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PhysioPod® UK Ltd  
EXCLUSIVE UK & IRELAND DISTRIBUTORS  
DEEP OSCILLATION®  
[WWW.PHYSIOPOD.CO.UK](http://WWW.PHYSIOPOD.CO.UK)  
NHS APPROVED SUPPLIERS

1st August 2021

Good Morning All

Julie and I hope you are keeping well?

A **big** thank you to all of our contributors this month, we have some truly thought-provoking articles and feedbacks from healthcare professionals both nationally and internationally. My translation skills have reached dizzy new heights!

This month, we are delighted to introduce a new strand. We now have our very own Agony Aunt. "Dear Jane" will feature Jane Wigg RGN, MSc, Lymphoedema Clinical Expert, who will provide answers to the questions from L-W-O Community Members and the readers of our newsmagazine, so please feel free to inbox us at [news@physiopod.co.uk](mailto:news@physiopod.co.uk) with your questions.

On 10th July 2021, PhysioPod UK celebrated its 15th Birthday. We are thrilled to have reached this milestone and we want everyone to know we have zero intention of retiring! We have many more people to help with Deep Oscillation and more fields of application to investigate.

August, let's hope the sun keeps its hat firmly on.

Warm regards  
Mary and Julie x



**Sisters and Directors of**  
[PhysioPod UK Limited](#) and [PhysioEquipment UK](#)

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## Invisible Disabilities

With thanks to  
Nichola Ebberrn, Head of Health and Safety at  
Shepherds Bush Housing Association



***"I am disabled and you wouldn't know it if you met me"***

**I am not alone.** In Great Britain in 2012 there were 5.7million disabled people of working age and while there are no formal figures on those with disabilities that are not visually recognisable, research suggests this is as high as 80%. Coincidentally I became disabled in 2012, which means I become one of the approximately 4.5 million people living with an invisible disability.

***I look like the average person but I definitely don't feel like it!***



Nichola lives with Cancer Related Fatigue (CRF) and Breast Cancer Related Lymphoedema. (BCRL) The COVID-19 lockdown provided chance for Nichola to re-assess and she has a powerful message for others in similar situations.....

[READ FULL ARTICLE](#)

**Bilateral Elephantiasis: Deep Oscillation  
Makes Positive Difference to Treatment  
Approach and Outcome**

*"After a lifetime of looking for help for his legs... we finally got to know each other and our treatment*

gentleman's quality of life..





Sandra Farina  
 Peripheral  
 Vascular  
 Rehabilitator  
 Coordinator and  
 Spokesperson  
 for Peripheral  
 Vascular  
 Rehabilitation  
 for the  
 Latin American  
 Association of  
 Vascular  
 Surgery and  
 Angiology  
 (ALCVA)

## Results

Since commencement of therapy, the patient has progressed in a most favourable way, highlighting the effectiveness of this therapeutic approach. This was one of the first cases with elephantiasis to be treated from the outset with Deep Oscillation. After 21 treatments we have achieved a result with more than 90% improvement, the patient continues to show good acceptance and we continue to evolve favourably.

[READ FULL ARTICLE WITH PROTOCOL](#)



TESTIMONIAL FROM LADY LIVING WITH LYMPHOEDEMA



"Purchasing my own personal oscillator was one of the best things I've ever done.

The Lymphoedema in my left leg was becoming much worse and causing me great anxiety. Shoes wouldn't fit, I couldn't get them on. My leg became quite big and wooden, to the extent that it was becoming difficult to walk.

After receiving lymphatic drainage on a private basis, with the Deep Oscillation, I found it extremely beneficial. Hearing about PhysioPod from my therapist, I decided to purchase my own oscillator. When lockdown occurred, it was a relief and a godsend to be able to self-manage at home.

The oscillator uses an electrostatic field to move the lymph from the tissues. It is gentle and effective. It is a worrying shame that Lymphoedema sufferers are not aware that relief is possible. It is a gentle process and it works.

