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5th October 2022

Good Morning Everyone

A warm welcome to the 'better late than never' PhysioPod Monthly NewsMagazine - Issue 24!

We sincerely hope it is worth the wait and apologies for the delay.

Thank you, as always to our contributors and thank you to the new therapists who have placed their confidence in our products and faith in the ongoing support we offer at PhysioPod. Julie and I look forward to working with you all.

I am going to hashtag the content of this months issue to save space :-)

#Accessibility #Autumn #BreastCancerAwarenessMonth

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#Neurodiversity #NewDeepOscillationNeurologyStudy
 #NewLymphoedemaSurvey #NewPatentOnlineCourseLymphoedema
 #NewTherapistInHaverford #NewTherapistInLeicester
 #NewTherapistInLimerick #NewTherapistInWalsall #PatientVoice
 #PostLipoedemaLiposuctionAftercare #SixthCranialNervePalsy
 #Stretching #FractureHealing #VisuallyImpaired #WoundManagement
 #DeepOscillationFeedback #OnlineSafety

Happy Reading and see you next month

Kind Regards



Mary Fickling and Julie Soroczyn
 Sisters and Directors

[PhysioPod UK](#) and [PhysioEquipment UK](#)



NEW SURVEY - SLD IN LYMPHOEDEMA

Your help is required

This is a new short survey on self administered SLD for Lymphoedema, for those living with Lymphoedema and MLD Therapists.

This is a joint project from PhysioPod® UK Limited, Julie Soroczyn, Gaynor LEECH and Sue Hansard.

It is anonymous, it takes just 10 minutes to complete and the results will be analysed and shared in the PhysioPod® UK Limited monthly

Thank you in advance for completing and sharing.. it is much appreciated.

COMPLETE SURVEY



**Lymphoedema Patient Advocates
Gaynor Leech and Matt Hazeldine
Present at The BLS Conference
2022**

By Gaynor Leech of LWO Community

"On the 3rd of October I had, the most amazing day. Matt Hazledine and I were invited to present five workshops on the Patient Agenda. This was about putting across the Patient Voice to health care professionals in the Lymphoedema community. The support we received from both BLS and Clinicians has been phenomenal. Huge thank you to BLS Trustees, Jane Board and Lorraine Brown.

We were even mentioned twice by Trisha Goddard, Patron of The British Lymphology Society."

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Summary:

Objective: We present a case of paralysis of the sixth cranial nerve treated with regional magnet therapy, HIVAMAT (Deep Oscillation) and exercises of the ocular musculature with the aim of demonstrating the usefulness of physiotherapy in the management of this disease.

General details of the case: A 49-year-old male patient with a pathological history of arterial hypertension who on 27 February 2019 began to have difficulty seeing and increased blood pressure. He came to our physiotherapy clinic with a diagnosis of paralysis of the sixth cranial nerve for rehabilitation treatment. In the strabismus test we found endotropia in the primary gaze position and in the forced ductility test only response to ductile movements and version with an absence of abduction movements corresponding to the paralysed muscle. Three cycles of rehabilitation treatment with magnetotherapy and HIVAMAT and eye muscle exercises were indicated, resulting in total regression of the ocular paralysis after 21 days of rehabilitation treatment.

Conclusions:

After having analysed the case and its rapid evolution after rehabilitation treatment, we can conclude that physiotherapy constitutes a less invasive, effective and more accessible therapeutic alternative for the treatment of sixth cranial nerve palsy

Keywords: Paralysis, sixth nerve palsy, HIVAMAT, magnetic field therapy

[VIEW FULL CASE STUDY](#)

