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1st March 2022

Good Morning and a very warm welcome to the 18th Issue of the PhysioPod Monthly NewsMagazine.

We are thoroughly humbled to have such great contributors, month on month, and this month is no exception - from humans, to horses, to hounds - there's literally, **something for everyone in this issue.**

So as our photograph suggests, do grab a fresh cuppa and enjoy the read...

AND it won't be too long before we are back in your inbox either, Gaynor Leech and I (Mary) have been working behind the scenes on our joint Lymphoedema Awareness Week and World Lymphoedema Day Campaign running 6th to 11th March 2022; so you will received a newsletter each day from us, to mark this very special week in our yearly calendar.

With warm wishes and a "see ya in 5 days folks.."



**Mary Fickling and Julie Soroczyn,
Sisters and Directors**

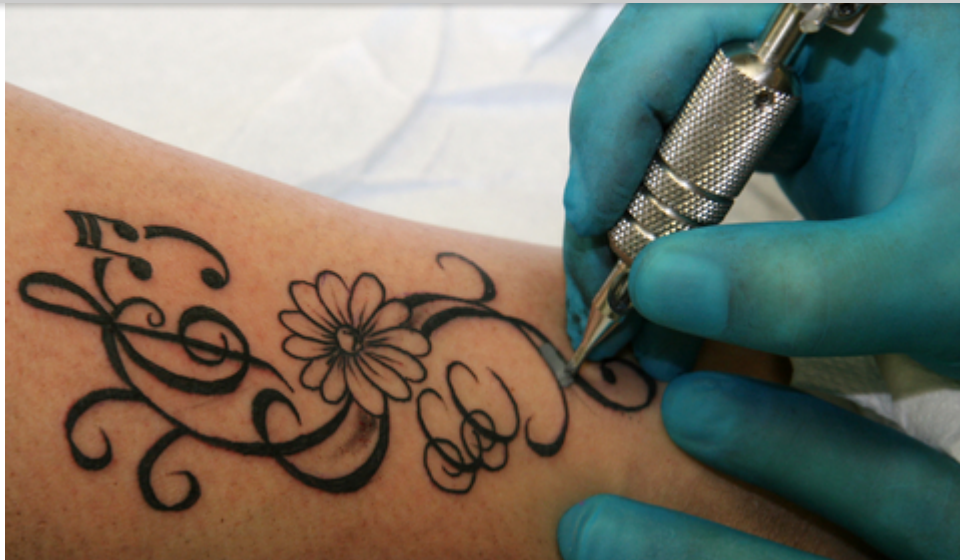
[PhysioPod UK](#) and [PhysioEquipment](#)



To Tattoo or Not to Tattoo?



**Gaynor Leech - Founder and Patient
Advocate of LWO Community**



"Those of us who live with lymphoedema are cautioned against any invasive procedures to our affected limbs. We are advised that blood pressure readings, blood tests, injections, IVS or anything that might break the skin or put pressure on the affected limb may cause infection or further damage to our lymphatic system.

A question that is asked from time to time by our [Support Group](#) members. "Can I have a tattoo?" Feelings are mixed several members have had tattoos prior to lymphoedema but would be against having one since being diagnosed especially on their affected side. Mid-January 2022 a poll was conducted amongst our members with a simple question "Your thoughts on Tattoos". The poll had a straightforward 'Yes or No' answer and thoughts were added in the post. Ninety-nine members took part.



What are the risks of having a Tattoo?

