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## 1st February 2023

Good Morning Everyone, and a warm welcome to this issue of our 'lovingly-created' newsmagazine just for you!

This month we have exciting news on the Lipoedema front!

Lipoedema has been added to the [WelcoMe app](#), and we have a new simple survey out to help collate some information for the WelcoMe team to provide even better customer service at venues for those of you living with Lipoedema. [Lipoedema Ladies we need you!](#)

Surgeon Vasu Karri talks this month about whether lipoedema fat comes back after liposuction? A question asked by a lot of ladies considering the surgical option. Thank you Vasu, as always, clear, concise information for our audience.

The lovely [Bel Hardman](#) reveals all about her journey from diagnosis to 4th and final Lipoedema Liposuction surgery between December 2021 and December 2022. Not as straightforward as she would have liked but nevertheless, no regrets and thrilled with her results so far. She has agreed to come back in 6 months to show us how it has changed her life.

designing footwear for Lipoedema ladies - **UK LIP LADIES - WE NEED YOU again to help in this project.** *Susan has a wonderful way of communicating, I giggled several times with her recollections of pivotal moments in her life.*

We have a new Deep Oscillation case report on it's use post thyroid cancer surgery and a research review on whether Deep Oscillation would help in Post-Covid Syndrome? Next month, we will share the applications of Luis Felipe Medina Cabezas, Clinical Consultant for Physiomed in this area of application..

We are delighted to share the new research news that there are, indeed, **lymphatics in bones!**

We catch up with Gavin Neate and discover how he has made 'Lemonade from Lemons' even though he doesn't actually have a recipe for this (can anyone help him? :- ) .. as always, thought-provoking stuff.

It's always a thrill to catch a new Instagram reel of Deep Oscillation. We are so lucky to have many therapists worldwide sharing their work and application of Deep Oscillation with Lipoedema and Lymphoedema and this month we have put a selection together in a quick showreel for you.

The ever-busy Jane Wigg has taken time out to answer this month's LWO Community member question about compression garments and long-haul flights. Thanks, Jane, much appreciated. We also share a little insight into how we got to know Jane, many moons ago!

Our wonderful working partner and good pal, Gaynor Leech, has not been in good health these last few months, and she has written our readers a short message to let you all know (briefly) what's been going on. Our love to you, Gaynor; we wish you a speedy recovery.

We have new Deep Oscillation Therapists in Reading, Buckingham and Co. Kildare in Ireland. Exciting times for all concerned, and we loved the little video from Vicky Burr so much about her busy day in the clinic with Deep Oscillation, we just had to share.

Catch Marie Reynolds article in FolkFeatures - Getting Under The Skin of Wellness where we get an inside glimpse of her super clinic in Norfolk, this might just be the best kept beauty secret in Norfolk!

SO... HAPPY READING AND HAPPY FEBRUARY -" Love is in the Air..."

Take good care folks....



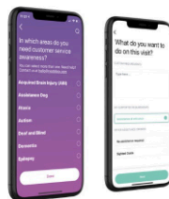
Mary Fickling & Julie Soroczyn  
Sisters and Directors

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

## The WelcoMe App Adds Lipoedema

[My.wel-co.me](#) is an internet-based customer experience service that is inclusive and accessible. [WelcoMe](#) informs customer service teams of your general and specific needs before arriving. It can now be used at an increasing number of venues across the UK and the Republic of Ireland.

Enhancing everyday life  
**Welcome**



### Lipoedema Added to App

"Lipoedema UK is delighted to become a member of WelcoMe. Having a medical condition that makes you physically larger and wider than most people can place innumerable obstacles in the way of travelling, socialising and enjoying everyday life. It can make family outings challenging and lead to loneliness when the people are unable to take part because of lack of a suitable chair, lift or easy parking. Just knowing that a WelcoMe business understands lipoedema, will be friendly and go the extra mile means people with lipoedema can plan with greater confidence and peace of mind and enjoy life more."



Sharie Fetzer, Trustee/Chair



conditions and in doing so, will create much-needed awareness of this chronic condition, affecting approximately 11% of the female population.

Customer service teams will understand that Lipoedema is an abnormal fat disease that does not respond to diet or exercise, affecting hips, buttocks, legs and sometimes upper arms and that legs can feel painful and heavy and bruise easily. They will also know that In later stages, mobility can be affected and they will also have looked at links on the <https://www.lipoedema.co.uk/> charity website and at two Lipoedema patient stories.