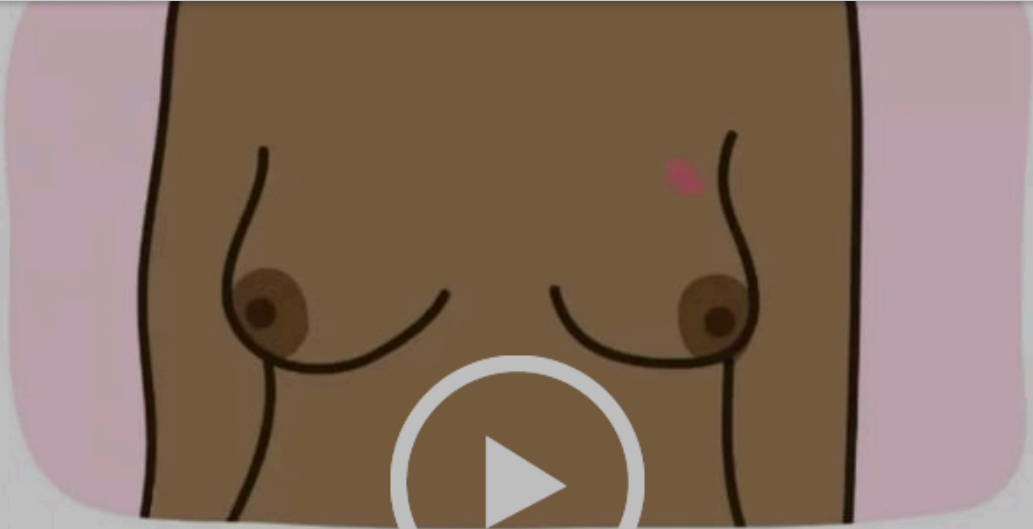
**Breast Cancer Awareness Month -
Know the Signs**

[Images for video with huge thanks to Breast Cancer Now](#)

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**A lump or swelling
in the breast, upper chest
or armpit**

**BREAST
CANCER
NOW** The research
& care charity



QUESTION 11



Member Question

Living with lymphoedema, why do we 'itch' so much?

Especially around the ankles and our private parts



[VIEW FULL ARTICLE](#)



#CamelCaseHashtags - What Are They and Why Are They So Important?

PhysioPod UK asked Jamie Shields of Inclusivi-t to explain...

Please click **CC** to action subtitles on video

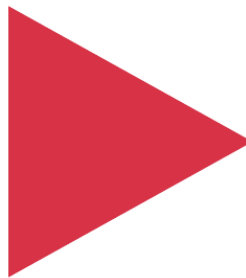
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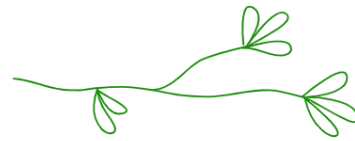
[All Jamie's Links](#)



GREAT NEWS FOR LIMERICK



Limerick Lymph



Karen O'Sullivan

Vodder Lymphoedema Therapist MLD Ireland - Full Member

Limerick Lymph
Croom Primary Care Centre
Skagh
Croom
Co. Limerick
V35 XT25
Phone 0874489971

Karen O'Sullivan is a Registered General Nurse with Postgraduate Diploma in Wound Care and Tissue Viability specialising in Lymphoedema, Lipoedema and Phlebolympheidema and swelling post liposuction.

PHYSIOPOD MAP ENTRY



**APPLICATION OF DEEP
OSCILLATION POST LIPOEDEMA
LIPOSUCTION**

With thanks to
Ana Gordillo Lopez
Specialist in lymphOedema and lipoedema
Sergio Serrano Clinic
Tlfn: 660926789.
consultaanagordillo@gmail.com



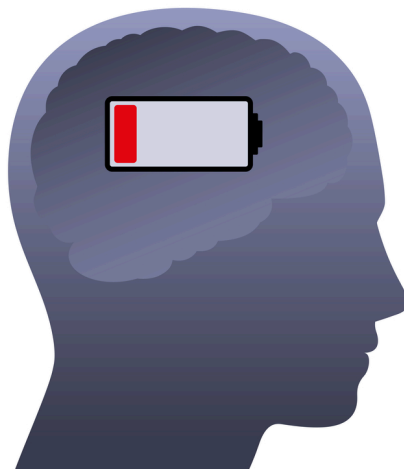
Gaynor Leech Guest Blog - October 2022



Goodness me where has this year gone? We are already in Autumn, the days are getting shorter and the nights are drawing in fast. While we close our curtains earlier, many of us are afraid to put the heating on. As fuel bills rise around the world, keeping warm is essential for our health and wellbeing.

