioPod UK Limited to all Lymphoedema sufferers.

I was recently asked to write for Choice Health and Wellbeing Magazine with regard to DEEP OSCILLATION and about the effects it has had on my patients and I was also interviewed on the Holistic Hour radio broadcast which you can listen to on the PhysioPod website. I feel privileged to be a practitioner associated with this therapy in the UK and can see many openings for it within the NHS”

PhysioPod UK Limited wish to clarify that the inclusion of this article in the newsletter does not implicate an endorsement from LSN for DEEP OSCILLATION® therapy and that the views expressed are those of the Author.

**Address to contact LSN directly by post:**

The Lymphoedema Support Network, St Luke's Crypt, Sydney Street, London SW3 6NH

**LSN Helpline telephone numbers:**

Information and Support: 020 7351 4480 Administration: 020 7351 0990 Facsimile: 020 7349 9809

**LSN Email: [adminlsn@lymphoedema.freeserve.co.uk](mailto:adminlsn@lymphoedema.freeserve.co.uk)**

**Visit the LSN Website: [www.lymphoedema.org](http://www.lymphoedema.org)**

The LSN is a membership organisation and receives no statutory funding. The Charity relies solely on membership subscriptions and donations to continue its valuable work. Registered Charity No. 1018749