Patient ID: HMTTC
Date of Assessment: 13th September 2025
Therapist Name: Lila Hipwell-Larkin

Deep Oscillation Treatment Duration/Frequency:

Instructions to Therapist: Please complete this questionnaire based on your professional observations and the patient's reported feedback regarding the impact of Deep Oscillation Therapy on their head and neck lymphoedema. Use the provided scales or descriptive options to indicate the level of improvement or change.

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1. Swelling and Oedema Reduction:

• Has there been a noticeable **reduction in persistent oedema and swelling** specifically around the face, neck, or eyes? * ( ) No change * ( ) Slight reduction * ( ) Moderate reduction * (X) Significant reduction

2. Mobility Improvement:

• Has the patient experienced **enhanced movement of the neck and/or jaw**, and improved overall flexibility? * ( ) No change * ( ) Slight improvement * ( ) Moderate improvement * (X) Significant improvement
• Have you observed a **reduction in tissue stiffness or tightness** limiting movement? * ( ) No change * ( ) Slight reduction * ( ) Moderate reduction * (X) Significant reduction

3. Pain and Discomfort Relief:

• Has the patient reported a **decrease in pain or discomfort** arising from swelling, fibrosis, inflammation, or tissue tightness? * ( ) No change * ( ) Slight relief * ( ) Moderate relief * (X) Significant relief

4. Skin Health Enhancement:

• Have you observed **improvements in skin health** (e.g., appearance, texture, reduced fragility)? * ( ) No change * ( ) Slight improvement * ( ) Moderate improvement * (X) Significant improvement
• Has the **risk or incidence of skin issues** such as ulceration, infections, or cellulitis been lowered? * ( ) No change / Not applicable * ( ) Slight reduction in risk/incidence * (X) Moderate reduction in risk/incidence * ( ) Significant reduction in risk/incidence

5. Fibrosis and Scar Tissue Reduction:

• Is there noticeable **softening of fibrotic tissue or scar tissue** in the treated area(s)? * ( ) No change * ( ) Slight softening * ( ) Moderate softening * (X) Significant softening
• Have **contractures that limited movement been reduced**? * ( ) No change / Not applicable * ( ) Slight reduction * ( ) Moderate reduction * (X) Significant reduction

6. Functional Improvements (Breathing, Speech, Swallowing):

• Has the **reduction in oedema and fibrosis around the airway and oral structures facilitated better breathing, speech, or swallowing functions** for the patient? * ( ) No change / Not applicable * ( ) Slight improvement * ( ) Moderate improvement * (X) Significant improvement

7. Lymph Relocation Efficiency (Therapist Observation):

• When applicable (e.g., after lymph node removal), has Deep Oscillation made it **significantly simpler to relocate lymph to other regions for effective drainage** compared to manual techniques? * ( ) No impact / Not applicable * (X) Moderately simpler * ( ) Significantly simpler

8. Psychological Benefits:

• Has the patient expressed **improved emotional well-being, increased self-esteem, or reduced social isolation** as a result of the therapy? * ( ) No change * ( ) Slight improvement * ( ) Moderate improvement * (X) Significant improvement

9. Overall Quality of Life:

• How would you rate the **overall improvement in the patient's quality of life** due to Deep Oscillation Therapy, considering all observed and reported benefits? * ( ) No overall improvement * ( ) Slight overall improvement * ( ) Moderate overall improvement * (X) Significant overall improvement

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Treatment protocol for Deep Oscillation

The Deep Oscillation treatment provided was set to manual setting 170Hz- 250Hz. Treatment was delivered in 10 minute intervals. The following areas were treated:

- Left mandibular region and lateral facial tissues/side of face
- Right mandibular and lateral facial tissues/side of face
- Lips, chin and throat area

Therapist's Concluding Thoughts:

Please provide a brief narrative on your professional observations regarding this patient's response to Deep Oscillation Therapy. Comment on its effectiveness as a **non-invasive, supportive treatment option** and its role as a **valuable adjunct** in tackling the

intricate problems associated with this patient's head and neck lymphoedema. Include any notable patient feedback or specific outcomes that highlight the unique benefits of this therapy for their condition, and how it has contributed to their overall recovery and well-being. This section provides an opportunity to emphasise the holistic impact of treatment on the patient's physical and psychological state.

Patient commenced treatment in January 2025 after surgery in July 2024. Physical state upon initial assessment; Pt was struggling to speak, difficulty in opening mouth, tongue significantly swollen, difficulty swallowing, soreness and ulcers inside mouth and on tongue, significant bilateral neck swelling, bilateral pain in mandible, unable to see jawline.
Patient's psychological state; Patient initial assessment: Patient was very bewildered, quiet with a sense of lostness, as I discovered later a hugely motivated lady with very outgoing personality with a huge sense of charity and generosity. Patient presented as being broken, in physical strength and mind. Patient had lost over 4 stone in weight and was struggling to eat which also had significant negative effect in her overall health and wellbeing.

After the first treatment session with Deep Oscillation there was a significant positive outcome for Patient. Patient's speech significantly improved, tongue had reduced in size, neck oedema and fibrosis had significantly reduced, pain in mandible had gone. Patient's overall wellbeing and mindset had become uplifted. Patient able to speak more without excessive need for water. Oedema to lower mandible greatly reduced and we could see the Patient's jawline. Patient felt so much better, less congested, able to move more freely, the oedema had reduced significantly to enable greater range of movement.

Patient was particularly impressed with the deep oscillation treatment. They had been dreading potential manipulation and heavy handedness to the affected area. Patient found the treatment hugely valuable due to the treatment being non-invasive, gentle and with only a slight vibration and buzzing in patient's ears. Treatment plan of once per week commenced progressing to once every 3 or 4 weeks now. Patient is looking for regular treatment as it is highly effective at managing pain, discomfort, tongue swelling, congestion in mouth and throat and general oedema in their head and neck.]

Additional treatment information regarding PBM for case study for HMTTC25

The patient was treated with a PBM Photobiomodulation handheld device, Handy Cure, during each appointment. The duration of treatment was approximately 15 minutes, with the device set to a variable frequency between 5 – 50Hz, this was used for 15 minutes before deep oscillation. After treatment and before deep oscillation, the patient reported feeling tingling in the base of the tongue and mandible, and an overall improvement in symptoms, including reduced congestion, heaviness and blockage. The treatment also resulted in some loosening of phlegm, leading to gentle coughing, which helped dislodge the phlegm. Additionally, the PBM therapy contributed to pain reduction, decreased congestion and reduced oedema.

The patient reported a significant improvement in symptoms following the PBM therapy. The treatment was well-tolerated and the patient experienced relief from pain, congestion and oedema.