I cannot recommend it enough and thank Julie and her sister for their help and assistance"

Mary Ball

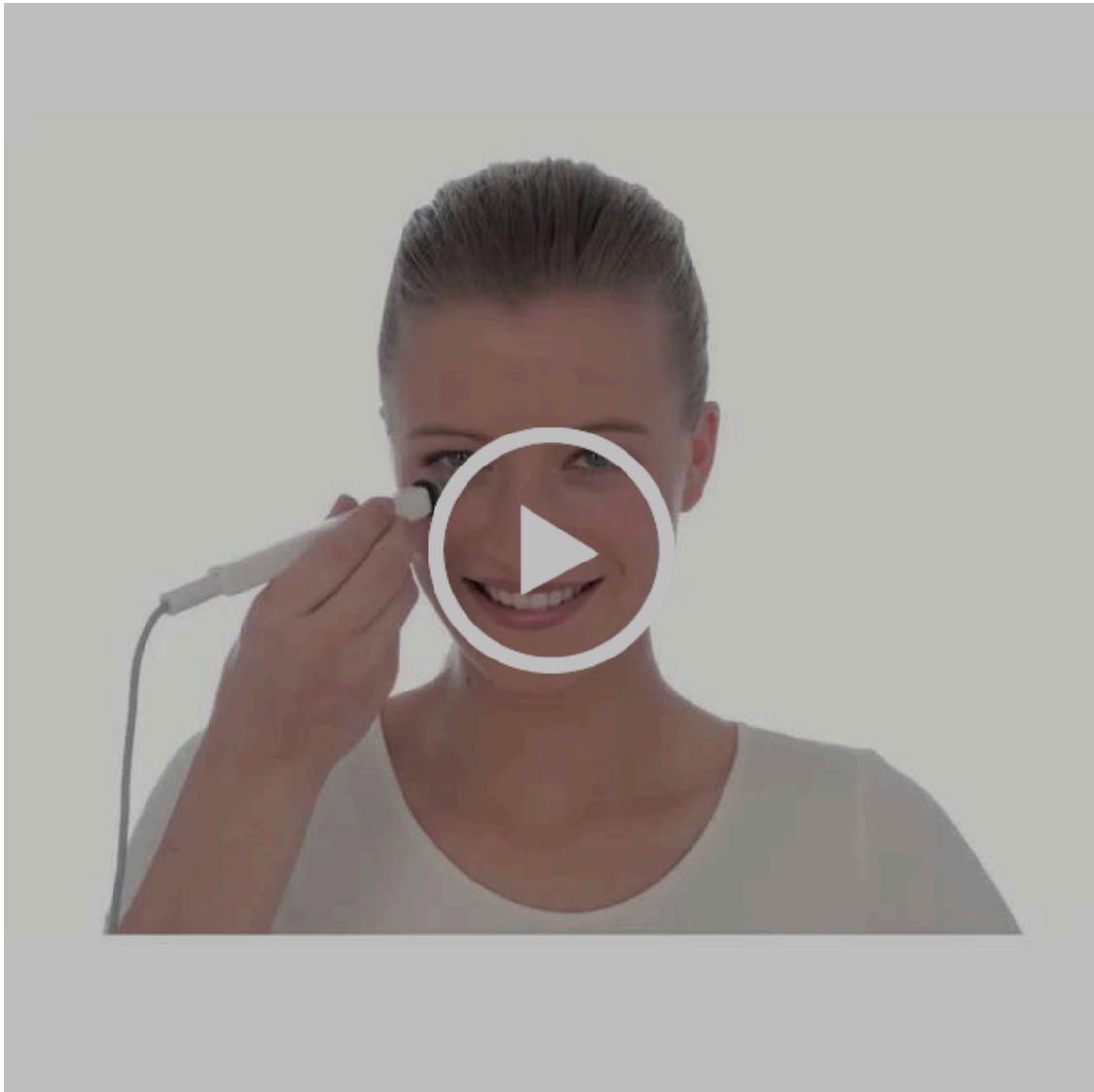
30th July 2021



**2021: DEEP OSCILLATION®  
REACHES 62 STUDIES**

[Link to 25 references in Lymphoedema](#)

Video below show the clinical fields of application for Deep Oscillation



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**DEEP OSCILLATION® NOW FORMS PART  
OF MARIE REYNOLDS LONDON  
"MASTERLIFT PLUS"**

## MARIE REYNOLDS LONDON



Masterlift Plus (London)

"Marie Reynolds original MASTER LIFT has gained a cult following from many Celebrities and Beauty Journalists and featured in Alice Hart Davis book The Tweakments Guide.

