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1st September 2021

Good Morning Everyone

A huge welcome to our September 2021 - NewsMagazine

Have we really got to issue 12?

I recall the day I said to Julie "*I think we should create a newsletter you know...*"

"Great idea" she said. So I asked my husband Chris Fickling ([our wonderful web designer](#)) - "how do I do a newsletter?"

"Mailchimp is best" he said. "Oh, okay, I'll take a look". I spent a few lost weekends getting to grips with the best templates and how to best make it work on desktop and mobile and then suddenly became a bit panicky ...

- ***What if no one likes it?***
- ***What if no one subscribes?***
- ***What if no one wants to contribute?***

I needn't have worried - it turns out that you do all like it and so we are tickled pink! We now call it a NewsMagazine though - Newsletter didn't

This month, we have some really interesting and thought-provoking articles, exciting videos and case studies for you. So feet up, grab a cuppa and enjoy!

Thank you so much to our supporters and contributors. We do sincerely appreciate all feedback, so please do drop us a line to news@physiopod.co.uk even if it's just to say hi.

Warm Regards



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



Deep Oscillation in Primary Lymphoedema with Indocyanine Green (ICG) Shows Lymph Driven Through Lymphatic Capillaries for the First Time

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by Maria del Rosario Pineda Lic. in Kinesiology, Physical Medicine and Rehabilitation (PM&R) at Proa Consultora

**From the Instituto de Piernas Rosario
Laprida 1273, CFW, Santa Fe, Argentina**

"We were clearly able to prove, with [Dr. Miguel Amore](#), how Deep Oscillation mobilised the Indocyanine Green (ICG) into lymphatic capillaries that were previously not present and therefore not visualised. This demonstrates the efficacy of the lymphatic drainage performed by the Deep Oscillation Pro equipment with use of the hand held deep oscillation moving gently over the surface of the skin.

This study was performed on a female patient, aged 24 diagnosed with Bilateral Primary Lymphoedema (Stage 1, according to the ISL - International Society of Lymphology) on August 11th 2021 at the Military Hospital in the city of Buenos Aires. Thank you to Dr. Miguel Amore and thank you to Joselina for your collaboration.

This is the first time that the efficacy of Deep Oscillation been performed live with Indocyanine Green Lymphography, previously it has been evaluated [with ultrasound to the tissue](#), which showed **resonance and kinetic movement of the connective tissue in real time. This work shows movement of the lymph as driven by the deep oscillation equipment.**

The patient was connected by the titanium bar held between between the hallux and second toes, the method of application was with the deep oscillation applicator head, which can be clearly seen in the video. The programme chosen on the [Deep Oscillation Pro](#) was the Lymphoedema programme.

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Dear Jane - How Do Lymph Channels Form?

Jane answers question 3 of LWO Community Member questions.

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Jane Wigg RGN, MSc



Dear Jane



MEMBERS QUESTIONS ANSWERED

.....

Lymphoedema Responds Favourably to Deep Oscillation and a Wholistic Treatment Approach

CASE REPORT

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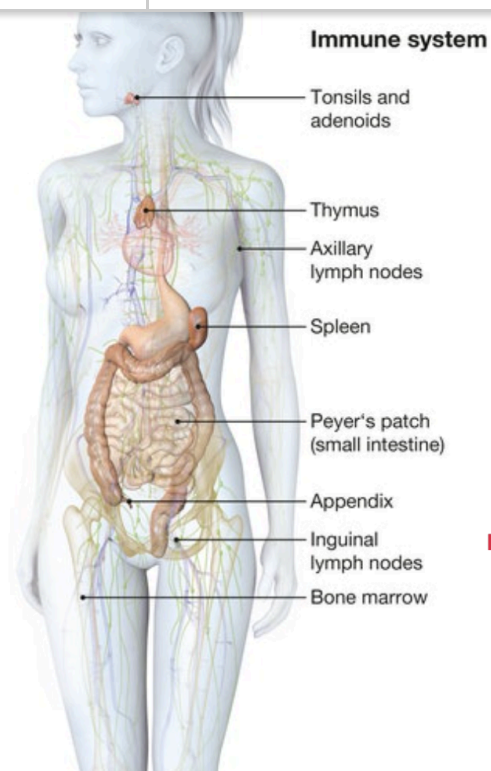
With thanks to Christine Talbot, Lymphoedema and Bowen Practitioner

Background

In 1994, aged 37, Mrs R was diagnosed with Multiple Sclerosis; her sister is also affected and is wheelchair bound.

