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1st April 2021

Good Morning

A very warm welcome to our April edition (08) of the PhysioPod Monthly Newsmagazine. Now, we did think about pulling an April Fools Day prank but we would have then had to get in touch again after 12 and I think this newsmagazine might be enough for today!

We hope you are all well and enjoying your tiny bit of new found freedom? It certainly was lovely to get a tennis racquet in my hand again yesterday and enjoy the magical two days of weather.

As always, we aim to provide diversity in all of our issues and we feel April's edition has achieved just that, we hope you agree.

Thank you to all of our contributors this month and please, if you have an article you would like to share with us [then do drop us a line](#), we'd love to hear from you.

At the foot of our newsletter, Julie's beautiful granddaughters Arabella and Marla have made an appearance. They were having a spa day to get ready for the easing of lockdown restrictions. I am not sure Marla, the younger one of the two, has quite got the idea or maybe she has?

Happy Easter everyone and we do hope you all find some time to



With our best wishes

**Julie Soroczyn and Mary Fickling, Sisters and Directors of
[PhysioPod UK Limited](#) and [PhysioEquipment UK](#)**



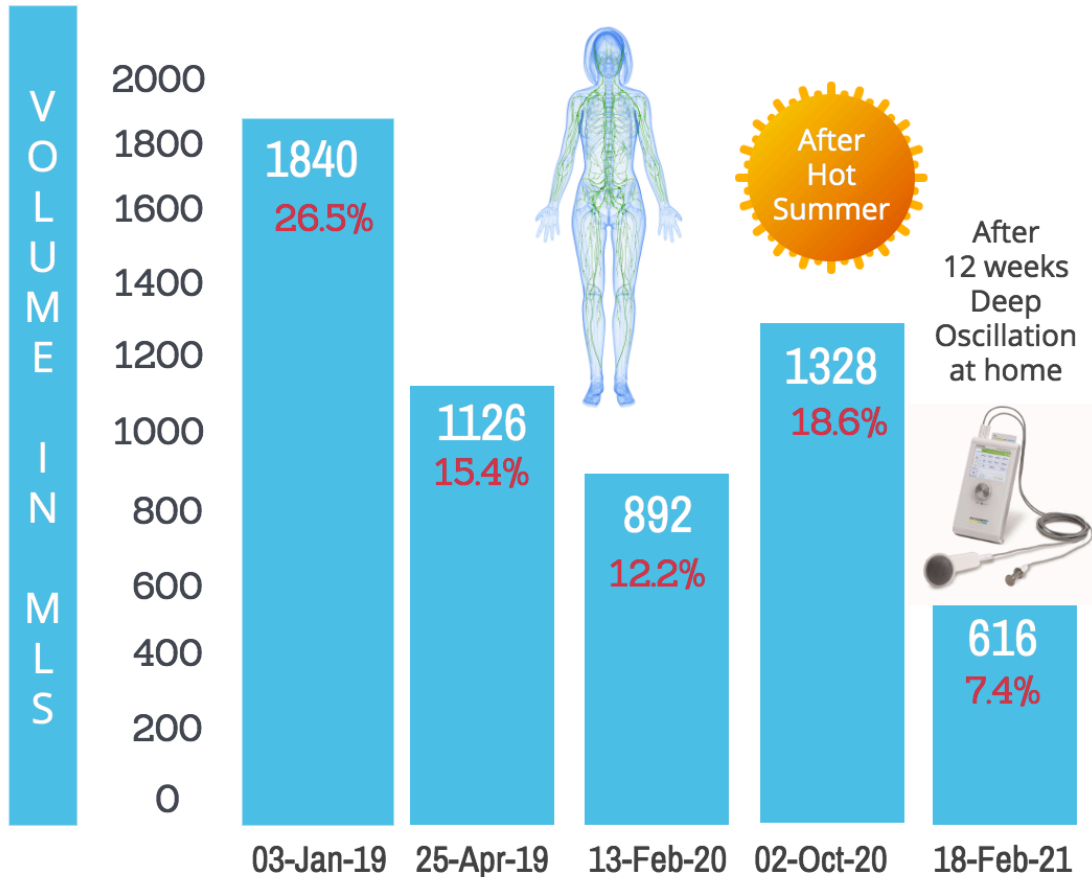
Lower Limb Lymphoedema - Standard Care & The Impact of Adding Deep Oscillation Therapy at Home with the Personal Device

Lockdown has brought many of us to a standstill. For those living with long-term condition Lymphoedema - it has meant they have been unable to access Lymphoedema services.

