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1st September 2024

Good Morning Everyone

Welcome to the PhysioPod<sup>®</sup> September quarterly newsmagazine - Issue 35.

Christine Talbot SRN MLD DLT, a frequent author to our magazine over the years, has shared a variety of her case studies. In this issue, Christine has submitted an in-depth article with photographs in video format of a Double Mastectomy with Saline and Silicone Implants. We have placed a sensitive viewing on this case study as some may find it distressing.

Anita Wallace, MBE, retires as Chair of LSN this month. Thank you so

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over the years. Our initial experience at The Royal Marsden feels like a distant, but wonderful memory now! We wish you all the best for an exciting retirement Anita, and once again, thank you for all your hard work with LSN.

Did you know the last week in September (23rd-27th) is the "International Week of Happiness at Work"? We spend a large part of our lives at work, significantly impacting the rest of our lives. Paying more attention to our happiness at work can make a big difference to the quality of our lives.

Dean Attwood and Bel Hardman of Integral Workplace Wellness have provided a comprehensive blog that promotes the happiness of both employees and their employers and look at ways they can support both.

Jane Wigg provides her thoughts on "Choosing Happy," and we loved that Jane begins her blog with the announcement that a book her Dad gave her almost 25 years ago, shaped her ways of being grateful for each and every day and embracing the small things in life that bring us happiness. Both are well worth a read!

If you'd like to try a digital detox day to get your working week off to a positive start, watch our little video for some ideas.

Gaynor Leech's new newsletter, "Chatterbox," is available via the provided link. Gaynor takes a break from this quarter's newsmagazine and returns in December, but this month we also share the amazing news that Gaynor has gained PIF TICK accreditation, establishing her status as a 'trusted information creator'. Well done, lovely lady!

Gemma Levine has provided us with a link to the video of the "Evening with Dame Judi Dench" at Claridge's. The video has already enjoyed 280,399 views and 10,786 shared comments. This is a significant milestone in raising awareness of lymphoedema on an international level! The effervescent Gemma, is now 85 years old, and she informs me, 'has no intention of slowing down her lymphoedema awareness projects!' Simply amazing!

We are sharing wonderful feedback from users of the "WelcoMe" Web App at Currys. This innovation is amazing for people with a disability, and those who have the privilege of welcoming them to their establishments.

We have some very interesting case studies, patient reviews, and much more.

Thank you, as always, to all of our contributors and you, our loyal readers. See you in December!

Take Care



Mary Fickling and Julie Soroczyn  
Sisters and Directors of PhysioPod® UK and PhysioEquipment

"I've done my bit, I'm calling time"

By LSN Chair, Anita Wallace MBE



The Lymphoedema Support Network (LSN) is the leading UK patient charity supporting people with lymphoedema. It was formed in 1991 by two nurses and seven patients from the Royal Marden Hospital, London, with the help and support of Professor Peter Mortimer.

