

Manual Lymphatic Drainage UK

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**Eight Years On – An MLD DLT Practitioner
& Lymphoedema Therapist Review Of
DEEP OSCILLATION® (HIVAMAT® 200) Therapy**



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Eight Years On – An MLD DLT Practitioner & Lymphoedema Therapist Review Of DEEP OSCILLATION® (HIVAMAT® 200) Therapy

DEEP OSCILLATION® therapy arrived in the UK in 2007, reaching the Republic of Ireland in 2009. Eight years on, PhysioPod® who are NHS approved suppliers, asked Private and NHS MLD Practitioners to provide accounts of their use of DEEP OSCILLATION® for primary and secondary lymphoedema, lipoedema and lipo-lymphoedema.

Of particular interest to PhysioPod® is the feedback received of more complex and challenging cases; including breast oedema with fibrosis present, cording developed after node removal, head and neck lymphoedema and breaking down stubborn fibrosis and scar tissue; where other treatment methods have not been effective.

What is DEEP OSCILLATION®?

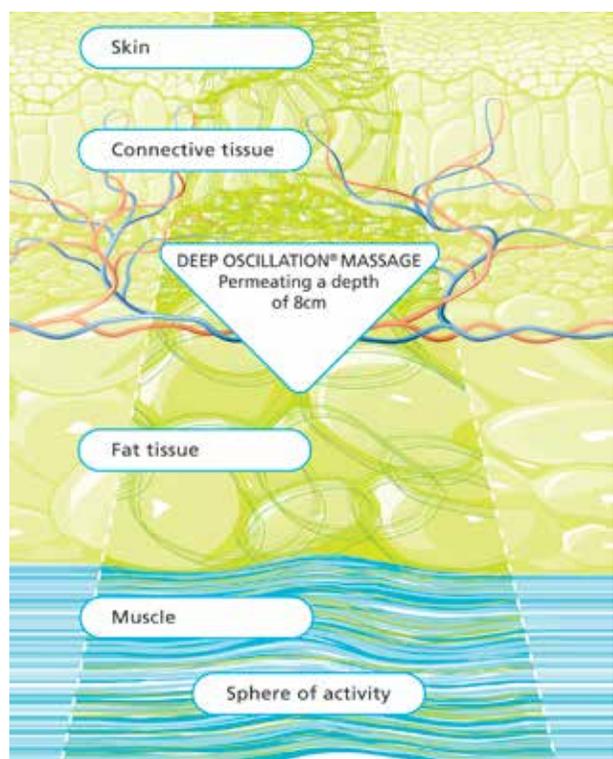
DEEP OSCILLATION®, developed by Physiomed Elektromedizin in Germany is an internationally patented therapeutic design which utilizes the forces of pulsed electrostatic attraction and friction to provoke oscillations, which act deeply on the tissues of the body from the epidermis down through the conjunctive and adipose layers and into the muscles. Hernandez Tapanes et al (2010) (1) were able to prove, by diagnostic ultrasound, penetration of the oscillations up to an 8cm depth (see diagram). Observed physiological effects of the therapy include oedema resorption (2). The therapy also limits the production of inflammatory mediators, especially during the treatment for chronic pain and more so during the treatment of fibromyalgia (3) strengthening of the cutaneous tissues (4), stimulation of the wound healing process (5,6).

A Video Report from Dr. MSc. Luis Felipe Medina C. Lic concluded: "Although this is an initial trial, resonance and kinetic movement of the connective tissue effected by an electrostatic field generated by DEEP OSCILLATION® can be evidenced and visualized via ultrasound imaging. The illustrated test series visualises for the first time the impact on tissue of DEEP OSCILLATION® in real time. The method offers an interesting methodical approach for future studies.

<http://hivamat.info/deep-oscillation-effect-in-tissues-recorded-by-ultrasound-imaging.shtml>

How is DEEP OSCILLATION® applied?

DEEP OSCILLATION® is applied through light vinyl gloves enabling the Practitioner to feel what is happening in the tissue. Applicators can be used as an alternative, which also enable patient self-management. In a treatment session, a small titanium bar is placed loosely in the palm of the patients' hand or between their toes and the Practitioner adheres an electrode to their forearm or ankle (an extension lead enables easy movement around the couch from the unit). This forms the three-way connection for the therapy to work. As the lymphatic drainage routine begins, intermittent, electrostatic impulses permeate the entire tissue layers to a depth of 8cm as above. It is a pleasant, non-invasive therapy, which is enjoyed by both the Practitioner and their Patient. As DEEP OSCILLATION® is so gentle it makes it an unmatched treatment alternative in fresh trauma, applied day one post operatively, for acute pain and in the area of open wounds. Unlike other electrotherapies, where metal pins and plates are implanted, these are not a contraindication. The therapy can be applied all over the body, including the eyelids. Since it received it's patent in 1988, no adverse effects have been reported by practitioner or patient.



