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Health & Wellbeing

DEEP OSCILLATION®



**Deep Tissue
Massage therapy - A
major breakthrough
for therapists**

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New College Recognition Scheme

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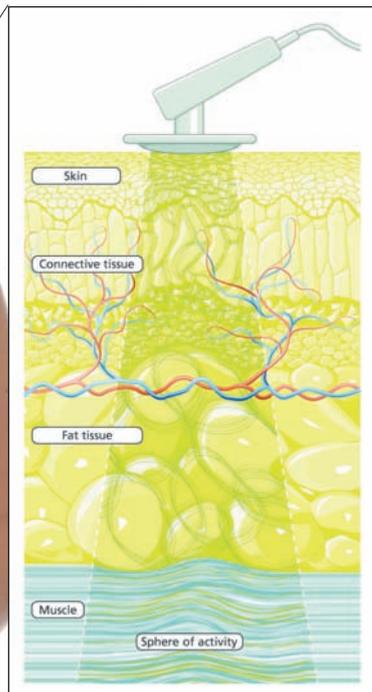


Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.

DEEP OSCILLATION®

Deep Tissue Massage therapy - A major breakthrough for therapists



technology that is quietly finding its way into some of the country's leading medical rooms and making a huge impact on the complementary therapist world...

So how does it work?

DEEP OSCILLATION causes a 'shuffling' of the basic substance in the interstitium, thus promoting the removal of interstitial fluid as well as content material (proteins, decomposing cell material, neurotransmitters, etc.). Interstitial septa and fissures are kept open by the mechanical activation, which helps interstitial drainage, which significantly reduces local bruising, aseptic inflammations and swelling in the area of the wound. In chronic conditions, the treatment helps to disperse fibrosis and hardened tissue.

Evidence Base

Since the first patent for DEEP OSCILLATION® was granted in 1988 and the second in 2002, successful in vitro and clinical studies have been completed in the following areas:- Wound Healing, Acute Lung Inflammation, Secondary Breast Lymphoedema, Lymphoedema of the Limbs, Sports Injuries, Cellulite, post Hip Prosthesis surgery, post Breast Cancer surgery, effects on Blood Parameters, Post Partum associated problems and Fibromyalgia. Due out in the next two months are studies on DEEP OSCILLATION® with burns and circumscriptive skleroderma. Contact PhysioPod UK Limited for more information.

Getting Started

The therapist wears special vinyl gloves and is attached to the unit via a spiral lead with an adhesive electrode to their forearm. This enables free and easy movement around the client during treatment. The electrode can also be stuck on the foot/ankle for total freedom and although it seems like a strange idea, it really does look like Magic Hands at work applied in this way! The client holds a very light titanium bar loosely in their palm whilst treatment is carried out, this forms the three-way connection required for the therapy to take place. Standard body powder is applied to the area rather than oils as the therapy works optimally on a dry area. Effective results can be obtained in 20-40 minutes.

The following quotes are from therapists/patients who have experienced DEEP OSCILLATION first hand in it various fields of application.

Just over three years ago, DEEP OSCILLATION® was essentially an unknown therapy in the UK and Ireland: even though it was being used successfully worldwide.

It can now be experienced on Harley Street, within the Rehabilitation Department of one of London's private flagship hospitals and in 2009, it reached Irish therapists in County Tipperary and Dublin's prestigious Raglan Clinic; it is now also in the 'Kingdom of Fife' on Scotland's sunny east coast. Good news does tend to spread quickly amongst therapists!