A customer service team member will introduce themselves to you and ask if they can help, considering the needs they have already read from the details you have set up in the app, which is incredibly easy to navigate. WelcoMe wants every shop or venue you visit to offer you the service you need and deliver it in a way that reduces your anxiety and increases your confidence in their ability.

They aim to make the WelcoMe App your key to unlocking safety and security on your arrival at every participating destination. The venue gets notified of your visit and receives an overview and top tips for customer success to aid their interaction with you.

WelcoMe very much hope that this will lead to more and more people knowing about and understanding the needs of their visitors and others living with the condition.

## Let's go!

1. Set up a profile [my.wel-co.me](https://my.wel-co.me)
2. Simply let your intended destination know of your intention to visit.

Then your phone will do the rest from your pocket, helping them help you when you arrive and ensuring you get the very best service delivered in a way that is specific to your needs.

In the app, you can request where you would like to see the WelcoMe service set up; please complete this if there is a place in your area that you feel needs it.

**"The more businesses and venues that take WelcoMe on board, the more user-friendly and accessible they will be to disabled people with better outcomes for people who need an understanding of their condition". Jax Smith**

## App facilities include:

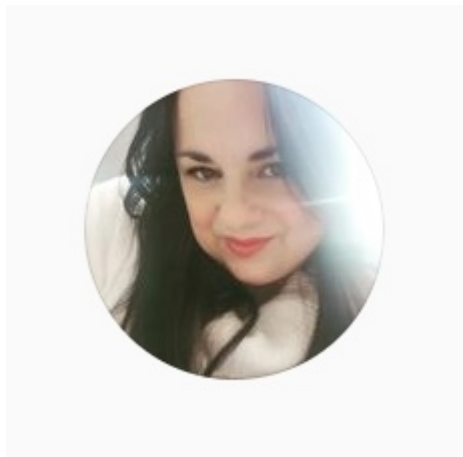
specific requests

- Visit and Repeat- They will get notified when you are arriving
- Enjoy your personalised service and give feedback.



Bel Hardman [@Lipoedema.Facts](#), after discussion with other lippy ladies in a private group chat, has suggested:

“Easy access to seating, wider seating (not chairs with arms, etc.), cushioned seating, not hard seats, and possibly the option to elevate legs and wider aisles.



[Jax Smith, our regular guest blogger](#) wrote, "I need better pool access, so I can enjoy the benefits of my local pool without feeling so isolated". Jax has requested that a local venue, not on the list, be added to the app. WelcoMe will contact the venue to see if they would like to be part of the initiative. And so it grows...

### **In our new short PhysioPod short survey, we ask:**

- 1 "How might a venue staff member help you more?"
- 2 "What services would make your life easier when you arrive at a venue?"

We look forward to sorting and passing the results of our survey to WelcoMe, in a bid to make the world, not just the UK and Ireland, a fairer place for those living with Lipoedema. It's high time!

[READ FULL ARTICLE WELCOME ADD LIPOEDEMA TO APP](#)

## My 12 month Lipoedema Surgery Journey



**Hi, I'm Bel Hardman and this is my story from Lipoedema diagnosis in 2020 to completion of 4 surgeries between December 2021 – December 2022.**

