

New Treatment Helping You Out of the Rough

Like any other sport, golf has its pressures. Getting everything ready in the run up to a competition is always stressful but none more so than when a nagging injury rears its ugly head. Doctors tell you to rest but your mind is telling you to get some practice in. Never is this more evident than in the professional circuit where the stress is higher and the periods of wrapping yourself in cotton wool for self-preservation to heal injuries are few and far between. You've tried everything, rest, stretching, anti-inflammatory drugs, painkillers and even cortisone injections but time is running out. In hours of need like this we turn to medical science for answers, the "quick fix" if such a thing exists.

Luckily medical science is a good provider and there is a new gadget on the market. Deep Oscillation Therapy has been known for the last 15 years, particularly in Germany, its nation of birth and still current location of the leading manufacturer of medical equipment Physiomed, the company whom have developed the technology. However, it has been relatively unknown to many until recently. A wave of endorsements have taken the United States and Europe by storm with most professional sports teams having a unit in the treatment room and swearing by its effects at reducing injury rehab times. Since 1991, research has been published highlighting a number of benefits of the unique treatment namely its positive anti-inflammatory, pain relieving, tissue healing affects and its dramatic results on lymphatic drainage. But what really fascinates people is the application of the treatment. The machine uses bi-phasic impulses that change polarity with each intermittent circuit and this is transmitted to the patient and the therapist. The therapist then uses the hands to apply the treatment much like they would a massage and as their hands move over the tissue of the patient, it causes an oscillation effect on the muscles and tissues shown to be effective up to 8-12cm in depth. This aids



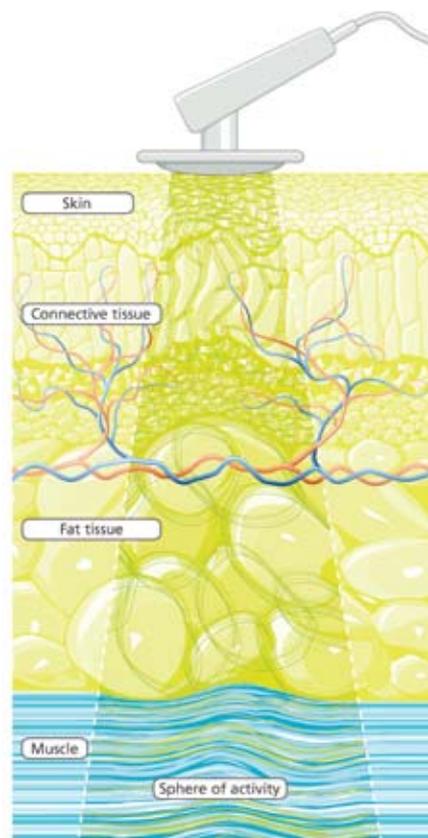
in the mobilisation of interstitial fluids, flushing inflammatory material through the lymph system and allowing fresh nutrient carrying blood to the injured area. It differs from electrotherapy in that it is not directly stimulating the tissue and there is no thermal effect meaning it can be used straight after an injury has occurred without interrupting the bodies' natural inflammatory process and also over areas where pins or other methods of internal fixation have been used. This has been a key factor in its abilities to reduce injury recovery times.

Research and company claims singing the same tune is all good and well but does it actually work in a clinical setting? Well after using it in my clinic for the past year I would have to say it does. Its effects on pain relief in osteoarthritic joints alone are quite incredible. Used in conjunction with other forms of manual and exercise therapy it can greatly enhance recovery times in soft tissue damage such as strains and sprains, including Golfer's and Tennis elbow conditions. Recently I had the pleasure of being able to treat one of Ireland's legendary golfers, Eamonn Darcy. It is always a treat to meet sports people with his level of experience and success. Extracting years of data from a primary source like Eamonn would be more valuable than reading countless books and research studies. It is also exciting to see the response such an experienced

sportsperson has to the treatment. Eamonn was so impressed with the pain reduction after just one session; he's currently looking for a portable unit for his golf bag! I would like to wish him all the best for this years tournament.

In the demanding and result driven world of professional sport, it is with the latest technology and research that we can provide those results in less time than ever before, enabling a faster return to full health and full competition.

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Visit www.physiopod.co.uk for more information on Deep Oscillation Therapy.