

[View this email in your browser](#)



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

1st June 2021

Good Morning All

Well, here we are in June! How on earth did that happen? With just three weeks to go until Midsummer's Day, bring on **safe** festivals, bonfires, feasting, singing and a bit of maypole dancing!

**DID YOU KNOW** that June is 'Lipoedema Awareness Month'?

The second half of our Newsmagazine is dedicated to Lipoedema

Lipoedema (NOT Lymphoedema) is a chronic, hereditary and genetic disorder of the adipose tissue (body fat), which can be both disfiguring and painful. It predominantly affects women (although men can also suffer) from the age of puberty and beyond.

Julie has hand-drawn and painted us a beautiful pear to head up our Lipoedema Lounge for June (a newly-acquired lockdown skill!).

A **big** thank you to all of our contributors this month, we have some truly thought-provoking articles and feedbacks. As always, please, if you have an article/idea/question that you would like to share with us [then do drop us a line](#), we'd love to hear from you.

Well - it's Summer folks! Let's embrace the outdoor living (voluntarily!) and have some fun. The newsmagazine is taking a break for July, so we will return on 1st August. Until then.. Take care.



**Sisters and Directors of**  
[PhysioPod UK Limited](#) and [PhysioEquipment UK](#)



## DEEP OSCILLATION NOW AT ACTIVE HEALTH SOLUTIONS - NORTHERN IRELAND

  
ANNE MCELNAY  
**BODYWORK**



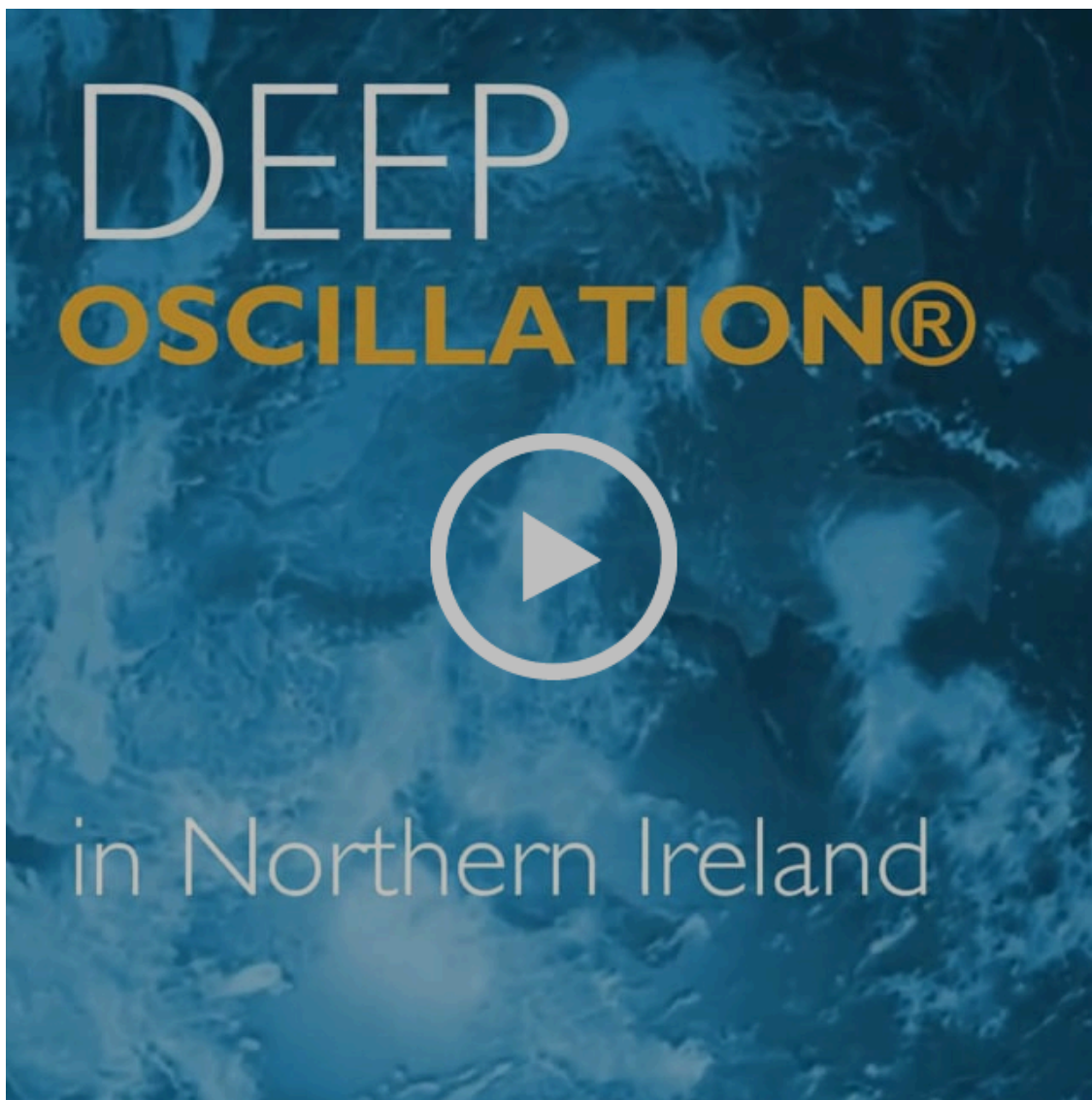
It's always super to see such a talented practitioner take Deep Oscillation into a new practice. Congratulations to Anne McElnay - you really do go from strength to strength! Thrilled that you will using at @Act1veHealth. Commenting on her experience with Deep Oscillation Anne wrote:

"I purchased my deep oscillation device from PhysioPod over two years ago and use it on all oedema patients but especially those with stubborn fibrotic tissues. Deep oscillation works quickly and effectively at softening the tissues,

release adhesions and fibrosis in the tissues in a very safe and pain-free way.

I have seen huge benefits with Fibromyalgia sufferers as they welcome the gentle vibrations on the skin and by the end of the session their pain level has greatly reduced.

For me deep oscillation is a must have for all multidisciplinary practitioners and clinics."



**Ever Thought of Specialising in Lymphoedema? Sue Hansard, Lymphoedema Nurse Specialist**



"Early one Saturday morning in 1996, I was putting my uniform on for the first time in 13 years. It was to be my first shift as a volunteer nurse in a local hospice. My first tentative step to returning to the profession I had longed to be part of since the age of seven. My stomach was turning somersaults, my mouth dry and I felt incredibly out of my comfort zone. The welcome was warm, with undertones of bemused curiosity:

"Why was I volunteering?"

"Why didn't I just join the 'Bank'?"

"Why had I even taken 13 years out to bring up my family?"

### SEEDS SOWN



When I was about 5/6 years old, my Dad needed daily visits from a District Nurse. I had no idea why he was 'out of bounds', in bed and resting but Nurse Kissock had a kind motherly face and nipped briskly up the stairs, carrying her leather bag to minister to Dad with a calm reassuring confidence.

**I was in awe..... and I wanted a uniform and bag like that!**

disappointing). However, I discovered our medical box - an old biscuit tin, with bandages, dressings, scissors and ointments. I spent many Saturday afternoons 'bandaging' my Dad's leg while he cat-napped and I distinctly remember using biro to draw 'veins' on my favourite doll and practising injections on her using a darning needle....."

**[READ MORE OF SUE'S FASCINATING JOURNEY INTO THE SPECIALISM OF LYMPHOEDEMA AND HER VIEWS ON HOW TO BEGIN YOUR JOURNEY](#)**

# STARTED IF I WANT TO SPECIALISE IN LYMPHOEDEMA?

**ACCESS  
FREE WEBINARS**



Do your research..... read up on the lymphatics and lymphoedema. There are lots of online webinars produced by medical companies and free learning modules for HCP's

**FIND YOUR LOCAL  
LYMPHOEDEMA  
CLINIC**



Find out where your nearest Lymphoedema clinic is. Contact them. Ask if they offer a clinical insight day? Ask to become a volunteer?

**LOOK AT  
MLD/ LYMPHOEDEMA  
TRAINING**



Find out about training in Lymphoedema Management with MLD. There are several recognised training schools that offer qualifications in MLD and lymphoedema.

**Join the British  
Lymphology Society**



The organisation for professionals working in the field; sharing guidance & enhancing knowledge and standards

**JOIN  
LYMPHOEDEMA  
SUPPORT  
NETWORK**



A charity which promotes advancement of lymphoedema research and awareness in UK and supports patients, producing high quality peer reviewed advice sheets. For a nominal fee, it is well worth joining this organisation.