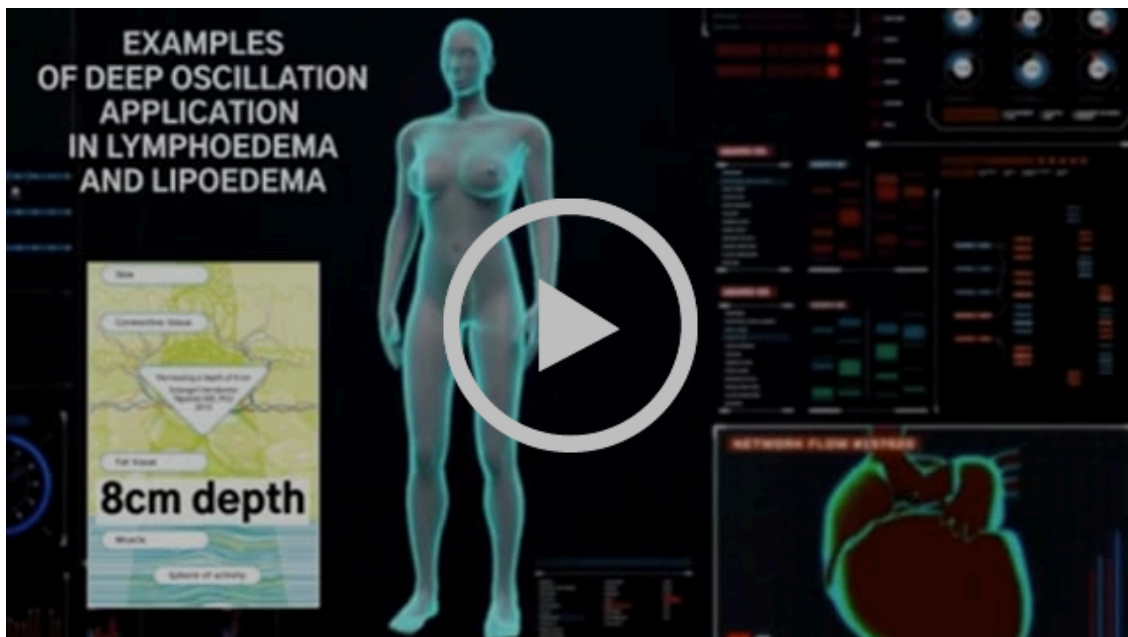
### **The Diagnosis**

Like many of us with Lipoedema, I was diagnosed later in life at the age of 49 in August 2020. I know the Lipoedema was triggered at puberty and then again at pregnancy. I grew up believing that it was a family trait that the women in our family just have bigger thighs. It annoyed me but you just accept it, especially when you learn dieting does not work for Lipoedema fat.

put nearly a stone in weight on which was not ideal as I was already overweight, could not bend or straighten my knee and had no answers despite seeing multiple consultants. That was until I was blessed to find [Dean Attwood](#), my now friend & business partner who, at the time was a Physical Therapist & Biomechanics Specialist. He helped me to both rehabilitate my injured knee and gain my mobility back.

[Read more about Bel's incredible surgical journey and see the results.....](#)