PhysioPod are delighted to have been able to help this lady, who continues to be thrilled with her Deep Oscillation Personal Basic. Her husband applies deep oscillation to her each evening, via gloved hands, on the preset Lymphoedema programme for 25 minutes and Mrs W self treats when she feels an additional treatment would be of benefit with the applicators ..



Secondary Lymphoedema in right lower limb following surgery for cervical cancer: excess volume comparison and % difference to unaffected lower limb
Effect of DEEP OSCILLATION added to home care



"Hi Julie,

goodness I bought the PhysioPod when I did! It's been an absolute godsend during lockdown and I use it every day. I wouldn't be without it, my last measurements at the Lymphoedema clinic showed that the fluid had reduced further in that leg which is since using the machine. Thank you so much, I spoke to your Sister Mary today and I said how great you have been, so passionate about your work and so very positive, thank you again for all your help. Mrs W"

Background

Mrs W is a 57-year-old retired nurse and midwife who enjoys a full and active lifestyle. In 2013, aged 49, Mrs W was diagnosed with cervical cancer and underwent a radical hysterectomy, which also included the removal of several inguinal lymph nodes.

In the acute post-operative stage, Mrs W's right leg swelled, but she was advised that the swelling would reduce once normal activity resumed. Though the oedema did reduce, Mrs W noted that "it was always slightly larger than the other leg".

In 2018, after several visits to her GP, a referral was made to the local Lymphoedema Clinic where Mrs W was assessed, diagnosed and categorised with Stage 1, Lymphoedema of the right lower limb, with a recorded difference in lymph volume of 1840 ml, 26.5% larger than the unaffected limb.

[READ MORE](#)



AACP Virtual Conference 8th May 2021 - Registration Now Open

OPEN TO ALL

PhysioPod (and [Physio Equipment UK](#)) are delighted, as [AACP Recommended Suppliers](#) to be offering a very special discount on the Deep Oscillation Personal Pro for conference delegates. Watch out for the special code in the delegates guide if you are attending this online event.

[Book Now](#)



Distal Radius Fracture: Adding Daily Deep Oscillation To The Healing Process

This article describes the injury, surgery and treatment for a distal radius fracture with adjunctive self care utilising Deep Oscillation therapy, via the personal unit loaned from PhysioPod UK during national COVID lockdown number three for 31 days with very effective results achieved. Fracture of the distal radius is a common clinical problem, particularly in older people with osteoporosis.



UNDERSTANDING SCARS
NEW ONLINE COURSE



early booking of £100 off to 30th April 2021. Emma has worked incredibly hard throughout lockdown to put this course together and we have been delighted to play a little part in aiding the development of the content.

Emma wrote last night on LinkedIn:

'I am so excited to announce we are now LIVE! Come and try the free preview videos in our new course Understanding Scars, and if you like them you may choose to sign up and enhance your practice. After all, if you have had a surgery or trauma wouldn't you choose to see a professional who could promote your scar healing?

Thanks to everyone who has been aiding the development of this material, especially Hannah Poulton, but also all the experts who made themselves available for interview. Including...

[RockTape](#) [BAP Medical B.V.](#) [Dr Ute Liersch](#) [Julian Baker](#) [PhysioPod™ UK Limited](#) [Winback](#) [Espere Healthcare Ltd](#) [JUZO UK LIMITED](#) [Jobskin Limited](#) [Skin Camouflage Services Ltd](#) [Physiquipe](#) Plus the amazing individuals who have helped during the soft launch.

