

DEEP OSCILLATION[®] THERAPY

I first read about Deep Oscillation Therapy (patented electrostatic massage) in Embody magazine. I read the information given with a mild passing interest; another gimmicky gadget, I thought.

About two weeks passed, and this "Gimmicky Gadget" kept coming up on my mind. So, I investigated further. I searched the Internet for other articles on deep oscillation therapy, on electrostatic use in muscles, on trials done, scholarly articles etc relating to its use. The more I read, the more interested I became. Not one of the articles suggested that this indeed was just another "Gimmicky Gadget"; rather it was something to be reckoned with; a tool to help me (protect my hands as no pressure is required) to help my clients, and to help me to help my clients, because after all, that's what we are here for, right?

I emailed Physiopod to enquire on the price and differences between the appliances on offer. They were very quick and full in their replies. I thought long and hard; it's a large sum for a small part-time sole trader to fork out. I found another therapist who used deep oscillation, had a long chat with her and (conveniently, my husband had a sore knee at the time) booked my husband in. When we arrived, she was totally enthused by deep oscillation and couldn't wait to demonstrate the benefits – to both of us! An hour and half, maybe even two, later we left - almost hooked.

Over the next few days I mulled it over, asked hubby how his knee was; felt



improved. I emailed the Physiopod office to ask some more questions, which were answered quickly and in full again. Mary and Julie certainly know their stuff and have no hesitation in answering any question fired at them. I am a total cynic, so some of the questions were, perhaps, a little blunt. That didn't phase Mary or Julie in the slightest. Their commitment and enthusiasm for the product is total and very evident, although there was NO hard sell. My only wish is that more companies dealt with their customers the way that Julie & Mary do; honestly, reliably and totally.

I found the funds and made the purchase. Julie spent time with me over the phone on several occasions giving me remote training and answering my many questions. My insurance company did not hesitate to include Deep Oscillation as an

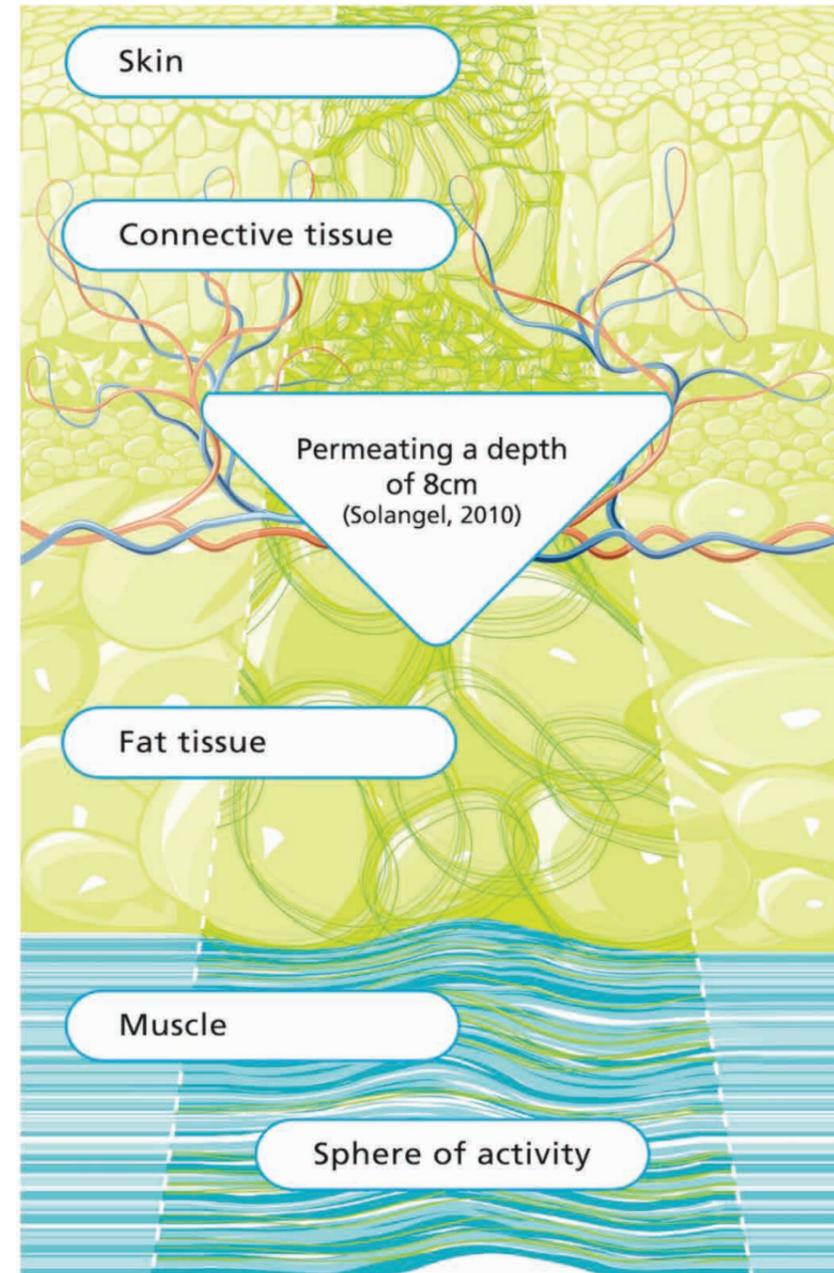
insured therapy, plus insuring the device itself.

