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**DEEP OSCILLATION®**  
**WWW.PHYSIOPOD.CO.UK**  
NHS APPROVED SUPPLIERS

1st March 2021

Good Morning

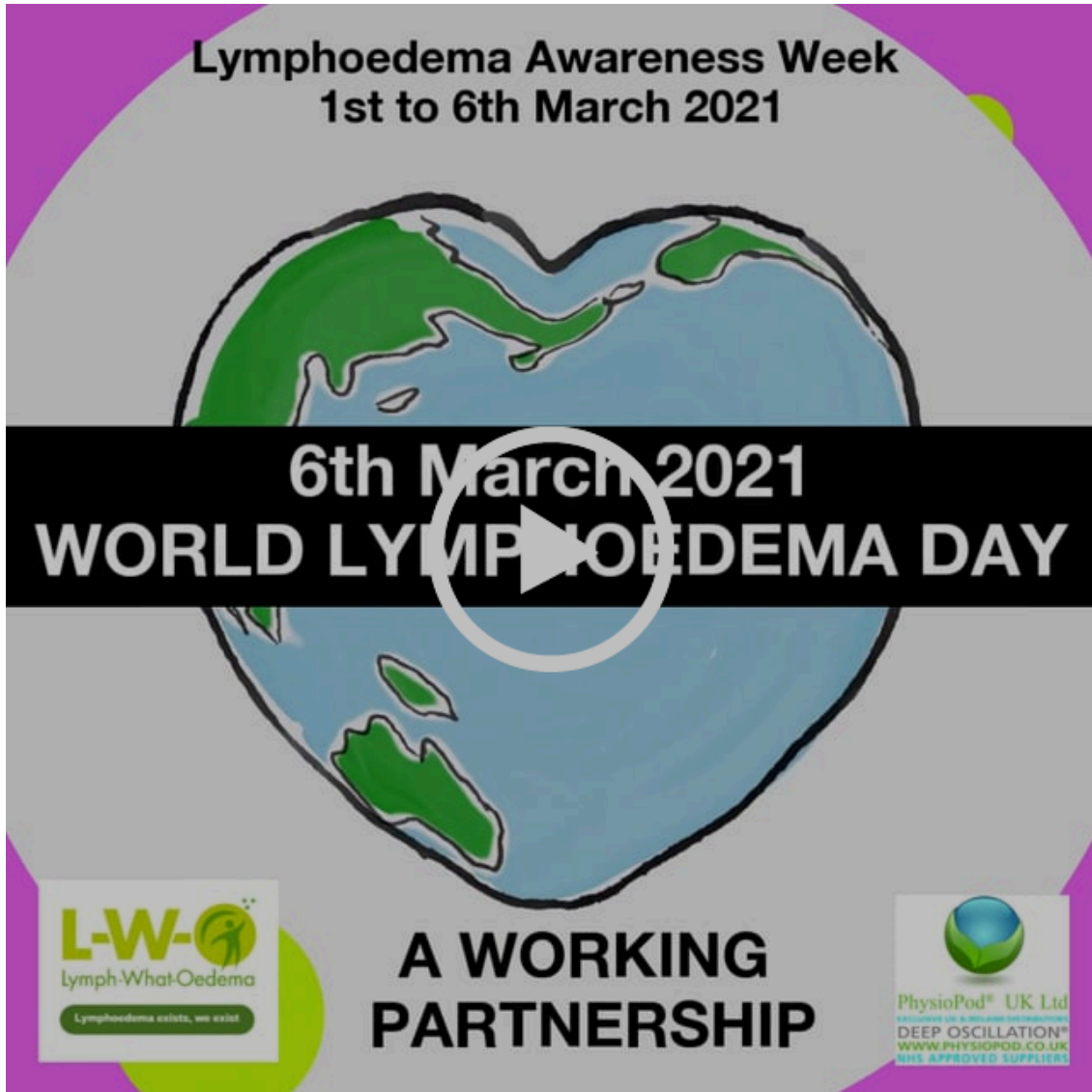
A very warm welcome to our March edition (07) of the PhysioPod monthly Newsmagazine.

We aim to provide diversity in all of our issues and we feel March's edition has achieved just that.

We thank most profusely our contributors' and please, if you have an article you would like to share with us [then do drop us a line](#), we'd love to hear from you.