Mrs R experienced a loss of clear vision, a loss of balance, her legs became weak with a loss of power to her left leg and a loss of neuro transmission to her right leg. The symptoms worsened with stress related attacks causing increased fatigue, numbness to the right hand, bladder hyperactivity with frequent urinary tract infections, less resistance to infection and a change in memory and concentration. She was prescribed steroids and used to self-inject with Copaxone 2010 to 2014. Advances in better medication, Fingolimod 0.5 mg daily (2014 to present day) have halted the progression of the disease and Mrs R was otherwise fit and doing well.

In 2021, following her first COVID vaccination, Mrs R experienced pain in her inguinal lymph nodes:



Pain in inguinal lymph nodes developed following initial COVID-19 vaccine

After the second vaccine, Mrs R's right leg began to swell, measuring 490 mm compared to the left measuring 380 mm which she described as 'very painful' - impairing normal mobility and greatly affecting quality of life.



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...malignancy/groin obstruction were ruled out as was any worsening in MS. The adverse effect to the vaccine was reported to the [Coronavirus Yellow Card reporting site](#) and directly to the manufacturers of the vaccine. The feedback was that this type of reaction had not been reported previously.

Click below to read the full case report, including the wholistic treatment approach and the way in which a Practitioner has reshaped not only this lady's leg but her whole outlook on self care for Lymphoedema since 19th July 2021..

[CASE REPORT IN FULL](#)



GREAT NEWS! EMMA HOLLY ADDS DEEP OSCILLATION® TO SCAR TREATMENT ON HARLEY STREET



Thrilled to have [Emma Holly](#) on board with us, an inspirational lady whose reviews speak volumes in terms of her work ethic, dedication and awards for teaching and treatment. Emma wrote recently about one particular client:

Before and After Treatment Example

"Deep Oscillation® was used in combination with scar massage for this client who came into clinic seven months after a serious fracture repair with where metalwork inserted. This client was very frustrated with the slow recovery and the limitations on arm mobility in combination with pain in the surgery site. The images are taken before

continues to respond between appointments. "Treatment has been extremely beneficial" the client commented".



[View Emma's designated page for Deep Oscillation here](#)

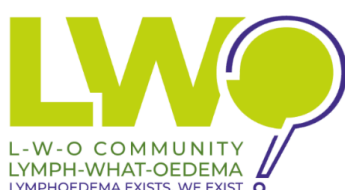
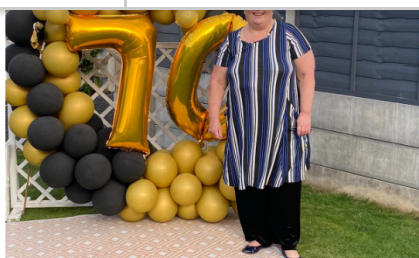


**GAYNOR LEECH LWO COMMUNITY
SEPTEMBER GUEST BLOG**

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"August is a quiet month and I always take a break usually for the whole month, but ongoing commitments meant that I scheduled two weeks and managed three. For L-W-O Community it has been a full-on year and I hadn't realised how tired I was.

My family organised a surprise 70th birthday party which I had not a scooby doo about and I now know why my youngest grandchildren and great granddaughter had not been visiting quite so much. Then I organised my 50th wedding anniversary in our garden with the help of my grown-up family. Not the party that had been talked about a couple of years previous but 33 closest family and friends got together to make some fantastic memories, and the weather was kind to us.

The third week I binge watched TV box sets not something I am used to doing in the daytime, but it helped me relax have time to rest my weary body, clear my head and remind myself to take care of me. I spend a lot of time talking about self-care to others, every now and then I need to remind myself that I need to look after me. ...

[READ FULL BLOG POST HERE](#)



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Have we made any progress in the Opioid Crisis or has it exponentially worsened over the last year-plus?"

