

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[View this email in your browser](#)

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

GUESS WHO'S BACK IN TOWN...

PhysioPod UK NewsMagazine Feb 2022

Well Good Morning Folks and welcome to the February 2022 PhysioPod NewsMagazine!

We are going to keep our introduction short this time - "phew" we hear you cry! We are both well and loving getting back to some sort of normality and we hope you are too? We hope you enjoy the issue, go grab a cuppa and please don't forget to [keep in touch](#)! Tell us if we are getting it right?

A huge thank you to all of our contributors, it is an honour to work with you.

With kindest regards



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

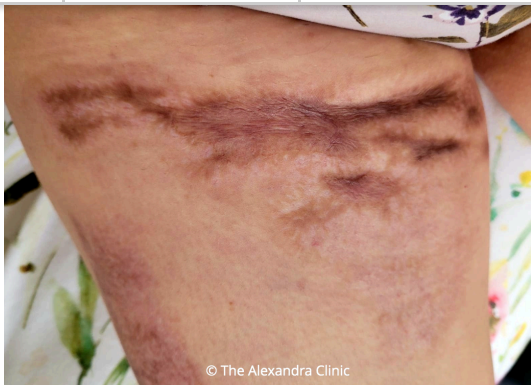


**Effective Oedema Reduction and Burn Scar
Healing with Deep Oscillation Therapy by
The Alexandra Clinic**

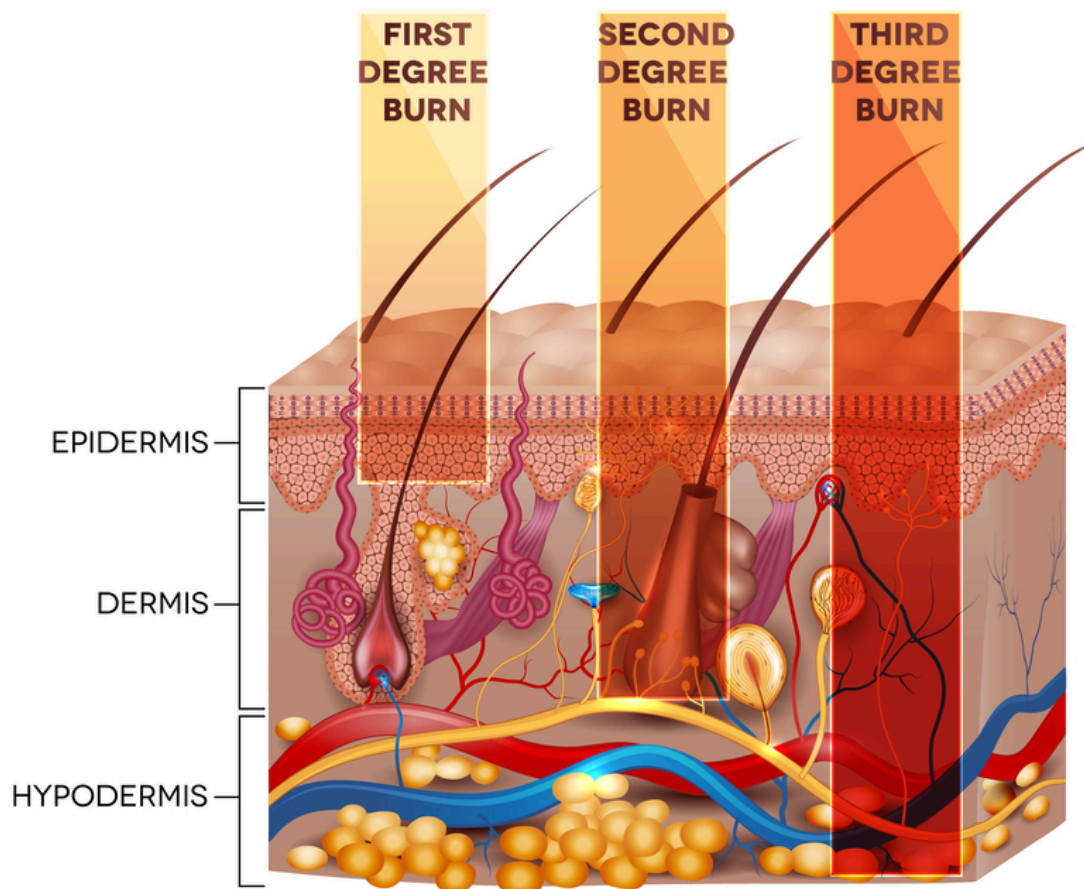


**With huge thanks to Susan Oliver
LCSP (Phys) MBLS MLDUK MLD DLT Vodder
Lymphoedema and ScarWork Therapist**

Left below was taken in August 2021, right was taken on 6th January -
to read full case report on our website [please click here](#)