Unfortunately, the autumnal days reduce sunlight, and this may have an impact on the way we feel. From time to time, we will all experience low mood days. The lack of sunlight can affect our body clock, and we know that low mood days, are not good for our lymphoedema.

You May Experience:



Lack of energy, concentration problems, sleep problems, feeling low, guilty, hopeless, lonely, sad or tearful, you may feel a loss of appetite, or you may feel you are snacking more. Your feelings are personal to

you are experiencing low mood.

Vitamin D

During the spring and summer months we should be able to get our vitamin D from the sun. However, autumn and winter months we may find this more difficult. We need Vitamin D to regulate our mood, support our immune system maintain healthy bones, teeth and muscles.

Food sources of vitamin D are oily fish, red meat, liver, and egg yolks. For those that prefer plant-based foods vitamin D is limited but fortified cereals, grains, bread and soy or rice milk. For the autumn and winter months you may want to use a vitamin D supplement.



Autumn Skincare:

Living with Lymphoedema one of our top priorities must be skincare. Each season brings a change and as the weather becomes colder, then we need to protect our skin from drying out. You may want to use dry brushing, exfoliate to get rid of dead skin cells. Whatever your

to be expensive and I have found a very good face cream in my local supermarket that isn't expensive. If you have extremely dry, cracked or flaky skin, then ask your Lymphoedema clinic or GP to prescribe, Dermal or a Double Base Gel. Skincare is all about making sure your skin does not get dry, flaky and crack putting those of us who live with Lymphoedema at risk of infection like cellulitis.

THERE'S LOTS MORE IN THIS BLOG! PLEASE CLICK TO READ...



Don't give your readers the hump!
By Jodie Greer



Have you heard of camel case hashtags?

Well, you've watched what Jamie has to say on the subject, let's learn more from Jodie...



Hashtags are used by many of us on a daily basis, and they're great for capturing attention, grouping posts, filtering searches, and following information that interests us.

But do we always know what a hashtag says?

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#camelCaseHashtags, but to be honest I always use capitals for the first word too, as I think it looks better and we always start sentences with a capital letter, so it just makes sense to me.

I was determined to raise more awareness of camel case hashtags when I started Be #PeopleSmart, which is why I even embedded one into the company name.

Camel case makes all the difference when it comes to reaching your audience. They're more accessible for all of us, but essential for some. For screen reader users, people who are neurodivergent and people with cognitive disabilities, camel case makes all the difference as to whether someone receives your intended message or not.

Even worse, yes it gets worse, it's all too easy to accidentally give the very wrong message. A few years ago, there was a whole campaign around **#susanalbumparty**. This was actually about Susan Boyle hosting an exclusive party but didn't have the desired effect. Now, had it been written in camel case it would read #SusanAlbumParty. For anyone who isn't sure what the joke was, well that would be written very differently like this #SusAnalBumParty. Exactly the same letters, but the use of capitals makes sure there's no misunderstanding.

Another hashtag I was made aware of was **#nunslaughter**. Lots of shock and horror over that, but it was intended to be #NunsLaughter, not #NunSlaughter. Again, camel case would have delivered the message as intended. [Take a listen for yourself to hear the difference on a screen reader in lower case and then camel case.](#)

As a screen reader user, a lot of hashtags are completely inaudible, take a listen to the difference between [#nocamelcasedoesnotsoundfunonascreenreader and #CamelCaseDoesNotSoundFunOnAScreenReader.](#)

Unfortunately, most social media platforms still provide auto suggestions for hashtags in all lower case, so it does mean writing them out in full, but it will make all the difference for your audience so definitely worth the extra seconds.