In this issue, we are pleased to announce that for the next 6 days (as a one-off feature), we will be issuing a daily Newsletter in working partnership with [Gaynor Leech, founder of LWO Community](#). This is to mark our support for Lymphoedema Awareness Week, which runs from 1st to 6th March 2021, celebrating World Lymphoedema Day on 6th March 2021.

We are actively encouraging everyone to share those newsletters (instructions will be in the intro note on each day on how to do that). It is our mission to globally increase awareness of Lymphoedema and help those who live with or may develop this condition.



A GLIMPSE AT THE DAY ONE NEWSLETTER. IF YOU HAVE FRIENDS WHO MIGHT BI INTERESTED THEY CAN SUBSCRIBE AT [WWW.PHYSIOPOD.CO.UK](http://WWW.PHYSIOPOD.CO.UK)

**Some very sad news...**



Our dear and [much loved friend Jill Wibberley has passed away](#). She will be hugely missed by Julie and I, and the Lipoedema community as a whole. She was very popular on Lipoedema support forums, she was kind and very generous with her time; providing advice in her lovely way and with a great sense of humour. RIP beautiful Jill. Our love to David and their treasured sons.

**With our best wishes**

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

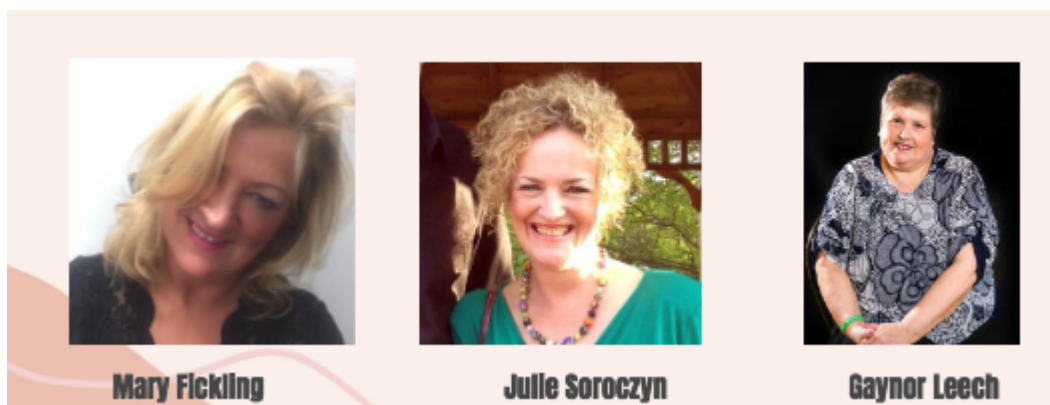


**LYMPHOEDEMA AWARENESS WEEK  
& WORLD LYMPHOEDEMA DAY 2021**

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### From Gaynor Leech, Founder of LWO COMMUNITY

"Whilst many patients and patient advocates before us have worked extremely hard to raise the profile of Lymphoedema, there has been a concerted effort over the last 5 years with many groups choosing to work together.


In late 2019, I was invited to join The [European Patient Advocacy Group](#) (EPA) as a Patient Representative, an association I am immensely proud to be a small part of. This led to the first joint Manifesto of European Patient Associations in March 2020 with a call to action to raise the profile of Lymphoedema in the UK and Europe. The unexpected turn of events of 2020 as the world turned to dealing with Covid-19, meant our campaign fell flat.

However I am proud to say the EPA is thriving and this year more countries have been added to the manifesto there are now more patient associations involved. In the UK I am proud to say L-W-O Community is involved, as is our friends at [Lymphoedema Support Network](#).

In an ideal world, if patients, patient advocates, patient associations and Lymphoedema organisations could work together we would raise the profile of Lymphoedema improve the quality of care for Lymphoedema patients and

One of the most wonderful aspects of running [L-W-O Community](#), are the amazing people I meet, whether that person is one of our members or one of the many professional people in our community. One lovely person I became acquainted with in 2017 via Twitter is Mary Fickling Co Director of PhysioPod UK. Mary has been a big supporter of ours, sharing our posts, sometimes offering advice, and becoming a valued friend. We met first in 2018 and had fun at the MLD Conference in 2019.