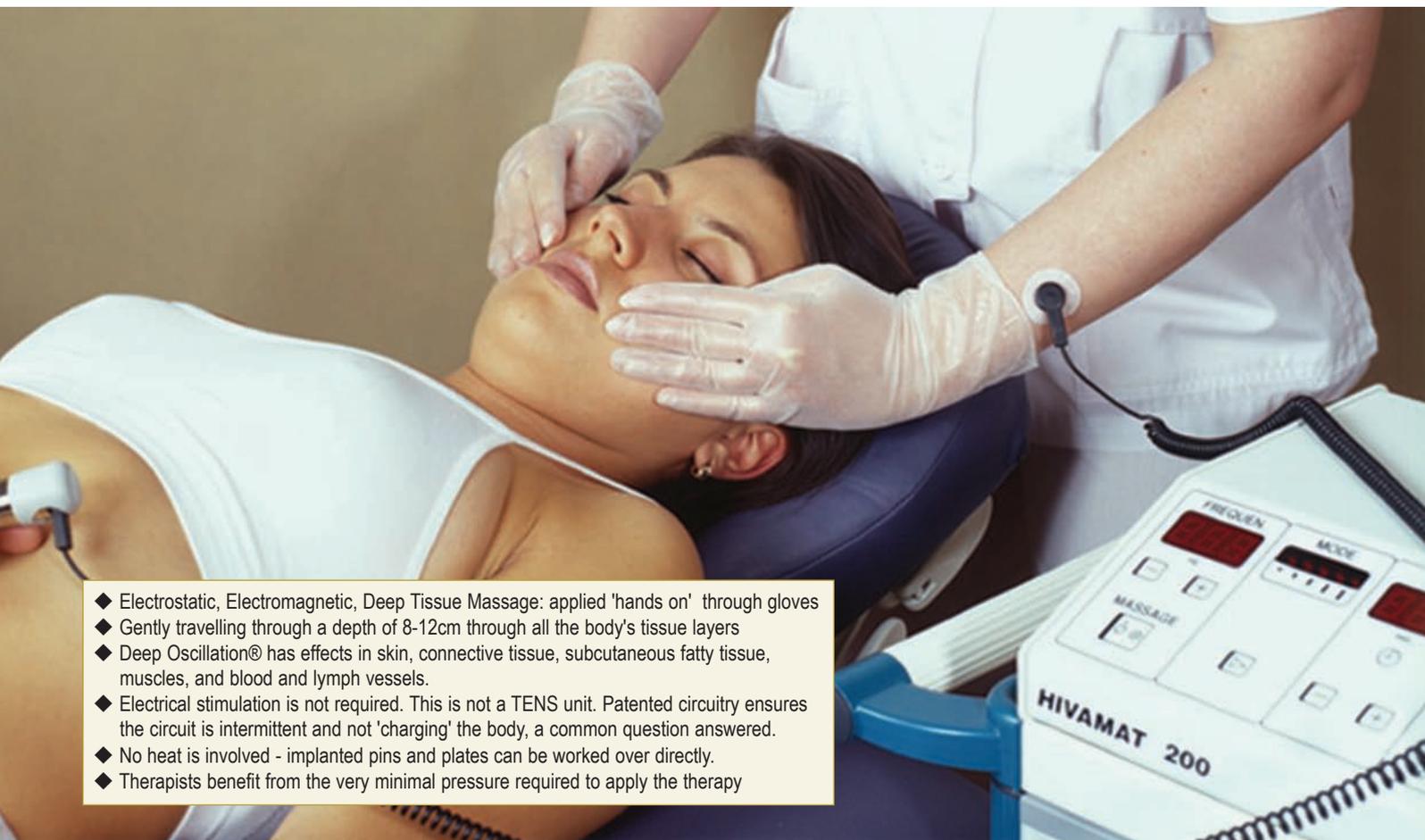
UK and Irish therapists became intrigued when the therapy was dubbed "MAGIC HANDS" in a massage and body-worker magazine in May 2008.

"Usually this magazine only reports on totally hands-on therapies", however this equipment can be easily integrated into your regular practice. DEEP OSCILLATION therapy is the new essential tool that will add a truly dynamic, deeply

penetrative dimension to your existing massage techniques; achieving outstanding results for the client, whilst actively reducing the demands placed upon the overworked body of the massage therapist."