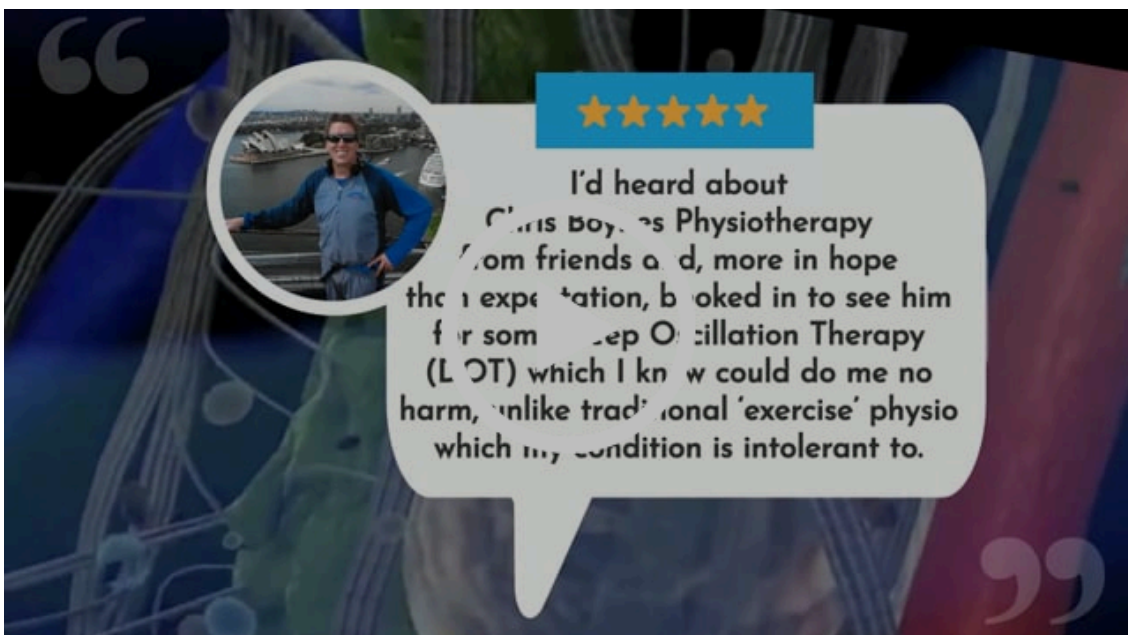
to spend on my other interests, yes, I really do have other interests, but currently struggle to find enough time to enjoy them. I also travelled to India earlier this year and toured around Kerala, this wonderful experience has really given me the travel bug. So, I will be standing down from my role as LSN Chair following our AGM in September but here are some of my favourite memories of my time with the LSN.

So, how did I get involved in the LSN? Following my treatment for breast cancer in 1992 and diagnosis of lymphoedema three years later, when I was told by a physiotherapist who kept her notes in a pocket diary, "that I had lymphoedema, but I had better get used to it as there was no cure!" Those few words had a devastating and prolonged effect on me, particularly as I was given no information or support, apart from an LSN leaflet. It took me six months to contact the LSN and I joined in 1996. In that six months, I had become more and more angry that I had a condition I'd never heard of, no one else seemed to have heard of, and there was very little information available for people, this made me determined to do what I could to change that.

I soon became a volunteer in the LSN office doing whatever I could to help. Two years later I was invited to become a Trustee and subsequently elected as Chair in 2000, which I have to say, came as a huge shock, I wasn't expecting that and was rather thrown in at the deep end... but I quickly learnt how to swim!

## [READ FULL ARTICLE](#)

### CHRIS BOYNES PHYSIO - PATIENT TESTIMONIAL



## Improve Your Happiness At Work by Integral Workplace Wellness



Dean Attwood - Director & Head of Coaching



Bel Hardman - Director & Head of Training |



September 23rd - 27th is "International Happiness at Work Week" and we expect you've likely had some thoughts on this topic due to your own personal experiences at work. You may have even questioned yourself - Am I happy at work? Do I feel fulfilled in my job? Do I have a healthy work / life balance and is that even possible?

If you're a business owner or manager, you may be questioning how your staff members feel about their job and the company? Are they happy at work? What can I do to help improve their happiness at work?

Let's explore the idea of "happiness at work" from both the perspective of an employee and a manager/employer, and let's be realistic, managers are also employees, but you have an additional level of responsibility.

### How Can You be Happy at Work?....

[READ FULL ARTICLE](#)

As 23rd-27th September is International Week of "Happiness at Work", I created this video to look at ways of ditching the digital for one day at the weekend to be fully relaxed to start the working week on a positive!



Great News for LWO Community



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





Gaynor Leech has gained PIF TICK accreditation, establishing her status as a 'trusted information creator'. The founder of [L-W-O Community](#) and a patient advocate, Gaynor Leech has been awarded the PIF TICK, which is the UK's exclusive assessed quality mark for both print and online health and care information.

To achieve the designation of 'trusted information creator,' Gaynor Leech underwent a rigorous assessment to confirm that she met the 10 key requirements. This accreditation ensures that the materials she produces—whether they are read, watched, or listened to—are evidence-based, easily understandable, free of jargon, current, and created to the highest standards.

Gaynor Leech remarked, "Gaining the PIF TICK demonstrates that I have a robust process for developing health information resources. With the overwhelming amount of information available online, it can be challenging to determine what is credible. This quality mark offers a quick and straightforward way for people to trust that our information is reliable."

