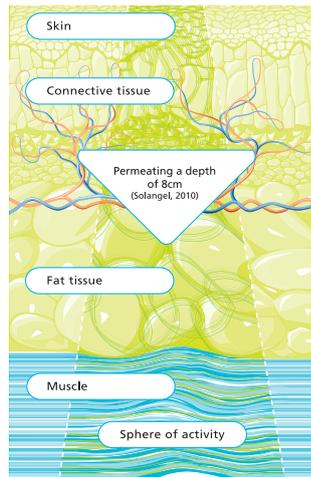


# DEEP OSCILLATION® THERAPY (DOT)

A Global Award-Winning Healthcare Innovation:  
"Kind To The Therapist And Their Client"

**T**his article seeks to explore how a relaxing, gentle and non-invasive therapy has revolutionized the way that 'hands-on-massage' is delivered, producing a biologically effective treatment, which benefits the Therapist and the Client. With the simple addition of light vinyl gloves and talcum powder, which help the hands to glide, biologically effective, electrostatic impulses are delivered permeating an 8cm tissue depth (see diagram right).

The beauty of this unique, clinically proven innovation, is that it requires no pressure in application to reach the 8cm depth. The therapist gets a treatment in their own hands when using too, reducing the effects of years of wear and tear or if used in the early stages of the therapists career, protecting them from future problems. Often, therapists will apply DOT for the first part of treatment to completely relax the tissue layers and attend to aches and pains then finish with oils.



works by breaking down trapped excess biological matter in the tissue layers before pumping it out to the lymphatic system for removal. Once drainage has taken place, the blood, the oxygen and the nutrients can re-enter the area, significantly reducing pain and promoting movement. Chronic conditions too are worked upon with effective results, even where stubborn scar tissue is present.



French clinical studies that have been carried out by GREDECO (Group of Research and Evaluation in Dermatology and Beauty care) under the direction of Dr. Sylvie BOISNIC (Dermatologist) have proved very effective for the non invasive treatment of two difficult aesthetic conditions: "under eye swelling" and "dark circles" with DEEP OSCILLATION® treatment.

Since 1991 deep oscillation has been an

adjuvant treatment modality from Day One post operatively after mastectomy. © Photo: Tápanez Hernández. DEEP OSCILLATION® is also used within the Plastic Surgery Clinic at NHS Ninewells Hospital under the direction of Alex Munnoch.

Internationally patented, FDA approved, DOT is safe for use over implanted pins and plates; it does not produce any heat and there isn't anywhere on the body that it cannot be used. Due to its non-invasive nature, it is an unmatched treatment option in the acute stage of an injury and day one post operatively; where massage would normally be contraindicated. Many of the UK's elite sporting clubs now use in their treatment protocols.

**In simple terms**, clinically proven DOT, backed by nine PubMed studies  
[www.physiodod.co.uk/references.shtml](http://www.physiodod.co.uk/references.shtml)

## Free Training

Training for the therapy takes place in Nottingham and it takes just two hours. Therapists can bring along a friend if they wish to apply the massage to them or they can attend by themselves. Training is done with Julie Soroczyn, the Managing Director of PhysioPod and the lady responsible for bringing the therapy into the UK and Ireland in 2006. If therapists prefer, they can receive training over the phone; full operating and therapeutic instructions are supplied with the units. Insurance to use the therapy is enabled with the PhysioPod training letter.



**Julie Soroczyn, Managing Director,  
PhysioPod® UK Limited**



### Free Website Listing/Social Media/After Sales Support

Every therapist investing in a unit automatically receive a free, high quality entry on the PhysioPod website which is listed in postcode order. The website attracts 10,000 visitors a month, with the general public seeking out therapists using the therapy and is often becoming the deciding factor on choosing a therapist; as the reputation of the therapy continues to spread through word of mouth. The entry and any subsequent testimonials are promoted via various social media channels and this helps keep the content fresh enhancing those all important Google analytics. PhysioPod work closely with therapists to help them promote their business/investment in DOT and to help support them in any way they can. The therapist listings can be viewed here:

[www.physiopod.co.uk/therapist-map.shtml](http://www.physiopod.co.uk/therapist-map.shtml)

### Lymphoedema

Cancer or cancer treatment can effect the fluid drainage channels of the lymphatic system. Fluid then doesn't drain in the normal way, so the area swells.