[Nicky Snazell](#), International [Pain](#) Specialist and Chartered Physiotherapist shares her expertise with Vicki Pepper on how things have progressed and what can be done to reel in the effects of the pandemic to those suffering from [opioid](#) addictions. (Move the listen bar to 1 minute in to [hear interview](#))

OPIOIDS



**Nicky Snazell
International
Pain Expert
Talks To
Vicki Pepper**

**EYE ON THE
COMMUNITY
PODCAST**



01.00



Mary Fickling - Self Care Champion



nominated as a Self Care Champion as part of the [Self Care Forum..](#) which I happily accepted.

Self-care is of paramount importance to me to ensure that my energy reserves are kept at an optimum level, so I can support my partner, friends and my work and life projects. My days begin with an assessment of that energy, adding in and taking away the things I need in order to have a balance in my life.

Furthermore, I believe that our personal units have empowered self care in those that live with Lymphoedema and Lipoedema which has greatly enhanced quality of life"



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What is self care?

The Self Care Forum's definition of Self Care is:

The actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.

For more information about the important work of the Self Care Forum please visit their [Website](#)

[READ FULL ARTICLE HERE](#)



**PATIENT TESTIMONIAL & PHYSIOPOD
ADVERT IN LSN LYMPHLINE MAGAZINE
2021**



"Purchasing my [own personal oscillator](#) was one of the best things I've ever done.

The Lymphoedema in my left leg was becoming much worse and causing me great anxiety. Shoes wouldn't fit, I couldn't get them on. My leg became quite big and wooden, to the extent that it was becoming difficult to walk.

After receiving lymphatic drainage on a private basis, with the Deep Oscillation, I found it extremely beneficial. Hearing about PhysioPod from my therapist, I decided to purchase my own oscillator. When lockdown occurred, it was a relief and a godsend to be able to self-manage at home.

The oscillator uses an electrostatic field to move the lymph from the tissues. It is gentle and effective.

It is a worrying shame that Lymphoedema sufferers are not aware that relief is possible. It is a gentle process and it works.

I cannot recommend it enough and thank Julie and her sister Mary for their help and assistance"

Mary Ball - 30th July 2021

Changing Society With Solutions



By Mary Fickling

Back in July, I was editing the article [“Hidden Disabilities” by Nichola Ebbert](#), Head of Health and Safety at Shepherds Bush Housing Association. I put out a request on social media for some help to source the origins of an image I wanted to include in the article.

One of the first people to come forward to help was a guy called [Gavin Neate](#), who sent me a direct message on Twitter. Further chatter ensued and he was very helpful in sourcing other disability references that I needed. This kind of social interaction, we concluded, was ‘one of the better uses of the medium of Twitter!’

I vowed to look up exactly what Gavin did with my next available research time.

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Gavin Neate, CEO and Founder of Neatebox Limited

It turns out that this very helpful guy at the other end of my Twitter inbox is one helluva entrepreneur and globally acclaimed digital innovator. Gavin Neate, is the CEO and Founder of [Neatebox](#) Limited. Gavin sees a problem and finds a solution. I asked Gavin if he had a CV, he'd never been asked for that before, he said, "left school, 10 years in the military police, 18 years working for Guide Dogs for The Blind and then I set up my own company". I said "that'll do for me Gavin!"

It was his experience of a blind customer being left to stand for 20 minutes in a well-known department store with no one coming to help him that led to the development of his latest innovation "[WelcoMe](#)"... a [disability aware customer service solution](#)

[READ FULL ARTICLE AND WATCH THE ACCESSIBILITY.COM VIDEO INTERVIEW WITH GAVIN NEATE](#)

"My name is Siobhan Meade and I'm totally blind. This is my experience of WelcoMe.."



.....