I have written several guest Blogs for the PhysioPod website and in addition, I have started writing for the monthly PhysioPod Newsmagazine. In our many conversations we started talking about this year's campaign for LAW and WLD and how we could work together. We started working in January and decided we would make our joint campaign visual. I sent Mary a slide presentation I did for use in the Community and she said, "hmm too long for a video, I can make seven videos out of your presentation". To date Mary has made 14 videos using my words and writing. I am absolutely thrilled with the results and although my poster/video skills are improving, I could never have achieved the results that Mary has. She has put countless hours into our joint video presentations, they have deliberately been made short and will be released on a daily basis from the 1<sup>st</sup> March 2021. Mary, Julie, and I, sincerely hope they will give anyone who watches them a greater understanding of what Lymphoedema is and what it is like for those of us who live with Lymphoedema."



“  
We strongly believe that those of us who live with lymphoedema have an expertise that most clinicians do not understand. Unless they have specialist knowledge or training of the lymphatic system

**L-W-O COMMUNITY**  
supporting those who live with Primary, Secondary & Lymphatic Malformations

**News Flash**

**DEMENTIA - FINDING MUM**



BY SUE HANSARD



**Sue Hansard is trying to redress the balance about living with and caring for someone with Dementia. This is written from Sue's perspective and in part, is her way of honouring her Mum and celebrating the relationship that they were able to develop and cherish, because of dementia.**

[Sue welcomes feedback and sharing.](#)

"Two years ago my lovely, gentle Mum died. She was 85yrs old. Six months before she died, she could still touch her toes, or do high kicks when sitting in her chair! Her hearing was acute (at times) and she had excellent hand-eye co-ordination. But, she could no longer communicate verbally. She could not string words into a meaningful sentence. She didn't KNOW who I was. Though I do think she knew that I was someone familiar, with whom she felt safe.



And, she still loved flowers. My Dad often bought her flowers and they shared a love of gardening. As her dementia progressed and stole from her the names of plants and flowers, I noticed that she now preferred the brightest, most colourful blooms: big bold lilies, multi coloured tulips, artificially coloured carnations. And she would always smell their scent. 'Beautiful' she would say. And she was, herself a beautiful soul.

There is so much negativity around dementia and I understand why. It IS a cruel disease slowly destroying the brain and taking with it memories, knowledge, understanding, emotions, communication, and physical abilities. It has been described as the slowest of deaths and can feel like the most drawn out bereavement for families to witness....."



**ACCESS FULL ARTICLE**

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Roxanne Ashkar Physiotherapist Talks Deep Oscillation



"I was forced to buy Deep Oscillation when I joined our friends at [Anti-Aging Art](#) in South Africa. Being a physiotherapist, you are always trying to find ways to help your patients, particularly the ones in pain.

I was asked to come up with some ideas to aid patients who had engaged in Cooltech Cryolipolysis. For those of you who don't know what that is.... it's fat freezing. That's right. Your fat gets sucked into a machine and cooled to sub zero temperatures for up to 70 minutes resulting in lipolysis - fat cell death.

Comes with consequences though, in that tissue can get overstretched and fascia damaged.



roxanneashkarphysio

We needed something that could gently return the tissue back to normal temperature, without heating it up, restore circulation, without heating it up, restore lymph drainage, without heating it up and reduce the possible negative outcome of fascial trauma.

Cue deep Oscillation, now an integral complimentary therapy to every patient who undergoes Cooltech at Antiagingart, no downtime, no pain. Rehab of tissue back to full functionality ( minus a few fat cells👍👉🙏 )

Deep Oscillation also used in our physios rooms for gentle treatment of acute and inflamed conditions and injuries.

## We love Deep Oscillation!

[Roxanne Ashkar](#)

## Updated Testimonial Six Years on

17th February 2021

**"Hi Mary and Julie It's been several years since my first review of the Deep Oscillation Personal Sports which I call my PhysioPod that I bought in 2015, so I thought I'd send you an updated testimonial...**

In February 2016, after 6 months of daily use, I had only praise for self-administered Deep Oscillation Therapy (DOT).

### PRIMARY LYMPHOEDEMA SELF CARE WITH DEEP OSCILLATION



Six years later in 2021, I can still only think of positive things to say about DOT with my PhysioPod. I'd give up my mobile, tablet and laptop before I'd give up my PhysioPod!