**JOIN  
LYMPHOEDEMA  
COMMUNITIES**



A non-profit group community that brings people together for a common cause and shared interest in lymphoedema. Membership is free.

**CONSIDER  
HIGHER LEVEL  
QUALIFICATION**



Consider a higher-level qualification: Several courses are available for Msc in Health specialising in Lymphoedema.

**BODYWORK  
THERAPIST?**



It is also possible to qualify as a lymphoedema therapist if your background is body work therapy.

**WE NEED YOU!**



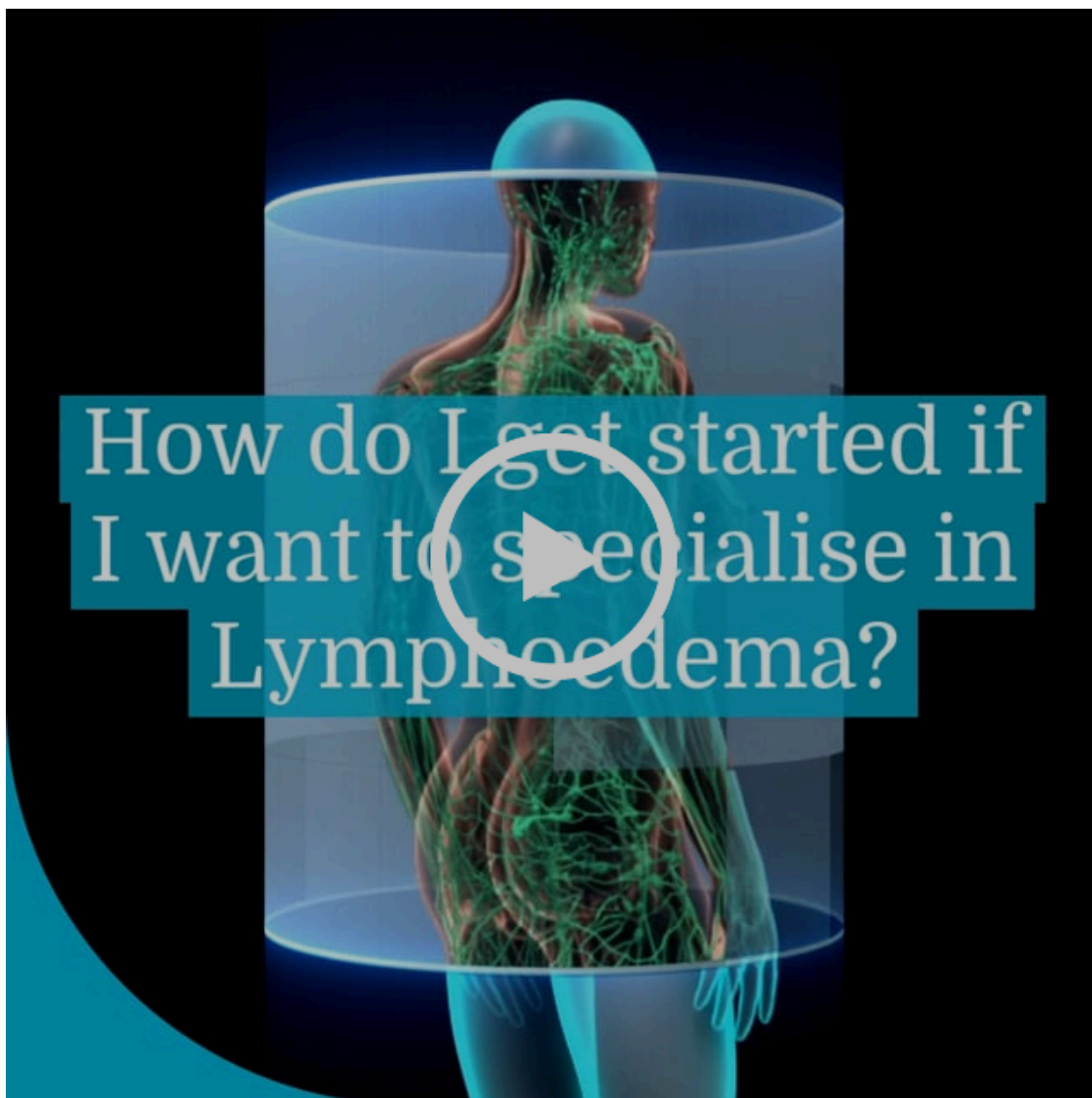
Complementary therapist, and have a desire to help improve your patient's QOL and enjoy academic study and hands-on learning then Lymphoedema could be for you.



**Sue Hansard**  
**B.A. Nurse, RN, NMC 78I2276E 1982**  
  
**Lymphoedema Nurse Specialist:**  
**LDM Diploma 2001**  
**IHM Diploma 2003**  
**MLD Cert.(LeDuc method) 2005 - 2015**  
**FG-MLD Certificate 2017 +2019**



This video contains links to schools, courses and organisations that can help you on your journey to specialising in Lymphoedema... you can share it too, here is the Vimeo link <https://vimeo.com/551994219>



## PATIENT FEEDBACK: ULCER AND FRACTURE HEALING



"Dear Mary

I feel I must email you to let you know of [my treatment with Christine Talbot](#).

In December 2020, I fell and broke my right femur, this was the first time of breaking a bone in my 73 years, luckily I only spent a week in hospital.

I already had an ulcer on my left ankle and had been having NHS treatment for about three months. District nurses came and carried out their [normal treatment](#) but we didn't seem to be getting anywhere and they told me that the next step was to be triple bandaging. I had previously had bad experience of this technique and my sister suggested that I phone Christine and ask her opinion.

I visited Christine at her home, where I received cold laser, magcell and deep oscillation treatment on the ulcer. The ulcer visibly shrank at the first treatment and I have returned weekly until there is just a tiny crack left to heal. The oscillation therapy was used right over the ulcer and in fact the whole leg to help with circulation and healing.



has also greatly benefitted from oscillation therapy and Christine has used her extensive knowledge and experience to heal the area around the fracture and to help me become much more mobile and confident.

Also, the scar left from the repair has shrunk to a fine line.

Although I am still having some treatment for the ulcer it has almost healed, something I credit to Christine's knowledge, skill and alternative treatment approach.

I hope other ulcer sufferers can benefit in the way that I have.

Mrs P"

[View full case study](#)

## Free Pain Escape Plan



### **Nicky Snazell, Chartered Physiotherapist and International Pain Specialist**

When you are in pain, it dominates your thoughts. All you want to do is get out pain and fast.

The problem is that pain is a complex issue and there are usually no simple solutions

There are many factors which could affect the level of pain you feel and some of these factors may at first surprise you as they are not part of our normal conversation. Our modern day approach to dealing with pain usually starts and

Most of us know, however, that there are serious consequences to long term use of drugs, and these consequences get more serious as more powerful drugs are prescribed. In fact, prescribed opioids are addictive and are responsible for creating a lot of addicts.

Further, opioids are now recognised as being ineffective in treating chronic pain.

I discuss in my current series of USA radio interviews:

- What is pain?
- What's the difference between acute and chronic pain?
- Why am I in pain?
- Who should I see?
- Who can I trust?
- What can I do myself?

If you were armed with answers to these questions, you would probably feel a lot more confident and certainly much better armed to make better decisions to deal with your pain.