The technique created by Marie, uses a combination of modalities to improve the skins overall health and targeting the effects of internal stressors that is shown on the external skin.

She has now created one overall skin therapy - Masterlift Plus, which incorporates the cutting edge and results driven MRL skincare range, micro needling, LED and aesthetic techniques **with added deep oscillation** and Lymphatouch for total skin rejuvenation."

Click here for [Before & Afters](#) and to [book in - click here](#)



# Facilitation of wound closure through edge coping with the help of Deep Oscillation®

with thanks to **Diana M. Miranda Monge. TF**



## Abstract

Treatment for the closure of the wound due to deposition after skull surgery for subdural haematoma, placement, removal and re-placement of a cranial prosthesis. Due to its aetiology, the wound cannot heal from the bottom up due to the presence of the prosthesis, therefore, it can only heal from the edges towards the centre. We have treated with Deep Oscillation® to manage wound edges, decrease of fibrosis and increase of the tensegrity of the skin, to be able to cope and achieve closure.

**Keywords:** Wound dehiscence, skull, fibrosis, deep oscillation, edge coping, cranial prosthesis.



## [READ FULL ARTICLE](#)

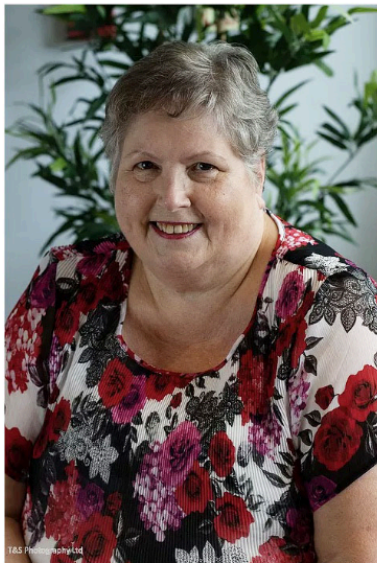
.....

# Gaynor's August Guest Blog

*"June and July have been two extremely busy months for L-W-O Community and the new website has been well received and as an ongoing project it is taking shape nicely. I have spent my time writing articles, attending conferences, courses, webinars and learning new skills but all aimed at moving us forward.*

*It has taken me a couple of years to work out as a patient advocate (with a non-medical background) how to introduce more information on Lymphatic Health.*

## [READ FULL POST FROM THE LOVELY GAYNOR](#)



### ASK THE CLINICAL EXPERT



Jane Wigg  
Lymphoedema Nurse Specialist  
Speaker/Researcher/Educator

Answers  
LWO Community Member  
Questions



Gaynor Leech, Founder and Patient Advocate LWO Community

## *Celebrations*



# COMMUNITY



## DEEP OSCILLATION in Physiotherapy Practice

With thanks to Mary Simpson,

Principal Physiotherapist Willow House Physiotherapy

[Willow House Physiotherapy and Personal Training Ltd](#)



"I find that the PhysioPod has transformed my [Physiotherapy practice](#).

I use a variety of settings but have found the oedema setting particularly useful for all sports injuries as relieving the swelling, whether in a joint, tendon or muscle helps to normalise movement and restore balance and function to the area. I often have to stop half way through the treatment for the patient to rush to the loo as the lymphatic drainage can be very dramatic!



I have a patient with lymphoedema following cancer treatment and breast reconstruction and the PhysioPod has transformed her life. Prior to treatment she had constant pain and reduced movement in one arm, was unable to wear a bra and found walking difficult and dancing impossible. She is now back to all her fun activities and knows that even if she chooses to go mad physically any discomfort she has will be entirely relieved by a treatment. She only attends once a month for maintenance and is now buying her own machine for convenience, as she lives a long way from the clinic...