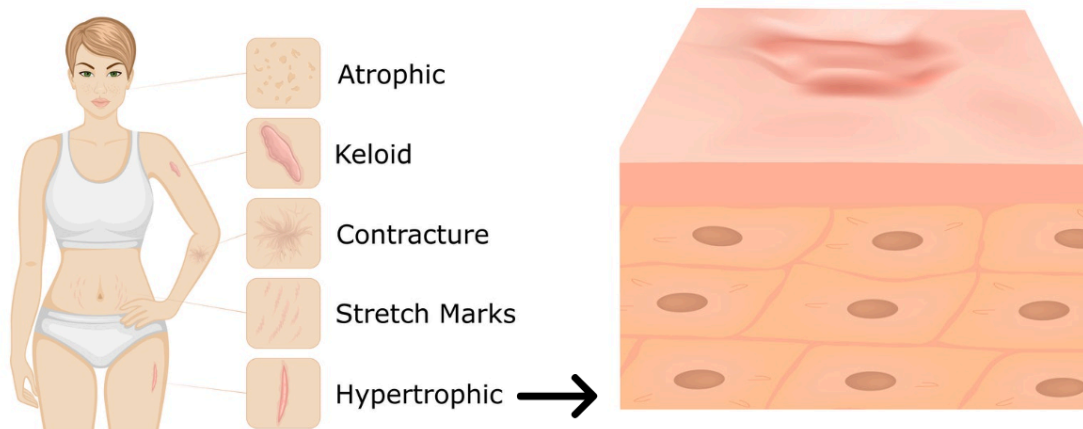
In March 2021, Mrs X sustained a **third-degree burn** to her upper thigh and genitalia after a hot water bottle being used to ease a pain in her lower abdomen burst. (A third-degree burn is also referred to as a full thickness burn, which destroy the epidermis, the dermis and the hypodermis).



Surgical treatment involved a full-thickness skin graft (FTSG) which involves the epidermis and the entire dermis as well being

The first appointment with Mrs X was in September 2021. Mrs X was not experiencing any pain from the burn sight, which is often the case with third-degree burns, because of the destruction of nerve endings. However, there was oedema present on the whole of the thigh extending down to the knee, with smaller pockets of oedema between the scars.

Types of scars



Mrs X's scar was **hypertrophic**, it was thick, raised and ropy in texture. This is an abnormal response to wound healing which more commonly occurs in taut skin areas following skin trauma, burns or surgical incisions. Treatments traditionally include medication, freezing, injections, lasers and surgery. The second wound sight, from where the graft was taken presented no concern.

Treatment was based on a multidisciplinary approach. Compression garments were already in place, so the next stage was to see if we could reduce the oedema with DOT. We commenced with weekly treatments using the Hivamat 200 (Deep Oscillation) combined with Vodder MLD (manual lymphatic drainage).

As you can see from the images the results were amazing. After just three treatments the oedema was greatly reduced, the scar flatter and the colour beginning to change.

Mrs X continues to attend for treatments, where we now use a combination of [ScarWork therapy](#), Deep Oscillation, soft tissue therapy



The Alexandra Clinic

“

Leading the way in
non-invasive therapeutic treatments for
acute and chronic healing