The PIF TICK, which was launched in May 2020, is operated by the non-profit organization Patient Information Forum (PIF). In July 2021, a public website, [www.piftick.org.uk](http://www.piftick.org.uk), was introduced to increase awareness of PIF TICK accredited members and assist individuals in locating trusted health information. The website also features guides on various subjects, including how to spot false health information and comprehend evidence.

Dan Wills, the PIF TICK manager, expressed enthusiasm, stating, "We are thrilled to welcome Gaynor to our ever-growing community of accredited PIF TICK members. Accurate, accessible, evidence-based information is essential for enhancing patient empowerment and improving health outcomes."





**Grace Birchall**

**BSc MCSP**

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Mobile: 07984 029 193

Offering physiotherapy with psychological understanding, Progress Physiotherapy takes an holistic approach to rehabilitation, considering the physical, psychological and social impacts of any injuries or conditions.

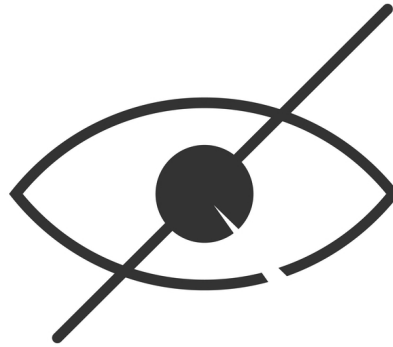
We help individuals to improve their condition, and stay well and active.

[Website](#) [Instagram](#) [Book Appointment](#)

Deep Oscillation Therapy offered in treatments

**Double Mastectomy With Saline and Silicone Implants: A Case Study**

Author: Christine Talbot, SRN MLD DLT



This case study, with graphic images, authored by Christine Talbot SRN MLD DLT, examines the complex and challenging journey of a patient, Mrs. S, who underwent a double mastectomy following a diagnosis of triple-negative breast cancer linked to familial BRCA2 mutations. The study details Mrs. S's extensive medical and surgical history, including the removal of both breasts and multiple complications attributed to both saline expanders and silicone implants.

The family's significant history of various cancers adds a layer of urgency and complexity to the patient's care. Mrs S experienced severe lymphoedema and pain, raising concerns about the effects of her surgeries and the ongoing need for specialised care.

The study highlights the importance of informed decision-making, exploring the emotional and physical challenges faced by the patient, and emphasises the necessity of comprehensive support systems for individuals undergoing similar procedures. As Mrs S continues to navigate her treatment options amid the backdrop of serious health concerns, this case serves as a poignant reminder of the real-life implications of surgical decisions and the critical nature of patient education and advocacy in the context of breast cancer treatment.

## [READ CASE STUDY](#)

2024 SELF CARE RESEARCH



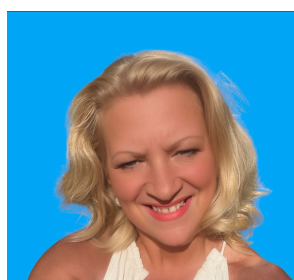
As a proud Self-Care Champion, I wanted to share an important initiative from Libby Whittaker and the Self-Care Forum. They are currently collaborating with Imperial College London’s Self-Care Academic Unit (SCARU) to better understand self-care attitudes, knowledge, and behaviours in the UK.

They are seeking insights not only from the population, but also from health professionals. The study is simple and takes just 10 minutes to complete.

I encourage you to participate in the short survey and share it with your friends, family, and colleagues. Your input will be incredibly valuable!

For more information about the study, please visit their website: [2024 Self Care Research](#)

Thank you for your support in advancing self-care practices!



Mary Fickling - Self Care Champion





September sees the launch of Happiness At Work Week. Undoubtedly, we have the ability to choose happiness! However, is it really that simple to make this choice, and what steps can we take to consistently choose this behaviour each day?

One thing I know for certain is that it all comes down to attitude. Almost 25 years ago now, my Dad gave me a book called 'Fish.' It's quite a life-changing book. It was about people working in a fish market and how working with the smells and the slime and the awful conditions could be so happy. The book's conclusion was that individuals have the power to 'choose their attitude'; they can choose to arrive at work feeling miserable, hating the smells, the conditions, and their job, or they can choose to adopt a happy attitude. Happy for the people they meet, the stories they hear and can retell, understanding the risks and conditions of the fishermen who put their lives at risk, the food they provide, and the friends that they have.