*- Catherine Tucher -*

Not a day passes without my using my PhysioPod to complete DOT and simultaneous Simple Lymphatic Drainage (SLD) as part of my daily self-treatment regimen. As I have a diagnosis of Multi-segmental Primary Lymphoedema with Global Presentation, all four of my limbs, lower and upper torso, and my head and neck are affected. I regularly use my PhysioPod for a

The qualified lymphoedema therapist that I go to for Manual Lymphatic Drainage (MLD) treatment also combines MLD with DOT. As I have witnessed how effective DOT can be for lymph drainage and also for reducing fibrosis/thickened tissue caused by disease progression, I always encourage others living with Lymphoedema to give DOT a try. Many qualified lymphoedema therapists in the UK offer DOT in their practice. I'm also aware that a few NHS Lymphoedema clinics have the Physio Pod which are available for patients to take out on loan; this is how I first learned of and trialled the device in 2015. ..

## PRIMARY LYMPHOEDEMA



**"I was amazed during the first week the PhysioPod was on loan to me at its ability to move lymph up my leg and into my trunk i.e. the same outcome as when my MLD therapist worked on my leg. Moreover, tissue that had become fibrotic throughout my inner thigh started to soften after about ten sessions with the unit (using the 30-minute bespoke Lymphoedema programmed card circling applicator in the direction of flow as instructed by the Lymphoedema Clinic). My thigh had sensation again! I'd not had any sensation or proper feeling in my inner thigh for months as the fibrosis had increased.**

**I bought my own DOPS unit at the end of September 2015 and use it every day, for 30-45 minutes every morning and again every evening. It's the only way to effectively drain my leg of the accumulated lymph. The DOPS unit essentially does for my leg what it can't do for itself anymore, transport lymph up into my trunk. At the same time, it's helping my tissue to remain softer and work against tissue fibrosis, an ugly and unpleasant feature of Lymphoedema."**

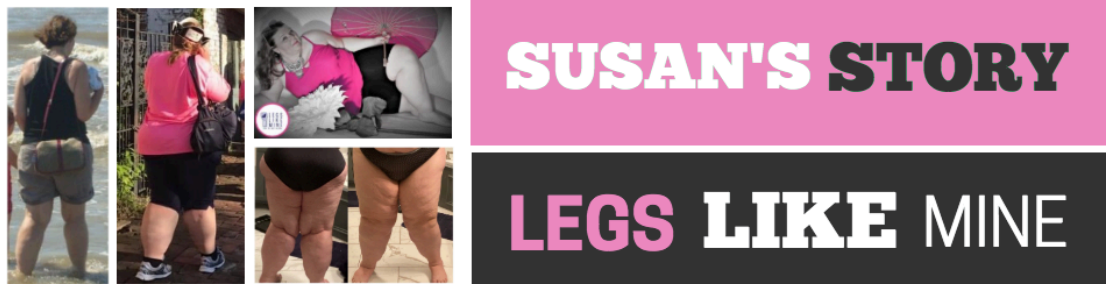
As the PhysioPod model that I have is very small, light and portable, I've taken it away with me including abroad numerous times in my carry-on bag. I always ensure that I have it at the ready wherever I am. In the past 6 years I have experienced no significant technical issues with my PhysioPod, it's been completely reliable day after day, despite the many thousands of hours I have put it to work.

In 2015, I described my new Physio Pod as my new life partner. In 2021, I

Thank you for offering such swift and helpful support when I've contacted you for advice or had any queries.

With best wishes, Catherine Tucher

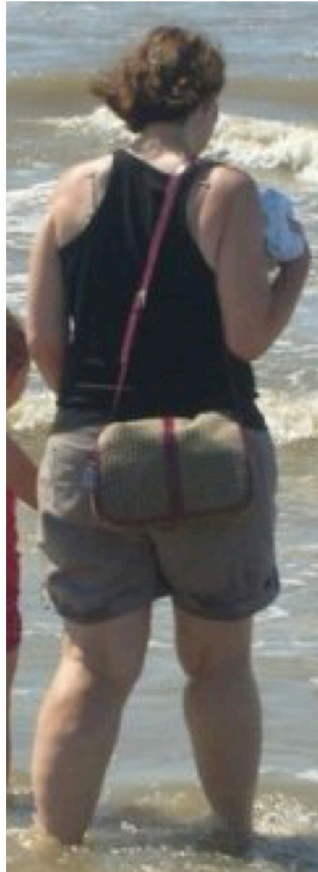
[READ PREVIOUS TESTIMONIAL HERE](#)



**"I've always been a big girl but my legs were normal for my size, actually even shapely for the lower half of my legs. I've always been active, enjoying hiking, climbing, dancing, yoga, and anything that can get me outdoors. That all changed the day I came home from the hospital after delivering my son, 19 years ago.**

The pregnancy wasn't a normal one. I'd suffered with Polycystic Ovary Syndrome (PCOS), and for eight years, I tried to get pregnant under the supervision of several doctors without success. I knew my husband desperately wanted kids and I told him to divorce me and marry someone who could give him kids. But we didn't give up. I finally met a fertility specialist in 2000 that understood my situation, performed a minor outpatient surgery and then put me on an injection to aid in fertility. I got pregnant the first month after starting the injections, used progesterone, and after a very rough delivery involving an emergency repair of a blood clot that burst, **I left the hospital in 2001 with my new child, and my new leg lump, Larry.** In fact, my left leg was just slightly larger than it was when I entered the hospital.