Accessible communications can increase your audience reach by up to 25%, and camel case hashtags are a part of that impressive picture, so next time you post (and all the times after that!) remember **#ItsAllAboutTheCamelCaseHashtags.**

Jodie Greer

CEO & Founder

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EFFECTIVE AFTERCARE OF LIPOEDEMA LIPOSUCTION



With thanks to [institutoangiologico - Chile](#)

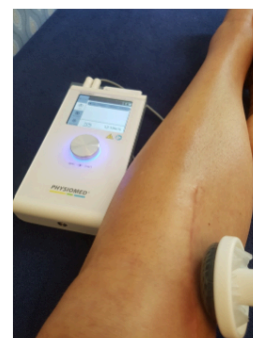
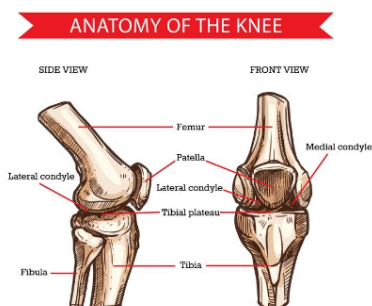
"Worked post Liposuction surgery for Lipoedema with Deep Oscillation, seeing immediate improvements in pain and oedema"



Are you looking for effective post Lipoedema liposuction aftercare? Deep Oscillation reduces bruising, pain & swelling. Pre surgically reduces oedema and breaks down fibrosis making surgery easier/rehab less complications. Email info@physiopod.co.uk - therapist and patient options.

Medial Tibial Plateau Fracture: Rehabilitation with The Deep Oscillation Personal Pro

With thanks to Nicki O'Clarey



Nicki sustained a fracture to her medial tibial plateau in a surfing accident in July 2022; healing and scar management were enhanced with self applied, Deep Oscillation Therapy

Background

I am a therapist trained in various movement practices, Structural Integration and Scar Tissue therapy and am also a registered Nutritional Therapist. I like to consider the body from a multi-systems

So it was both frustrating and fascinating when I sustained a fracture to my medial tibial plateau in a surfing accident at the beginning of July this year. Unfortunately, the fracture needed plating and pinning, but at least I now had my very own fresh scar to work on and a number of weeks to experiment with new tools and ponder my rehab plan.

Treatment Plan

I knew that indirect work around an immature scar in the early days post op could lead to a better functional outcome. But I hadn't appreciated how much the natural swelling response is able to switch off muscle fibres and inhibit muscle action, which, then causes atrophy in a matter of just a few days. This is where the deep oscillation device came into its own; using it for just 15 mins a day enabled me to shift the swelling away from my foot and upwards and prevent it accumulating day on day. This meant I could retain more movement at the ankle and a little at the knee joint.

At 3 weeks post-op I used the oedema program and massaged along the lymph channels of the upper and then lower leg following a typical MLM sequence. The 'Fibrosis' program seemed good at tackling swelling which was more prominent in the anterior tibial compartment and after 5 weeks I began to use the 'Osteosynthesis' program around the tibial plateau as sensitivity permitted. This was useful to tackle swelling which accumulated in the popliteal area.

Results: At my 6-week check-up it was remarked upon how good my scar was looking (not sure how to interpret that but any complement is a positive right?) and how the swelling seemed to be well managed. From my perspective, I felt the deep oscillation was able to lift the fascia and get the fluid moving in a way that I could not have done with manual therapy techniques.

Overall Observations.

I found the device easy to use, once I had figured out how to select and navigate the menus with the multi-purpose dial. The vibratory nature of the device seemed to induce a deep 'fuzzy' warmth into my calf muscles which was both relaxing and relieved the feeling of tightness.

Interestingly, my skin felt too sensitive to work on even with the lightest of touch in the early days, but the head of the oscillation device felt didn't seem to evoke the same sensitivity – perhaps because it reduced proprioception overload? I am grateful to Emma Holly from Restore Therapy for the loan of this device and think it's a valuable tool to facilitate early injury rehabilitation both in terms of swelling management and the potential to keep things moving if only in a small way – it all helps.

Nicki O'Clarey
Fundamentals for Health

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Self Manage Your Lymphoedema - New Online Course with Aideen Scweppe

There's something new and unique on the market for those of you interested in taking control of your own health, specifically when it comes to your lymphatic system.