Hence I have created a brand new '[Free Pain Escape Plan](#)' that aims to answer these questions

Simply select one of these popular areas or scroll down this page for more information on our treatments

Lower Back Pain	Neck Pain	Upper Back Pain
Elbow & Forearm Pain	Shoulder & Upper Arm Pain	Knee Pain
Calf Pain	Head Pain	Thigh Pain
Foot & Ankle Pain	Wrist & Hand	Hip & Pelvis

 [www.painreliefclinic.co.uk](http://www.painreliefclinic.co.uk)

Caesarean Section Scar Analysis and Treatment Plan

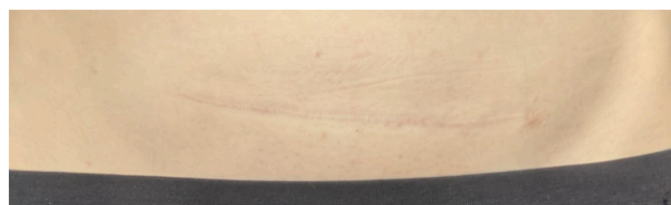
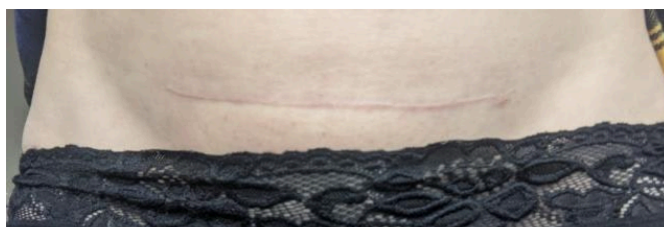
### THE SCAR BEYOND

*An excellently written article by Christine Talbot*

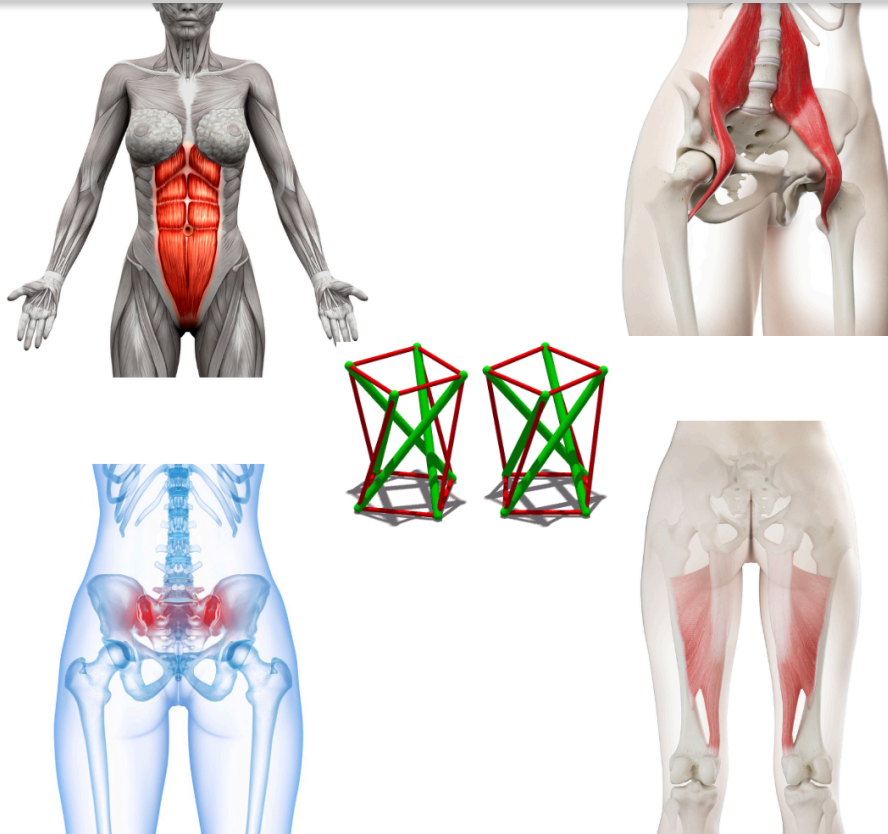


In January 2021, PhysioPod had been contacted by a young lady in the East of England who was desperately researching/seeking reasons and treatment solutions to the intense musculoskeletal and nerve pain following her caesarean section nine months previously. At four months postpartum, Mrs M was getting back to normal taking her young girls out and so on, but suddenly,

hand side of the incision, down through the rectus abdominals down into the groin and genitalia. This whole sensation reoccurred frequently, becoming persistent in nature as nerve pain. It settled a little but left an electrical sensation, she then experienced a persistent medial pain into her left foot, this foot remains weak, with a loss of muscle tone. Quite possibly as pre-pregnancy hormones returned to normal, muscular tonicity changed and tightened causing severe pain due to structural non-alignment....



**DEEP OSCILLATION, MAGCELL & LOW LEVEL LASER THERAPY  
AT HOME RESULTS**



[READ FULL ARTICLE](#)

.....

## Five Inspiring Women Share Their Top Beauty & Wellness Lessons



We were delighted to see [Marie Reynolds, new practitioner using Deep Oscillation](#), featuring in SHEERLUXE as one of five beauty and wellness industry legends sharing the best beauty advice they have been given, to the

## A GREAT READ...

### DEEP OSCILLATION TO THERAPY PORTFOLIO



PhysioPod are delighted to add Estyn Wellbeing to the [therapist map](#), based in Wrexham. Sarah Roberts the Founder and Lead Clinician saw a post on Facebook by a respected therapist who she had trained with saying how pleased she was with the results, which backed up by other therapists on the post.

#### **We asked "How do you find dealing with PhysioPod® UK Limited?"**

When I approached PhysioPod about information for potentially purchasing a PhysioPod Pro the first impression I got was of the passion and knowledge which Julie has for deep oscillation and its results. The information provided was reinforced with evidence based references from respected sources which supported my interest in adding deep oscillation to my therapy portfolio.

Once my decision was made, delivery and training was promptly and conveniently arranged. Julie's training was informal, clear and knowledgeable with a commitment to ongoing support. In all a professional and friendly experience providing confidence in the product and Julie and Mary at PhysioPod.



**Are thrilled to announce**

**DEEP OSCILLATION®**

**is now in their  
Wrexham Clinic**

.....  
.....  
**Lymphoedema Support Network (LSN)  
Provide Answers To Patient Questions**

discuss with Chair of LSN, Anita Wallace the questions of LSN members on the LSN YouTube channel. In the article on our site, we have placed the subject topics in alphabetical order for ease of reference linking directly to the video.

Well done LSN (as always) - great initiative!

[VIEW ARTICLE](#)

# ASK THE EXPERTS



Anita Wallace, MBE, Chair of LSN

## LSN Member Questions Answered



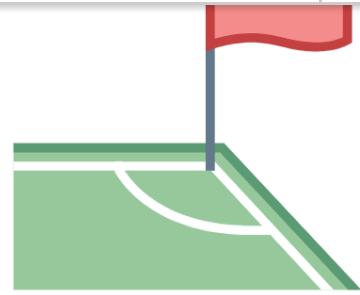
Professor Peter Mortimer



Professor Dominic Furniss



## EQUINE CORNER

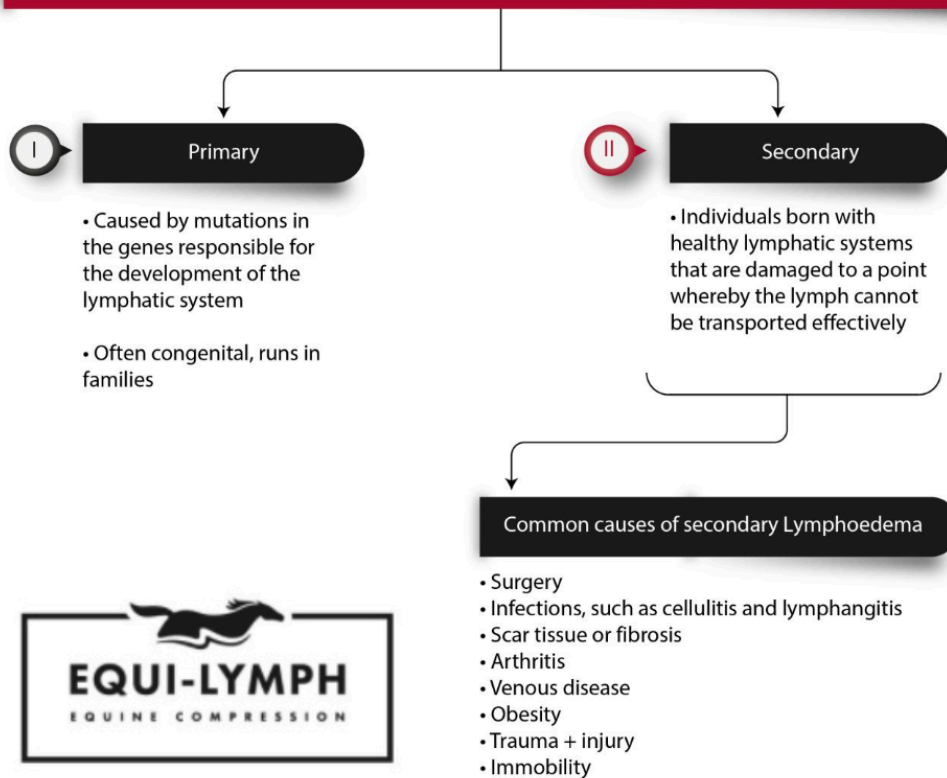


Did you know that equine lymphoedema can be categorised as being Primary or Secondary and these will require treating slightly differently?