MLD Practitioner Feedback:

Female, Age 59, Severe Fibrosis of Lower Arm, Hand and Fingers

“The lady was treated for left breast cancer with mastectomy, axillary node clearance and adjuvant chemotherapy. Nine months following completion of her chemotherapy, she started to develop problems with her left hand and fingers. She noticed difficulty in bending her fingers and ‘firmness’ in the skin on her hand. This progressed until her hand, fingers and lower arm became fibrotic/sclerotic and there was very little movement in the wrist and fingers. Lymphoedema assessment revealed no oedema, slight inflammation, and severe fibrosis. Referral to several other specialties revealed no cause for the changes in her arm. She worked in a bank and because of her limited hand mobility, was no longer able to work. A course of short stretch compression bandaging combined with manual lymphatic drainage was commenced, but after 2 weeks there was very little change in her symptoms. A chance conversation with a Physiotherapist in Australia led to her purchasing a DEEP OSCILLATION® Personal from PhysioPod®. She used this 3 times a day on her arm, hand and fingers, and within 3 weeks her symptoms had started to improve. After 2 months she was able to use her hand and fingers and the fibrosis had almost resolved. This led to a significant improvement in her ability to carry out her self-care needs, but she was still unable to return to work. She continues with her regimen faithfully every day and takes the unit with her when she travels to her family holiday home in Ireland.”

Marie Todd,

Lymphoedema CNS, Specialist Lymphoedema Service, NHS Greater Glasgow and Clyde
www.physiopod.co.uk/nhs-greaterglasgow-and-clyde.shtml

Female, Age 47, Secondary lymph oedema of the arm and cording

“The lady had a right and left breast lumpectomy in 2012. Although the biopsy result was negative on the right breast but she had a centennial nodes removal on the left breast, which followed with 6 cycles of chemotherapy. This lady had a family history of breast cancer from maternal side. I started treating her with lymphatic drainage combined with oscillation therapy to minimise the development of secondary lymphoedema of the left arm. In October 2013 she was diagnosed with right breast cancer. Immediately she had an axillary clearance followed by radiotherapy and chemotherapy. Unfortunately the second intervention left her with the problem of cording (an accumulation of protein particles in the tissue, which makes the skin hard, red, painful and very sensitive to touch). She restarted her lymphatic drainage treatment. The cording in the right armpit around the scar tissue was very tender, swollen and causing restriction of the arm movements. I started treating this lovely lady with DEEP OSCILLATION® therapy via the HIVAMAT® 200. On the first 2 sessions I tried to work only on the proximal side of the cording, at the end of each treatment she felt relieved and had more flexibility of the arm. On her 3rd visit I started working closer to the cording and eventually on the scar tissue. She had altogether 6 treatments with me, which improved her arm movements and she started doing everyday tasks without any restrictions”

Sossi Yerissian,

BLS, MLD UK, PHIA Vodder MLD DLT Practitioner and Lymphoedema Therapist
www.physiopod.co.uk/sossi-yerissian-w1g6ja.shtml

Female, Age 46, Secondary lymphoedema of the breast

“The lady came to me after breast cancer treatment, which included lumpectomy, lymph node dissection, chemotherapy and radiotherapy. She developed lymphoedema of her right breast soon after radiotherapy and was in a lot of pain, also due to scar tissue and cording. After the first treatment with MLD and DEEP OSCILLATION® Naomi found relief from the pain and discomfort and her breast no longer felt hard and heavy. She found the treatment itself very relaxing and soothing. Naomi’s oedema is now managed with regular MLD with DEEP OSCILLATION®, compression, skin care and exercises.”

Female, Age 55, Severe head and neck lymphoedema

“The lady underwent trans oral laser surgery to remove a cancerous tumour from her right tonsil followed by an ear-to-ear neck dissection to remove cancerous lymph nodes in March 2014. This was followed 6 weeks later by 6 weeks of daily radiotherapy, which was completed early June. During August her neck started to swell and became very uncomfortable and painful. She saw me in mid September for MLD and DEEP OSCILLATION®. After the first treatment session her tongue swelling had reduced and she had more tongue movement, which in turn had made eating easier. She has improved further after regular, initially frequent, treatment sessions.”