Working from “home” by Gavin Neate



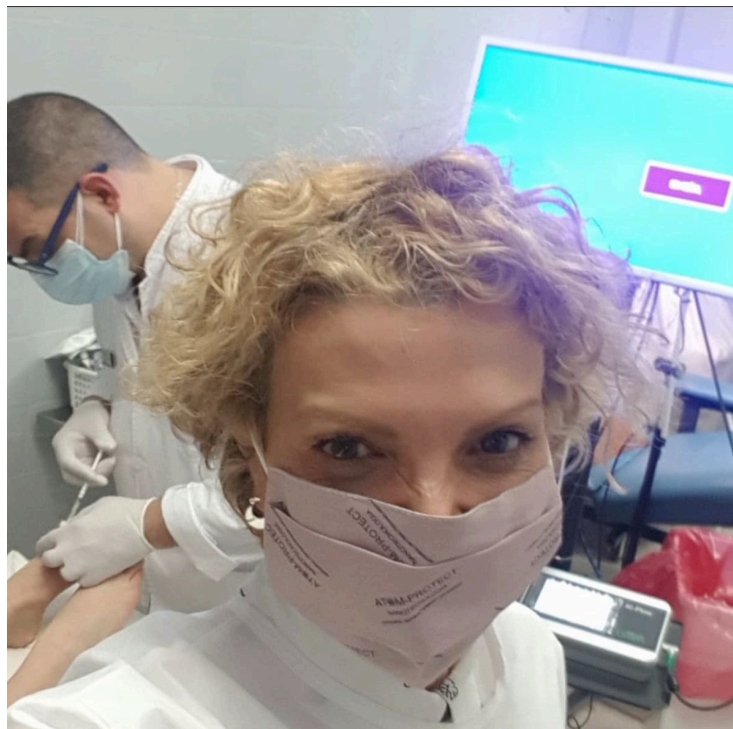
"For 'home' to truly be, who and where you are, is not tied to items or the drive to possess them"

Gavin Neate

"I didn't own much, but my possessions went into storage in Glasgow and over the next few months I realised how little I needed them. In fact, I realised that they had been holding me back and preventing me

[READ FULL ARTICLE](#)

DEEP OSCILLATION AND MAGCELL POST KNEE JOINT REPLACEMENT SURGERY



With thanks to María Del Rosario Pineda

[Knee joint replacement surgery in patient with Primary Lymphedema Stage III \(ISL\).](#)

"After several years of pain and impediments to perform the surgery due to her LE, finally the day arrived. Thanks to Deep OSCILLATION and Magcell the post-surgery evolves favourably without complications"



DEEP OSCILLATION® is an internationally patented, proven technology based on the effects of creating an electrostatic field in the tissue of the patient. Easy application is from therapist to client via hygienic, vinyl gloved hands; utilizing all normal massage movements or via circular movements over the tissue with a handheld applicator. The handheld applicator also enables self-treatment.

MAGCELL® is a portable hand device for electrode-free electrotherapy. Magnetic alternating fields are produced over rotation by permanent magnets. A sinusoidal pulsating electromagnetic field (PEMF) is generated over the special magnet arrangement and device function principle.

Clinical Effects

The following effects of electrode-free electrotherapy with MAGCELL® are clinically recorded:

- Pain alleviation and movement stimulation
e.g. in the case of osteoarthritis

- Recently studies showed a very good result by BPH



Chatbots: the new first contact point for primary care

With thank to Dr Bertalan Meskó
The Medical Futurist



"During the pandemic, smart algorithms have also proven their worth in assisting healthcare professionals to distinguish those who could have been infected with COVID-19 from those with less threatening conditions. Institutions like the NHS and the WHO deployed such tools to ease the pressure on overburdened healthcare systems.

But these little medical helpers have been under development for years and a number of those are available on the market. These range from general symptom assessment Ada to mental health monitoring app Youper. Fuelled by the pandemic, their adoption can be expected to rise and we will be able to see more chatbots being developed for more specific medical conditions.



In the future, patients might even turn to such chatbots as their first contact point for primary care. Patients will then be connected to a doctor in case the automated assistant cannot respond to the raised issues confidently."

Head and Neck Lymphoedema Managed At Home With The Deep Oscillation Personal



"Following treatment for a cancer on my jaw, including mandiblectomy, removal of a lymph gland, Fibula free flap reconstruction, chemo and radio therapy, I developed lymphoedema in the head and neck area, especially around the operation site scar tissue. I also have a quite large scar on my left lower leg from the 'donor site wound' left after bone and tissue were removed to be used in the jaw reconstruction.

Initially I managed with 'Simple Lymphatic Drainage' techniques but was still experiencing swelling both in the region of my head and neck and also in my lower leg.