Over the years, I, like many mothers, did not focus on myself. I had another child, did all the homeroom parent, basketball mom, birthday party, etc. things for years. I was still a big girl and ended up having lap band surgery in 2007 and losing a lot of weight for me. This is when I first got concerned about my legs. I had been eating just very little low carb food for over a year, and walking up to 14 miles a day to prepare for the Oklahoma City Marathon. Yet the



I gradually made changes involving not wearing shorts, hiding my legs, switching to mostly dark colored pants, and introducing maxi dresses into my wardrobe. In fact, as a very successful businessperson, I wore a lot of dress suits, except I'd begun throwing the skirts away to goodwill before I even got the outfits home from the store. I bought shorts to wear with bathing suits, and even bought a mid-thigh length aqua tard to try and hide my legs during the swim aerobics classes I loved so much. I'd take my girl scouts hiking wearing jeans and deflect questions about why I wasn't wearing shorts on very brutally hot summer days. I was mimicking what I had seen my mother do while I was growing up.

 **ACCESS FULL ARTICLE** [CLICK HERE](#)



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# Acne and Enhances Spinal Movement & Function

Chris Boynes  
Consultant Chartered Sports and Spinal Physiotherapist



Long standing associate and advocate of Deep Oscillation, Chris Boynes, Consultant Chartered Sports and Spinal Physiotherapist was very impressed at the results achieved with his client, so much so, Derek his client agreed to be zoom interviewed by Chris to discuss it.



 **ACCESS FULL ARTICLE** [CLICK HERE](#)

## LYMPHOEDEMA REDUCTION IN THREE SESSIONS





With thanks to Sacher Sanchez and [Lic. Valeria Visconti](#) based in Entre Rios, in Argentina.

Three sessions with #deeposcillation provided the following results.

### RIGHT LEG

BEFORE: Upper third of leg: 44 Middle third: 40 Ankle: 29 Foot: 30

AFTER: Upper third of leg: 38 Middle third: 36 Ankle: 29 Foot: 25

### LEFT LEG

BEFORE: Upper third of leg: 39 Middle third: 36.5 Ankle: 34 Foot: 28

AFTER: Upper third of leg: 35 Middle third: 30 Ankle: 27. Foot: 24

## IMPORTANT NEWS FROM BLS

### ADVICE FOR CORONAVIRUS VACCINATION - LYMPHOEDEMA OR BREAST CANCER

"Please advise anyone who has lymphoedema that lymph node swelling can be a side effect of any vaccine but is a known side effect of both the Moderna and Pfizer COVID-19 vaccines. However, we strongly urge that they accept whichever vaccine is offered, providing they have no contraindications.

Anyone with lymphoedema of the arm is advised to get the vaccine in the opposite arm or thigh.

Please click graphic below to see the Consensus Document on Covid-19 Vaccination for Patients with Lymphoedema for more detailed information.



#### **Consensus document on COVID-19 vaccination for patients with Lymphoedema**



This advice also applies to those who do not have lymphoedema but who are at risk of developing the condition for example those who have had treatment involving their lymph nodes for breast cancer or melanoma. They should request the vaccine in the opposite arm from their treatment. If they have had lymph nodes removed or treated on both sides, the injection should be requested in the thigh.

Some vaccinators may have been trained or directed to administer the vaccine in the arm only. Please discuss any concerns with the vaccinating team.



## One of the greatest cancer survival stories ever

### Liam Ryan

In February I was alerted to Liam's amazing story of survival from surgery for head and neck cancer - his story is one of the most inspirational stories I have ever read in my life.

I connected with him on LinkedIn and asked first "how are you now?" and would he mind me sharing his story in our newsmagazine?