<https://training.restoretherapy.co.uk/>

Launch discount of £249 (save £100) extended until end April. Follow the link and try our FREE preview videos

[#scars](#) [#understandingscars](#) [#scarcare](#) [#scarmanagement](#) [#scartissue](#) [#scarwork](#) [#scartissuerelease](#) [#postoperative](#) [#surgery](#) [#trauma](#) [#burnscar](#) [#keloidscar](#) [#hypertrophicscar](#) [#helpingscars](#) [#softtissue](#) [#specialist](#) [#onlinecourse](#)



Dr. Jens Reinhold MAGCELL intro and mode of action

We love this new video explaining the Magcell, thank you Dr Reinhold.

lung, kidney, liver	=> $i = 0,012 \text{ A/m}^2$	$\kappa = 0,5 \text{ S/m}$
muscle tissue	=> $i = 0,013 \text{ A/m}^2$	$\kappa = 0,5 \text{ S/m}$
nerve tissue	=> $i = 0,014 \text{ A/m}^2$	$\kappa = 0,1 \text{ S/m}$
blood	=> $i = 0,056 \text{ A/m}^2$	$\kappa = 0,70 \text{ S/m}$
body fluids	=> $i = 0,12 \text{ A/m}^2$	$\kappa = 1,50 \text{ S/m}$
saline solution	=> $i = 0,16 \text{ A/m}^2$	$\kappa = 2,00 \text{ S/m}$

$\kappa = \text{specific conductivity}$

is the specific conductivity of each tissue and tissue fluid.

Privately Funded Liposuction Significantly Improved Lipoedema Symptoms and Quality of Life

Christine Talbot, Lymphoedema Practitioner commented "this article shows how stoic and determined a person can be if given the opportunity to change their disease/ disorder"



Nikala is now 32 years old, she was first alerted to the fact that she may have Lipoedema in 2016, aged 27, by her now Mother-In-Law, Julie Soroczyn, Managing Director of PhysioPod UK.

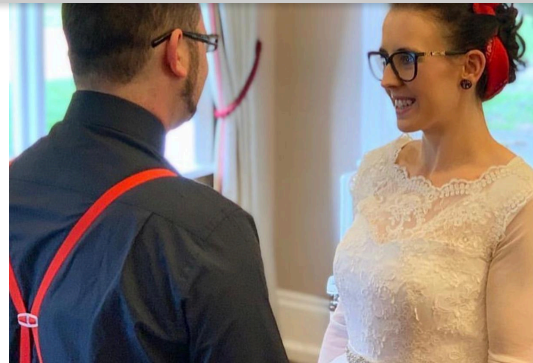
Background

Initially, Nikala visited her GP to ask if it was possible that she had Lipoedema because of her symptoms but the GP said "you mean Lymphoedema?" and

Nikala relayed the comments of the GP to Julie, who gave her a [GP information pack](#) produced by Lipoedema UK and armed with the facts, she made another appointment to visit her GP. This time the GP was most interested in the information and completed the [RCGP Lipoedema course online](#).



After taking the course, she referred Nikala to the Royal Derby Hospital for a Lymphoscintigraphy, a method used to map the lymphatic system. A further appointment was attended at Queens Medical Centre in Nottingham with a Vascular Consultant and a blood test was carried out. In 2016, Nikala was diagnosed at the Lipoedema Clinic by a Consultant with Lipoedema Stage 3 and secondary Lymphoedema...

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[READ FULL CASE STUDY](#)
[WHICH INCLUDES MOVING PERSONAL](#)
[REFLECTIONS FROM NIKALA](#)

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WHAT IS DEEP OSCILLATION?

This 8 minute video provides an overview of Deep Oscillation, a unique therapy that has quietly found it's place into many fields of application, due to its gentle non-invasive application backed by clinical evidence.

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What is Deep Oscillation?





"Now is a time of reflection of all things that the last 12 months has thrown at us. The official lockdown was started on the 23rd March but hubby and I along with many of our friends went into lockdown on the 16th March 2020. None of us could have predicted how the last year would pan out.

We have all lost someone whether a family or friend has died, some feel they have lost themselves, but for me personally the hardest loss has been of the people who are still with us whose spirit and mind have been ravaged by Alzheimer's who could not be with or even see their families. That I find particularly difficult to deal with, especially as my dear sister-in-law, who is in her eighties has not seen her husband since early November 2020 and as a direct result his condition has deteriorated so fast that its doubtful now whether he will remember any of us...

[READ MORE](#)



Donning Aids—Making wearing compression easier

With huge thanks to Hope Spencer – Cancer Rehabilitation and Lymphoedema Physiotherapist (Sydney, Australia)

amount of 'compression' this usually means they can be hard to get on and take off. This is made even more difficult if there are co-morbidities such as arthritis, Parkinson's Disease, reduced mobility or peripheral neuropathy.