Primary lymphoedema (known as Chronic Progressive Lymphoedema, or CPL) is mainly seen in horses with feathered legs and is characterised by thickened skin, development of skin folds and nodules.

Secondary lymphoedema is the term for horses born with a perfectly functioning lymphatic system that gets damaged in some way during the animal's lifetime. Standing still or being stabled for long periods is one cause, as shown in our infographic below.

## Lymphoedema is categorised as being Primary or Secondary



Assessing the cause of lymphatic disease is key to not only treating the equine patient, but managing daily care needs and maintenance programmes.

Learn more via our Knowledgebase and FAQ's on our website - [www.equilymph.co.uk](http://www.equilymph.co.uk)

**EQUINE SOCIAL MEDIA**



Deep Oscillation is a therapy for the horse and their rider and each month we are seeing some wonderful posts on social media of just what people are finding about about the therapy:



From [@jp\\_dressage18](#)

"A rainy schooling session this morning for Tils, followed by a visit from @dstherapy today. Dee has treated me for a couple of months now and we felt it was time she took a look at Tilly. It's great to have Dee treat the both of us as she can understand more of why we work like we do as a combination and where we may have pain or stiffness. Tils enjoyed some soft tissue therapy,

## Harmless side affect of COVID vaccination



**A 'small number' of post-menopausal women are reporting unexpected bleeding after receiving the COVID-19 vaccine.**

I suppose I should start this strand as ***"this has happened to me"*** and I immediately contacted my GP, who acted very swiftly to get me an appointment at the hospital where everything has been checked and all is okay. I also took the new information about this harmless side affect of the COVID vaccine to my attending Gynaecologist, who had not heard of it and kept the information I took in. Since that time, when we knew of only 900 cases, there are now 6000 reported.

**Red Magazine wrote:**

"A top immunologist has explained what could be going on and why it's nothing to worry about.

Researchers behind the COVID-symptom tracker app ZOE are investigating whether a dose of the COVID-19 vaccine can disrupt women's menstrual cycles temporarily, even if they are post-menopausal and no longer have

They say 6000 women have reported unexpected or heavier than usual bleeding after getting their vaccine which is 'a small number', but enough to warrant a further study into a whether a link between the jab and temporary changes to menstrual bleeding were 'real' or a 'statistical quirk'....

[Read more](#)



With thanks to  
*Dr. MSc. Luis Felipe Medina Cabezas. Lic. T.F*  
*Clinical Consultant*  
PHYSIOMED ELEKTROMEDIZIN. AG

## Magcell Proves Beneficial in Relief of Rotator Cuff Pain - Patient Self Treatment Experience



In April 2021, in conversation with PhysioPod, Mrs N mentioned a problem with pain in her shoulder and upper arm which she had had since Summer 2020.

An ultrasound carried out by a private Physiotherapist had revealed a significant calcium build-up within the tendons of the group of muscles around the rotator cuff.

Radial shockwave therapy was carried out every three weeks with a total of three treatments. Pain relief was instant, but when the end of the three week period was nearing, the pain had returned. It became apparent to Mrs N and the Physiotherapist that shockwave would not be a successful solution to the problem.

Magnetic Resonance Therapy (MRT or MBST), was recommended, but as a more expensive option, was one that Mrs N was contemplating.



## Self Treatment Protocol

On 9th April 2021, contraindications checked, Mrs N began a 3 week trial of the Magcell Microcirc.

Treatment was suggested as 3 times a day (15 mins duration), just holding the Magcell on the shoulder.

## Results

15th April: (6 days in) text message received: *"Just a quickie to let you know I think the machine must be working, yesterday was my first day without paracetamol"*

30th April: Unit returned after 21 days, shoulder pain free with no pain medication required.

*"I used it for 15 minutes 3 times a day, as instructed, for three weeks. It's the most pain relief I've had since last Summer."*

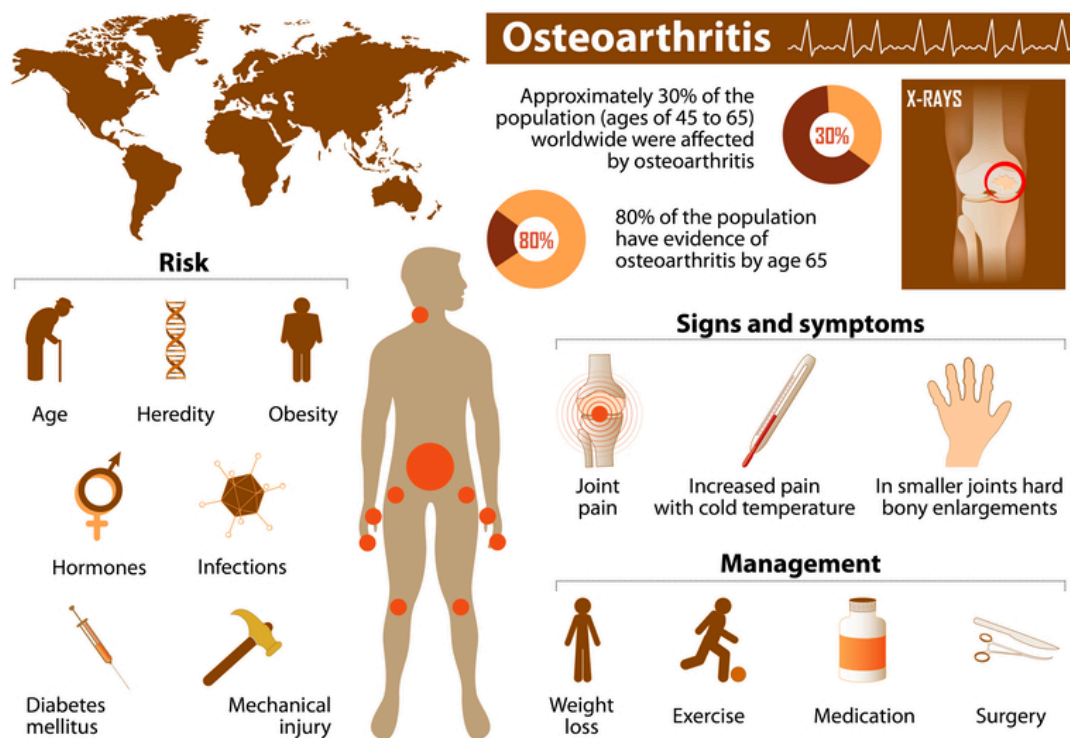
## Follow Up

12th May: How is shoulder now? *"It seems to be much better , I had one day this week when I thought 'oh that's not good' and but the actual pain doesn't seem to be there as much"*

24th May: Follow up appointment with NHS Physiotherapist has provided new gentle range-of-motion exercises to help restore normal movement in the affected shoulder. Cortisone injections have been suggested as another treatment should the pain return in the future.

25th May: *"Since we last spoke, I have taken one paracetamol when I was playing netball."*

# Magcell Helps Osteoarthritic Pain and Reduces Knuckle Swelling



Mrs W is 65 years of age and was diagnosed with Osteoarthritis in 2018, which affects her left knee and elbow, both hands and feet. Her condition has worsened over the course 2020/2021.

A [Magcell Arthro](#) was purchased a month ago and she has been using it first thing in the morning for 30 minutes, four times a week in the areas affected. She wrote in recently to convey her delight at the results:

***“I discovered the Magcell via the PhysioPod newsletter, which I love reading each month over a coffee. Others with OA have seen a benefit with the Magcell, so I thought I would invest. I have been really suffering this last year. I really am so happy with how it is helping me to manage the pain, which has been causing me so many problems.***

***My knee pain has gone, the swelling around the knuckles in my hands has gone down a lot. I really didn't think Arthritis could cause such pain. I used to rely on ibuprofen every day. I've not taken any tablets this past week and in my role in customer services I have found that I can also hold***

*I have felt so much happier in myself too, as the pain has been really getting me down. The Magcell really is my new best friend.*

.....