Several years ago, we conducted a survey of 160 lymphoedema therapists to understand why nurses lose their passion. We published it as the final paper in our 'Compendium of Best Practice'.

It talks about that 'negative voice in your head', how we deal with stress, and many other issues. It discusses how and why we lose our passion for the job that we do. It discusses what helps us love our job and why. This survey revealed that 10% of lymphoedema therapists faced workplace bullying! 10%. We learnt that managers took the therapists 'passion', that they knocked them back by not listening or understanding, and that the managers own thoughts, beliefs, and 'attitude' altered the therapist's feelings.

**[READ FULL BLOG](#)**


# HOW CAN DEEP OSCILLATION® HELP IMPROVE QUALITY AND OUTCOMES OF CARE?

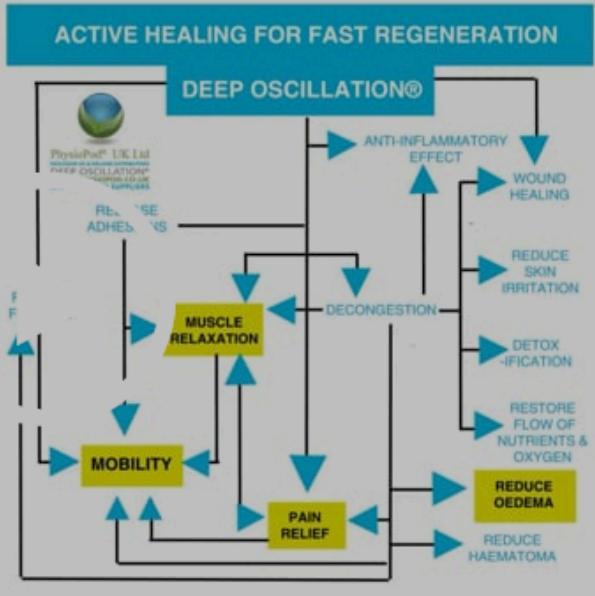
In today's fast-paced healthcare environment, improving patient outcomes is more crucial than ever. In this video, we explore how Deep Oscillation® therapy can enhance the quality of care you provide.

Deep Oscillation is an innovative treatment, designed to boost healing, alleviate pain, and improve overall patient satisfaction.

Discover how incorporating Deep Oscillation® into your practice can lead to transformative results for both patients and practitioners alike.

**HOW CAN DEEP OSCILLATION® HELP IMPROVE QUALITY AND OUTCOMES OF CARE?**





**ACTIVE HEALING FOR FAST REGENERATION**

**DEEP OSCILLATION®**

- ANTI-INFLAMMATORY EFFECT
  - WOUND HEALING
  - REDUCE SKIN IRRITATION
  - DETOXIFICATION
  - RESTORE FLOW OF NUTRIENTS & OXYGEN
- DECONGESTION
  - REDUCE OEDEMA
  - REDUCE HAEMATOMA
- MUSCLE RELAXATION
  - PAIN RELIEF
- MOBILITY
  - PAIN RELIEF
- RELEASE ADHESIONS
  - MUSCLE RELAXATION
  - MOBILITY

## Lymphoedema Awareness Event in conversation with Dame Judi Dench CH DBE FRSA



## Harnessing Auricular Acupuncture and Deep Oscillation for Knee Pain Relief: A Case Study By Ben Neves














In the world of alternative therapies, innovations and intuitive combinations of techniques often yield remarkable results. One such combination I recently explored involves using Auricular Acupuncture alongside Deep Oscillation therapy for treating knee pain—a case that delivered both surprising and extraordinary outcomes.

### Clinical Presentation

exacerbated after a gradual onset. She evaluated her pain as "severe pain/very intense" on a subjective scale of 7/10 (refer to the diagram below). Her daily activities were rendered challenging by the discomfort, which was obstructing her mobility.