Equine/canine therapists are now also treating the horse and its rider and the dog and its owner with the same therapy! Different gloves of course! Nottingham Trent University's Equine department (Brackenhurst) has just completed a study on the 'Physiological Effects of DEEP OSCILLATION® on the Horse'. This will be presented at the international ICEEP conference in South Africa in November 2010.

So what is DEEP OSCILLATION®? Who is using it? And where can you get training? Read on to discover more about the German patented



- ◆ Electrostatic, Electromagnetic, Deep Tissue Massage: applied 'hands on' through gloves
- ◆ Gently travelling through a depth of 8-12cm through all the body's tissue layers
- ◆ Deep Oscillation® has effects in skin, connective tissue, subcutaneous fatty tissue, muscles, and blood and lymph vessels.
- ◆ Electrical stimulation is not required. This is not a TENS unit. Patented circuitry ensures the circuit is intermittent and not 'charging' the body, a common question answered.
- ◆ No heat is involved - implanted pins and plates can be worked over directly.
- ◆ Therapists benefit from the very minimal pressure required to apply the therapy

Complementary therapy

"Buying the Hivamat 200 has turned my therapy room into a hive of activity. It's incredible what wonderful things I have seen and achieved through Deep Oscillation therapy. I am blown away by the list of ailments that can be treated with this clever machine and I have treated dozens of clients all with different needs. Particularly clients with arthritis, back pain, muscular tension, Achilles and ligament injuries. All the conditions have responded immediately after one treatment and in most cases gone entirely after a course. Multiple Sclerosis pain can be helped with a short course of treatment. Back pain/muscle spasm both respond quickly to the treatment. Seeing the effortless effects on the skin; improving circulation and regenerating collagen, making the client feel fresh and relaxed. It's so simple to use the Hivamat and it is totally safe. It takes the stress out of deep massaging, which for me is so beneficial to the client, as they get an energised therapist each time! Very proud to put my name down to this therapy and I would love to introduce other therapists to it and help them to make the most of their business" **Sara Spenceley, Therapist, Cumbria**

Saving those hands...

"We started to introduce this amazing piece of equipment to clients old and new, through practice we developed our skills and now we have clients that only want the Hivamat Deep Oscillation Unit used on them. Our success stories are a musician with very tight pectoral muscles, a usual oil massage is just too painful for him; 80+ year old clients who find the Hivamat

very soothing yet deep enough to ease their aches and pains. It is especially good on knees and shoulders; also a lady who suffered a stroke at a young age, the Hivamat is assisting her with her recovery. We use the Hivamat Unit on one another to help ourselves! We believe Hivamat is the way forward for all sports and occupational injuries and for general relaxation it's a must."

John Hale from Overtones Therapy (www.overtonestherapy.com) was 71 at the time he rang PhysioPod, having just read the article in a massage and bodyworker magazine about the therapy. It was the benefit of saving his hands but also providing a better treatment for his clients that drew him to the therapy.

Elite Sporting World:

Extremely early treatment is now possible for sports/occupational injuries and medical teams of the UK Premiership Football League are now using it with effective results on fresh injuries and very early surgery rehabilitation processes. Rehabilitation times are cut by as much as 50% (Source: Chris Purvis, Peak Performance).

Carl Froch, the World Title Super Middle Weight boxer has endorsed the therapy and believes it has also increased his range of movement through regular application.

"I took the portable machine to Ireland on my training camp to help with any knocks and bangs encountered whilst training and mainly during sparing. My elbows give me the most trouble, which is the same for a lot of boxers. Usually, as part of my normal diet I take 100mg of Diclofenac Sodium, a non-steroidal, anti-inflammatory drug to help with the pain and swelling but since using

the machine on a regular basis, I seldom feel the need to take this medication. Not only does the machine reduce the inflammation but I believe it has also improved my range of movement, which in turn helps with the overuse syndrome suffered by many top sports men and women."