Even as a therapist assisting with compression garments, it can be a struggle to help patients with their sleeves or stockings. There are products now available calling donning aids, that have been designed to help with this problem. There are varying types and designs available through many companies, however, I have recently come across a design that is innovative yet simplistic and makes the struggle of donning and doffing compression garments that much easier.

[READ MORE](#)



Donning and Doffing 1



Donning and Doffing 2



EXERCISING LEADS TO UNEXPECTED BENEFITS DEEP IN YOUR BONES



Movement stimulates bone regeneration and strengthens the immune system.

EXERCISE MAY PROMPT CELLS DEEP WITHIN OUR BONES to regenerate and strengthen [our immunity](#), suggests new research. It's a process that takes the meaning of "bone-rattling" to a whole new level.

We already know [exercise](#) can improve pretty much every aspect of health: [sleep](#), [mental health](#), and risk of [disease](#).

However, studies are increasingly reinforcing the importance of exercise as people settle into [old age](#). New research [published in Nature](#) adds to the pile, finding movement stimulates bone regeneration and strengthens the immune system in previously unknown ways.

The [study](#), which involved putting elderly mice on exercise wheels and evaluating their bone density and composition among other tests, revealed a specialized area in bone marrow that generates the precursors to bone cells and immune response cells.

Typically, this "niche" diminishes with age. However, the study team observed stimulation linked to movement, such as [high-impact exercise](#), ramps up health-boosting activity.

[READ MORE](#)



NEW DEEP OSCILLATION PRACTITIONER FEATURES ON VETCLICK NEWS

VETCLICK / NEWS

Such a thrill to add the lovely Grace Hamilton BSc Hons, ETUK, STO, FHT, IAAT of [GH Therapies](#) to our list of Deep Oscillation Practitioners in the UK who will utilise Deep Oscillation for human horse and hound. Having completed her training with internationally renowned trainer Gilliyan Carter-Morgan of Equi-Therapy UK, Grace decided that Deep Oscillation was the way forward for the clients in her care, be that two or four legged! Welcome aboard Grace, delighted to have you!

Equi-Therapy UK is currently the sole provider in the UK of Equine Sports Massage Therapy training aimed specifically at post-graduate professionals and **are the only recommended provider of [equine application](#) training in the UK of Deep Oscillation.**

This CPD workshop is designed specifically for equine therapists and horse owners who wish to learn more about the use of deep oscillation therapy including the application of for human, equine and canine therapy treatments.



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National drug trial to prevent deaths after COVID-19 patients leave hospital



A new nationwide clinical trial, called HEAL-COVID, aims to reduce the number of people who die in the months following hospitalisation from COVID-19, and to cut the number of these patients being readmitted to hospital with complications. The trial will test a number of safe, existing drugs on patients across the UK in order to find effective treatments.

[READ MORE](#)



Understanding Lymphoedema in CRPS By Victoria Abbott-Fleming, Barrister, Inspirational Speaker & Founder of Burning Nights CRPS Support charity



"Many people with Complex Regional Pain Syndrome often get misdiagnosed with Lymphoedema instead of CRPS and sometimes vice versa. However, there are some CRPS patients who are diagnosed with Lymphoedema as well as their CRPS.

Lymphoedema is a long-term condition that causes swelling in the body's tissues, usually caused by a problem in the lymphatic system. We know that CRPS does cause inflammation and oedema in the region where the condition occurs.

If the oedema becomes complex this can lead to Lymphoedema in some patients. Lymphoedema can develop in CRPS patients from the protein-rich fluid that goes to the site of the trauma that may be the initial cause of the CRPS.