PRODUCT REVIEW



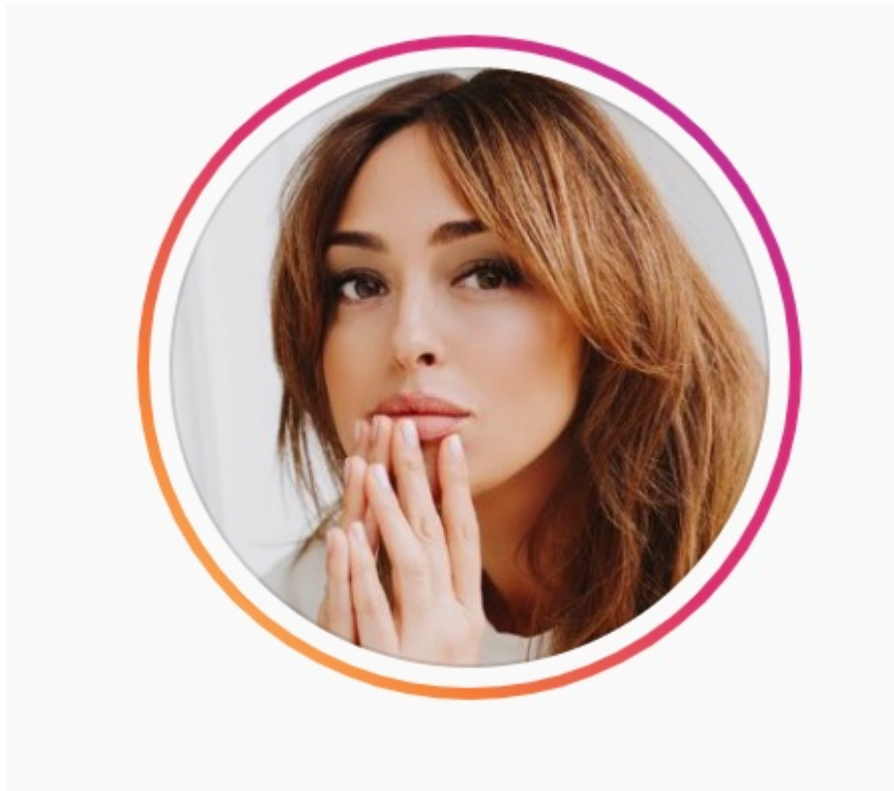
"This product was shown for the first time at the 8th National Lymphoedema (virtual) Conference, presented by Sue Lawrence, Clinical Nurse Specialist within the topic [‘Management of Breast Oedema’](#). (Sponsored by Haddenham).

As a patient and patient advocate, I rarely get excited when manufacturers introduce a new compression garment. This is because as a breast cancer patient, I have felt that my type of breast cancer related lymphoedema (BCRL) has not been catered for.....

[READ FULL REVIEW ON LWO COMMUNITY](#)



Plus with Marie Reynolds London



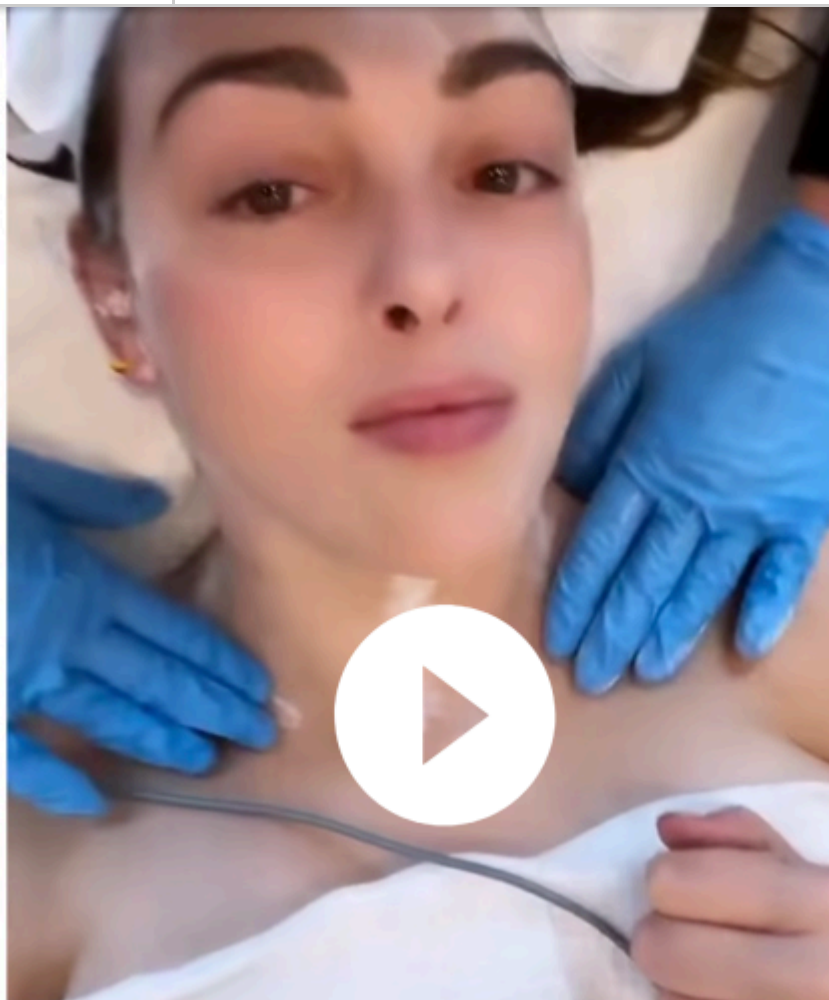
"The Masterlift Plus by @mariereynolds_london is one of my favourite treatments, which sadly I don't manage to get often enough. You 100% get an instant result from this unique therapy- Marie uses a combination of techniques to address internal stressors which eventually show on the skin.