Andrew Watson, BSc, GSR, CSCS, the Raglan Clinic's Sports Rehabilitator gave this report:

"I first heard about Deep Oscillation therapy while working in an American university. When I returned to Ireland, I contacted PhysioPod about getting a Hivamat unit, as it was the benefit of being able to use my hands while applying the therapy that really appealed to me. I find the Hivamat very effective in reducing muscle spasm and pain, which is of great benefit particularly around the spine. I have found it increases the therapeutic effect of vertebral mobilisations when performed after the treatment. I have also noticed positive effects in reducing joint inflammation, particularly knees, leading to an increase in pain-free range of motion and therefore an decrease in rehabilitation time. I am getting a good response from the patients."

Physiotherapy

"Working as a private practitioner within a sporting environment, I am dealing mainly with sports injuries. A colleague gave me a brochure on Hivamat Deep Oscillation therapy. I was very sceptical at first but decided to attend a workshop with PhysioPod. I purchased a unit on a month's trial and within three weeks I was delighted with the results and the positive feedback through my

patients. As the therapy can be combined easily with other electrotherapy modalities and treatments I regularly incorporate it and have found it beneficial in reducing inflammation, muscle spasm, pain, and increasing the healing time of muscle strains. As all manual therapists are aware, our hands are the tools of our trade, with many of us suffering repetitive strain, this therapy greatly reduces this by enhancing hands-on treatments to depths of 8-12cm with light touch through a unique gloved application or a hand-held applicator. I was informed that when treating with the gloved application that my hands would also receive treatment because I am directly connected to the Hivamat unit. I'm very pleased to report that after only approximately four weeks of using the Hivamat I noticed that my hands had improved, feeling less discomfort and pain." **Simon Cooper, MCSP, SRP, AACP**

Aesthetic surgery rehabilitation

"Having just had extensive plastic surgery just over three weeks ago, I have found using The Deep Oscillation® Personal machine daily absolutely imperative to my recovery. I had a breast reduction and a tummy tuck in one procedure, which left me extremely swollen and hard. I started treatment on the third day after surgery with just 20 minutes of treatment. I felt such relief and could even see how much the stressed tissue had softened. Three weeks on still using the treatment daily I am amazed how things have progressed so quickly. My breast tissue has softened and is starting to take a natural shape already. I have also noticed that all the scars aren't anything like as prominent as they were. I will be sending some before and after pictures in for you to be able to see for yourselves." **Jo, Nottingham used the machine after plastic surgery in Marbella**

Combined with manual lymphatic drainage

It has been a huge asset for MLD therapists in the treatment and management of lymphoedema and is also being used as self-treatment for sufferers too. The study of its successful use with secondary breast lymphoedema (a condition that can develop following lymph node removal/damage after breast cancer surgery) was presented at the British Lymphology Society Conference in Belfast in 2008. Since then, many MLD therapists have added this therapy to their hands vastly improving their results.

Lynora Kennedy, well respected MLD therapist gave this report:

"For months I had been hearing colleagues waxing lyrical about DEEP OSCILLATION therapy via the HIVAMAT 200 and its varied uses, so I knew I had to have one! The device arrived, and I started work within hours on a woman with severe bi-lateral lower limb lymphoedema. She had 10 daily sessions using the Hivamat 200, with me wearing the 'gloves' and using specific manual lymph drainage techniques. She was also bandaged at the end of each treatment. The volumetric measurements confirmed how effective the Hivamat 200 can be

- last year, during the same phase of treatment, the client had lost 1.2 litres overall - this year, the amount increased to 2.2 litres. Latterly, I have used it to treat a case of severe facial lymphoedema - the client was impressed at how quickly the fibrosis around her nose and eyes softened."