Regina Dengler,

RGN, BLS, MLD UK Casley Smith MLD DLT Practitioner and Lymphoedema Therapist
www.physiopod.co.uk/regina-dengler.shtml

MLD Practitioner Feedback, cont'd:

Female, Age 47, Treatment of cording with MLD and DEEP OSCILLATION®

"I have treated several patients suffering from cording after breast cancer surgery. This lady was suffering with arm and hand swelling and had been recommended to see me by a mutual friend who was also having treatment for secondary lymphoedema. The lady was still undergoing chemotherapy but was particularly struggling with restricted arm movements due to cording. After MLD to the neck, unaffected axilla, chest and proximal affected arm, the HIVAMAT® 200 was brought into play and I carried out treatment along the route of the cording. Even after the first treatment, there was an improvement in the thickness of the cording and movement of the affected arm was much freer. I saw the client a few times, until she was happy that the cording had resolved. This is just one example of the power of the HIVAMAT® 200 and I continue to use it within my practice on a regular basis."

Lesley Batten,

BLS, MLD UK, Vodder MLD DLT
Practitioner & Lymphoedema Therapist
www.physiopod.co.uk/lesley-batten.shtml

DEEP OSCILLATION® Therapy with Patient Undergoing Radiotherapy and Chemotherapy

"Working both in the NHS and private practice I have been using the HIVAMAT® 200 along side MLD with my oncology patients for the last 18 months to great benefit. Their initial reaction is often 'how does this work?' and 'is it going to hurt?' The actual results are that the patients really like the 'buzz sensation' therefore helping to relax them at what is a stressful time and essentially receiving the true benefits of excellent longer lasting results on their oedema. During radiotherapy the lymph nodes and skin are often affected resulting in skin damage to varying degrees and the nodes losing their function. This very gentle combination of MLD and HIVAMAT® 200 treatment appears to help the healing process as well as reducing their oedema. Also with chemotherapy patients, depending on how they are coping and the regime they are being given, I have found it to be just as beneficial in being effective for oedema and very much appreciated especially when there is neuropathy as a side effect of the chemo. I have found that the combination of MLD and HIVAMAT® 200 has reduced limb volume, softened fibrotic tissue and have also had reports from patients stating their hair and nails are stronger"

Rosemary Gardner

ITEC Dip, IIHHT Dip, MPACT, MITCH, CLT,
PLT, SRT MLD UK Foldi MLD DLT
Practitioner & Lymphoedema Therapist
www.physiopod.co.uk/rosemary-gardner.shtml

The use of HIVAMAT® 200 in the treatment of Head and Neck Lymphoedema Patients

"The Leeds Lymphoedema team has been using HIVAMAT® 200 (DEEP OSCILLATION®) in conjunction with Manual Lymphatic Drainage for over 2 years. Manual Lymphatic Drainage as a stand-alone treatment gives good results over time. Since introducing HIVAMAT® 200 we have found the results happen more quickly, especially when softening fibrosis or scar tissue. The advantage for the Practitioner is that they are still delivering a hands-on treatment, just with the addition of gloves. This enables them to feel the tissues as they work, adjusting their movements and depth of working alongside the frequency of the oscillations to obtain optimum results for the patient. It also still enables good control of their hands in delicate and small areas. The treatment is pleasant to receive and we have only ever had positive feedback. The treatment of Head and Neck oedema can be challenging for both therapist and patient. To be able to achieve effective results more quickly is hugely positive for the patient. It also frees up clinic slots to enable more patients to be treated. The use of HIVAMAT® 200 has definitely improved the overall treatment opportunities we can give our patients."

Catherine Groom,

Leeds Lymphoedema Service
BLS, MLD UK, PHIA Vodder and Casley
Smith MLD DLT Practitioner and
Lymphoedema Therapist
www.physiopod.co.uk/wharfedale-hospital.shtml

Lipo-lymphoedema

In compiling this review, PhysioPod® thought it valuable to revisit the comments of Lynora Kennedy in 2009, the first MLD Practitioner in Scotland to use DEEP OSCILLATION®

“I became very excited after working on a client with Lipo-Lymphoedema. As many MLD therapists will know, this condition can be exasperating, not just for the client, but for the therapist too, as improvement in the condition can take a long time. I have been seeing Mrs M for some years, doing twice yearly 10 day CDT treatments as well as monthly treatments. She is very compliant, and keeps the bandaging on between the daily CDT appointments. The results have been OK, but nothing outstanding - until I used the HIVAMAT® 200. I wouldn't go so far as to say it 'revolutionised' her treatment, but something pretty close! She enjoyed the treatment immensely, and found it profoundly relaxing (she has a very stressful job and is carer for a family member, so physically tired most of the time). The volume loss was quite spectacular for lipo-lymphoedema and she was able to go into OTC compression tights for the first time in about 25 years. This is maintaining, 15 months on from the first HIVAMAT® 200 treatment. I see her every 3rd week, and have managed one 10 day CDT session with her this year - volume loss was measured in the hundreds, rather than tens, of millilitres. Her pain levels are negligible and her general health has improved too.”