## DEEP OSCILLATION APPLICATION IN LYMPHOEDEMA AND LIPOEDEMA

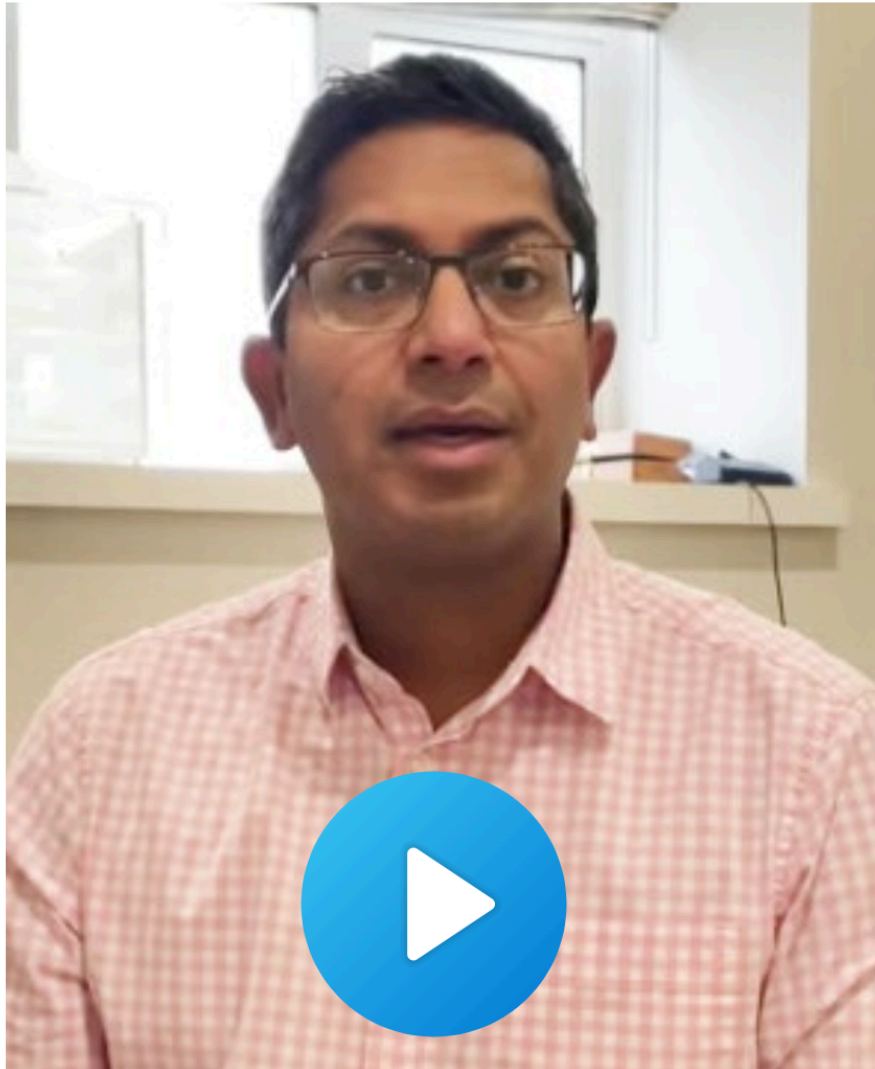


Short video clips of Deep Oscillation application In Lymphoedema and Lipoedema. With huge thanks to those who take the time to upload their videos to Instagram @drasilvandangelo @institutoangiologico @lymphiefit @mariadelrosario.pineda @physiomed\_elektromedizin\_ag @physioequipment @sandra\_farina.kinesiologa @yanezchandia

Deep Oscillation is a proven technology with 65 studies to its name. Deep

## A MESSAGE FROM VASU KARRI

### Will the fat come back after lipoedema liposuction?



## Jane Wigg RGN, MSc, Lymphoedema Clinical Expert

Jane Wigg is a multi award winning nurse consultant, who has been working in the field of lymphology for over 25 years. She is an innovator, publisher, author, and educator of all things lymph. She is passionate about improving the lives of those living with lymphatic conditions. Jane works clinically through providing Near Infrared Lymphofluoroscopy imaging clinics in the UK, through LymphVision and is Director of the Lymphoedema Training Academy, providing full certification in Lymphoedema rehabilitation including the pioneering method of Fluoroscopy Guided Manual Lymphatic Drainage (FG-MLD®) or the 'Fill & Flush' method.

PhysioPod met Jane Wigg at CamExpo in 2009... *"Jane was one of the first UK healthcare professionals to come forward to learn about Deep Oscillation for the treatment of Lymphoedema and has kept her students updated over the years with new information as it emerged"*

In her work with PhysioPod and L-W-O Community, Jane has answered L-W-O community members questions in a regular "Dear Jane" strand for the PhysioPod Free Monthly NewsMagazines which are accompanied by animated videos created by PhysioPod with accompanying voice overs by Jane. This month Jane talks about compression and long haul flights.

Dear Jane

# LONG HAUL FLIGHTS



Do you wear brand new  
(tight) compression?



PhysioPod® UK Ltd  
EXCLUSIVE UK & IRELAND DISTRIBUTORS  
DEEP OSCILLATION®  
WWW.PHYSIOPOD.CO.UK  
NHS APPROVED SUPPLIERS

A Message from Gaynor Leech, LWO  
Community



You may or may not have noticed I have been very quiet over the last few months. At this stage, I will not go into full details because it's an article for the future.

In August last year, I developed headaches, followed by a nasty sinus infection. While I thought the sinus infection had gone away after about eight weeks, the headaches didn't. In the New Year, in the space of forty-eight hours, my right eye became blurred, and I started seeing double. I was admitted to UHCW, diagnosed with a deep-rooted sinus infection, and prescribed three months of antibiotics.

I am also under the eye clinic at UHCW, which diagnosed my eye problem as Sixth Cranial Nerve Palsy, which manifests as blurred/double vision that is disorienting and seriously affects my coordination. Fingers crossed, this will settle in six to eight weeks.

In the meantime, I can not drive or see my laptop keyboard.

If you have emailed me and I haven't answered, apologies, but I can only read for very short spells.

Have a lovely February one and all. Gaynor x

## NEW THERAPIST IN READING

**After much research, Martyn Luker decided  
Deep Oscillation was the perfect therapy for his**

on our [therapist map](#)



**THE FUNKY HEALER**

Martyn Luker

*"Therapies to bring the body and mind into harmony"*




## Martyn Luker

The Funky Healer  
 Caversham  
 Reading  
 Berks  
 RG4 7ST

Mobile 07920 715 733

# New Lymphatic Research

## regeneration after injury



<https://www.cell.com/action/showPdf?pii=S0092-8674%2822%2901574-4>

Lincoln Biswas, Junyu Chen, Jessica De Angelis, Amit Singh, Charlotte Owen-Woods, Zhangfan Ding, Joan Mane Pujol, Naveen Kumar, Fanxin Zeng, Saravana K. Ramasamy, Anjali P. Kusumbe

Cell - Volume 186 Issue 2 Pages 382-397.e24 (January 2023)