[READ FULL ARTICLE](#)



# NEW ARTICLE LYMPHOEDEMA

## Therapy of Lymphedema

June 2021

Erfahrungsheilkunde 70 (03): 138-144

DOI: 10.1055 / a-1477-8171

R. Brenke



### Summary

The therapy of lymphedema is always individual - depending on the respective findings. Complex physical decongestion therapy (CPE) is still the therapy of choice for lymphedema. The core element is manual lymphatic drainage, which can also be used for related diseases. This method is complemented by compression, exercise and skin care.

The final outlook explains **the importance of further therapy options** such as surgical options, medication, nutrition, lymph taping, **deep oscillation** and others..



"DEAR JANE ..."

'HOW DOES A HEALTHY LYMPHATIC SYSTEM WORK?'

Subscribe

Past Issues

Translate ▼



Jane Wigg RGN, MSc



# Dear Jane



## MEMBERS QUESTIONS ANSWERED

### "HOW DO HEALTHY LYMPHATICS FLOW?"



[READ FULL ARTICLE](#)



# LIPOEDEMA LIPOSUCTION

## News from the United States

### "UnitedHealthcare Settles Liposuction Coverage Battle" - Lipoedema

By Irene Spezzamonte

**Law360 (June 17, 2021, 6:36 PM EDT) -- UnitedHealthcare struck a deal to end a class action lawsuit accusing the health care giant of violating benefits law by refusing to cover liposuction treatment, promising to reimburse policyholders and change its coverage policy.**

*"The deal calls on United to put into effect a new medical policy for liposuction to treat lipoedema. The new policy will consider liposuction "reconstructive and medically necessary" to treat lipoedema when certain criteria are met, according to court documents.*

*After reviewing pre-service requests and post-services claims under the new policy, United will also provide coverage for the class members who still have coverage under the insurer.*

*United will also reimburse class members who no longer receive coverage who paid out-of-pocket expenses for liposuction, subject to certain caps."*

[READ FULL ARTICLE](#)





# LIPOEDEMA LIPOSUCTION

## UK Experts Call for Liposuction Approval for Lipoedema

Medscape

Professor of lymphovascular medicine and dermatology at St George's Hospital, Peter Mortimer - who with his colleague Krystiana Gordon, sees 10 new lipoedema patients a week - is frustrated about the lack of options they can offer for often significantly disabled women.



“

**It is very important that NICE approve liposuction for these patients, because for those with classic lipoedema there is no other treatment. There is no doubt that liposuction can be life changing for the classic patient - physically because of their ability to move better, and psychologically, but more particularly their pain can just disappear.**

"Clinicians and healthcare professionals treating women disabled by the adipose tissue disorder lipoedema are calling for the NHS across the UK to allow them to provide [liposuction](#) treatment on the NHS for their patients' disproportionately large legs on medical, not cosmetic, grounds.

liposuction for patients with this [under-diagnosed chronic condition](#). [It's](#) characterised by an exaggerated increase in adipose tissue around the legs and hips, and pain, triggered at times of hormonal activity such as puberty and pregnancy. Resistant to dieting, limbs can become so large that some women require the use of a wheelchair..."

## [READ FULL 3 PAGE ARTICLE ON MEDSCAPE](#)

### DEEP OSCILLATION IN PATIENTS WITH URINARY STONE DISEASE



### [IMPULSE LOW-FREQUENCY ELECTROSTATIC FIELD IN SPA TREATMENT OF THE FLEET PERSONNEL SUFFERING FROM UROLITHIASIS](#)

**МКРТЧЯН РИ 1 , НАСТЮКОВ ВВ 1 , ГУСОВ РМ 2 , АЛФИМОВА ЕА 1**

The purpose of the research is to develop a new technology of spa treatment with fleet personnel who suffer from urolithiasis (UT) using impulse low-frequency electrostatic field (Deep Oscillation via Hivamat 200).