I tend to retain a lot of water and really benefit from lots of lymph work which no one does quite like Marie - in this facial she'll perform micro needling (in my case very little because it stresses me out!) , she does amazing facial massage and LED - but the real heroes are the Lymphatouch and **Deep Oscillation**. After an hour, I swear my face looks completely sculpted and devoid of any water-weight around my jaws and cheeks."

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And another Masterlift Plus Success Story with Marie Reynolds at Fortnum and Mason



[mariereynolds_london](https://www.instagram.com/mariereynolds_london)

"Another full day [@fortnums](#) for the Masteriftplus - the usual magic with some deep oscillation thrown in for good measure - skin rejuvenation with results driven ingredients, MRL skincare and



**SNOWBOARD INJURY EFFECTIVELY
TREATED IN TWO DEEP OSCILLATION
SESSIONS**

**With thanks to
Dr. James Chiew, Chiropractor**



"Wrist injuries top the list of common snowboarding injuries, mostly because with snowboarding, the feet aren't free to help break a fall. Athletes usually wind up landing on outstretched hands, leading to sprains, fractures or "jammed" wrists.

Here we have an avid snowboarder injuring her wrist. Initial presentation was immense bruising and pain. We performed therapy using the deep oscillation evident (electrostatic and friction) and laser therapy.

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In just two sessions, we were able to achieve the following.

- Reduction in pain, inflammation and fibrosis
- Reabsorb oedema
- Improves trophicity
- Rubor reduction
- Detoxification
- Improve the quality of the tissue

DEEP OSCILLATION® EVIDENT

120 hz to 180 hz	10 minutes
14 hz to 30 hz	10 minutes
85 hz	5 minutes

No. of Treatments	2
Application	Gloved Hands



'COVID THOUGHTS' BOOK LAUNCH AT SELFRIDGES JULY 2021



A very happy Gemma Levine pictured at her 'COVID THOUGHTS' book launch at Selfridges in July, with a smiling Professor Peter Mortimer in the background.

If you didn't see my review of this excellent book, you can see it [here](#) and also order a book if you would like to [here](#)



**CHECK OUT NEW TOPICS ON LSN
YOUTUBE FOR AUGUST 2021**

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ASK THE EXPERTS



Anita Wallace, MBE, Chair of LSN

LSN Member Questions Answered



Prof Peter Mortimer



Prof Dominic Furniss



Denise Hardy
LSN Nurse advisor

We have categorized all of the topics in one place [here](#)
or go straight to [LSN's excellent YouTube site](#)



.....

A PRACTITIONER REVIEW

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Dana Allen

Wholesome Hands

info@wholesomehands.co.uk

Find us on: [Facebook](#) and [Instagram](#)

"I have been using the Deep Oscillation Therapy on my clients since the beginning of Summer 2021 and have really enjoyed using it. I find that it works well with my scar work clients, especially those whose scars are very sensitive to touch and pressure. It works deeply and softens up the scars in a short period of time, which accelerates the benefits of the manual work I do afterwards.

Many of my clients are suffering from chronic and debilitating conditions that mean that deep manual work is often too painful. Using the deep oscillation machine allows deep work to occur without causing any undue pain or distress. My clients find that it really relieves their pain and allows for better and more functional movements. This allows for further manual treatment to be done because their body is not in so much pain and can move more freely.

I really like working with the deep oscillation machine and find it a great tool in my massage practice."



**UNDERSTANDING SCARS COURSE
COMPLETED - CONGRATULATIONS SUSAN!**

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Restore Therapy

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"Today I completed "The Understanding Scars" online course..thank you to Emma Holly and Hannah Poulton. Fantastic course and I can highly recommend to anyone interested in this work to enrol...."