If you are having a tattoo, think about the potential risks:

Infection

Allergic Reaction

Blood Borne Diseases

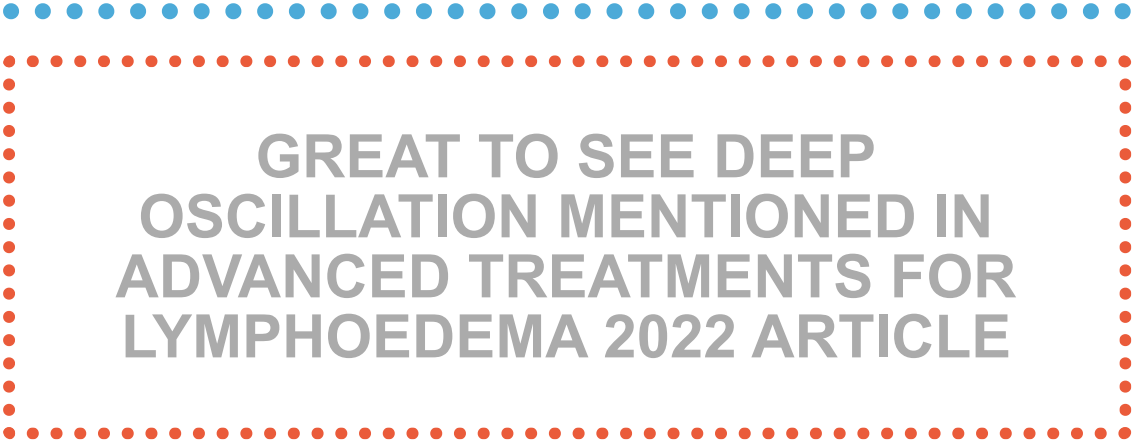
MRI Complications

- Remember that tattoos are drawn with a needle or multiple needles.
- Question whether the needles are sterile.
- Are needles in sealed packaging or sterile surface tray?
- Ninety percent of the dye goes into the lymph nodes and stays there, this adds stress to the lymphatic system.
- Is the tattoo parlour clean?
- The dye may go into the [lymph nodes](#) and stay there, this could add stress to the lymphatic system.
- If the limb or the area you have your tattoo swells, then the artwork may become distorted, and you may not like what you see.
- If you decide to have the tattoo removed through laser treatment this could further damage the tissues of an already compromised lymphatic system.

- MRI Complications – If you are having an MRI do make sure the [medical staff](#) know as some tattoos may have traces of metal.

Those members who had a tattoo after cancer treatment often saw this as an act of defiance that they had survived cancer....

[READ FULL ARTICLE](#)



GREAT TO SEE DEEP
OSCILLATION MENTIONED IN
ADVANCED TREATMENTS FOR
LYMPHOEDEMA 2022 ARTICLE



Lymphoedema specialist services offer a number of advanced treatments including:

Low Level Laser Therapy (LLLT)

Intermittent pneumatic compression

Kinesiotaping

Deep Oscillation Therapy (Hivamat).

Liposuction

Source: Identification and treatment of chronic oedema and lymphoedema
Linda Nazarko Independent Nurse 2022 2022:1, 14-18

[READ FULL ARTICLE](#)



**Peripheral Artery Disease Pain
Treated With Deep Oscillation**



“My Dad has, is and always will be my hero - he has all the therapies on tap to help his heart disease which has led to PAD (peripheral artery disease) but he is the worse patient ever, having discharged himself from hospital numerous of times doing things he shouldn't do and his 'old school' thinking won't allow him to rest, as he sees this as the beginning of 'giving up' - my clinic has been on the same grounds of our home for the last six years and he has only now allowed me to help him - he has realised that Deep Oscillation does help immensely with the pain in his feet and he has found benefit from the Vital Oxygen so let's hope he will continue to let me help him”



Trauma Related Lymphoedema: Case Study



[With thanks to Christine Talbot](#)

[Lymphoedema and Bowen Practitioner](#)

"A fit, very active gentleman in his eighties who regularly plays eighteen rounds of golf and works out daily at a local gym. Mr M owns, self-manages and renovates his properties. Mr M had a number of medical problems over many years for which he had been previously, successfully treated prior to the traumatic injury.



- 1- 2 Large wooden pallet which fell down the back of mr M's leg
- 3 - The contusion
- 4 - Bandaging within the first week of the accident.