[READ MORE...](#)

## NEW PRODUCT FROM HADDENHAM. Comfiwave® Breast Band

As you know, we absolutely love innovation in product design and so we are delighted to share Haddenham's new Comfiwave® Breast Band. Well done #TeamHaddenham.



### Indications:

- For those with Lymphoedema extending into the breast/s and or lateral chest wall.
- Aids softening of tissues as well as reduction of oedema.
- Suitable immediately post-surgery, following breast augmentation or for those who have had breast conserving surgery such as lumpectomy.
- Can be used over dressings for covering wounds, including fungating lesions
- Useful in palliative care, where traditional compression is not suitable.
- For use at night-time to aid comfortable sleep.
- Can be used separately to or in combination with other types of compression bras and with Kinesiology taping applications for Lymphoedema.

For pricing, purchasing and measurement information please [click here](#)

**Head Injury Healing with Deep Oscillation**

## With thanks to



### Lymphoedema and Bowen Practitioner



skirting, splitting open the skin to reveal bone.

The wound bled profusely and she was taken to A&E for head injury assessment and repair. Following her initial shock and tearful outburst she soon became very chatty, and involved in her drama so there were no neurological concerns."

The healing power of deep oscillation when applied over five weeks to a deep open head trauma to bone has been amazing. The scar is flat and fading fast with no ridge. Patient says it is 'all better'.

[READ FULL ARTICLE](#)

[WITH TREATMENT PROTOCOL](#)



## DEEP OSCILLATION® IN STROKE REHABILITATION

With thanks to Dr James Chiew of [Meta-therapy](#).





©www.meta-therapy.ca/

**RIGHT SIDED STROKE : 2 x TREATMENTS DEEP OSCILLATION**



"Significant oedema reduction, easing stiffness which allowed movement of digits, a change which was hugely motivating for the patient. See video above.

Patient suffered hemiparesis presenting with weakness on one side of the body. It can affect every area of life, from walking to eating to dressing. Recovering and living with one-sided weakness takes a multidisciplinary team, as well as a healthy dose of patience."

## [READ FULL ARTICLE WITH TREATMENT PROTOCOL](#)



## Venous and Lymphatic Insufficiency Improved With Deep Oscillation Therapy

**With thanks to Maria del Rosario Pineda**

**Lic. in Kinesiology, Physical Medicine and Rehabilitation at Proa Consultora**



"Our female patient is 73 years old and diagnosed with Venous Insufficiency and Lymphoedema.

The ankle joint is one of the most important aspiration pushing pumps of the lower limb. The joint range of motion in patients with venous insufficiency is decreased and gait is adversely affected. The movement of the tibia-astragalus joint in addition to muscular pumping of the gastrocnemius improves venous return.

Together with the application of Deep Oscillation, excellent results are achieved in rigid ankles of patients with venous and lymphatic insufficiency, who present indurated tissues in this area.

With this approach, the mobility of the ankle and the gait are improved:



[READ FULL ARTICLE WITH TREATMENT PROTOCOL](#)



# ASK THE EXPERTS



Anita Wallace, MBE, Chair of LSN

## LSN Member Questions Answered



Prof Peter Mortimer



Prof Dominic Furniss



Denise Hardy  
LSN Nurse advisor

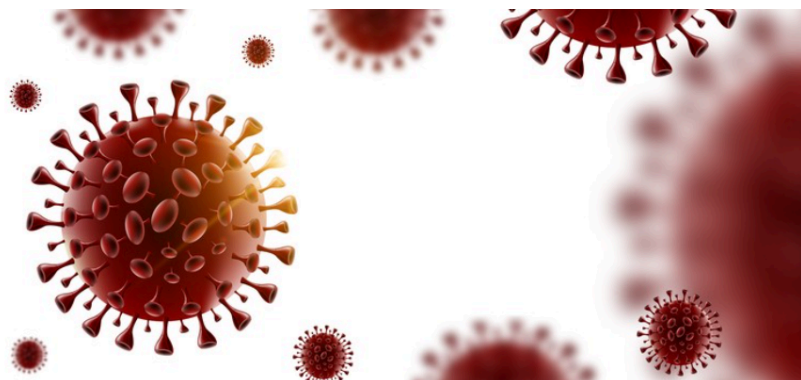
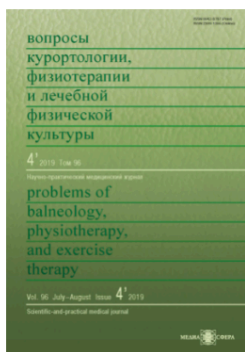