About 1 in 5 people (20%) will have lymphoedema of the arm after breast cancer treatment that includes: surgery to remove lymph nodes radiotherapy to the lymph nodes if lymphoedema is not treated, it may get worse. It can be painful and make it difficult to move your arm. (Cancer Research UK)

### Lymphoedema Management

Secondary lymphoedema affects around 2 in 10 women having breast cancer treatment. DOT is now regularly used in the NHS for Lymphoedema management

and privately by MLD DLT Lymphoedema Practitioners. PhysioPod have been approved NHS Suppliers since 2012.

Lymphoedema sufferers are also self-managing symptoms between visits to their therapist/clinic with the personal unit at home and abroad.



### Lipoedema Management of symptoms and pre and post liposuction rehab

DOT is also applied to help with the management of pain and oedema associated with Lipoedema (an adipose fat tissue disorder) and with pre and post liposuction. Since DOT possesses anti-oedema, lymph drainage, anti-fibrosis and detoxifying properties, it prepares the tissue for liposuction, makes liposuction more effective and durable and protects against adverse effects of the body sculpturing procedure. Post Liposuction swelling, bruising and pain can be relieved considerably faster. As it can be used at a very early stage, the healing process is accelerated, scar quality is improved, and local inflammation is inhibited.



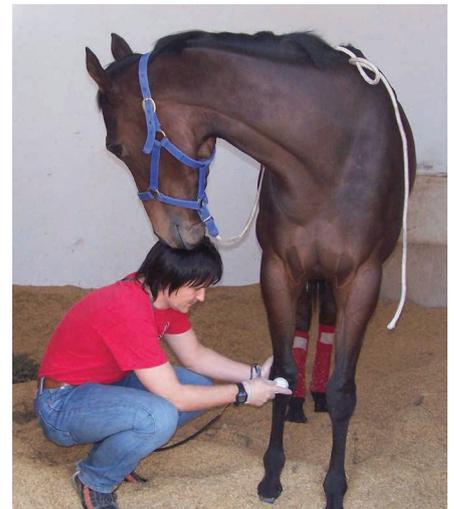
Claire Tickle appeared on ITV's This Morning used DEEP OSCILLATION pre and post liposuction for Lipoedema, an adipose fat tissue disorder which effects 11% of the female population, she said it was 'crucial in aiding her recovery' [www.physiopod.co.uk/claire-tickle-pre-and-post-lipo-healing.shtml](http://www.physiopod.co.uk/claire-tickle-pre-and-post-lipo-healing.shtml)

### Therapists using DEEP OSCILLATION® and Fields of Application

- Complementary Therapists
- Sports and Sports Massage Therapists
- Manual Lymphatic Drainage Therapists
- Beauty Therapists

- Podiatrists
- Physiotherapists
- Osteopaths
- Chiropractors
- Lactation Consultants
- Equine & Canine Therapists

The fields of application of this unique and gentle therapy continue to expand as more and more therapists learn about its benefits on study days or via patients who have received the therapy. In addition to general wellbeing improvement and for sports and occupational conditions; it is used pre and post-surgically, especially following breast reconstruction, hip and knee replacements, and all kinds of general surgery and aesthetic surgery. It is very effective treatment for arthritic pain, tennis and golfers elbows, back pain, rotator cuff problems, etc, in respiratory conditions and in post partum. It is currently being trialed for stroke rehabilitation within the NHS and is used for scar management within a large UK NHS hospital.



DEEP OSCILLATION® used in equine therapy

In equine use, DOT is applied with complete acceptance by the horse, for pre and post event massage and for injury management and lymphatic drainage. ■

## INFORMATION

For more information, pricing and brochures, please contact Sisters and Directors at PhysioPod UK Limited, Julie Soroczyn and Mary Fickling - Visit their website [www.physiopod.co.uk](http://www.physiopod.co.uk) email them at [info@physiopod.co.uk](mailto:info@physiopod.co.uk) or call on 01159 167 685 or mobile 0788 692 5715

