

**April 27<sup>th</sup> 2010:** PhysioPod received this email from Linda, a lady who suffers with Lymphoedema of the arm. Linda contacted PhysioPod in January 2010 and after many conversations she purchased a DEEP OSCILLATION PERSONAL to use as self-treatment with applicators for her condition. She also wanted her therapist to treat her too with the therapy, via the gloved hands massage application.

**Linda wrote:-**

“Prior to discovering DEEP OSCILLATION I received manual lymphatic drainage massage from my Lymphoedema Therapist and I was bandaged from my finger tips to my armpit. See pictures below.



It was my therapist who recommended DEEP OSCILLATION to me, she had not seen or used the therapy but attended study days and found out about it from other Lymphoedema nurses. I contacted PhysioPod and spoke to Julie there at length, she was happy to speak to my nurse and explain about the therapy. I trust the judgement of my nurse wholeheartedly and so once she had spoken to Julie about the therapy, I decided to purchase a unit with two pre-programmed cards, a 45 minute bespoke card for my therapist to use gloved hands on and a 21 minute programme for me to self treat with the applicator. It was very easy to liaise with Julie at PhysioPod. Now, once a week I have a 45 minute session with my nurse and I use the machine 4-5 times a week for the 21 minutes programmed for self use

The benefit from use of the machine is immeasurable; previously my arm was heavy and I experienced a lot of pain. After several weeks of use, my arm is almost back to the same size as my other one. I do not have to use pain killers anymore for my arm and I now can wear my old clothes once again. Previously, my arm and back were so swollen I had to split the seams of my blouses and I had to buy bigger sizes because of the fluid gathered across my back. The small machine is easy to use. You can use it in the privacy of your own room watching television or listening to music or a talking book. The initial cost made me think quite seriously but I was given a month's trial, which would have been a fraction of the cost. My husband said what price, comfort and no pain. I hope the photos will let you see the difference. These were not taken for any reason other than a family update. Obviously the photo below is one taken tonight to let you see the difference from when I was being bandaged.