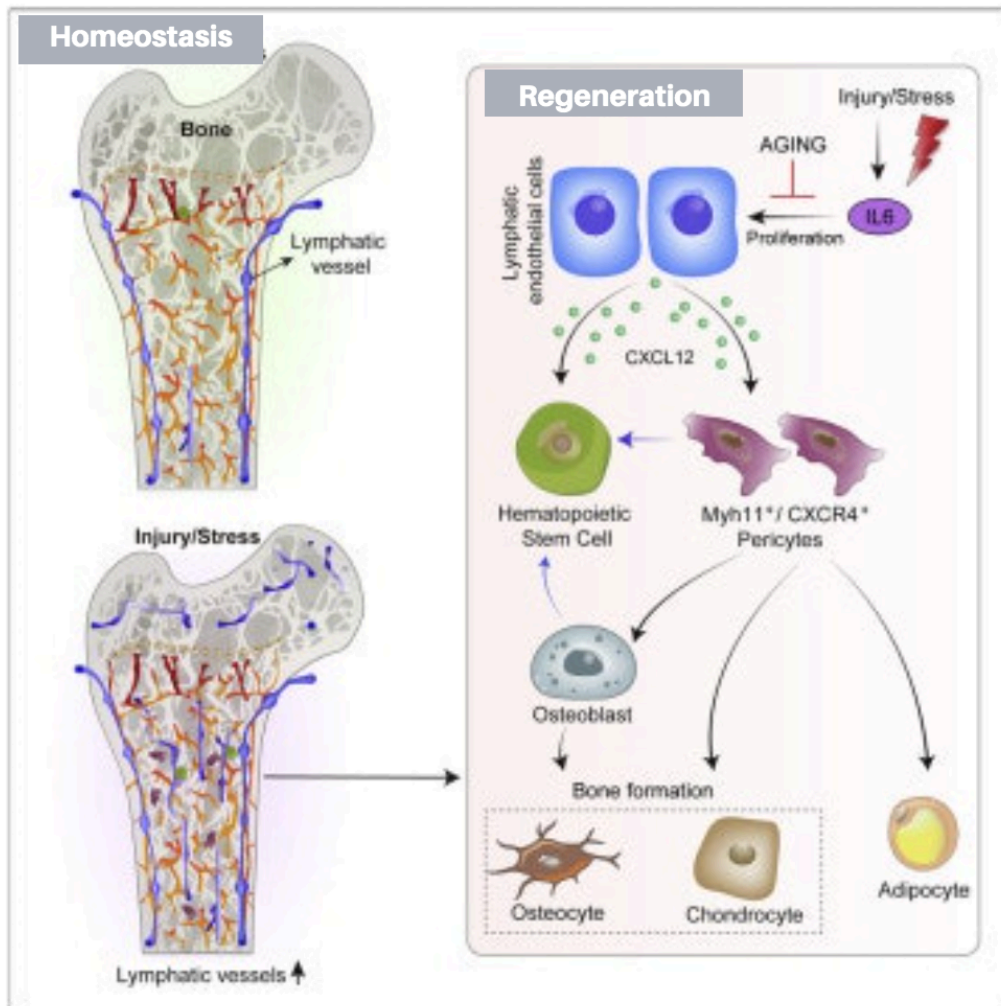
DOI: 10.1016/j.cell.2022.12.031

### Summary

Blood and lymphatic vessels form a versatile transport network and provide inductive signals to regulate tissue-specific functions. Blood vessels in bone regulate osteogenesis and hematopoiesis, but current dogma suggests that bone lacks lymphatic vessels. Here, by combining high-resolution light-sheet imaging and cell-specific mouse genetics, we demonstrate presence of lymphatic vessels in mouse and human bones.

We find that lymphatic vessels in bone expand during genotoxic stress. VEGF-C/VEGFR-3 signaling and genotoxic stress-induced IL6 drive lymphangiogenesis in bones. During lymphangiogenesis, secretion of CXCL12 from proliferating lymphatic endothelial cells is critical for hematopoietic and bone regeneration. Moreover, lymphangiocrine CXCL12 triggers expansion of mature Myh11<sup>+</sup> CXCR4<sup>+</sup> pericytes, which differentiate into bone cells and contribute to bone and hematopoietic regeneration.

in response to genotoxic stress is impaired. These data suggest lymphangiogenesis as a therapeutic avenue to stimulate hematopoietic and bone regeneration.



