

The **Therapist**

DEEP OSCILLATION® MASSAGE THERAPY

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During February, PhysioPod UK Limited the Sole UK Distributors and Trainers of DEEP OSCILLATION® therapy equipment invited me to experience a 'unique' massage treatment.



*Julie Soroczyn and Mary Fickling
of PhysioPod UK Limited*

It turned out that the clinic was in Nottingham, just a few miles down the road from the IPTI office, so one snow-free morning I climbed in the car and headed south to Heathcoat Street in Nottingham's City Centre.

We had been aware of the treatment, because in 2008, IPTI were the first Association in the UK to include the treatment within our own Therapy Practitioners Policy but even so I arrived at the clinic with just a little amount of trepidation at what I was about to face. I was warmly greeted by therapist Julie Soroczyn.

Julie explained that research and development of DEEP OSCILLATION® therapy had begun in the early Eighties when two Physiotherapists, Hans Seidl and Wolfgang Walder began work on the project at The Municipal Hospital in Amberg, Germany. Its concept is based on the physics phenomenon known as the "Johnson-Rahbeck effect".

They worked in very close collaboration with PHYSIOMED ELEKTROMEDIZIN AG, German leaders in high quality physical therapy products, the Patent for DEEP OSCILLATION® was granted in 1988.

Julie had acquired her device from a friend who was a Sports Lecturer at a local college; he had previously purchased the device from a medical warehouse. He had used the therapy successfully on members of his local cricket team without knowing too much about the way it worked and when a career change meant he no longer had the time to treat people with the therapy, he asked Julie if she wanted to take it on herself. She was happy to give the unit a new home in her treatment room.

She quickly began to see some amazing results with pain reduction, decreased swelling and chronic injuries being tackled successfully. Julie realized she had found something very special.

Following several months of use, she had many questions to ask about the therapy and experiences she wished to share with other therapists using it. However, when she scanned the Internet to find other users in the UK, she drew a blank; it seemed she was the only one. This was later confirmed when she rang the Manufacturer!

The rest is history; Julie was invited to Germany to shadow Wolfgang Walder, one of the Physiotherapists involved in its development from the outset. Julie witnessed many interesting applications for the therapy and happily came home with an offer from Physiomed to become the Sole UK/Ireland distributor. PhysioPod UK Limited was set up with her sister Mary Fickling in 2006.

After my history lesson, I was given a thorough health consultation, followed by an introduction to the equipment – a modest looking electro-therapy machine which produced a variable low frequency electrostatic field to cause an oscillating vibration.

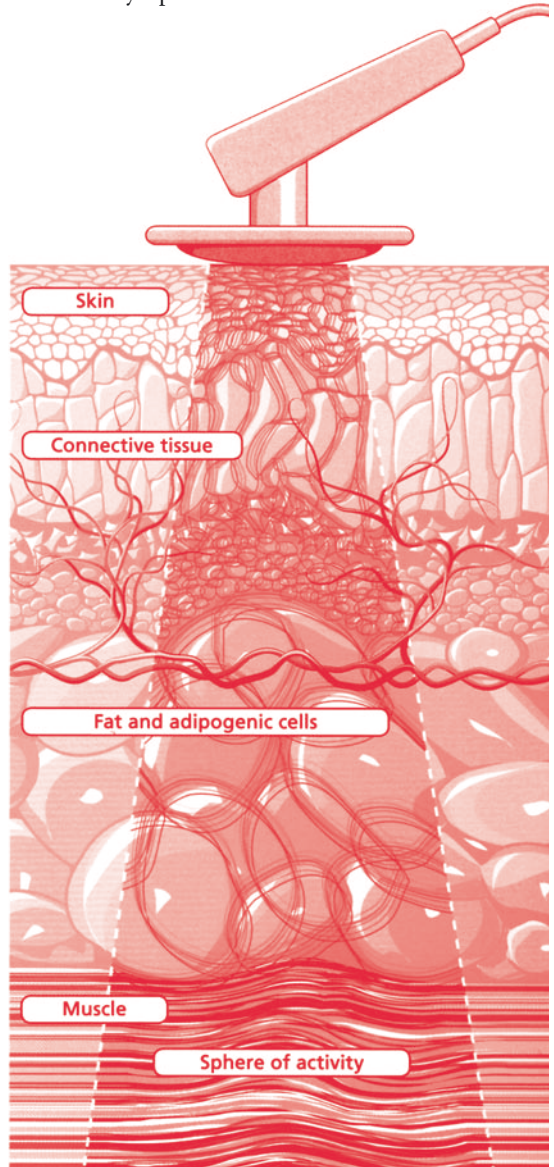
Time now for action: whilst I prepared myself to receive a normal massage, Julie attached an electrode to her calf muscle that was on a spring lead (the other end in the machine) and then donned a pair of vinyl gloves. I was then given a light neutral titanium bar to hold loosely between my fingers. This completed the three-way connection required for therapy to proceed.