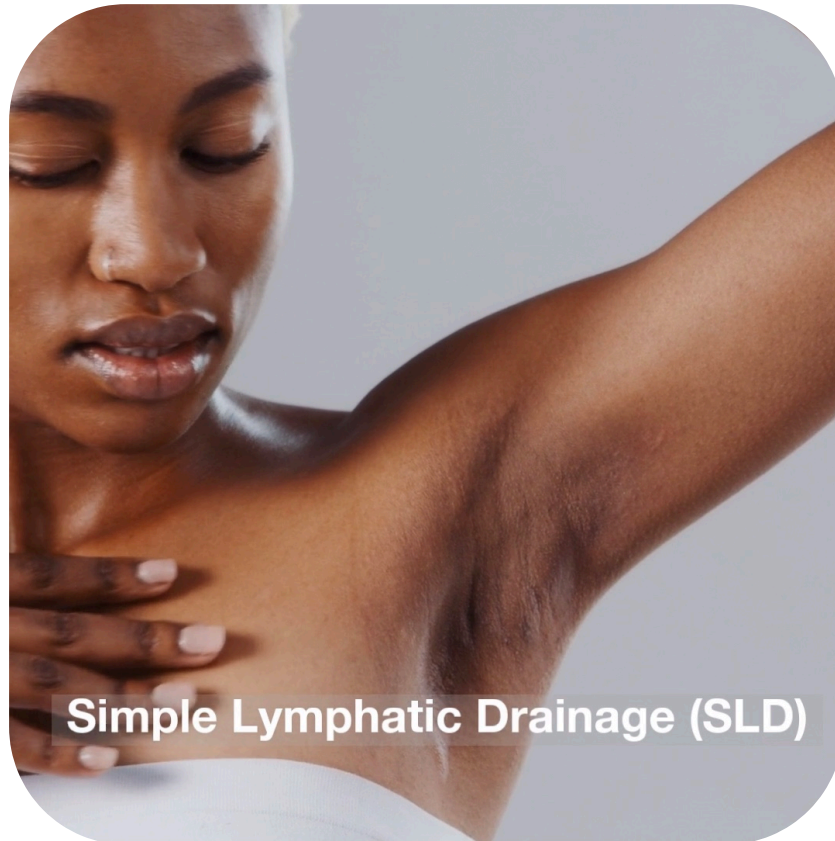
The course was designed and produced by Aideen Scweppe, a registered MLD Therapist, Yoga Instructor and Personal Trainer from Ireland.

A simple, easy-to-follow online course comprised of short video tutorials, to teach you how the lymphatic system works, what happens when it's not functioning as it should and most importantly, all the things you can (and should) do at home to keep on top of this.

Whether you are seeing an MLD therapist or not, the material covered in this course is essential for anyone with a damaged or malfunctioning lymphatic system. It will help you:

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- help you manage your symptoms if you're not able to see a therapist
- avoid cellulitis infections
- get your body and your lymphatic system moving
- and manage your stress levels.



Simple Lymphatic Drainage (SLD)

The course was designed and produced by Aideen Schweppe, a registered MLD Therapist, Yoga Instructor and Personal Trainer from Ireland.

Inspired by her own Mum's cancer journey, Aideen trained in the Vodder method of MLD in order to provide the life-long treatment her Mum would need when she developed Lymphedema after having lymph nodes removed from her groin. Ironically though, her Mum has been so successful at managing her symptoms using simple lymphatic drainage (SLD), exercise, nutrition, meditation etc at home, that she's only needed her daughter's help once or twice in the last 14 years!

Over her 14 years of clinical practice, helping her clients with both secondary and primary lymphedema, recovery post-cosmetic surgery, chronic inflammation etc, Aideen has always stressed the importance of the home-care techniques and lifestyle tweaks to be implemented at home, in between sessions:

“The importance of home-care cannot be overstated.

Patients who understand how their damaged lymphatic system works, especially the process of anastomosis, muscle pump, hydration etc.

Over the years I've taught my clients all of this, and recorded videos for them as a guide that they can follow at home. I knew it worked, because I watch my Mum's progress and how she managed her symptoms and her health at home. I had the idea of putting all of this, and more, into an online course, but never had the time to do it. Until the pandemic!

During the lockdowns I finally had the time to learn how to build the courses and I set about filming the content. Now I can help far more people than I could ever see on a 1:1 basis in the clinic. I've combined my skills and experience as an MLD therapist, Yoga Instructor and Personal Trainer into this unique online course."