Lynora Kennedy

BLS, MLD UK, PHIA Vodder MLD DLT Practitioner and Lymphoedema Therapist

www.physiopod.co.uk/lynora-kennedy.shtml

Setting the trend in acquiring a personal DEEP OSCILLATION® unit for self-management between visits to their therapist or Lymphoedema Clinic, another patient of Lynora's gave the following testimonial:

“We were given a demonstration of her HIVAMAT® 200, and were so impressed that Mum decided to take the chance and invest in a personal unit for us to both use. We can't begin to say how much of a difference it has made - to come home, use the unit for 20 minutes, and for it to take the heavy, fluidy, feeling out of our legs and arms and more importantly to relieve any pain. Thanks to the HIVAMAT® number of MLD massages we go for. Although it seems so gentle when using it, the massage helps to move a lot of fluid out of limbs. We would have no hesitation in recommending the HIVAMAT® 200 to anyone, especially other sufferers of Lipoedema”

Louise, United Kingdom

General Feedback of DEEP OSCILLATION® therapy

“Generally clients find the use of the HIVAMAT® 200 'comforting' and appreciate its use. I particularly like its use on 'fibrotic' tissue due to the lymphoedema or scar tissue. Especially useful when surrounding muscle structure has become hypertonic due to poor use of the affected limb post surgery more particularly the arm. I have used the HIVAMAT® 200 on neck and face following extensive oral surgery with good effect and received the thumbs up for that one! Its use when peripheral neuropathy is present is also greatly appreciated by clients.”

Lesley A. Guilfoyle NAMMT (RM)
BLS, MLD UK Vodder MLD DLT Practitioner,
Human & Equine Lymphoedema Therapist
www.physiopod.co.uk/lesley-a.-guilfoyle-nammt-rm.shtml

“At the Beacon Lymphoedema Service we have four portable DEEP OSCILLATION® units which we loan to patients when it's clinically appropriate. We train patients to use the machines to encourage lymphatic drainage and we've had some excellent results. We've found this process really helps empower patients to care for their own Lymphoedema and patients have given us great feedback too.”

Lorraine Brown,
Lymphoedema Clinical Nurse Specialist
Virgin Care's Beacon Lymphoedema
Service in Guildford

“I was first introduced to DEEP OSCILLATION® in August 2009. I realised what I was seeing and feeling was quite remarkable and would be hugely beneficial to many, if not all, of my patients who didn't fall into the contra indication categories which are the same as MLD plus pregnancy and pacer-maker. In late November 2009 I bought a HIVAMAT® 200 machine and have worked consistently with the machine on a variety of lymphatic conditions. I treat Primary Lymphoedemas, subcategorised into lymphoedema, lipoedema and lipo-lymphoedema. I also treat a large number of patients with Secondary Lymphoedema; caused by cancer, surgery, radiotherapy and trauma. The use of DEEP OSCILLATION® has a significant effect on tissue and circulation response to manual lymphatic drainage, by reducing surface tissue tension, softening consolidation at deeper levels, breaking up areas of fluid engorgement, aiding vascular and lymphatic flow, stimulating normal peripheral nerve stimuli, initiating the return of involuntary vesicle pulsation to assist the propulsion of lymph, thus relieving pain and stiffness caused by fluid and toxin entrapment and retention in the tissues. Patients relax and enjoy receiving the gentle, rhythmical buzz from the machine, in the knowledge their limb/body volume decreases before their eyes, pain thresholds change allowing for a greater range of movement and relaxation.

DEEP OSCILLATION® also has hidden depths initiating:

- Positive physical changes following serious illness or prolonged disability
- With physical change, self-management and condition control becomes doable.
- Greater understanding and self-awareness improves patients' psychosocial perception and offers a measure of self-belief and independence.

Recently I had to revert back to manual lymphatic drainage without DEEP OSCILLATION® on a long-standing breast patient. A sudden onset of epilepsy revealed a brain mass resulting in the removal of a benign meningioma. I had forgotten how labour intensive and tiring treating without the added benefit of DEEP OSCILLATION® was. I am more appreciative than ever to have Deep Tissue Oscillation at my fingertips!”

Christine Talbot,
SRN, BLS MLD UK, Vodder, Leduc, Casley
Smith MLD DLT Practitioner and Lymphoedema
Therapist/Bowen Therapist. BA Member.
www.physiopod.co.uk/christine-talbot.shtml



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