I started using the 'Deep Oscillation Personal' supplied by Physiopod UK Limited just over six months ago and since using a variety of programmes on my neck, head and leg there has been a noticeable reduction in swelling. I have also been pleased with the healing of the scar on my neck which is now barely visible and the lower leg wound is also healing very well."

Nick, Wales, UK



Everything Starts With A Thought

**by Dean Attwood, Mindset and Performance
Coach and Anxiety Expert**



My last article focused on the challenges associated with creating physical change, today I am going to shift that focus slightly to the language we use, and the sheer importance of it.



Language, the language we speak to ourselves, the tone, the direction, the meaning, the truth, the lies, the hurt, the pain, the cover up, the mask, the joy, the happiness, the resolution!

Like many people at the start of January you possibly made a few 'New Year's Resolutions'

How are they going? Are you still committed to them?

I was tempted to add some facts about January Resolutions, but I wanted you to keep reading on so I didn't.

If you have dropped your New Year’s Resolution, did you talk yourself out of it?

[READ FULL ARTICLE HERE](#)



L-W-O Community
Primary, Secondary & Paediatric
Lymphoedema
Online & in the Community
Promoting Lymphatic Health &
Community Engagement



THE JOURNEY FROM PATIENT TO PATIENT ADVOCATE



GAYNOR LEECH



"I remember the day of my cancer diagnosis vividly, walking through the corridors of the hospital was like walking through a black narrow tunnel.

I felt claustrophobic and I was scared. My Husband was holding my hand and his voice was very distant, all I could hear from him was "They must have got it wrong."

Little did I know then, how dramatically my life would change that day. Fortunately, my cancer prognosis was good, I was propelled through my treatment at the speed of light and I will always be grateful to the doctors and nurses who were part of my journey.

I had never heard of Lymphoedema and that it would affect my life in the most unimaginable way. This article is not specifically about Lymphoedema but will give a little insight of the journey from Patient to Patient Advocate. The way I see things, there are three stages that lead to patient advocacy....

READ FULL BLOG POST



“

L-W-O Community
&
PhysioPod UK is supporting
Lymphoedema Awareness Week
6th March – 11th March 2022
&
World Lymphoedema Day
6th March 2022

News Flash



Question 7: Why does the health care profession know so little about Lymphoedema and when it comes to lymphoedema, why are HCP's so reluctant

lymphoedema along time they have more
knowledge than they do?

Jane Wigg RGN, MSc, Lymphoedema Clinical Expert, Answers L-W-O Community Member Questions

"Sometimes when you have an expert Lymphoedema patient (like yourselves) it may be difficult for the healthcare professional sitting in front of you, they may be new and a novice, and you have so much more knowledge, that may they feel a little bit threatened..."

[READ FULL POST HERE](#)

CLICK BELOW TO WATCH VIDEO



GREAT NEWS FOR STEVE AND SANDRA



Sandra Bradburn Facebook Update



"After just 8 weeks, we would like to say an enormous thank you to our family, friends and the generous people who we don't know, who have

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

We had many donations through the [Go Fund site](#) as well as directly and then we received a notification that the the company Thomas Carroll would like to also donate. We have therefore now achieved our target and purchased the [Deep Oscillation Personal Basic](#) machine for the head and neck Lymphoedema which Steve has.

He has immediately started using it twice a day for 25 minutes each time and it's really helping his Lymphoedema.

I had a wonderful call from him to say that his swallowing was much improved and he had eaten a normal meal and enjoyed it.

I cannot express how grateful I am for your support to help my big brother live an easier and more joyful life. My heartfelt thanks go out to you all. xxx"



[Read original GOFUNDME article here >>](#)



[Sue Hansard - Lymphoedema Nurse Specialist](#)
commented on the update:

"Wow this is a fantastic achievement and I am so pleased that Steve has already experienced significant improvements in the symptoms his lymphoedema has caused. I wish all Head and Neck Lymphoedema patients could have Deep Oscillation for daily use"

NEW DEEP OSCILLATION THERAPIST IN CAVERSHAM BORDERS

A huge welcome to the lovely Nicola, great to have you on board!



i am mine

T H E R A P I E S

Nicola Kenworthy

Vodder and Foeldi MLD DLT Practitioner

Caversham Borders, Reading, Berkshire

RG1 8BB

Mobile 07775 772477

How did you find dealing with PhysioPod® UK Limited?