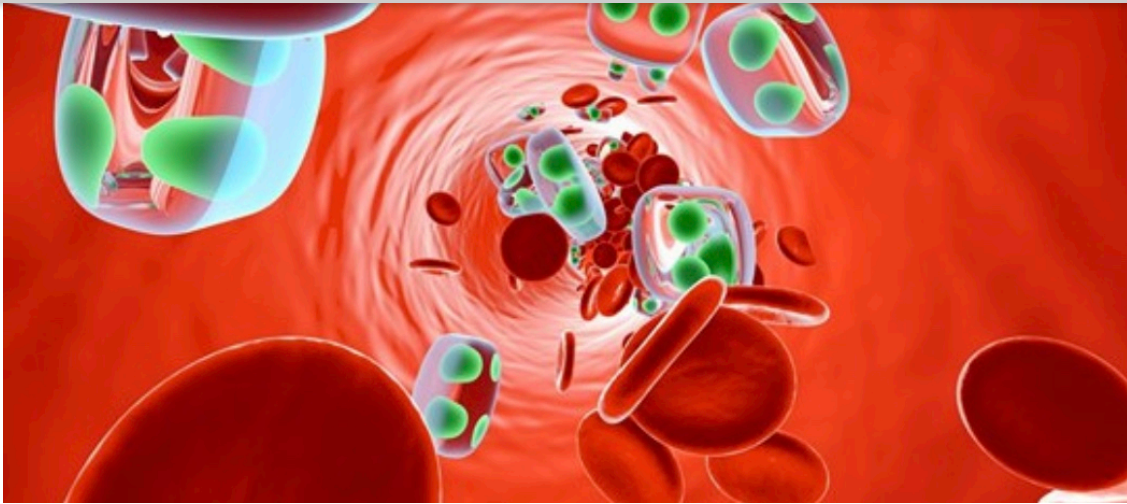
The added protein in the fluid can then create a blockage in the lymphatic vessels, which can then prevent it from draining properly. This fluid can then back up behind the blockage which then causes the Lymphoedema and the painful swelling to develop.

The swelling can then lead onto other issues such as skin infections and skin or tissue breakdown.....

[READ FULL ARTICLE](#)



TINY ROBOTS CAN NOW SMUGGLE DRUGS INTO BRAIN TUMORS



THE FUTURE OF MEDICINE is going to [be hand-delivered](#) — but not by mail carriers. Instead, life-saving drugs will be parceled, smuggled, and transported in the body via tiny, self-propelled microbots.

In [a study](#) published Wednesday in the journal *Science Robotics*, a research team in China designed a new kind of bio-hybrid microbot that uses clever biological disguises to get even closer to the source of disease in the body in order to provide the most targeted (and effective) treatment.

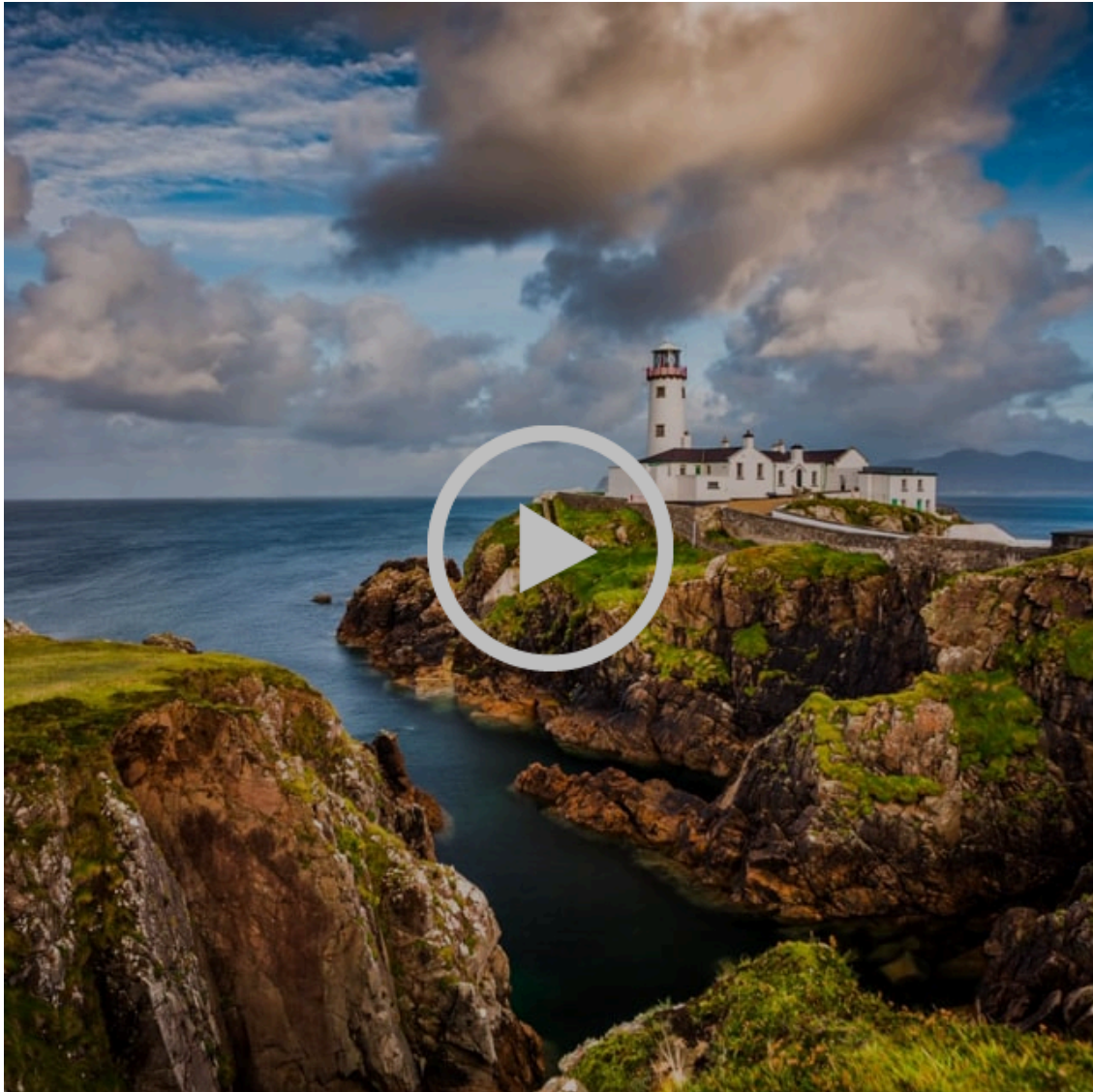
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"Sli na Slainte" based in County Donegal now offering DEEP OSCILLATION