## JUNE IS LIPOEDEMA AWARENESS MONTH





**Perhaps you have Lipoedema and did not know?  
Perhaps you have a friend, family member or colleague who may have  
Lipoedema?**

Each video of these 60 second videos shares some signs and symptoms, with signposts to where more information, help and support can be accessed in the UK. Thank you for watching and thank you, in advance, for sharing.  
#LipoedemaAwarenessMonth



**7 X 60 SECOND  
LIPOEDEMA  
AWARENESS  
VIDEOS**

**VIDEO ONE OF SEVEN**



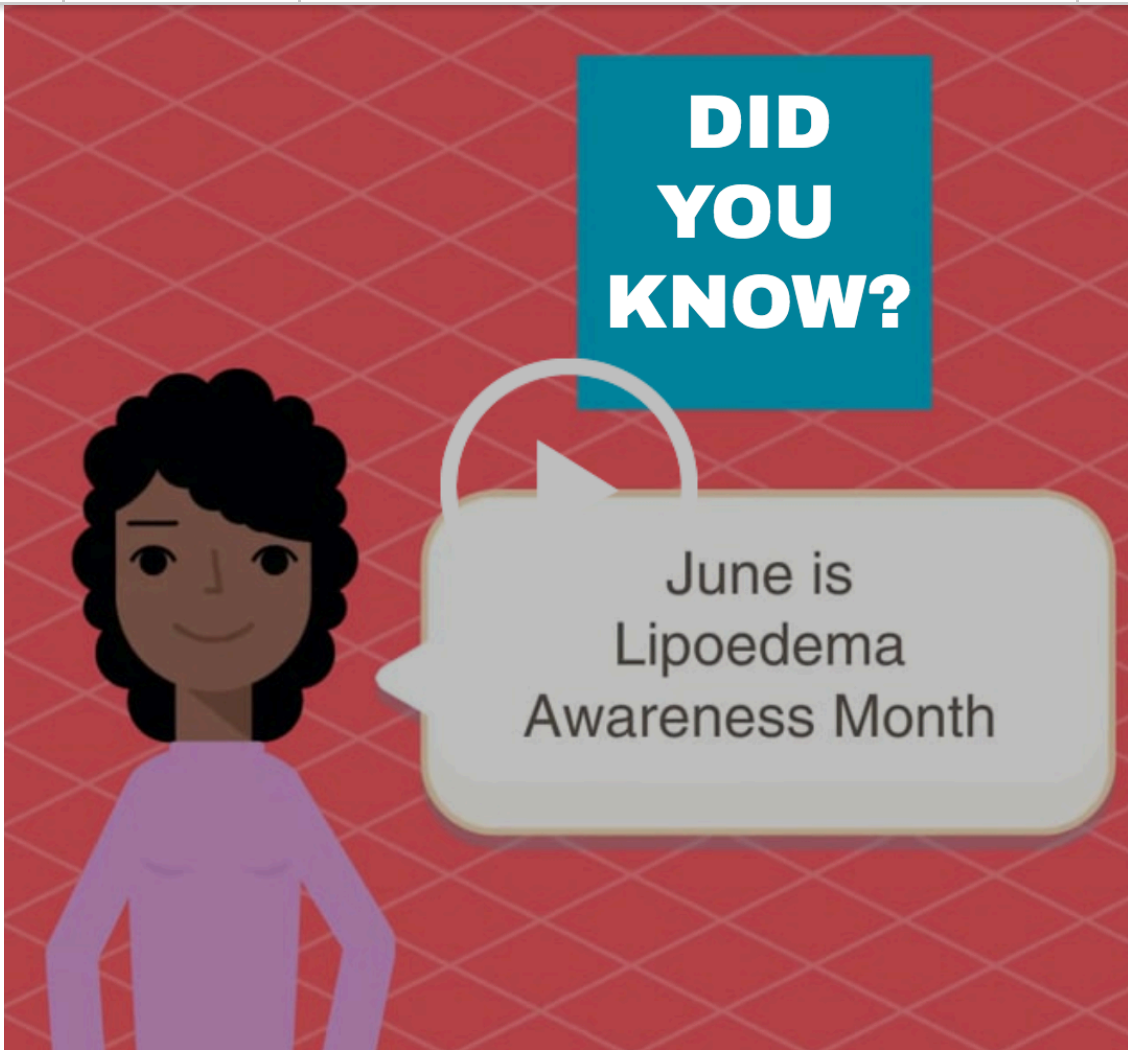
## VIDEO TWO OF SEVEN

**DID  
YOU  
KNOW?**

JUNE IS  
LIPOEDEMA  
AWARENESS MONTH



VIDEO THREE OF SEVEN



VIDEO FOUR OF SEVEN


**DID YOU KNOW?**

**June is Lipoedema Awareness Month**

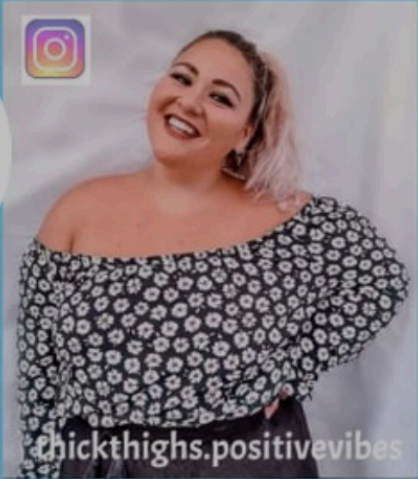
**thickthighs.positivevibes**

The image is a video thumbnail with a dark blue and orange background. In the top left, a dark blue box contains the text 'DID YOU KNOW?' in white. To the right, the text 'June is Lipoedema Awareness Month' is displayed in white and orange. A large white play button is centered over the text. On the left, there is a cartoon illustration of a woman with blonde hair wearing a blue long-sleeved top. On the right, there is a photograph of a woman in a white off-the-shoulder top, with an Instagram icon in the top left corner of the photo. Below the photo, the text 'thickthighs.positivevibes' is written in orange.