"Great, friendly service. Nothing too much trouble. All well explained and at the end of the phone when I've needed them. I couldn't fault them"

Actress Glynis Barber Experiences The Marie Reynolds MasterliftPlus Facial which includes internationally patented Deep Oscillation Therapy



It was because Deep Oscillation is used medically that Marie Reynolds brought it in to her to Masterlift Plus treatments and she has seen amazing results. Watch from 08.00 minutes in to see application of Deep Oscillation therapy...

"Wow, so you are just using your hands and your hands are vibrating?"

"This is the most extraordinary thing I have ever experienced, it's so hard to believe those are your hands"

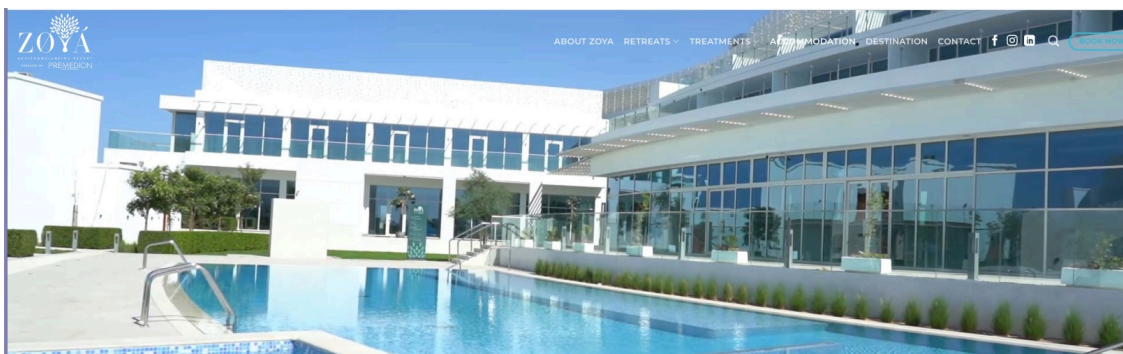
"My skin and blood feels like it's moving"

"That is amazingly relaxing"

"I love the new additions, Deep Oscillation is the absolute best"



DEEP OSCILLATION IN DUBAI!!



colleague **Alexander Mikus**, Key Account Manager for Physiomed, took the opportunity to install state-of-the-art equipment and train staff at a brand new, rehabilitation and spa centre - [ZOYA Health & Wellbeing Resort](#).

Do take a look - it is described as the The Ultimate Wellness Retreat Destination and is **OPENING SOON** for those of our readers lucky enough to be nearby!

They now have in their facility the [Ionoson Do](#), [Frigostream](#), [Physioimpact](#), [Physiotherm-S](#), [Traction with Mili](#) and [Laser-Shower Expert](#). All of these products are available from us at PhysioEquipment.co.uk - drop us a line.



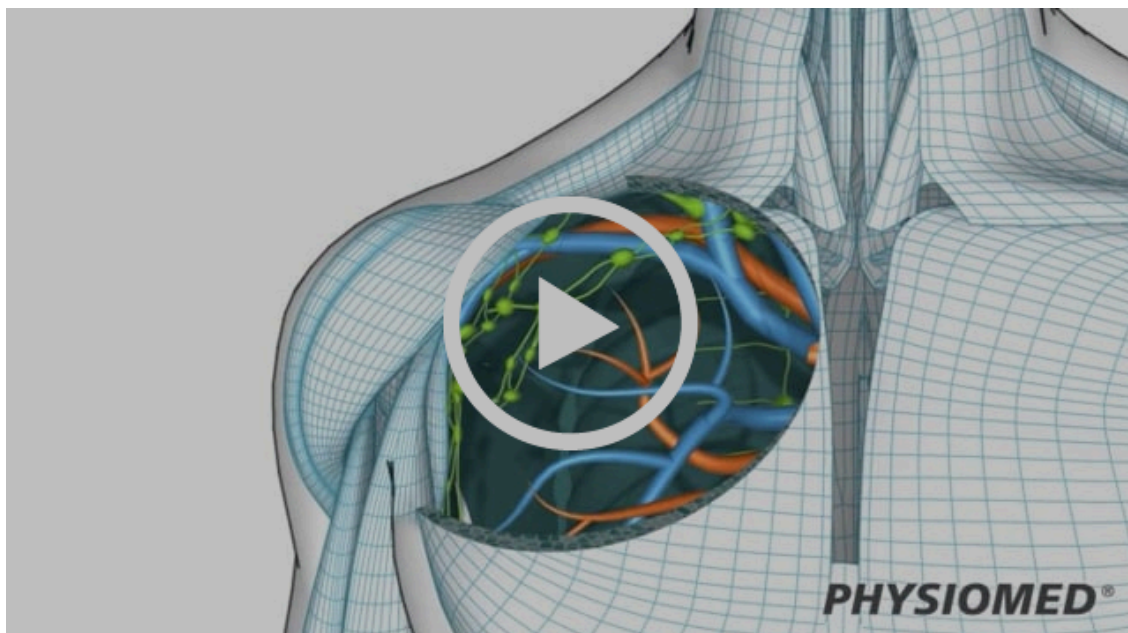
The Effect of Deep Oscillation on the Lymphatic System.