**COMPARATIVE PAIN SCALE CHART (Pain Assessment Tool)**

										
0 Pain Free	1 Very Mild	2 Discomforting	3 Tolerable	4 Distressing	5 Very Distressing	6 Intense	7 Very Intense	8 Utterly Horrible	9 Excruciating Unbearable	10 Unimaginable Unspeaking
No Pain	Minor Pain			Moderate Pain			Severe Pain			
Feeling perfectly normal	Nagging, annoying, but doesn't interfere with most daily living activities. Patient able to adapt to pain psychologically and with medication or devices such as cushions.			Interferes significantly with daily living activities. Requires lifestyle changes but patient remains independent. Patient unable to adapt pain.			Disabling; unable to perform daily living activities. Unable to engage in normal activities. Patient is disabled and unable to function independently.			

**READ CASE STUDY**



**Jodi Romaker**

B.S., LMT, MLD Therapist with decongestive lymphatic therapy

Jodi Romaker MLD Buckinghamshire

High Wycombe

HP13

Mobile 07926 369 137



DEEP OSCILLATION ADDED TO SERVICES

Distal Radial Fracture of Right Arm:  
Christine Talbot, SRN, MLD, DLT

**Christine reports a fall-related right arm distal radial fracture, initially evaluated as a sprain....**



**22/05/24**

Slipped on carpet and was thrown off balance as I hit my shoulder on the wall causing me to fall awkwardly landing sideways, hitting the right side of my face and nose with my right arm forced under me. I did hear a slight crack but thought that was my nose hitting the floor.

**23/05/24**

Persuaded to visit my local cottage hospital for a medical opinion. I was seen by a Triage Nurse who examined my hand, she didn't think it was broken as there was good mobility and at this point although swollen and very bruised it was not nearly as painful in comparison to my shoulder which was extremely painful but not examined. The nurse considered the injury to be a bad sprain so no x-ray required.....

**[READ FULL REPORT](#)**

WelcoMe WebApp Feedback



The 'Purple Pound' lies at the foot of every rainbow.

..but just like the mythical pot of gold, it might as well not exist at all if, as we reach out, it just disappears.

Those of us working in the disability sector highlight the £274 billion spent by disabled people in the United Kingdom at every opportunity and push businesses to engage and provide services for our 16 million disabled people. We talk about its existence as if all they have to do is reach out..

I presented this stat to Currys recently and was a little taken aback when they quite reasonably said, "We want you to prove it".

Ahh, that's a little more challenging isn't it?

How do you actively prove such a thing and, more to the point, how do you prove it is obtainable to those who want to engage with it?

Those who know about [WelcoMe](#) know it is designed to support disabled people and staff in their face-to-face interactions.



The premise is, if using class WelcoMe we can increase the numbers of disabled people through the door of Currys stores, or indeed any commercial premises, and improve the customer's overall experience, we can increase the businesses chance of building a relationship with their customer and of course making a sale.

With superb collaboration from Currys we launched the service across the West Midlands and then in July across London with a total of 40 stores.

## [READ FULL ARTICLE](#)

### Treatment of pubic bone oedema with DEEP OSCILLATION®: Physiomed Interview with Olympic silver medalist Jonathan Hilbert

Jonathan Hilbert has been suffering from pubic bone oedema for two years, which he has been treating with the DEEP OSCILLATION® Personal Basic for a year. Physiomed spoke to him and asked him about his experiences with deep oscillation therapy.



Jonathan Hilbert won a silver medal in the 50km walk at the 2020 Olympic Games in Tokyo.

**PM: Thank you very much for agreeing to this interview. Please introduce yourself briefly.**

JH: With pleasure. My name is Jonathan Hilbert, I am 27 years old and come from Mühlhausen in Thuringia. I started athletics in 2004 at the age of 9 and in 2011 I moved to the sports school in Erfurt. I was a runner for a long time, but after a while I switched to walking. I am a multiple German champion in this discipline, have taken part in European and World Championships and then won silver at the Olympic Games last year.

I am now a full-time professional athlete and have therefore already had a few aches and pains. The biggest problem at the moment is this bone marrow oedema on the pubic bone. I was diagnosed with this last year shortly before the Olympics. Before and during the Olympics, my therapist and I tried out many different therapy methods. After the Olympics, the question arose as to what to do next and what other methods were available. Fortunately, I came into contact with PHYSIOMED and deep oscillation through the Olympic training center in Erfurt.