[CLICK HERE TO SEE ANSWERS IN TOPIC ORDER WITH VIDEO LINKS](#)

[GO TO LSN YOUTUBE HERE](#)



## NEW CORONAVIRUS REHAB RESEARCH



**REHABILITATION IN PATIENTS WITH NEW CORONAVIRUS INFECTION**

L.S. Revchuk 1 , O.S. SMENTYNA 1 , MUCHENIK S.S. 1 , D.Yu. Surovikov 1 ,  
V. V. Buryakov 1 , E. I. BASHKIROVA one

**Introduction**

Currently, the number of patients with a new coronavirus infection continues to grow in the world. The COVID-19 virus disrupts the function of the entire oxygen transport system of the body, has a destructive effect on various organs and systems. Therefore, all those who have been ill, especially those who have had an infection in a moderate or severe form, need rehabilitation. Against the background of treatment, bronchial patency and drainage function of the lungs are restored faster, the psychoemotional state improves.

**[READ MORE...](#)**

**Canine Healing: Barbed Wire Tear Post  
Surgical Healing Boosted with Deep  
Oscillation Therapy**

**[With thanks to Christine Talbot, Lymphoedema and Bowen Practitioner](#)**



"Jack a one-year old Springer Spaniel lives on a farm with his Mum Stephanie, his Springer brother Harold, two years old and his Grandpy Zak, nearly fourteen. They are surrounded by open farm land with lots of interesting and varied scents which are investigated at high speed.

On 13th March 2021, Whilst out walking, Jack became entangled in barbed wire, Mum Stephanie saw it happen but Jack managed to extract himself and ran off apparently unhurt. Later that evening laying on Mum for cuddles in his favourite splayed position, it was horrifyingly apparent the barbed wire had caused a significantly, long ragged tear in Jack's groin.

Due to COVID-19 restrictions veterinary visits are not straight forward, his Mum had cleaned the wound immediately with Hibiscrub (Chlorhexidine) which is used a lot on the farm. Jack was not examined at the vets that evening due to an emergency, but was given antibiotics and a cone to wear around his neck so he could not lick or aggravate the open wound, surgery was booked for Monday.

[With veterinary agreement, treatment was carried out and the effective results are revealed this article](#)

## COMING NEXT MONTH.....

### PhysioPod are trying to help Rocky with the Magcell, his Mum wrote:

"Mary, Rocky has always been an outdoor dog that loves the countryside and long walks. He has not been as content since moving to suburbs and us having a baby, but always very quiet and gentle.

He loves people and other dogs, doesn't have a vicious bone in his body. He started limping a little last November, we thought pulled leg muscle. When limping got much worse and he became more withdrawn we took him to see vets.

Initially on anti-inflammatories 2wks then diagnosed with arthritis in all 4 legs. Since then has been on YuMove daily, and we have anti-inflammatory for when needed. Has done 10 sessions of hydrotherapy which has maybe helped a little. However still stiff and limping even in and out house, and can only walk for 10 mins at time now, clearly uncomfortable after more. Vets suggestion for future if not better is daily anti-inflammatories which we are resisting as he is only just 8yrs old. Normal day at moment is 1x or 2x 15min walk, he sleeps most of day prefers outside, often limps around house"

WATCH THIS SPACE..



Rocky and Julie

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**VETCLICK / NEWS**

[\*\*CLICK TO VIEW\*\*](#)

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Planet Marla



"thanks for reading Granny's newstingy and now  
you can relax, just like me"

See you next month everyone! x

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