VIDEO FIVE OF SEVEN

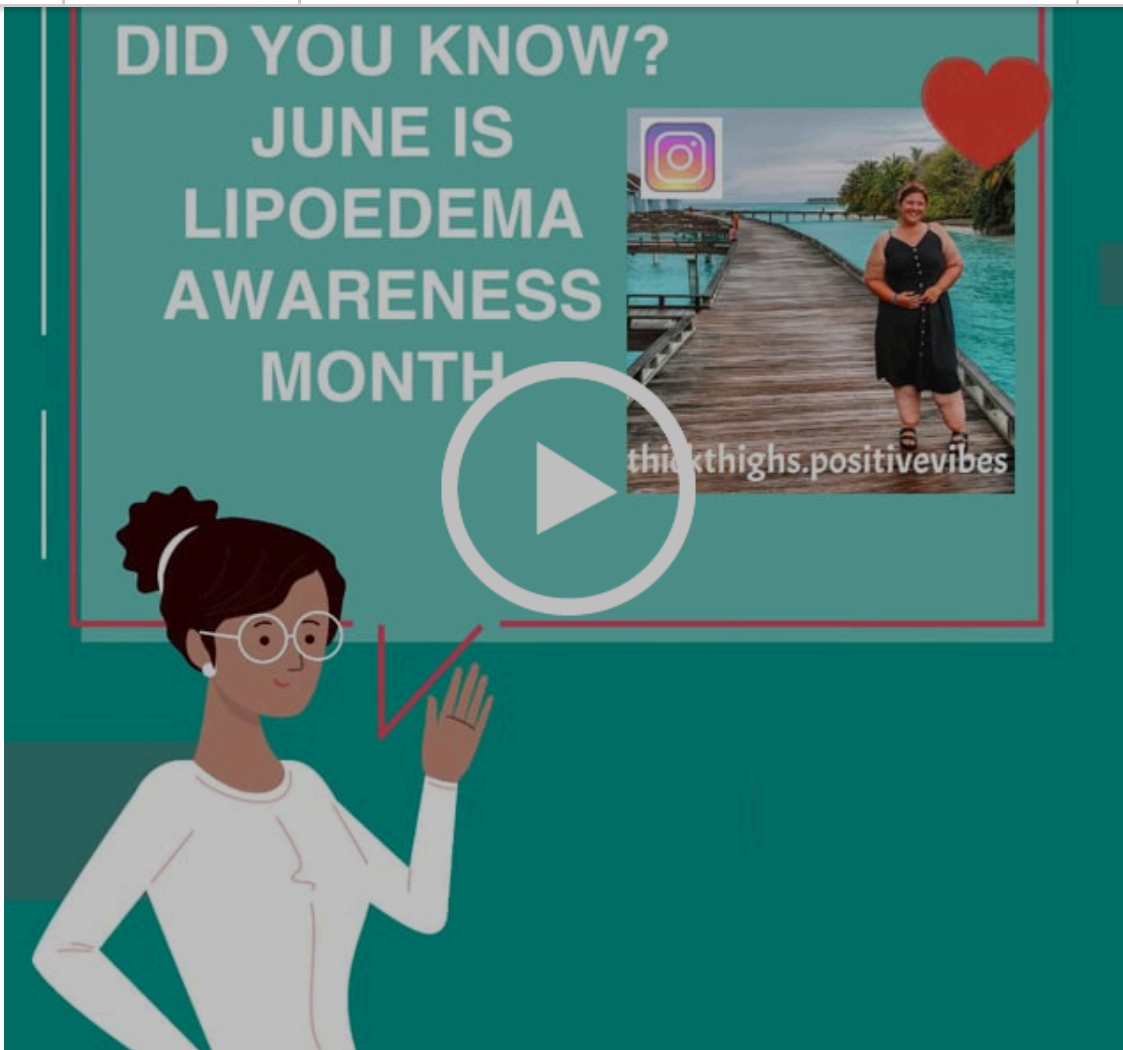


**DID YOU KNOW?**

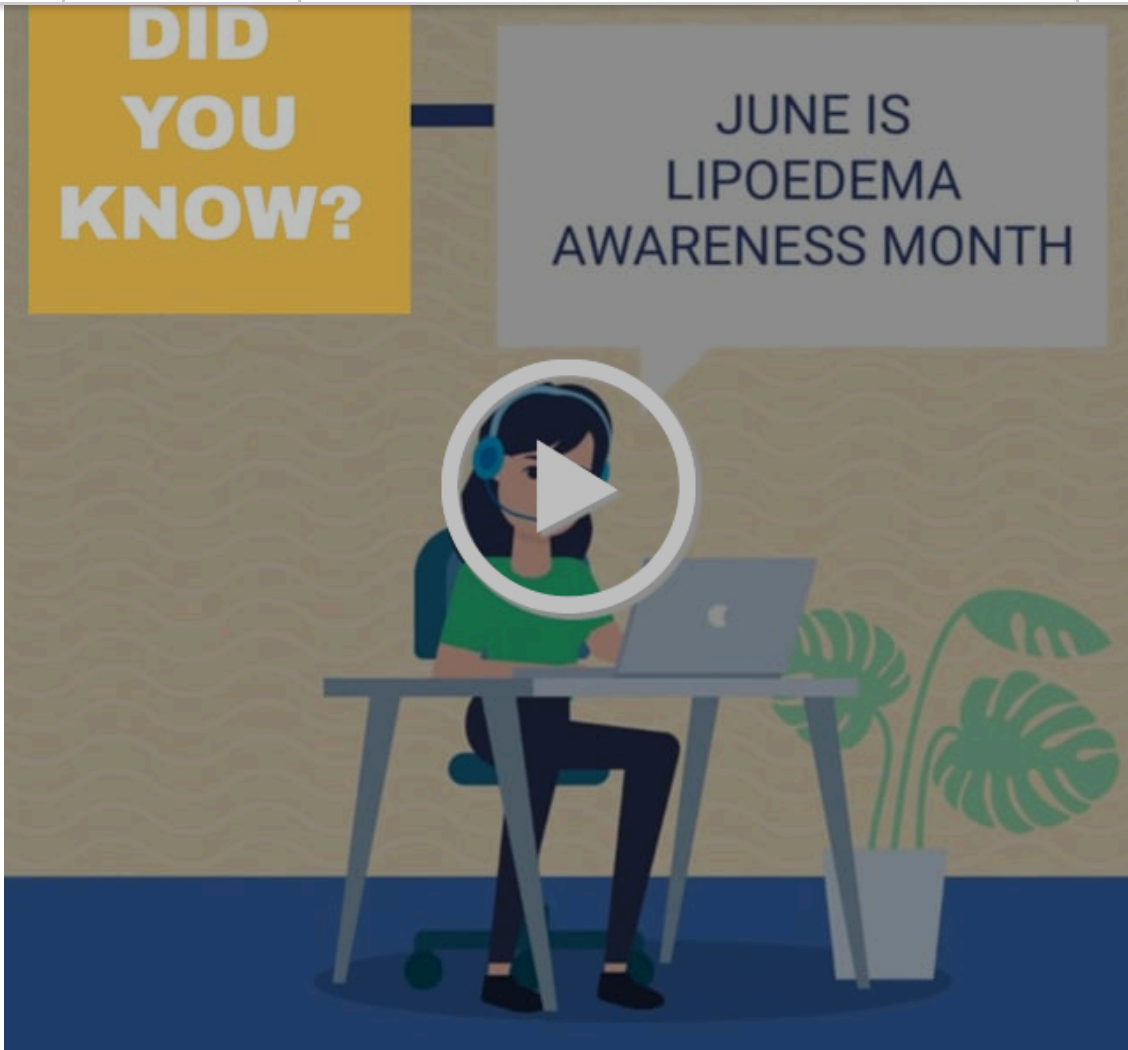


**JUNE**  
Is Lipoedema Awareness Month

VIDEO SIX OF SEVEN



## VIDEO SEVEN OF SEVEN





News & Developments  
You Need To Know

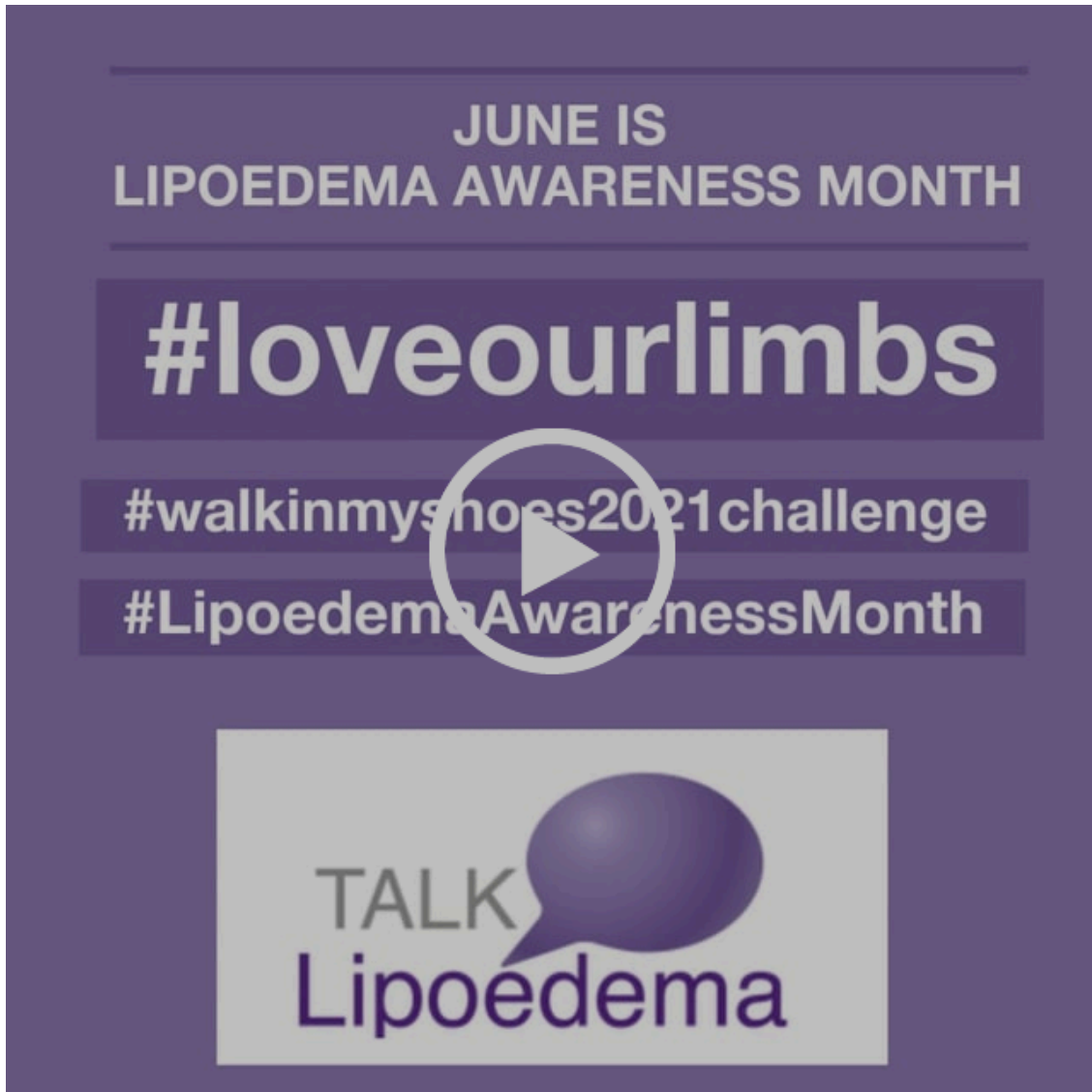
[Lipoedema UK](#) are basing their #LipoedemaAwarenessMonth around **Symptoms and Diagnosis** and the excellent 'Members Health & Wellbeing Sessions' will include a range of themes and activities:

**Wednesday 2nd June:** Sandra with 'Honouring Emotions'

**Wednesday 9th June:** Nia Movement - Nia is a combination of dance, martial arts-type moves and healing arts. The moves are based on the body's desire to seek balance. In each session we move consciously, giving us a unique experience that leaves us energised and joyful. Erica believes that every person can discover, explore, unleash and enhance their individual potential to live a healthy and meaningful life by engaging their senses and listening to their bodies.