Liam wrote: "I'm great Mary. Really great. It is now my recovery that has made the story as big as it is. My second life has fully caught up with first again. Nobody could have predicted it would have come this far. Yes, please do share it"

"19 years ago I was anonymous in the world. And happy to be so. I was an architect in a little town in Ireland and working from home with my wife Pam, and our 3 small boys. I had never been ill. I had run 6 marathons. I was never destined to be writing these words.

Then, out of the blue, I began to get headaches.

I was eventually admitted to my local hospital with a suspected sinus infection. There was no reason to suspect anything else. I got on very well with my E.N.T. consultant and we went from laughing and joking about the very routine procedure he was about to perform, to him arriving at my bed the next day and the smile I greeted him with only received a deadly serious expression in response. Something was very wrong. He told me that when he went into my sinus he was shocked to find a massive, stage 4, tumor. It was, he said, the second worst case of Head & Neck cancer he had ever seen...



## NEW BOOK PUBLICATION ON WORLD LYMPHOEDEMA DAY 6th March 2021

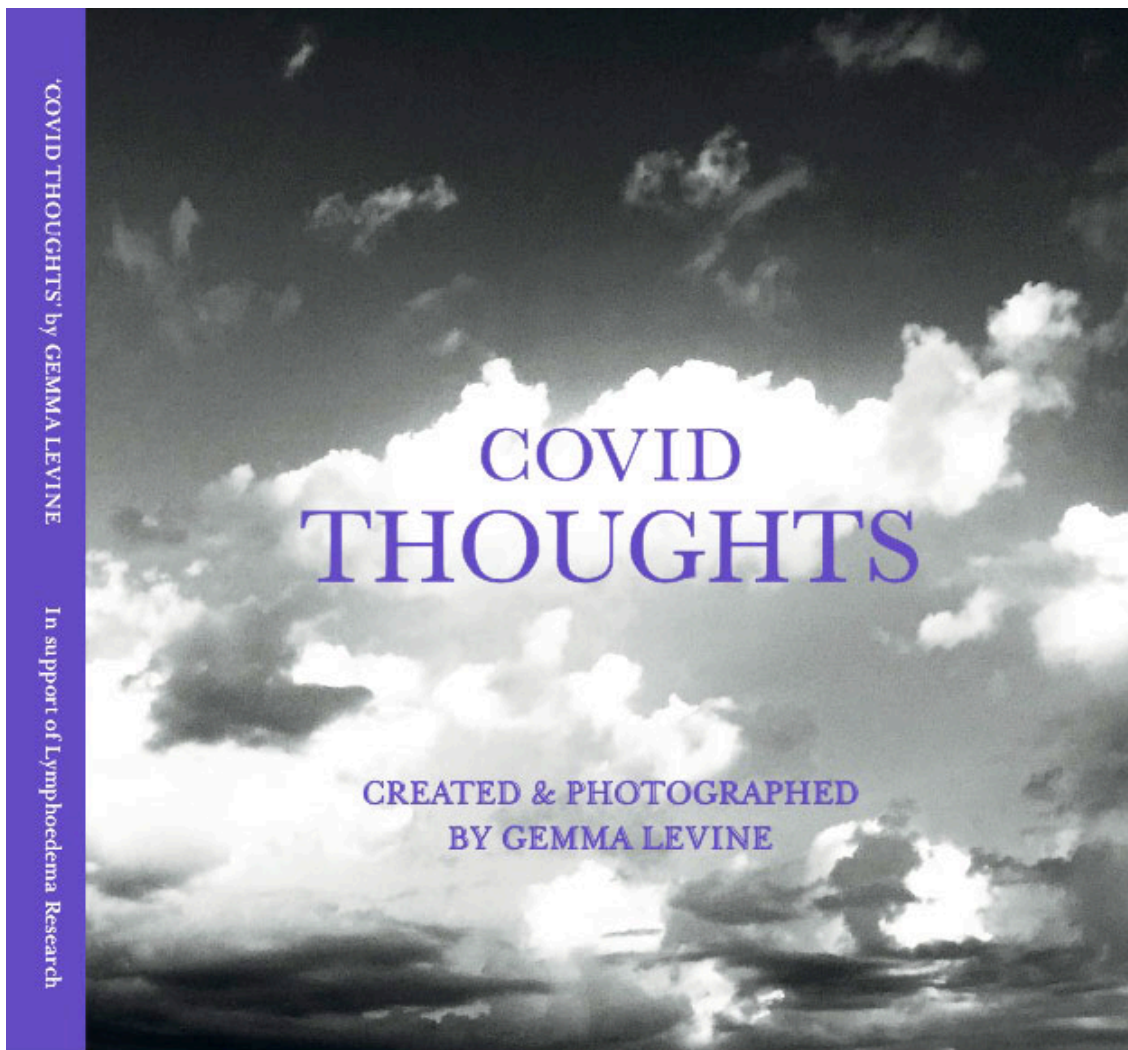


Double page feature in The Daily Express on Saturday 20th February

thoroughly cheering campaign'.