Oedema and haematomas occur as a result of bleeding as well as destruction or damage of lymphatic capillaries by trauma (mechanical, surgical etc.). In the acute inflammatory phase of wound debridement, there is also increased [phagocytosis](#) and a generally higher need for transport of extracellular protein, blood cells and other particles ([exudation](#)).

As a result, post-traumatic oedema develops by overloading the lymph transport system (high volume insufficiency) and backing up in the interstitial space, in spite of increase in the lymphatic flow rate.

Increased resorption of subcutaneous oedema by deep oscillation has been shown in several clinical studies. This can be explained by two hypotheses. One would be that mechanical stimulation at the level of the interstitial ground substance produces mixing of materials to be transported with the lymph, enhances its distribution and thus increases the surface area for resorption. Another would be that mechanical impulses generate deforming forces that act on the collagenous fibre structures of the interstitial space, and these apply tensile forces to the endothelial layer of the initial lymphatic vessels (lymph capillaries and pre-collectors) via anchor filaments. In this way they could open junctions in the endothelial layer for inflow of fluid, and assist the interstitial drainage mechanism.

VIEW ALL DEEP OSCILLATION PUBLICATIONS



Video description:

- Post-traumatic oedema formation: Bleeding, increased transport demands, high volume insufficiency, backing-up in interstitial space.
- Deep oscillation assists resorption of oedema: Mixing materials for transport with the lymph, distribution, increasing surface area, tension on endothelial layer of initial lymph vessels (lymphatic capillaries and pre-collectors) via collagenous fibre structures in the interstitial space,

- Transport of lymph together with materials such as various extracellular proteins, blood cells and other particulate material.
- Valves can already be found in the pre-collectors at intervals of 2-3 mm. Transport of lymph is the exclusive function of lymph collectors and the lymph ducts connected with them.
- The lymphatic system contributes to homeostasis by influencing the volume of extracellular fluid, the interstitial protein concentration and the tissue pressure.

.....

The Deep Oscillation Personal Recommended for Lipoedema Symptom Self Management & Scar Reduction



Jacqueline Smith as diagnosed with Stage 3 Type I/II Lipoedema in knees, upper and inner thighs, hips, buttocks and arms in October 2021.

Subscribe

Past Issues

Translate ▼



Stage 1 ; Skin is smooth but there are pearl-sized nodules in the fat underneath.

Stage 2: There is retraction of the skin due to fibrosis of connective tissue fibres surrounding fat lobules and pearl-sized and larger masses in the fat tissue.

Stage 3: There are pearl-sized nodules, larger masses and lobules of the skin and fat.

The fourth stage is not shown, as it includes the development of lymphoedema that can occur at any stage, when it is known as lipo-lymphoedema. Lymphoedema occurs in Stage 3 more than Stage 1 or Stage 2.

Five Lipoedema types describe the location of lipoedema fat. Type IV is found often combined with Type II or III.

Torre YS, Wadea R, Rosas V, Herbst HL. Lipoedema: friend and foe. *Horm Mol Biol Clin Investig.* 2018;33(1):1/hmbcl2018.33Issue-1/hmbcl-2017-0076/hmbcl-2017-0076.xml. Published 2018 Mar 9. doi:10.1515/hmbcl-2017-0076

A Deep Oscillation Personal after learning of her medical situation on Instagram, which PhysioPod then featured on their website.