I connect up via an electrode on my arm and wear a sweatband over the top to keep it in place and I wear vinyl gloves (which act as the capacitor for the therapy) and my client holds a titanium bar - this forms the three-way connection for the therapy to work. Talc helps the therapy to glide over the tissue.

I now thoroughly enjoy working with the device (now nicknamed the BuzzBox) and giving deep oscillation to clients. My clients have said how lovely it felt to receive and how much chronic oedema has reduced, even after one treatment. I have used it for groin strain, hamstring pulls and stiff joints.

Recently I have been approached by a lady with dermatomyositis in her left shoulder; this is a rare condition that causes inflammation in both the skin and the muscles. It is currently latent, but her shoulder is very sore and stiff, painful, and she is not able to raise her arm above 90 degrees, or do her bra strap up in the usual manner. Having had no experience of the condition, I started researching it. I also called Physiopod to enquire if deep oscillation might help. They admitted not knowing (honestly again!) but contacted the manufacturers in Germany to ask them. I received a copy of the email from the manufacturers, with guidelines, and was able to begin working with this client.

In just one dot session, she was able to raise her arm anteriorly to above her head; something she hadn't been able to do for quite some time! All I had used was the



"BuzzBox" for 10 mins, as normal touch and massage was far too sore for her. We were both amazed, and so pleased. Needless to say, this client is still coming to me, and we are working on regaining the glenohumeral joint (ball and socket of shoulder) mobility, loosening the pectorals and bicep heads, gradually increasing the ROM to enable her to fasten her bra the usual way. She can now (in 6 weeks) touch her bra strap with her left hand.

I have also used it on myself, to heal a new tattoo quicker. With one 20 min session, it only took a week to heal over, rather than my usual 14 days or so. The "BuzzBox" is useful in so many applications, it is invaluable; but I still use my hands where possible.

I am so pleased that I went with my gut feeling on this "Gimmicky Gadget", and I hope to assist more clients with a bigger range of issues than so far.

About DEEP OSCILLATION[®]

Deep oscillation refers to an electromechanical therapy method in which electrostatic attraction and friction, produced by the use of a glove or hand-held applicator, create resonance vibrations in treated tissue.

In contrast to other therapies deep oscillation has a gentle and deep-acting effect on all tissue components to a depth of 8cm (Solangel, 2010) through skin, connective tissue, subcutaneous fat, muscles, blood and lymph vessels. Lifting and release of tissue speed is dependent on frequency used – 5Hz – 5 times per second – 250 Hz – 250 times per second.

Because of the non-invasive, non-traumatic nature of this modality, there are very early possibilities of application: following injury and from day one post operatively, in acute pain and in wound healing, also. As no pressure is required to deliver the therapy, the practitioners hands are protected.

Deep oscillation has been successfully applied therapeutically for more than two decades and concomitantly examined scientifically with respect to its tissue effects and clinical results. Currently there exists a substantial number of RCTs, pilot studies, case studies, field reports and studies (several in PubMed-indexed international journals) to provide a medical evidence base for deep oscillation. ■



INFORMATION

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www.physiomed.de/en/products/deep-oscillation-evident-clinics/#bibliography.
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