**Wednesday 16th June:** Laughter Yoga "In The Forest" using nature as a backdrop for the exercise and a guided meditation

**Thursday 24th June:** Living with Lipoedema Session - Drop in Clinic with the Lipoedema UK Healthcare Professionals Panel with a short presentation on Footwear and Gait with Rhodri, Nurse volunteers



Thank you to @TeamTalkLipoedema" for this lovely blog about their exciting events.

"June is Lipoedema Awareness Month, and here at Talk Lipoedema, it is a fantastic opportunity for us to promote awareness. This June, we are celebrating our bodies with the hashtag **#loveourlimbs**. We have lots of free self-management events throughout the month, see our social media event section for more information, and we are also introducing the **#walkinmyshoes2021challenge**.

involved in helping us reach our collective goal of 884,800 steps challenge (400 miles) [#walkinmyshoes2021challenge](#) until the 5th July 2021. Anyone can be involved; it doesn't matter how many steps you take; they can all be counted towards our collective total, no matter how big or small. We want to encourage everyone to [#loveourlimbs](#) and do anything that they can to get moving. We want to help people get an early diagnosis and access information and support to help them manage Lipoedema as early as possible.

Every step counts, and we are asking you to get involved in tracking your steps in any way you can. Through a step counter, your smartwatch or mobile. It doesn't matter if you can only manage a few steps around the house, a daily walk around the block or much longer walks – every step counts. We are tracking all our steps through an app, [trac4GOOD](#), and you can manually add your steps or sync to your smart device or mobile to log your steps or walks.

We want to encourage everyone to get moving in any way they can throughout the month. It doesn't matter if you don't do something every day; you can stop and start throughout the month. Every single step counts towards our goal of 884,800 steps (400 miles).

Please feel free to use the hashtags to get involved [#walkinmyshoes2021challenge](#) [#loveourlimbs](#); every share creates awareness and helps educate people about Lipoedema. You can visit [our social media pages](#) for more information."



**LIPOEDEMA - Is it time for a re-think?  
By Sue Hansard, Lymphoedema Nurse  
Specialist**

**A personal opinion piece about working together, skilling up in specific knowledge and expertise and giving Lipoedema it's own dedicated specialist nurses.**

***Lipoedema is often lower on the criteria list and indeed many services do not assess or treat people with lipoedema, unless it is more advanced and is causing secondary lymphoedematous changes. Williams and Hardy (2017) state that even when correctly diagnosed, accessing appropriate NHS based care 'may be difficult because of poor understanding of treatment and referral routes, and geographical variations, in clinic availability, funding and capacity'.***

***This seems very unfair, of course, but the more I work with people living with Lipoedema, the more I believe we need LIPOEDEMA to be treated as a specialism in its own right, not an add-on to another specialism..."***

**Susan Hansard  
Lymphoedema Nurse Specialist**

[READ FULL ARTICLE](#)



**Lipoedema - Why Don't They Listen? By Gaynor Leech, LWO Community Founder and Patient Advocate**

Subscribe

Past Issues

Translate ▼



Lymph-What-Oedema

Lymphoedema exists, we exist



**"Early May, when Mary and I were discussing the next article for the June NewsMagazine, she reminded me that June was Lipoedema Awareness Month and she suggested I might write an article on Lipoedema because some LWO Community members have Lipo-Lymphoedema.**

Oh dear, somewhat out of my depth here! I remember in the early days of L-W-O, that one member was very cross with me for concentrating solely on Lymphoedema and not including Lipoedema. In fairness to me, in those early days, I was finding it difficult to understand Lymphoedema let alone adding information on Lipoedema



However, I was aware of UK charities - [Lipoedema UK](#) and [Talk Lipoedema](#) and felt they were better placed than I was to cover this little understood disorder, which it is said to be "rare", with few health care professionals (HCP's) having knowledge of it. Yet, when I scan the internet, it is thought that 10% of women have Lipoedema; so it is not rare at all! I am always very happy to signpost those living with the condition to both of these excellent and supportive patient organisations.

Subscribe

Past Issues

Translate ▼



Inevitably, the world of Lymphoedema and Lipoedema collide and a small number of our members have been diagnosed with Lipo-lymphoedema and a smaller number with Lipoedema.

Maybe my interest also stems from the fact that I was once told that I may have “a little bit of Lipoedema”. The term ‘little bit’ absolutely infuriates me, you either have a condition or not and both Lipoedema and Lymphoedema are chronic conditions.

Once upon a time a GP said to me, “My Mother-in-Law has a little bit of Lymphoedema in her arm”. The lack of understanding of Lipoedema, Lipo-lymphoedema and Lymphoedema beggars’ belief.

Those living with Lipoedema or Lipo-Lymphoedema are constantly told to lose weight and while we all agree that weight control is important, dieting does not work in the areas affected by Lipoedema fat., These conditions are simply not a direct result of obesity and are genetic, usually affecting females. Lipoedema runs in families and therefore a knowledge of family history is useful. For example, a grandmother may have had the condition but then it could skip a generation to a granddaughter but it is not necessarily a condition the mother would have.


There needs to be a better understanding of Lipoedema and Lymphoedema, with much more research carried out. Conservative treatments and non-cosmetic liposuction for Lipoedema should be made available on the NHS, it is only fair. Diagnosis should not be difficult, our members report that it took "ages to get the right diagnosis".



One of the devastating side effects of Lipoedema, is that if it is not diagnosed early enough, the chances are the individual will lose their mobility as it progresses.

Health-care professionals need training and education so that they do not make an unconscious bias that their patient is obese. It's so important that HCP's do not get hung up on a patients BMI, the result of which means they do not investigate further, which can significantly impact upon quality of life.

Lipoedema, Lipo-lymphoedema and Lymphoedema have a huge impact on mental health and to the best of my knowledge, there is no provision for this on the NHS.



**Shuttlewood  
Clarke  
Foundation**  
Reg Charity No 803525

*Supporting the elderly, adults with disabilities and young people through wellbeing activities, outdoor education and inspiring support services.*



"This morning I had a conversation with Kathleen Wass who is the Support Services Manager of the [Shuttlewood Clarke Foundation](#), the Foundation runs several support groups including one for Lipoedema.

1.00 p.m. This non-judgemental group provides a safe place to talk about all things lipoedema, common issues, and shared experiences. If this group would be of interest to you, please email Kathleen for further information [kathleen@shuttlewood-clarke.org](mailto:kathleen@shuttlewood-clarke.org)

Address: Shuttlewood Clarke Foundation  
Ulverscroft Manor,  
Priory Lane,  
Ulverscroft,  
Leicestershire LE57 9PH.

For more information telephone Kathleen 07860 639693 or follow-on Facebook at: <https://www.facebook.com/ShuttlewoodClarke/>

*I would like to thank Jo Mander for talking to me via Zoom and telling me her story and reviewing this article. Jo has been a member of L-W-O Community since September 2017. Patient stories are so important, and you can read [Jo's story](#) here. An extract of which is below. Til next time, Gaynor. x*



Photograph Courtesy of Jo Mander

## The World is Not Designed for Me

- The world is not designed for me. Seats are too small (especially if they have arms) and usually very uncomfortable. This is a big deal, restaurants, toilets, airplanes, cinemas, buses, trains, most places really.
- Buying size 8 wide shoes that have a decent arch support, that I want to wear is challenging to say the least.
- Buying clothes that fit rather than I want to wear
- Wide leg trousers that are not wide enough

- Pants – that’s another story all together.
- Getting on and off the floor, I can, but it hurts my knees going down and it’s easier to have something to hold on to, to get up. This was something I have always taken for granted and is one of a number of things that I no longer find easy to do.