The course takes about 2 hours to complete, but you have life-long access, so you can go back and have a look at the videos on body brushing, for example, to ensure you are doing it correctly. And you can repeat the exercise, yoga and meditation videos as often as you like

Aideen is always on hand to answer questions that might arise as you progress through the course, which will teach you the following:

- how the lymphatic system works
- what happens when it's been damaged (e.g. when lymph nodes are removed or radiated)
- how to perform simple lymphatic drainage for each drainage area of the body
- how to deal with fibrosis (those firmer areas that form due to pooling of fluid)
- how to deal with genital oedema
- the importance of hydration and nutrition
- how to perform deep diaphragmatic breathing, and how this improves lymphatic flow
- simple exercises to increase lymphatic flow
- simple yoga to increase lymphatic flow
- meditation to help with stress
- how to apply kinesiotape for lymphatic drainage
- how to care for your skin if you have lymphatic issues or swelling

It's a holistic approach to caring for your lymphatic system, and can really improve the results you get at the clinic, plus give you some control over your symptoms.

The course is also open to therapists who'd like to understand more about the difference between caring for a client with a fully intact lymphatic system versus a damaged one, therapists that don't have specialised training in caring for their clients post-cancer, and MLD therapists that want to empower their clients to take ownership of their health and their lymphedema at home, improving the results achieved at the clinic.

Therapists, trainers, instructors can leverage off this course to better support their clients. Contact Aideen for more information about

[READ FULL ARTICLE](#)



DEEP OSCILLATION IN WOUND MANAGEMENT

Video with huge thanks to



Metropolitan Angiological Institute, Chile

"A centre dedicated to the diagnosis, management and rehabilitation of arterial, venous and lymphatic pathologies in both children and adults"

"Starting Wound Management with [@physiomedchile](#) - Deep Oscillation complementing nursing work"

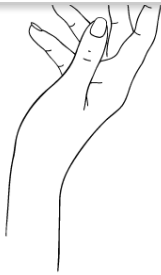


Are you looking for an easy to apply #WoundCare management product? Contact me on info@physiopod.co.uk #DeepOscillation - video shows 9.5cm oscillation applicator working carefully around edge of wound through cling film to increase healing.

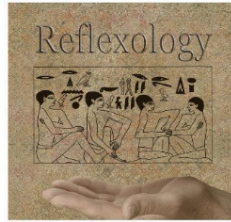
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**HAPPY NEWS FOR
HAVERFORDWEST**



Deep Oscillation, Reflexology & Reiki Practitioner



Jane Ratcliffe

Deep Oscillation, Reflexology and Reiki Practitioner

Adam's Bucketful of Hope
11 Dew Street
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Mobile 07786 655 383

PHYSIOPOD MAP ENTRY



DEEP OSCILLATION Feedback



LESLEY HODGSON

Clinical Massage & Holistic Therapy

I first became aware of the deep oscillations machine when a client, who was also having treatment at the local hospice, came to me for a treatment after having a session on the machine there. We were both astounded by the difference in her legs (the lady has Lymphoedema) after just one session. This sparked my interest in the machine and I contacted the lymphedema nurse at the hospice to ask if I could pay her a visit to discuss this in more detail.

Whilst visiting, she invited me to use the machine on a problem that I have with my own hands which is (Dupuytren's Contracture). This has

visible difference in the area of my hand where I had been working with the machine. After doing a lot of research and talking to Julie at physio pod, I made the decision to buy a machine to use in my practice, partly because I could see there are many opportunities to use this within my clinic and also I was excited at the prospect of something that would help my hands. After only one session of 20 minutes on my hands there was a huge improvement and I have continued to work on them, which has improved the condition by I would say at least 80%. I've been so delighted with the results with my clients too, here are some details below:

- Lymphoedema - "I have struggled with Lymphoedema in my legs for a few years. I was in constant pain in my legs on a daily basis. My legs were swollen and my mobility reduced. After a weekly treatment with the physio pod the pain is reduced and mobility better. I still have days when I struggle and are in the process of raising funds to purchase my own physio pod so that I can continue treatment on a daily basis."
- Deep pain in most joints from RA - "Somewhat of a miracle, the first time for months that I have had a pain-free day"
- Aching and pain in shoulders - "Shoulders for the next few days weren't painful and they normally are"
- Osteoreflexdystrophy - "The colour in my hand is much better!! Better circulation."
- Back, hip and shoulder pain/stiffness - "I found the deep oscillation treatment great, the feeling of getting deep into the muscle without deep pressure was great and a difference to normal. I especially found the area round my lower back and hips more relaxed which I haven't found for a long time. Usually I'd have had a number of treatments to reach what the machine did in 1 session, I will happily have it used again."
- Neck pain and stiffness, 6 months post facial surgery - "Just to let you know I've got absolutely no pain in my neck today! So that treatment worked for me."

Lesley Hodgson
Clinical Massage and Holistic Therapy

The Treatment Room
1a Beechville Avenue
Scarborough
YO12 7NG
Mobile 07946 612 621
Free disc parking

PHYSIOPOD MAP ENTRY



World Mental Health Day 2022

Written by Dean Attwood & Bel Hardman
Directors of Integral Workplace Wellness - a Mental Health
Support & Training Company that specialises in Staff & Business
support for SME's.

Contact us on 0800 779 7750 or

info@integralworkplacewellness.com

www.integralworkplacewellness.com



"We're both very passionate about complete health; physical, emotional & mental. Our desire is to effect real change and support everyone who is in need, hence why we created Integral Workplace Wellness.

With 1 in 4 of us experiencing poor Mental Health each year, now more than ever before we need support, guidance and education. However, one of the benefits gained from the pandemic was that we started to build real communities and to check in with others regularly. As we return to 'normal' let's not forget this, let's continue to check in with others so we can as a community ensure continued support for each other.

Educate yourself on Mental Health

Mental Health is not a one sided coin, we are here to support both sides. Support is not only needed by the individual struggling with a Mental Health challenge but also those close to them equally need support, this way they are equipped to offer their partner, friend, parent, sibling or colleague the support they need whilst caring for their own Mental Health.

How can we support our own mental health and that of others? Discussing Mental Health can be intimidating as we don't want to further trigger others and likewise, we want to feel we have the tools to

talk to and assist yourself and others; your colleagues, friends and family who may be struggling with a mental health issue.

What will you learn from a First Aid for Mental Health Course?

- Knowledge to recognise a range of mental health conditions
- How to start a supportive conversation
- Understanding & reducing stigma
- When and how to signpost a person to seek appropriate professional help
- Know how to recognise and manage your own stress

By learning about different Mental Health conditions and how to have a difficult conversation you gain confidence and are more skilled to help yourself and those close to you.

Understand Stress Better

One of the biggest contributors to poor mental health is Stress. Statistics tell us that work is the cause of more stress than debt or financial problems. None of us are immune to the stresses of life but we each hold the power within us to cope with these and, in time, build resilience to deal with whatever challenges we may be presented with in the future.

It is for this reason we created our Stress & Resilience Workshop where we share with you our unique take on the true reflection of Stress & Resilience. Our aim in this workshop is to present you with a different perspective on how YOU personally resonate with your internalised stress. Our goal is to shake up your perception of what stress means to you, both inwardly and outwardly. To ensure you get the most value from this workshop we provide you with easy, relatable and real-world tools that are very effective and can be actioned in seconds, creating an opportunity for you to release the majority of your day to day stress.

What will you learn from the Stress & Resilience Workshop?

- Understanding Stress
- Recognising & Acknowledging Your Stress
- Mental, Emotional & Physical Effects of Stress
- Tools To manage Work & Life Stress
- Tools & Strategies to Build Resilience
- In addition, a PDF Workbook

Let us support you with your Mental Health so you feel capable and confident in helping yourself and those close to you.

upcoming open courses: <https://www.integralworkplacewellness.com/training-courses>

Learn how to manage your stress better and build resilience. We have two upcoming dates available for the Stress & Resilience Workshop. You can book this workshop here: <https://www.integralworkplacewellness.com/wellbeing-mental-health-workshops>



NEW THERAPIST IN LEICESTERSHIRE




- Deep Oscillation Therapy
- Holistic Facial Treatments
- Massage Therapy
- Reflexology
- Scar Therapy

Alison Sheff MAR, MCHP

MBS Therapies
Station Road
Higham on the Hill
Leicestershire
CV13 6AG
Mobile 07758 237 335

PHYSIOPOD THERAPIST MAP

"I have been watching and reading all I could on Deep Oscillation for some time. Watching and listening to feedback from others in therapy groups, particularly those offering Scar Therapy. The

Additionally, I could see how this could really help take the pressure off my hands...