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A serious injury occurred to Mr M's left calf whilst visiting a popular garden centre with his wife and friends. A large wooden pallet which would normally be horizontal at ground level for housing large concrete and terra cotta garden pots was left in a vertical position whilst staff were on a break. A strong gust of wind blew through the area where Mr M was walking and the pallet fell down the back of his left calf. Initially there was no obvious damage or breaking of the skin but in a short time extensive contusion occurred forming a large haematoma with a multiple clot formation. Mr M visited his local hospital in the first week as the wound was leaking blood stained fluid, they applied a bandage. The injury site deteriorated over a short time causing further tissue deterioration and he was prescribed antibiotics, but these were not sufficient and Mr M was admitted to hospital six days after the injury for intravenous antibiotics



5- Extent of the soft tissue trauma to Mr M's left leg

6 - Swelling and enlargement of the leg

7 - Skin graft donor site on the thigh

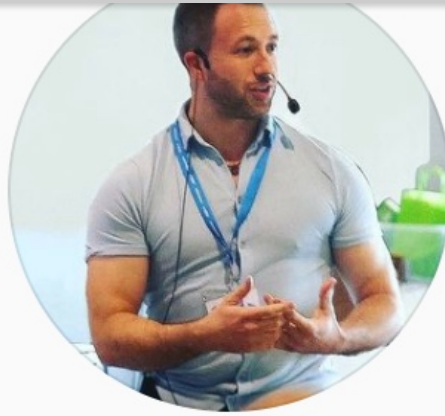
8 - Close up of a wide, deep debridement of the haematoma

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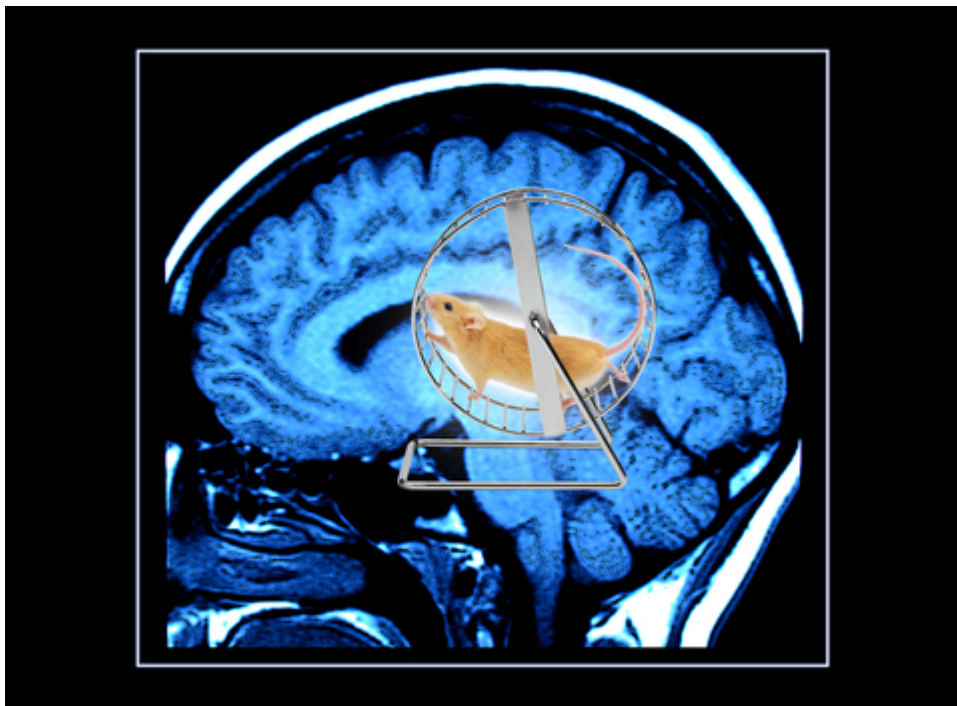
[READ FULL CASE STUDY](#)