## Lipedema, Not A Closed Case: a New International Consensus

"A medical discussion about lipedema/lipoedema which is not currently a universal consensus, and that more research and evidence based medicine is needed to take proper care of patients"

A very interesting two hours of viewpoints on Lipoedema and for PhysioPod, of particular note, is from Dr Karen Herbst who speaks on oedema within Lipoedema.

LIO - LIPEDEMA ITALIA ONLUS **LIVE WEBINAR**  
**"LIPEDEMA, NOT A CLOSED CASE: A NEW INTERNATIONAL CONSENSUS"**  
 DAY 6<sup>th</sup> December 2020  
 6:00 PM GMT +1  
**FREE ACCESS**  
 Panel discussion with international experts will follow.

DR KAREN HERBST DR SANDRO MICHELINI

[lipedemaitalia.info](http://lipedemaitalia.info) [liolipedemaitalia](https://www.instagram.com/liolipedemaitalia) LIO - LIPEDEMA ITALIA ONLUS

## Practitioner Feedback

it not just for MLD with lymphoedema clients but with lipoedema too. I worked twice with the PhysioPod ladies at the Lipoedema UK conferences giving treatments to attendees. So many were nervous it would hurt, especially as they find their legs to be tender to touch, it was so nice to be able to reassure them that not only would this be light and not hurt but how much better they would feel afterwards. It was a delight to watch their faces as we worked and chatted, breaking down the nerves and embarrassment some of them felt about their legs as they received treatment. Then, once we had finished, to see the amazement on their faces about how a short sample session had such an impact on how their legs felt; lighter, easier, freer. I hope they went on to find therapists to continue treatment with.

**Nikki Denison**

**MLD UK, Vodder MLD DLT Practitioner and Lymphoedema Therapist, Sports and Complementary Therapist**

---

## Mr Karri discusses impact of Deep Oscillation pre liposuction



Mr Karri talks about the surgery he is to carry out and the impact that Deep Oscillation Therapy has had on his Lipoedema Stage 3 patient

DEEP OSCILLATION features on the [Kinvara Hospital website](#)

.....

**DEEP OSCILLATION IN CONSERVATIVE  
MANAGEMENT AND PRE AND POST NON  
COSMETIC LIPOSUCTION**

[Subscribe](#)

[Past Issues](#)

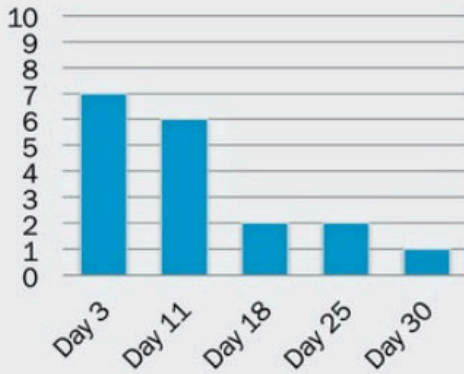
[Translate](#) ▼



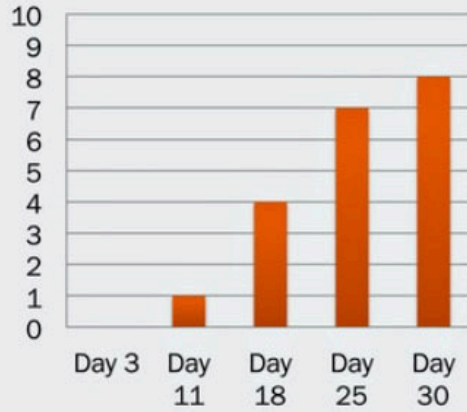
## ENHANCED POST OPERATIVE RECOVERY WITH DEEP OSCILLATION®

Claire Tickle is 39 and suffers from Lipoedema a fat tissue disorder. Liposuction was carried out to her upper legs and knees on 15<sup>th</sup> June 2016 and Claire kept strict personal rating records of her use of a DEEP OSCILLATION® to speed up her recovery. DEEP OSCILLATION® is utilised for active recovery is applicable in the acute stages, Claire applied from day 3 post op. Clinically proven effects include highly significant pain reduction, inflammatory and oedema (swelling) reduction and resorbed haematoma which promotes earlier mobility, a dynamic resultant wound healing with improved scar formation. Surgery was carried out by Anne Dancey Plastic and Reconstructive Surgeon MBChB(Hons), FRCS(Plast), Masters Medical Science (Hons), Masters Aesthetic Surgery (pending)

**Subjective Pain: Scale 0 – 10**  
0 - no pain, 10 - unimaginable pain



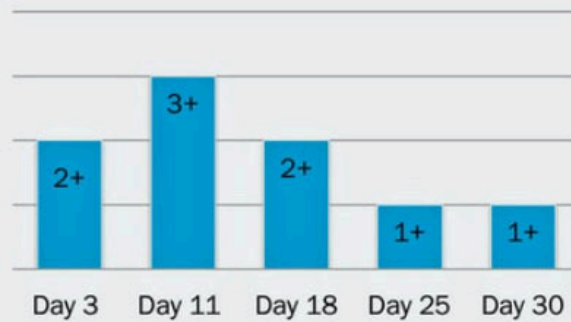
**Appearance of Legs: Scale 0 – 10**  
0 - not satisfied, 5 - satisfied, 10 - very satisfied



**Scale**

- 1+ 2 mm depth**  
Disappears immediately
- 2+ 2 – 4 mm depth**  
Disappears in 10 – 25 seconds
- 3+ 4 – 6 mm depth**  
May last longer than a minute
- 4+ 6 – 8 mm depth**  
Lasts 2 -5 minutes

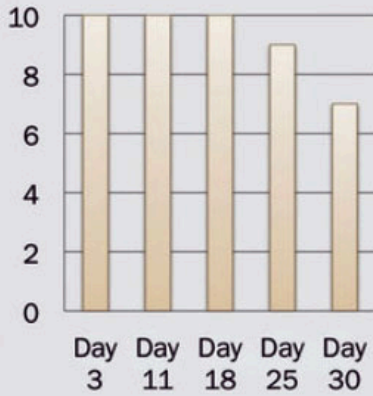
**Swelling (oedema)**  
Grading Method: Dent Depth and Duration



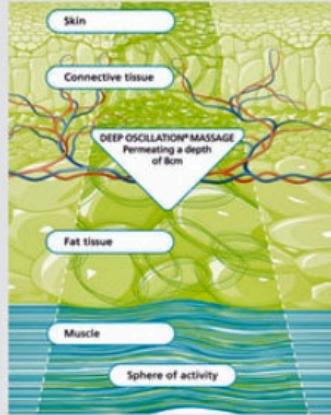
Pitting oedema is graded on a scale of one to four. The scaling depends on both the "pit" leaves and depth and how long the pit will remain

**Bruising Day 30: Green Edges/Dark Purple/Yellow/Fading away**

**How legs felt: Scale 0 - 10**  
0 - Light, 10 - Heavy/tired

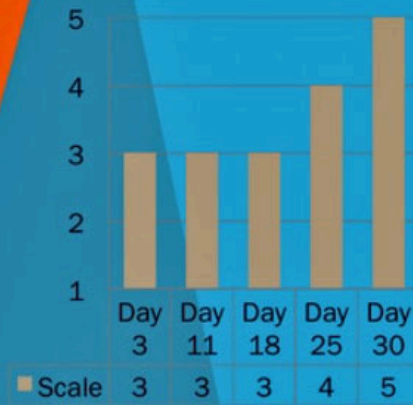


**DEEP OSCILLATION PERSONAL AESTHETICS**  
Treatment Protocol - 20 mins per day - 250 Hz 10 mins,  
14-18 Hz 5 mins, 85 Hz 5 mins



**Mobility: Scale 1 - 5**

- 1 - confined to bed
- 3 - moving about slowly
- 5 - normal activity resumed



**Skin tightness: Scale 0 - 5**

- 0 - no tightness
- 5 - normal
- 10 - very tight



Results analysed by  
Mary Fickling, Director  
PhysioPod® UK Limited



Thinking  
about hiring  
a Deep  
Oscillation  
unit for  
pre and post  
lipoedema  
liposuction?

Discover  
how easy  
other ladies  
have found  
it to use  
[click here >](#)



## Planet Marla



*Contemplating her next move!*

SEE YOU ALL NEXT ON 1ST AUGUST 2021 - STAY SAFE. X



[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

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