After working with her to discover in detail the background to such a heartbreaking story, Mary and Julie felt that "Jax", as they had come to know her, actually really deserved a break and some practical help to get her back on her feet.

Jax's summary of how she got on with the Deep Oscillation Personal is covered in full in the article. She has since invested in her own unit, to maintain a better quality of life and hopefully retain her mobility in the absence of NHS funded liposuction.

Thank you Jax, for keeping this very thorough diary, it may help others to realise that there is a non-invasive therapy than can help in both conservative management of Lipoedema and in pre and post liposuction aftercare and scar management, whatever the reason for that scar.

The trauma of not having a Doctor available to understand Lipoedema is horrific enough, but what you can't understand is why these Deep Oscillation Personal devices are not available on the NHS to ladies suffering with Lipoedema, for the many reasons that it can bring relief.

And when nothing else helps and you know 100% that this type of lymphatic drainage challenges all other therapies and the results are so positive, amazing in fact, I'd go as far to say, then why isn't it prescribed?

Because trust me, without this device, the only direction that I was going was into a wheelchair. So, I ask, why are we not seeing these devices available on the NHS? After all, Deep Oscillation is being used in NHS Lymphoedema clinics in the UK and Ireland already for Lymphoedema and has been since around 2008.

Thank goodness for ladies like Mary and Julie, who are passionate about protecting our health and getting our many messages out there with our real-life Lipoedema experiences, so others can become aware of the condition of Lipoedema and seek out this treatment. They work hard, based on the principles of knowledge and care and they know what works through experience. I've nothing to lose nor gain from telling you my experience. I only want you to know that there is something that works. Especially if you are suffering as I was.

I have now invested in my own unit, I say it is a small cost to retain my quality of life and mobility.

Jacqueline Smith

[READ FULL DIARY INCLUDING PHOTOGRAPHS HERE](#)



SCIENTISTS AWARDED GRANT TO STUDY LIPOEDEMA



Virginia Tech, Temple University scientists awarded grant to research lipedema, an under-studied disease of fat tissues

Jennifer Munson of the Fralin Biomedical Research Institute at VTC and Evangelia Bellas of Temple University's Department of Bioengineering were awarded \$250,000 by the Lipedema Foundation

[READ FULL PRESS RELEASE](#)



A Thank You To Nicky Snazell



Julie and I really do appreciate all of our customers and this month we want to say a big thank to Chartered Physio Therapist and International Pain Specialist, Nicky Snazell has added a fourth Deep Oscillation Personal for herself and staff to use at her clinic based in Staffordshire. Nicky wrote of Deep Oscillation

"It is so easy to use especially for those skilled in massage, the results include pain relief, anti-inflammatory effects, the reduction of swelling [oedema], the acceleration of wound healing and it can be used straight after an injury.

I love the ability to wear the technology as gloves thus giving a deep connection between therapist and patient. With some sensitive [neuropathic] painful conditions strong hands-on massage can just make the pain worse, however, this soothing treatment helps"



ASK THE EXPERTS



Anita Wallace, MBE, Chair of LSN

LSN Member Questions Answered



Prof Peter Mortimer



Prof Dominic Furniss



Denise Hardy
LSN Nurse advisor



Dr Catherine O'Leary



Why do some people with lymphoedema get to see a specialist and others do not?

Why do some GPs use social prescribing but not prescribe some lymphoedema treatments?

Why are compression garment prescriptions so hard to get right?

Why are there only 2 lymphoedema garments prescribed every 6 months under the NHS?

Why GPs may not follow the cellulitis consensus guidance.

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

All LSN subject topics in alphabetical order can be looked up [here](#) or hop on to the excellent [LSN you tube](#) channel to watch their latest excellent videos.

Well done LSN (as always) - great initiative.



mirror.co.uk

DMST

TUESDAY 28.12.2021 DAILY MIRROR 31

DR MIRIAM STOPPARD



BOOK OF THE WEEK **Golden Threads** by Gemma Levine

After 45 years of photographing royalty, actors and politicians, this exciting collection contains some of the amazing people Levine has shot. All proceeds go directly towards Lymphoedema research, for whom she voluntarily raises awareness.