[FULL TEXT....](#)

A BUSY DAY IN CLINIC

VickyB Health & Fitness



**NEW THERAPISTS IN BUCKINGHAM**

**Welcome aboard Mark and Sarah! Lovely to have you on board...**



Mark and Sarah Starr  
Calvert Green  
Buckingham  
MK18 2FQ  
More information 07801 239156

"I've had shoulder issues for many years and decided to try Starr Therapies  
Deep Oscillation Therapy today.  
It was a pain free treatment and a couple of hours after, the pain and immobility  
in my shoulder has definitely eased  
I will be returning for further sessions, many thanks Mark"

**Steve Bettis**

## Lipoedema Ladies in the UK Needed for Lipoedema Footwear Project

**LIPEDEMA LADIES IN THE UK NEEDED!**

Help us make sure footwear for us with lipoedema fits properly.

SMALL, PAID ENGAGEMENT!

**LEGS LIKE MINE**  
YOU'RE NOT ALONE

Email [legslikemine@gmail.com](mailto:legslikemine@gmail.com)



**Susan O'Hara is the Brand Principal for LegsLikeMine, LLC. Based out of Oklahoma in the US, Susan, who has stage 3 lipo-lymphedema,**

*Susan runs a startup company that is designing footwear especially to cater to the unique needs of women with lipedema, but who still want mainstream and attractive footwear. Susan also creates social media content in hopes of connecting lipedema ladies with products and clothing that fit our bodies the right way and make us look as great as we feel inside and out. Visit her on [legslikemine.com](https://legslikemine.com).*

One of my first memories of shoe shopping with my mother was quite entertaining at the time. As a five year old, I thought it odd when my mother, a petite and rather slim lady, attempted to put on a pair of, 'fashion boots.' When they didn't zip, my mom yanked the boot off of her foot, yelled, "DAMMIT," and threw it across the shoe store. Little did I know I would later experience the same fate of not being able to have boots that fit. But until then I witness this experience of the boot throwing mother over and over through the years.

I was able to wear average sized shoes until I hit puberty around age 12 and my feet grew to a size US 13WW / UK 11. At that time there was no Amazon or internet, so I had to go to a local store called, "After 9 Shoes." Here, a guy who looked like an aged and somewhat greasy Elvis Presley, (except he had a large mole on his face) would sell me my one pair of shoes a year for around \$100 back in the mid 1980's. The shoes weren't cheap and the experience was not my favorite.

[FULL ARTICLE](#)

## LEMONADE FROM LEMONS



**By Gavin Neate**



The last few years have been some of the toughest for society and for me, although I'm very aware that I am fortunate to live in the country I do and have the support and love of my friends and family. However, I want to share with you the coping mechanism I have employed just in case something in it might be helpful to you.....

[READ FULL BLOG 4 MINUTE READ](#)

## Getting Under The Skin of Wellness

**"Marie Reynolds is an internationally renowned skin and wellness expert with a state-of-the-art clinic in Norfolk, which could possibly be one of the county's best kept secrets! Here, she explains what's brought her to Norfolk – and why she's here to stay**

### FOLKfeatures



People come from all over the UK to visit Marie Reynolds' skin and wellness clinic in the heart of the Norfolk countryside. And yet locals may not know that it even exists, let alone that it offers an impressive range of cutting edge skin and body treatments. Marie has long since made a name for herself as a favourite therapist of many national beauty editors and, before coming to Norfolk, she was working in clinics all over London, including in Knightsbridge, Kensington and Chelsea. 'Working in London, I worked with celebrities and beauty journalists – I've been in the industry for coming up to 40 years....'

## CASE REPORT IN PHONIASTRICS: NEW AREA FOR DEEP OSCILLATION



### Recurrent laryngeal nerve rehabilitation after thyroidectomy.

[Damaisy González Brito](#) 1 [Yosvany Páez Gil](#) 2\* [María Eneida Avello Olivert](#) 3  
[Osvaldo Fraga Ramírez](#) 3