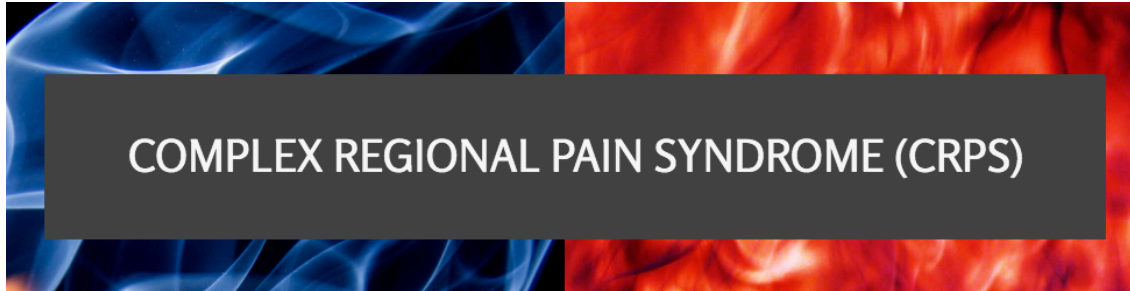
Gemma wrote "whilst recovering from breast cancer a decade ago, my life with Lymphoedema began. Not knowing anything about the condition, which develops because of a build up of fluid in the body's tissues when the lymphatic system that normally drains them has been damaged, I started working with Professor Peter Mortimer. And so began our mission to highlight one of the most neglected conditions in healthcare. Lymphoedema sufferers are especially susceptible to COVID so, to raise awareness during the pandemic I approached some of the celebrities I have met in my career as a photographer to help me produce a book Covid Thoughts.

The response was extraordinary. I worried that everybody would be buried in their own troubles. In fact, they were happy to help - their contributions came flooding in: uplifting, moving, powerful and a great advert for how the human spirit can soar in the face of adversity. I photographed each contributor, mostly through FaceTime" - Proceeds from the book go to Lymphoedema research.



All proceeds to Lymphoedema Research Charity at St George's Hospital.

EMAIL: [Rose.Bowen@stgeorges.nhs.uk](mailto:Rose.Bowen@stgeorges.nhs.uk)



## COMPLEX REGIONAL PAIN SYNDROME (CRPS)

November 2020 was Complex Regional Pain Syndrome (CRPS) Awareness Month, a poorly understood condition, which affects 1 in 3800 people in the UK and for those affected, the pain is persistent, severe and debilitating.

We contacted [Burning Nights](#), the UK charity and support group, after seeing their informative daily graphics on their instagram page to see whether creating a video to keep these facts alive and in the public eye would be helpful?

Founder, Victoria Abbott-Fleming, ([whose story you can read here](#)) gave her permission and was very grateful for the initiative. Two videos follow, each containing 10 CRPS facts. One more video will follow on 1st March 2021.

There is currently no cure for CRPS, but the earlier treatment is received then the better the chances of achieving a remission. Perhaps you recognise these symptoms in yourself or you know someone who is suffering? We wholeheartedly encourage our readers to share this video and to visit the [Burning Nights website](#) which holds an array of information and support.