**PM: You use the DEEP OSCILLATION® Personal Basic. What indications do you mainly use it for?**

**[READ FULL INTERVIEW](#)**

UNDERSTAND DEEP OSCILLATION®

I was thrilled to be invited to write a blog post for Georgina Colman founder of the [The Purpl Co Ltd](#). It's not often you get asked to share your knowledge, so I am chuffed that I was. Do give it a read-through, there might be something you didn't know about Deep Oscillation and how it can help with chronic health conditions... Mary



[READ FULL ARTICLE](#)



This innovation information was sent to us and we love the concept. Perhaps your clinic could benefit, take a look...

"VR Vitalis Pro is a certified medical device. The innovative application is specially designed with the needs of professional rehabilitation departments in mind. It is a combination of traditional rehabilitation procedures with the unique possibilities of virtual reality."

More [www.vrvitalis.cz/en](http://www.vrvitalis.cz/en)



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CHATTERBOX



**L-W-O Community introduces our bi-monthly newsletter.**

We are confident that our newsletter, Chatterbox, will be a goldmine of info for our awesome members and fans! Dive into both past and present editions to stay in the loop with all our events and informative articles. Happy reading!

**[CLICK IMAGE OR CLICK HERE](#)**

**Deep Oscillation Therapy Stimulating Intestinal Transit and Peristaltic Movement**

Luis Felipe Medina Cabeza, Clinical Consultant for Physiomed oversees treatment with Deep Oscillation therapy in order to stimulate intestinal transit and peristaltic movement.



Deep oscillation therapy can be an effective complementary treatment for encouraging healthy intestinal transit and peristaltic movement, particularly for those experiencing digestive issues, post-surgery recovery, or conditions affecting the digestive system.

[READ FULL ARTICLE](#)

Cancer symptoms you should never ignore

THANK YOU TO



"When it comes to unexplained medical symptoms, it's easy to bury your head in the sand and ignore them, especially if they're a bit embarrassing to discuss. But getting them checked out by a doctor could end up saving your life. Here are the cancer symptoms you should never ignore..

- [Blood in your poo](#)
- [Bloating](#)
- [Coughing and feeling out of breath](#)
- [Lumps and bumps](#)
- [Bleeding after menopause](#)
- [Persistent heartburn](#)
- [Changes to a mole](#)
- [Unexplained weight loss](#)

## [READ FULL ARTICLE](#)

### Lymphoedema of Abdomen and Thighs: Deep Oscillation Self Care

DEEP OSCILLATION® therapy can be a beneficial self-management technique for individuals dealing with lymphoedema, particularly after treatments for uterine cancer.



## DEEP OSCILLATION® can help manage lymphoedema following uterine cancer surgery and treatment in 6 ways:

1. Improved Lymphatic Drainage
2. Reduction of Swelling
3. Pain Relief
4. Enhanced Tissue Health
5. Psychological Benefits
6. Ease of Use

[READ FULL ARTICLE](#)

'Microsurgery' to ease swollen limbs

By [Andy Beaven](#)