Clients with Lipoedema have referred to their legs feeling 'light', experiencing less pain and discomfort after the appointments, and finding the vibrations soothing. One even messaged a week after to say she hadn't felt this good in a long time!

It has been great with sore muscles and deep tension, most notably with a client who insisted that only deep tissue massage makes a difference to them. They agreed to try a session combining DOT and much lighter massage, they later messaged to confess they were shocked as they feel wonderful.

Most notably to date has been the feedback and results following use during scar therapy sessions. Seeing visually the improvement to colouring, texture and reduction of swelling, how comfortable clients have found it, even those with the most sensitive of scars, and the overall increase in comfort in and around the scar they have reported afterwards"



NEW THERAPIST IN WALSALL




Tina Portman

House of Treatments & Corporate Massage Therapy
Walsall
WS8
Mobile 07432 572 294

PHYSIOPOD MAP ENTRY

ARABELLA WINS ONLINE SAFETY MASCOT DESIGN

Poud Granny and Great Aunty moment


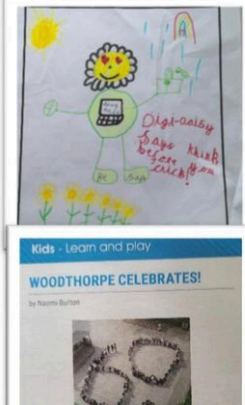
 **A WEEK AT WOODTHORPE**
 Find us on Facebook: www.facebook.com/groups/woodthorpeinfantschool Friday 23rd September 2022

FROM THE HEAD TEACHER:

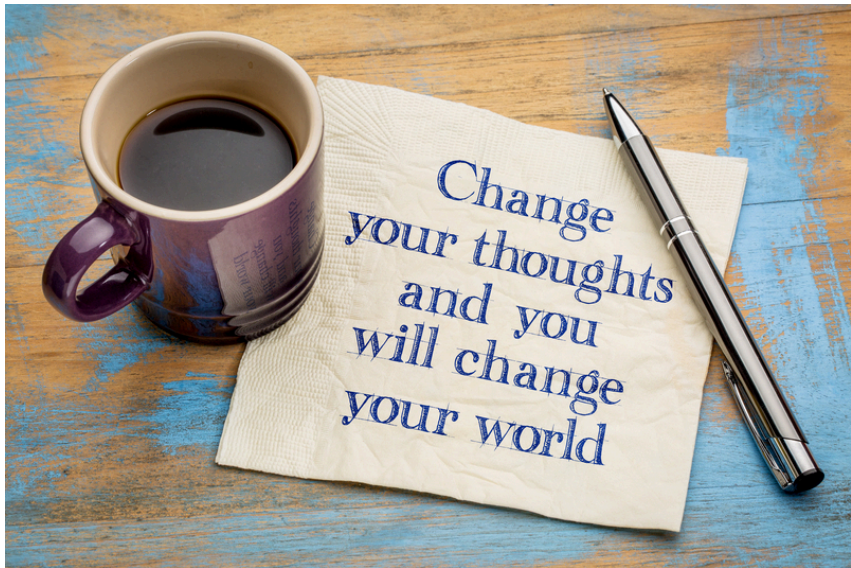
It has been another fun week at WIS! Last Friday, we received a very exciting delivery...

We have welcomed our online safety mascot, Digi Daisy into school. She has been hand crafted from Arabella's winning competition design with thanks to a donation from our local councillors and our sponsored codeathon! We are looking forward to using her to help us learn how to stay safe and happy online. We are grateful to Edwin's mum who has volunteered to help edit some videos with Digi Daisy – thank you!

Once again, a big well done to Arabella for her fantastic design!


FINAL THOUGHTS



Thank you for reading, see you next month x

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