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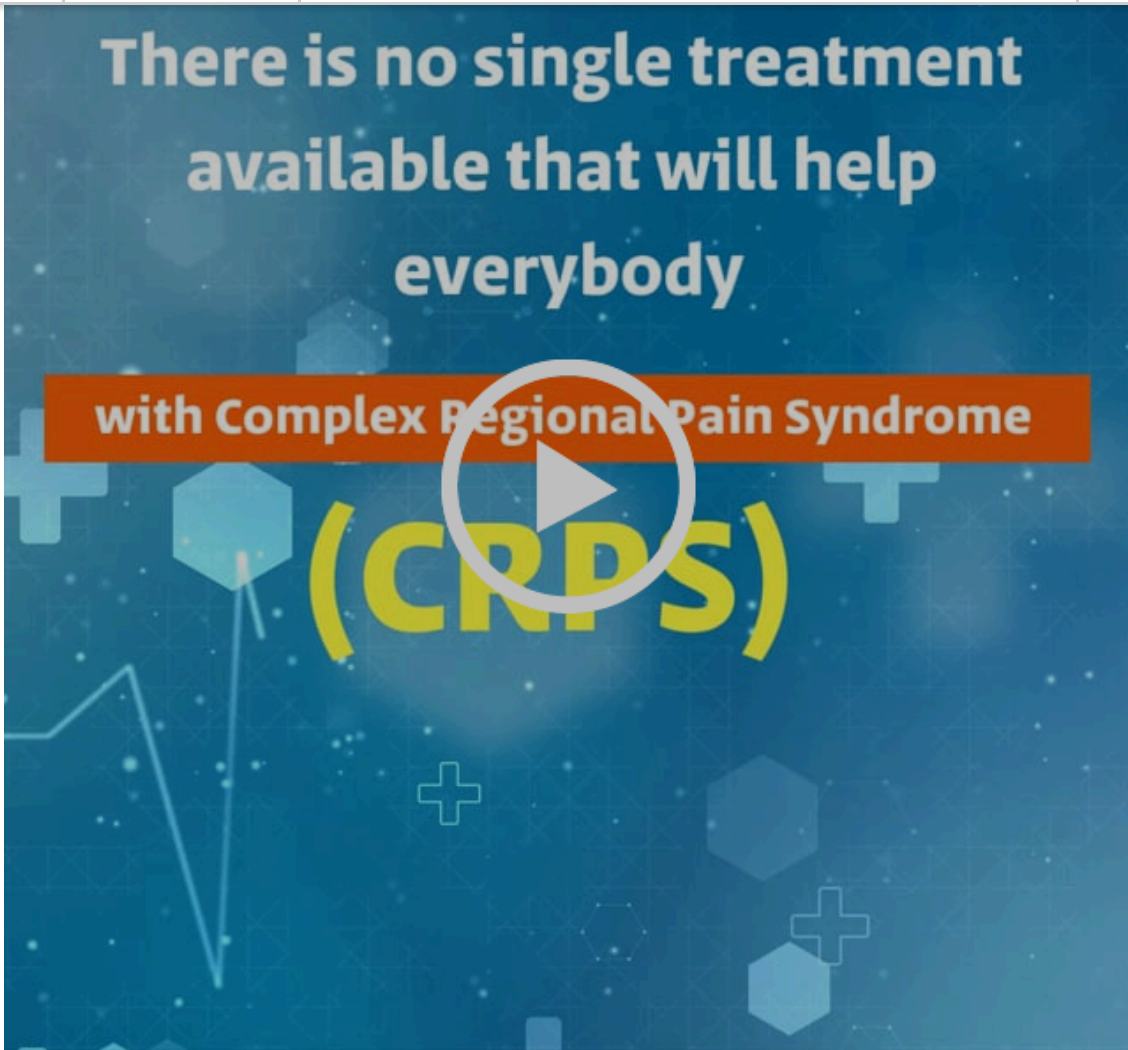
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Part One of Three



Part Two of Three



Part Three



*Investment with  
PhysioPod UK*

♥

100% Aftercare

Just a quick word on investing with PhysioPod®. As a Therapist, when you invest in a unit from PhysioPod®, we provide 100% aftercare support by way of training notes, one to one FaceTime or telephone training with Julie then training questions.

We provide a training certificate for your insurers and if Deep Oscillation isn't covered by your insurers then we have full documentation for their underwriters to get it on your policy. That said, most insurers now know of Deep Oscillation.

PhysioPod are the only training providers for Deep Oscillation in the UK and Ireland covered under [Class 41](#) as part of Trade mark number UK00002632742 with the Intellectual Property Office.

We ask all Therapists to fill out a detailed website questionnaire, in order to create a high quality entry on our [therapist map](#) that lists all the therapies offered, a personal profile and links to social media platforms. Sometimes, a marketing video too!

All of this is included in the price, it is not extra, as we are often asked. We do this because, a) it is a sizeable investment and b) happy trained therapists provide the very best service to their clients. We are also on hand pretty much 24/7 for questions, guidance and support. Plus we take care of servicing and repairs. Email us on [info@physiopod.co.uk](mailto:info@physiopod.co.uk) if you would like any more information to go forward with investment.

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