Levine is an honorary member of the Lymphoedema Support Network, the Lymphatic Education & Research Network USA and a Trustee of the charity commission of the Lymphoedema Research Fund. gemmalevine.co.uk



[READ FULL ARTICLE](#)



News from Brazil: Stage II Lipoedema Patient Wins Appeal For All Prescribed Surgery To Be Covered By Health Plan Operator

"On January 7, 2022, at Hospital Oswaldo Cruz, in São Paulo/SP, the first of several Lipoedema procedures were carried out on a patient with Stage II Lipoedema and full costs met by the health plan operator Unimed Natal.

Subscribe

Past Issues

Translate ▼



Stage 1 ; Skin is smooth but there are pearl-sized nodules in the fat underneath.

Stage 2: There is retraction of the skin due to fibrosis of connective tissue fibres surrounding fat lobules and pearl-sized and larger masses in the fat tissue.

Stage 3: There are pearl-sized nodules, larger masses and lobules of the skin and fat.

The fourth stage is not shown, as it includes the development of lymphoedema that can occur at any stage, when it is known as lipo-lymphoedema. Lymphoedema occurs in Stage 3 more than Stage 1 or Stage 2.

Five Lipoedema types describe the location of lipoedema fat. Type IV is found often combined with Type II or III.

Torre YS, Wadea R, Rosas V, Herbst HL. Lipoedema: friend and foe. *Horm Mol Biol Clin Investig.* 2018;33(1):1/hmbcl2018.33Issue-1/hmbcl-2017-0076/hmbcl-2017-0076.xml. Published 2018 Mar 9. doi:10.1515/hmbcl-2017-0076

The case was assessed by Judge Amílcar Maia, who saw the essential requirements for granting the postulated urgent measure fulfilled. For him, despite the arguments used by the lower court to deny a preliminary injunction, he understood that the danger of delay is fully evident in the specific case.

Surgeries had been prescribed since she the patient was diagnosed with Lipedema (CID 11 EF02.2 (2)).

He noted that, according to her medical report, the patient having been in treatment for over a year had had no significant result. He considered the information from the surgeon, when he said that the patient has a significant evolution in the progression of the disease in a short period of time, with symptoms of intense pain in the lower limbs, oedema, slowing of the lymphatic system, varicose veins, recurrent ecchymosis without the occurrence of trauma (resulting from of capillary fragility in this disease) and changes in knee joints.

The rapporteur also took into account the information given by the physician that Lipedema is a chronic pathology, with four stages, which, if not treated properly, causes serious damage to the health of its patients.

According to the magistrate, even with no risk of death, the surgical procedure should be performed immediately, given the evolutionary and inflammatory character of the disease, already in its second of the four existing stages. “In addition to all the discomforts listed in the medical report, one must consider the serious risk of compromising the patient’s lymphatic system, as well as her joints, already affected by another pathology, which has been harming the health and quality of life of the patient” he concluded.



DEEP OSCILLATION THERAPIST



Puk Johansen PHMT

The Green
The Dorset Golf Resort
Hyde Road
Dorset
BH20 7NT
Mobile 07848 794940

"Mary, in other news... I wanted to tell you about a session I had last week with a young lady who had surgery on her foot after a particularly nasty fall leading to a fractured bone in her foot. This is the first post surgery treatment I have done, so I was not sure how this would go. I started (as Julie recommended) on a 20 min high frequency for this first treatment. My client was struggling with the sensations in her foot and leg and after the treatment (just working on her leg as foot was still bandaged) she said that everything felt looser and she 'felt' more in her leg. After a checkup in hospital 2 days after and telling them about the deep oscillation therapy, they actually recommended to carry on with this to help the healing!"



And there's more....



Carly Olliffe, Sports & Aesthetics Massage & Deep Oscillation therapy

'I first got introduced to Deep Oscillation therapy back in 2007 and I never thought it would become one of the main treatments I use to date! I would never be without this therapy in my clinic now.

To make things even better, Julie and Mary are the nicest people to deal with. They are kind and honest, and will always give you a personal service. You're definitely not just a number! They feel more like friends than anything.

I can highly recommend Julie & Mary (Phyiopod) as a business, and also 100% recommend Deep Oscillation therapy as a treatment. I'm one very happy customer and by the looks of it, I always will be. Thank you!

Kind regards

Carly Olliffe



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

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking can lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, generally, comes around



PLANET MARLA



Copyright © 2022 PhysioPod UK Limited, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