I can't wait for the next stage in October to become a certified Scarwork Therapist, again with Emma Holly."

Susan Oliver
Lymphoedema Therapist at The Alexandra Clinic

**If you are interested in this online course,
please don't hesitate to email us for the discount code**



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HYPOTHESIS AND THEORY NEW ARTICLE PUBLISHED 23 AUGUST 2021

Impaired Lymphatic Drainage and Interstitial Inflammatory Stasis in Chronic Musculoskeletal and Idiopathic Pain Syndromes: Exploring a Novel Mechanism

[Download PDF](#)



Mary Simpson Comments



[Willow House Physiotherapy and Personal Training Ltd](#)

"I have been using Strain Counterstrain assessment and treatment since the late 1990s and find it has provided a gentle and effective way of normalising movement and reducing pain and other symptoms. In the last few years Brian Tuckey in particular has led the Fascial STRain Counterstrain movement within the Jones Institute to enhance our ways of treating the patient using an approach that addresses all the systems of the body.

I have travelled to the USA to study with him and do courses over there and intend to continue this study next year when it is safer to travel. *Personally, I feel the use of the PhysioPod (Deep Oscillation) especially on the lymph setting really enhances the effectiveness of my treatment* and reduces treatment soreness as although the treatment techniques appear to be small movements and positional release, they have strong effects.

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combination of gentle manual therapy and deep oscillation then this can only lead to improved vascular perfusion and lymphatic drainage with resultant beneficial effects. I would suggest reading this excellent article is a useful place to gather knowledge of the hypotheses of how this works"

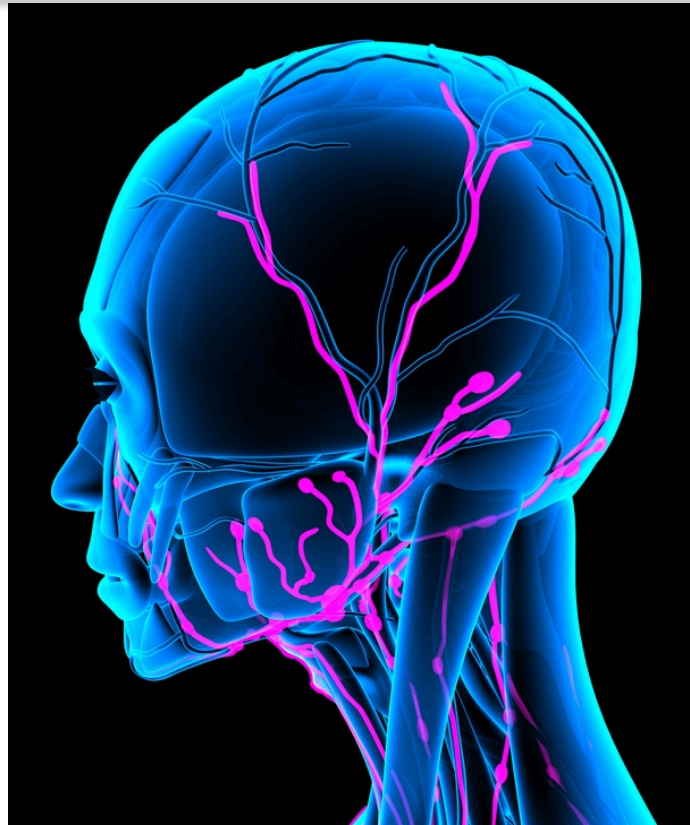


Poster Presentation P160: Think again! Treatment changes for patients with head, neck and facial swelling

Deep Oscillation, Low Level Laser and Kinesio Tape were included in this BMJ Poster Presentation back in 2013, as an adjunct to the four cornerstone treatments of skin care, MLD, SLD, exercise and compression optimising treatment outcomes for the patients in their care.

Eights years, it's super to see Deep Oscillation remains a firm part of treatment protocols at St Catherine's for Lymphoedema.





Next month PhysioPod feature the feedback of two gentleman, who after having MLD and Deep Oscillation with their private MLD DLT Practitioners have gone on to invest in their own DEEP OSCILLATION personal units for self care of head and neck lymphoedema and explain just how it has greatly improved their quality of life.