A gentle classical massage of my right thigh commenced (the site of a recent, but now almost healed, hefty “coming together” whilst skiing). Talc, rather than oil, was used as a massage medium. Accompanying the massage was pleasant pulsing vibration and the treatment continued for a little over 30 minutes. The pulsed oscillations penetrate the tissues to a depth of 8 – 12 centimetres through all the tissue layers, enabling the therapist to provide an effective deep tissues massage, without having to exert an undue physical effort or without causing hurt or discomfort to their client.

Before treatment Julie had showed me there were two ways to apply the therapy, one through gloved hands and the other via varying sized applicator heads (larger heads can be used for cellulite treatment, back work and the smaller head for eye work or bony areas; also they are used for self treatment). Julie used her gloved hands for my massage. I was eager to try it out for myself too, so with a liberal dusting of talc on my “patients” arm it was fascinating to feel the vibrations through my hands and see the symmetrical patterns form in the powder; it reminded me of that old classic experiment in which patterns are

formed when a violin bow is drawn across the edge of a glass plate which has on it a dusting of lycopodium powder!

The diagram below shows DEEP OSCILLATION® at work, penetrating to depths of 8 to 12 cm through skin, connective tissue, sub-cutaneous fat, muscle, blood and lymph vessels.



The treatment works by the electrostatic impulses attracting and then releasing the tissues between 5 and 250 times a second causing a deep vibrational effect deep within the tissues which “stirs up” the protein solids, inflammatory by products and lymph fluids, assisting in their dispersal/removal out to the lymph system. DEEP OSCILLATION® technique can be beneficially used for many conditions including surgery aftercare (general and aesthetic), non-surgical aesthetic procedures, respiratory disease, postpartum and for open wounds, ulcers and burns and is becoming popular in Equine Massage therapy.

Many trained Manual Lymph Drainage therapists are now combining their treatments with DEEP OSCILLATION® Therapy. In 2007, Sossi Yerissian (M.A.), who is trained in the Dr. Vodder, Casley Smith and Foldi MLD techniques was the first in the UK to combine DEEP OSCILLATION® therapy with her methods and is achieving great success for her clients suffering from Lymphoedema and clients rehab following surgery. The technique is proven clinically to work with Lymphoedema and I was shown numerous testimonials from patients and professionals declaring the effectiveness of this innovative therapy.

Although at the present time the equipment is not yet widely used in the U.K. (use is growing - a Premiership football team has adopted the treatment after extensive trials, as have some international sports individuals.) The therapy is firmly established elsewhere in the world particularly in Germany, where it was developed, in Austria and the USA where the system is used by 20 leading baseball teams including the Yankees, the Red Sox, the Dodgers, and Tampa Bay Rays, by 17 leading American football teams and also in 56 American universities.

In Germany and Austria its use has been adopted by 8 National teams and National sports organisations, it is in Peru, Russia, and

used by the Swiss Para-Olympic team. Perhaps AC Milan should also be mentioned.

Perhaps there are therapists among our membership who would like to learn more. You could send an e-mail to info@physiopod.co.uk visit the website at www.physiopod.co.uk or tel: 0115 9167 685. PhysioPod UK Ltd also plan to exhibit at a number of trade shows. Please see below.

Irish Beauty Show, Dublin, 5th/6th April 2009

Holistic Health and Beauty Show NEC Birmingham, 26th, 27th April 2009

MLD UK Conference Warwickshire, 16th May 2009,

Medica, 18th – 21st November 2009, Dusseldorf, Germany with PHYSIOMED

John Cragg