E-ISSN: 1029 3043 | RNPS 1820

1 University Paediatric Hospital José Luis Miranda. Santa Clara, Villa Clara. Cuba.

2 San Juan de Los Yeras Teaching Polyclinic. Ranchuelo, Villa Clara. Cuba.

3 Clinical and Surgical University Hospital Arnaldo Milián Casto. Santa Clara, Villa Clara. Cuba.



**Figure 1.** Bilateral vocal cord paralysis at the start of treatment.



**Figure 2.** Vocal cords with normal mobility after treatment

## ABSTRACT

Papillary thyroid carcinoma is the most common type of cancer of this gland, and its treatment of choice is thyroidectomy. Vocal cord paralysis stands out among the associated complications, in which a direct injury to the recurrent laryngeal nerve occurs during surgery. We present a 22-year-old female patient with this diagnosis, who underwent a total thyroidectomy; in the immediate postoperative period the patient began with intense laryngeal stridor requiring an emergency tracheotomy. Physical examination revealed bilateral vocal cord paralysis and it was decided to begin rehabilitation treatment of the recurrent laryngeal nerve with laser therapy and HIVAMAT-200 as combined modalities. The results achieved with physiotherapy were satisfactory and the patient was quickly reintegrated into her family, school and social environment. MeSH: recurrent laryngeal nerve injuries; thyroid cancer, papillary vocal cord paralysis; thyroidectomy; tracheotomy

[DOWNLOAD FULL PDF](#)

## NEW THERAPIST IN IRELAND



**Daniela Palazzi**  
**MLD Ireland Dr Vodder DLT Practitioner and**  
**Physiotherapist**

Monread Avenue  
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# RESEARCH REVIEW



## EFFECTIVE IN PATIENTS WITH COVID-19 AND POST - COVID SYNDROME?

Mratskova, G. (2022). Deep oscillation® therapy - can it be effective in patients with Covid-19 and post - covid syndrome, MEDIS - Medical Science and Research, 1(4), 1-7.

doi: 10.35120/medisij010401mUDK: 616.98:578.834]-085.842

### Abstract:

Treatment of patients with COVID-19, prevention of respiratory and other affected systems complications, prevention of multisystem damage and faster recovery possibilities and disease consequences overcoming is a particularly relevant topic today, when the number of people who have suffered from acute coronavirus infection is increasing. A tendency to shift the focus from acute manifestations to long-term morbidity and chronic involvement of various organs and systems is observed.

In these subacute and chronic phases of illness, the application of physical modalities would be potentially effective. Traditionally, physical and rehabilitation medicine deals with patients with combined pathologies in order to reduce the duration of treatment and to speed up after-illness recovery.

Deep Oscillation® therapy is a relatively new physical modality that is successfully applied to a number of diseases, including inflammatory pathologies of respiratory and musculoskeletal system, trauma, burns, fibrosis prevention, edema reduction, muscle relaxation etc. The purpose of this article is to make a review of the potential therapeutic effects of the Deep Oscillation® therapy application to patients suffering from COVID-19 and/or post-COVID-19 syndrome.

[DOWNLOAD FULL PDF](#)