Breast Cancer Surgery Aftercare – study conclusion

Side effects following conservative therapy for a carcinoma of the breast:

"Another particular feature of the Hivamat technique is that the lymph drainage can already be employed on the very first day post operative, in order to restore lymph drainage after this has been damaged operatively or radiologically. It is our assumption that the rate of lymphoedema occurrence following a prophylactic Hivamat lymph drainage will still be lower, even after 2-3 years. Up to now, Hivamat-supported lymph drainage has shown significant improvements in the results for the following clinical criteria, compared with conventional manual lymph drainage: consistency; pain and disturbances to the sensitivity of the breast operated; skin alterations; arm movement; pain, paresthesias in the arm and/or auxiliary of the side operated and lymphoedema." **G Schönfelder and D Berg, Gynaecological Clinic, City of Amberg Marienkrankenhaus, Academic Hospital, University of Erlangen-Nürnberg (Director: Professor D Berg)**

Plastic Surgery Aftercare/ Non-surgical Aesthetic Conditions

As well as being a proven alternative for non-surgical cellulite treatment, it is also used as an anti-aging treatment for face-neck-décolleté, post plastic surgery and in laser re-surfacing rehabilitation and for pre- and post-operative liposuction. Therapists across the UK are now offering non-surgical DEEP OSCILLATION® face lifting followed by the Swedish Ice Mask, a 30-minute treatment in all, without even having to remove their clients' make-up! A perfect lunchtime lift or pre-social gathering treat!

"I can honestly say it's a brilliant therapy - I used to use Micro Current but find that Deep Oscillation gives much better results. On the face, it gives visible results with lifting around the eye area; it helps with elasticity and improves moisture to the skin. One lady I have worked with for many years used to have very dry skin, but since using the therapy her skin has improved dramatically. Results with non-surgical cellulite treatment have also been very good, especially on the abdominals and knee area. The purchase of Deep Oscillation is the best investment I have ever made." **Elisabeth Muszka, Therapist, Kensington**

Other fields of application:

It can be used with open wounds, burns and amputations and has benefits with respiratory problems. Even some chronic conditions that people 'learn to live with' can also be helped, reducing painkiller consumption. Backaches, arthritis and Achilles tendonitis problems are

amongst other common conditions helped as are tennis/golfer's elbow and whiplash pain. The experience is very pleasant; the deep vibrations relax the muscles and bring about a huge sense of wellbeing.

Respiratory Diseases

Deep Oscillation provides a quick and lasting relaxation of the respiratory musculature. "I treated a client who had recently stopped smoking who was suffering from tightness in the chest. When people stop smoking they can experience a tight chest due to the tension created by the body's need for nicotine. This can also be caused by sore muscles from coughing. Part of the recovery process is that the lungs attempt to remove mucus and tar. I had never treated anyone with this problem before, so I was very interested to see the effects. I knew that Deep Oscillation therapy would help to relax the respiratory muscles and loosen sputum, which would help to relieve the tightness and promote deeper breathing. After treating the chest area for just five minutes my client said he could feel the tightness disappear, I continued to treat for a further 15 minutes. After the session, my client said he felt that he could take a deep breath again and he felt no tightness at all."

Therapeople, Nottingham

Equine/Canine Therapy

Gilliyen Carter of Equi-Therapy UK is proud to be the first in Europe to use Deep Oscillation as a treatment for horses and has been using the therapy successfully for over two years. Gilliyen says that the results have been phenomenal! Gilliyen is now showing other equine therapists, horse /dog owners how to use this therapy at her venue in Nottinghamshire. A session lasts for up to two hours and costs £60

"I've used the therapy on everything from bruising to haematomas, tendon strains to surgery rehabilitation and all results have been remarkable. DO is one of the best hands-on therapy treatments I have used on horses due to its non-invasive, deep penetrating and therapeutic



properties. All horses accept this treatment with ease as it's silent and soothing to all body parts."

General Training

PhysioPod UK Limited offers free training in Nottingham when a unit is purchased/ordered on the day. Other therapists, in London, Dublin, Fife, Solihull and Cumbria are authorized by PhysioPod UK Limited to hold two hour taster sessions for the therapy and these are paid for locally.

© For the contact details of these therapists and for more information call Julie Soroczyn on 0115 9167 685 or 0788 692 5715
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