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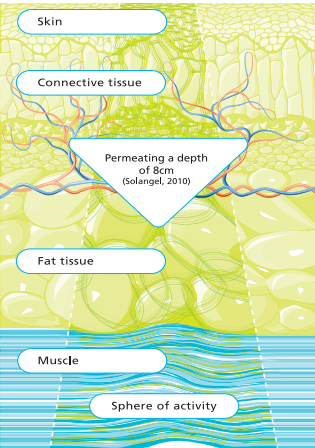
Deep Oscillation®

DEEP OSCILLATION®

A Welcome Tool to the Box

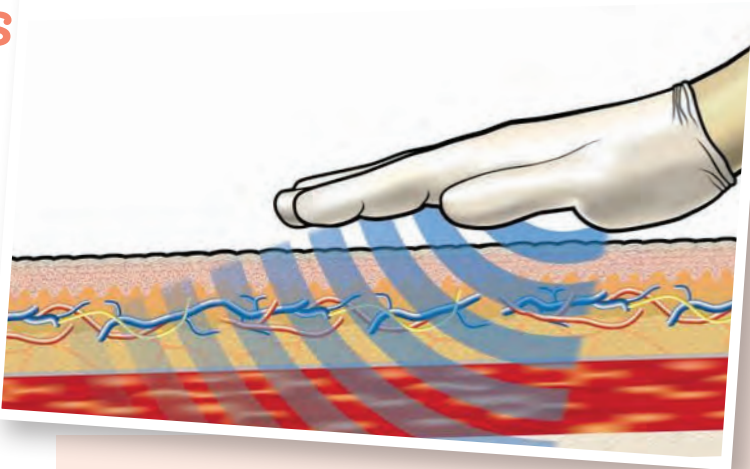
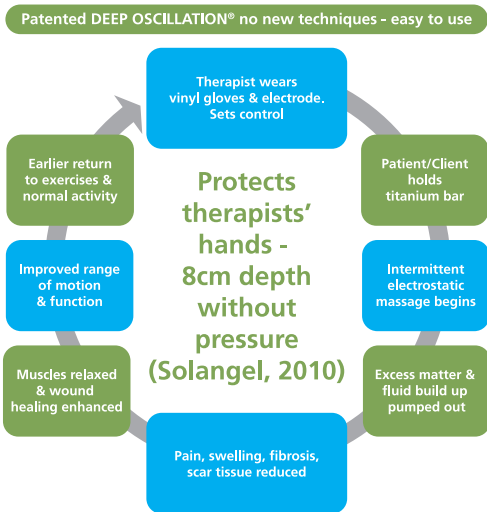
Enhancing Treatment Outcomes – Protecting The Hands of Massage Practitioners and Bodyworkers

DEEP OSCILLATION® therapy is an electromechanical therapeutic procedure using resonant vibration of the tissue with DEEP OSCILLATION® equipment from Physiomed, Germany, also known as HIVAMAT® 200. The technique made it's debut in Massage World in 2008, two years after its introduction to the UK and Ireland by Sisters, Julie Soroczyn and Mary Fickling of PhysioPod® UK Limited (Proud Nominees for The Healthcare and Pharmaceutical Awards 2016). Massage World dubbed the feature 'Magic Hands', because of its unique non-invasive application; protecting the Therapists' hands whilst



achieving enhanced results in natural healing of acute and chronic conditions, which can be applied immediately after injury and from day one post operative improving patient outcomes. In this article we look at just what Therapists now say about the technique, after several years of use, including their results and the reduced effects on their own bodies, and attracting and retaining more clients to their practices with increased client referrals.

Application of DEEP OSCILLATION® in a Nutshell



Therapist Testimonials

Carol-Ann Barrett,
Hands2Health, Hertfordshire

I have been using the HIVAMAT Deep Oscillation Unit for the last 6 years. During that time I have expanded my use of the unit from treating primary and secondary lymphoedema to using the machine for sports and common injuries such as tendonitis, sprains, post-traumatic swellings, as well as degenerative conditions like arthritis. I have found it very useful in patients with fibromyalgia who generally report a greater degree of pain relief following HIVAMAT deep oscillation therapy compared to normal massage. Using the unit gets quicker results, which is also useful with fibromyalgia patients, as many cannot always tolerate a full therapy session.