Published: 01:39, 14 July 2024 | Updated: 01:42, 14 July 2024



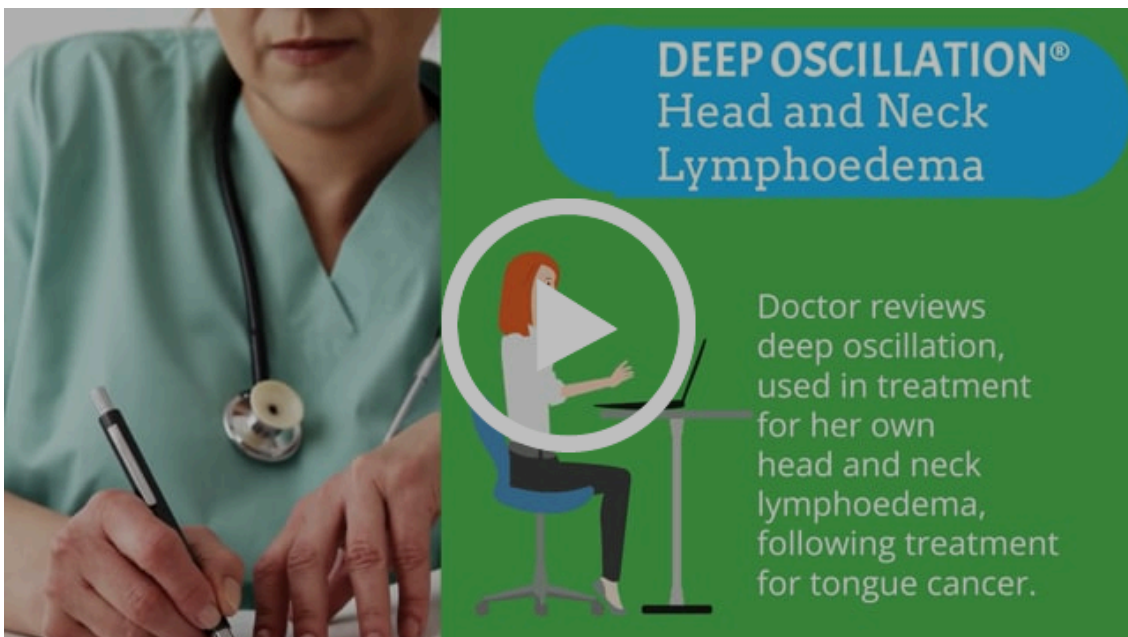
operation by the time that could transform their lives, a charity has claimed.

The condition, lymphoedema, causes a build-up of fluid in the body's infection-fighting lymphatic channels that leaves sufferers with heavy and painful arms and legs.

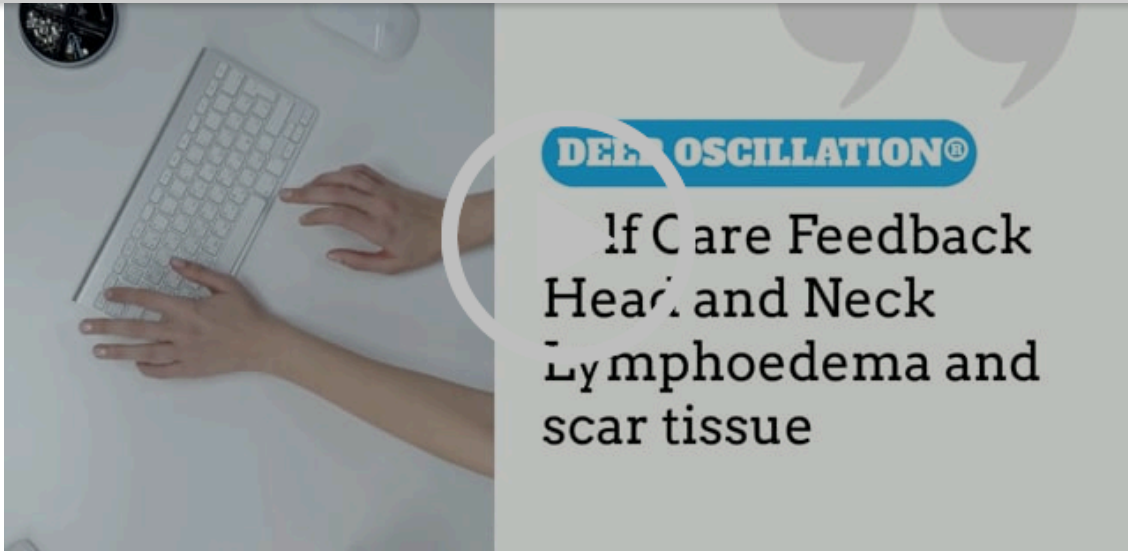
The operation requires intricate microsurgery, using high-powered microscopes, to connect the damaged lymphatic system to veins, to drain the excess fluid...."

[READ FULL ARTICLE](#)

## TAKING BACK CONTROL OF HEAD AND NECK LYMPHOEDEMA



## DEEP OSCILLATION SELF CARE FOR HEAD AND NECK LYMPHOEDEMA



TILL NEXT TIME!

# 7 STEPS TO HAPPINESS

think less, feel more



talk less, listen more



watch less, do more



frown less, smile more



fear less, love more



judge less, accept more



complain less, appreciate more

See you in December, love Mary and Julie x



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