The Magic of Magcell - Rocky Feedback

6th July, 2021

"Rocky has always been an outdoor dog that loves the countryside and long walks. He has not been as content since moving to suburbs and us having a baby, but always very quiet and gentle. He loves people and other dogs, doesn't have a vicious bone in his body.

He started limping a little last November, we thought pulled leg muscle. When limping got much worse and he became more withdrawn we took him to see vets. Initially on anti-inflammatories 2 weeks, then diagnosed with arthritis in all 4 legs. Since then has been on YuMove daily, and we have anti-inflammatory for when needed.

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only walk for 10mins at time now, clearly uncomfortable after more.

Vets suggestion for future if not better is daily anti-inflammatories which we are resisting as he is only just 8yrs old. Normal day at moment is 1x or 2x 15min walk, he sleeps most of day prefers outside, often limps around house.



12th July 2021

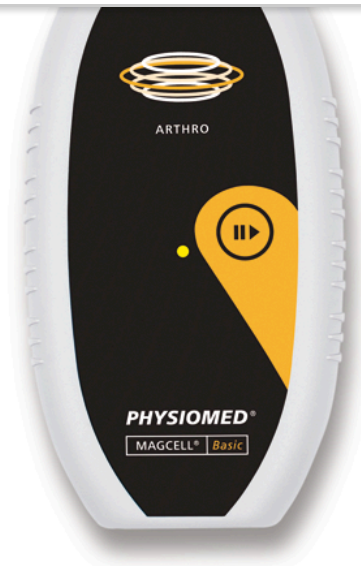
Contraindication form completed and vets approval obtained, Julie and I visited Rocky and we explained how to use the Magcell Arthro on Rocky, a 5 minute treatment on the area up to six times a day for three weeks.

9th August 2021

"Mary, you have been so kind to us, especially Rocky and it's greatly appreciated.

We saw very quick results after starting to use the Magcell on Rocky, his limping seemed to ease and he wasn't as stiff when walking. He definitely seemed relaxed and to enjoy the treatments."

[Read here how Magcell helps our canine friends with Benign prostatic hyperplasia \(BPH\).](#)

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MAGCELL® ARTHRO is £485.00 including vat and delivery, please note that vat relief is available for those diagnosed with osteoarthritis.

MAGCELL® is an innovative procedure which stimulates self-healing processes by transforming information in physical cell structures. In treatment, exceptionally strong pulsating magnetic fields are created of up to 100 mT (1000 gauss), through textiles and even through shoes. Read other testimonials (from humans :-)...

COMING IN OCTOBER 2021

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Naima Ben-Moussa 36, is the driving force behind an exceptional new charity aimed at supporting domestic abuse victims. Domestic abuse, especially during the lockdowns has soared.

You can't sugarcoat this, sadly. As a child, Naima witnessed the horrific abuse of her mother and she herself was abused by her father. She was then placed into foster care where she was sexually abused from a young age. As a teenager, she experienced rape. Not just the once and was never able to prosecute the perpetrator as she was deemed by the system, mentally unstable.

Naima has suffered trauma to such a devastating level, it is a miracle she is now this inspiring, warm, empathic woman and wants to help other families and children.

Naima was inspired by her foster father, Robert Higham, to complete her plastering course and qualified in August 2020. Shortly after, she was approached by a lady who had escaped a violent partner and needed help to repair her home. She offered to pay for the services with her benefit money, she just wanted a safe, comfortable environment for herself and her children.

Social services had refused this woman help for the repairs as her ex had offered to do it for her. Inviting the toxic person back into the home is beyond frightening. Once Naima saw the devastation, she refused any payment and in her words said, "I just saw a survivor" This one experience triggered something in Naima and she bravely decided to launch a Just Giving page in the hope that she could do this for other families. The money raised would pay for materials and help her reach more survivors. That move, quite simply, snowballed.

[PhysioPod cover Naima's story in their October NewsMagazine, with details of the new charity being set up and her website \(currently under construction\) and who is helping her, plus how you can get involved with supporting this amazing young woman and those who find themselves the victims of domestic abuse.](#)

AT LAST..

NEW COMPANY PAGE



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We decided to create a PhysioPod UK Company LinkedIn page - if you are on LinkedIn please like our page so you will get notified of all our updates on a regular basis.



Take Good Care Till Next Time...

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