I see a number of patients with venous issues and ladies with lipoedema and lipo-lymphoedema who also report a significant reduction in subjective symptoms such as pain and feelings of heaviness in the legs in addition to reduction of bruising following treatment with the HIVAMAT along with neuro-lymphatic taping. These chronic and debilitating conditions can have such a negative effect on psychological wellbeing and body image so helping these patients is extremely gratifying. Patients also love the treatment with the HIVAMAT as it is very gentle and the rhythmic effect often sends patients into a very deep state of relaxation. Reducing sympathetic tone in this way is so important for the healing process. Patients regularly make recommendations and I have had an increase in new enquiries especially from patients actively seeking treatments with the HIVAMAT. Patients who develop lymphoedema as a consequence of surgery sometimes have a reduced range of movement often caused by contracted scar tissue and which left untreated can easily result in other physical and emotional co-morbidity. I find the HIVAMAT is excellent for reducing fibrosis and scar tissue. The effectiveness of the unit with these issues has made a significant

impact on reduction of rehabilitation times and I personally feel it has reduced physical demands on me as a therapist. Some of my patients have also purchased a personal unit for home use. This can be very helpful in chronic cases and also empowers patients to be actively involved in the maintenance of their conditions between therapy sessions. One client commented the following:

"I am now receiving Hivamat treatment from Carol-Ann and not only are the results more dramatic than the MLD alone but are longer lasting. To my absolute delight, I have recently been asked on two occasions, how it is that my lymphoedema is "cured" and indeed, a lot of the time; there is barely a discernible difference between the two hands. It is a very impressive treatment" PM

**Joe Pickering,
Sports Injury Therapist,
Leicestershire**

"Since investing in a Deep Oscillation Personal in August 2013, I have certainly seen an upturn in my business. The combination of its Electrostatic therapy and the fact that it is applied through hand massage is both relaxing and highly effective for my clients. Another advantage of this method of application is that I don't have to use as much force which means it is a lot less painful for my clients and a lot easier on my own hands. Being a Sports Therapist I have seen fantastic success in cases of Sports Injuries, particularly Tennis Elbow and knee and ankle ligament injuries and a definite reduction in treatment times.

My clients really like Deep Oscillation Therapy and spread the word for me whenever they can which has resulted in my client base growing month by month. It has paid for itself many times over so was therefore well worth the investment and I would recommend Deep Oscillation to any therapist."

**Susan M Fishwick CLT
MLD UK Reg (Certified
Lymphoedema
Therapist)
Complementary Health
Practitioner MFHT
CNHC Reg**

Several clients have been delighted with the results of their treatments; here are some of their comments:

"My surgeon was impressed with the results and reduction in post operative swelling

after several sessions with you." Treatment with advanced manual lymphatic drainage and Hivamat therapy

"I have always believed a 'hands on' treatment will win hands down over machines, but I have to say the Hivamat really seems to hit the spot, particularly working in delicate areas like near the spine." Retired Physiotherapist

"As a professional therapist I am happy with the investment I made, and while the Hivamat is not a magic wand, it does appear to consistently help improve outcomes for patients and clients and also helps reduce the physical demands on me."

**Dee Newton, Sports
Massage Therapist
and Coach**

"I introduced Deep Oscillation to my practice, last year. I have been very impressed with the results I have achieved, being able to help conditions such as Arthritis, which I couldn't really do a lot for previously, has really made a difference to my clients. I also appreciate the reduced demand on my body through using the Deep Oscillation, although I still very much enjoy traditional therapy, it is nice to diversify between the two. I am now starting to find that clients are coming in asking for this treatment specifically, instead of me needing to offer it to them; the word is getting out there."

**Sara Spenceley,
Holistic Therapist,
Kendal, Cumbria.**

"I have been using DEEP OSCILLATION® (DOT) for over seven years in my business in Kendal. I use it as a stand-alone therapy and incorporate it alongside other therapies. Being a massage therapist means there is a lot of wear and tear on my body and having recently been diagnosed with MS, I don't believe I could have continued with the volume and variety of clients without DOT. It has enabled me to tackle a multitude of conditions effectively, quickly and safely with little demand on me physically. I have clients with acute and chronic conditions including arthritis, back, neck, hip, knee pain, FMS, sports injuries and those just wanting a relaxing massage. DOT works swiftly to reduce inflammation and pain, regaining movement

and mobility with few applications. One client had ruptured his calf muscle and damaged his Achilles during a cricket match. He came to me 8 weeks after the initial injury. After 4 treatments to reduce swelling and break down scarring and fibrosis, his rehabilitation was amazing, allowing him to attend physio sessions and get back to work. He is now playing cricket again. Another female client came to me with acute pain with calcified tendonitis in her shoulder. An x-ray had shown a marble sized calcification. After two applications of DOT the pain went completely and she regained full mobility. Follow-up at hospital a few weeks later with another x-ray and MRI revealed the calcification had gone completely. A very happy client! DOT accelerates the healing process enabling my clients to be pain free and able to return to normal life quickly with relatively little time and cost. Because of this I receive most of my referrals by word of mouth and rarely need to advertise. When Julie and Mary demonstrated DOT to me I was totally hooked straightaway and financially I feel my business has grown as a result. There is very little cost to maintaining the system after the initial investment and because it is portable my business can travel with me when I need to."



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<http://www.journaloflymphoedema.com/>

JOURNAL of
Lymphoedema

June 2016 Vol 11 Issue 1

Use of the HIVAMAT® 200 with manual lymphatic drainage in the
management of lower-limb lymphoedema and lipoedema

Isabel Teo, Anna Coulborn, DA Munnoch

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