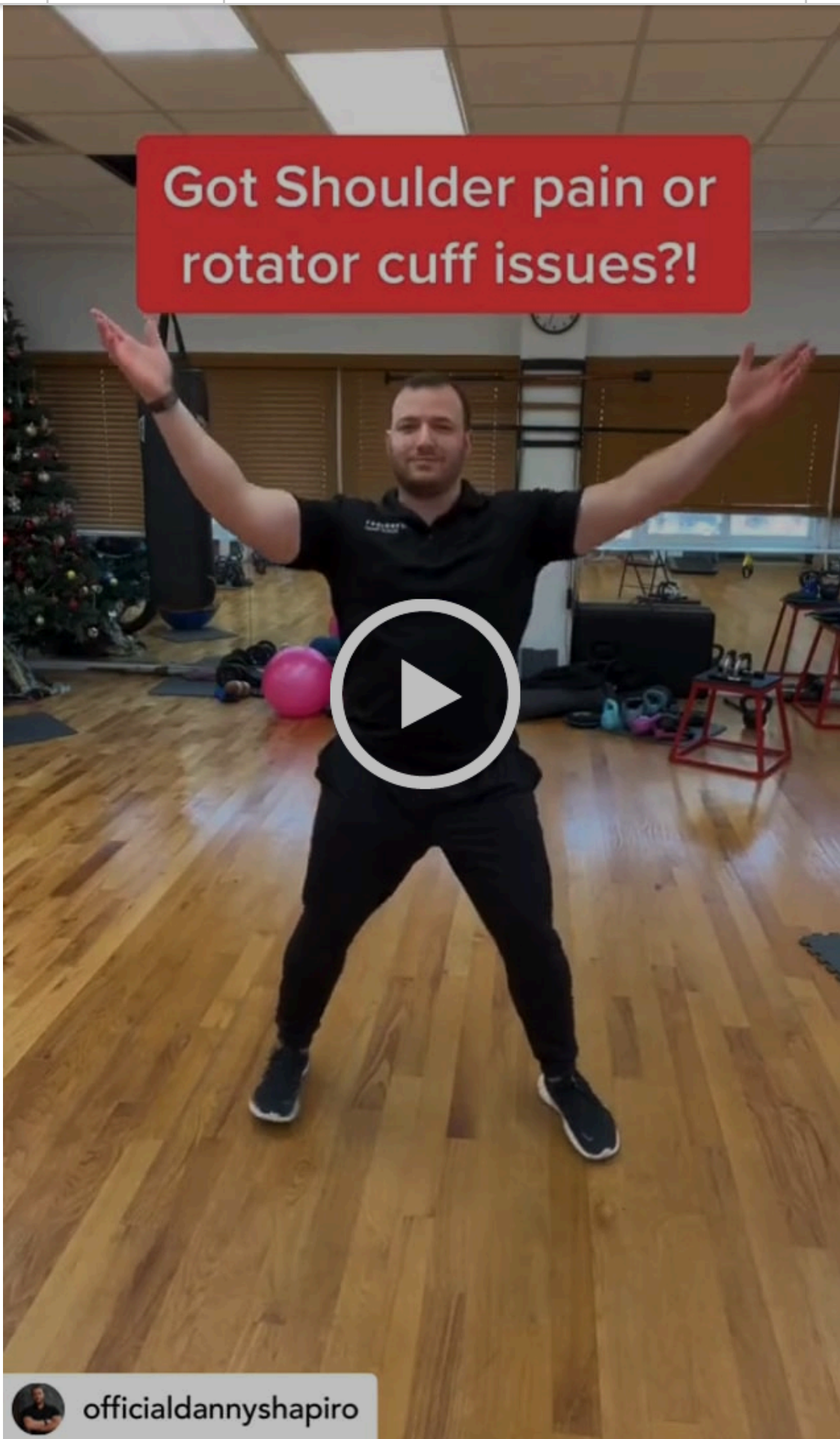
SMILE MOMENTS

follow!

Posted @withregram • @officialdannyshapiro

"You know that amazing feeling of the first sip of coffee? ☕ Yea? Good, because this move feels even better than that . This shoulder move is fantastic at opening up those shoulders and waking up those sleeping muscles . It's perfect to do in the morning, evening, or evening during work (That's what I do actually). So give this move a try and let me know what you think.

As always, if this move causes you pain, decrease the range of movement. If pain persists, stop the exercise!



officialdannyshapiro

#healthylifestyle #physicaltherapist #physicaltherapy #shouldermobility  
#frozenshoulder

## ALL ABOARD!!

**Just had to giggle to read about the  
adventure of my friend Miranda's dog...**



**An adventurous dog sent her owner on a 120-mile rescue mission after she boarded a train on her own while out on a walk.**

Pugsie-Mfanwy, the jug (pug crossed with Jack Russell), decided to bolt for the westbound train as her owner **Miranda Robertson**, Editor of [The West Dorset Magazine](#) was walking her, along with pug Hugo and cat Kitten-Mitten near the train station in Maiden Newton.

The five-year-old dog always tries to board trains, and if there's a train in the

However, there was no train on this occasion as she passed, and the dogs were off the lead. Miranda had walked some distance from the station when she looked down to see Hugo... but no Pugsie. After an hour of frantic searching, and two panicked Facebook posts were written in haste, a train guard replied with his number, she had been found.

"I thought something terrible had happened to Pugsie, as she's usually around my legs, trying to trip me up. I was dreading telling my son I had lost his dog. So when I heard she was being kept safe at Westbury, I couldn't be angry at her – I was just so relieved."

While she is chipped, Pugsie's tag had been lost – or Miranda would have been contacted sooner.

Wiltshire dog warden Alexandra Whittingham said: "I was called to reports of a little dog left on a train that had been picked up at Westbury station and was in the control office keeping warm.

"I got there to find little Pugsie asleep on the lap of one of the GWR employees.

"Luckily, Miranda was already on the way. I was shocked to find out that Pugsie had put herself on the train, possibly in search of an adventure! But very pleased she was safe and well and feel very lucky to have met such a confident, adventurous little dog! Hopefully, she only boards the train with her mum in future!"

## BOTANICAL PAINTING IN WATERCOLOUR

**Julie has moved on to painting in watercolours now, isn't this poppy just beautiful?**



Thank you for reading our newsmagazine, until next month, au revoir! x



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