NOW OFFERING MLD and [DEEP OSCILLATION](#), where appropriate, for the treatment of:

- Acute and chronic pain
- Burns Healing
- Chronic Obstructive Pulmonary Disease (COPD)
- Chronic Oedema
- Cording Post Breast Cancer Surgery
- Fibrocystic Breast Disease
- Fibromyalgia
- Fibrosis
- Lipo-Lymphoedema

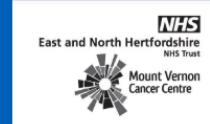
- Pre and Post General Surgery (including Endoprosthesis and Osteosynthesis)
- Pre and Post Liposuction (cosmetic, lymphoedema, lipoedema liposuction)
- Pre and Post Plastic Surgery, Breast Reconstruction
- Wound Healing Disorders
- Pediatric Lymphoedema



Lymphoedema Clinic at Mount Vernon Hospital now offering Deep Oscillation, where appropriate in their lymphoedema nurse-led clinic located in the Cancer Centre.

Mount Vernon Cancer Centre

Mount Vernon Cancer Centre is a well renowned, highly specialised cancer centre based in Northwood in Middlesex.



Referrals for Lymphoedema are made by a health care professional for patients reviewed by their Oncologist at MVCC within the last 6 months.



Sue Hansard Talking Lymphoedema to Dominic Smith of Physiquipe - a very interesting chat which covers so many topics; including how new technology for Lymphoedema should be looked at and evaluated for the individual service, the disparity in Lymphoedema services across the UK and the lack of nurses training in this very rewarding specialism. Huge thanks to Sue and Dominic for this, great job!

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Research Participants needed



What is the research about? - The purpose of the study is to find out more about the experiences of men living with lymphoedema that is not related to cancer, and, their perception of the support they receive.

What are the benefits of getting involved? - To be able to share your story, will help others to understand how this long-term condition affects men. It will equally help those who lead services to develop different ways to support men with lymphoedema.

Who is eligible? - Men over the age of 18 years, diagnosed with lymphoedema that is not related to cancer, living in the UK.

What is involved? - You can choose to take part in any of the three stages:
1) questionnaire about your quality of life, 2) Journal covering a 2 week time-period in your life, 3) Interview lasting 45-60 minutes.

Who is undertaking the research? - The research is being undertaken by a Doctoral Researcher at the University of Birmingham, whose background is as a nurse specialist in lymphoedema

Interested? - or would you like more information then please contact: Garry Cooper-Stanton (Doctoral Researcher)
Email: grc912@student.bham.ac.uk



SPA DAY



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