The Story Behind

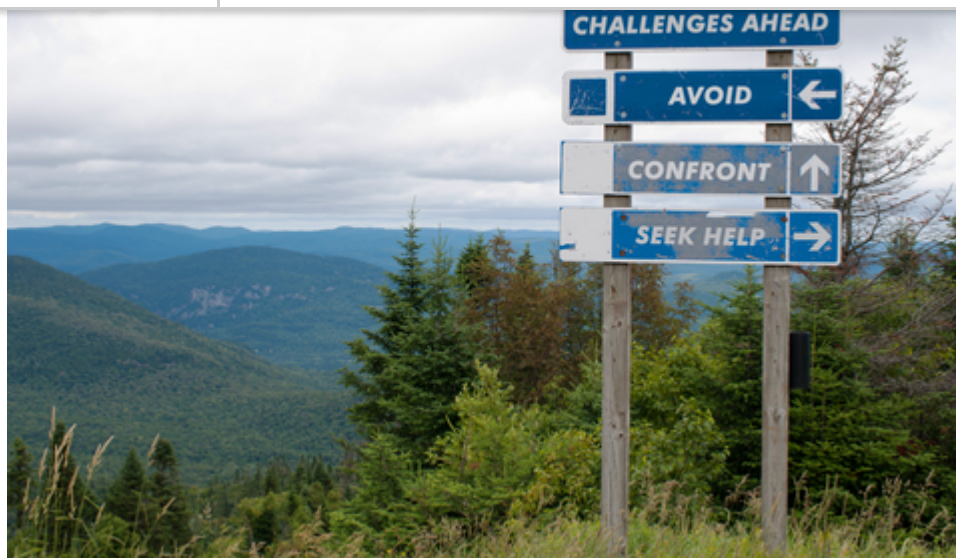


With thanks to Dean Attwood, Anxiety, Mind and Performance Coach



"After a catch up with Mary Fickling, she suggested that I make this months article about me, what got me into this industry and why I do the work I do.....? Well, that went down well haha. This has historically been somewhat of a challenge for me and I'm sure you might feel the same if I asked you to write about yourself...

Anyway, we all have a story and this is part of mine...



We **all** have faced challenges; they can leave a mark, others can leave a hefty scar, some can remain open, some fragmented, most painful, some boxed and locked away and never allowed to heal. Some are perceived so painful so draining we question everything. Others empower us and push us to places we never knew we had the strength to get to and beyond.

I had always been 'ok' and like most people I had faced a fair few hardships over the years; From being a few hours from death as a young teenager, after needing major bowel surgery and needing to heal from sepsis, and although I thought my years of being bullied as a kid were over, it started again. Starting two weeks late at a new High School when unable to take part in most activities and sports, being in pain, not being with friends from my previous school and unable to fight back, all made me an easy target.

I spent many years studying and training as a teenager to join the RAF, it was all I would ever talk about, however, I completely lost all of my motivation and spent 2 wasted years doing A 'levels which I no longer cared about due to the decline of my eyesight in my final months of school.

[READ FULL ARTICLE](#)



LWO COMMUNITY & PHYSIOPOD UK
JOINT CAMPAIGN FOR LYMPHOEDEMA

The amazing Gaynor Leech takes to the mike to announce our wonderful joint Lymphoedema Awareness Campaign for 2022... Over to you Gaynor..

LYMPHOEDEMA AWARENESS WEEK 6-11 MARCH 2022



WORLD LYMPHOEDEMA DAY IS 6TH MARCH

How time flies and here we are again..



LW
L-W-O COMMUNITY
LYMPH-WHAT-OEDEMA
LYMPHOEDEMA EXISTS, WE EXIST

Whose we? That is your truly, representing L-W-O Community



and Mary Fickling from PhysioPod UK Ltd



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AMANDA SOBEY ANNOUNCES HER WORLD LYMPHOEDEMA MONTH AWARENESS PLANS

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support and raise awareness, I have done the following:

- Turn the Manitoba Parliament building teal on March 6, 2022, for World Lymphedema Day
- Organized a walk with The Lymphedema Association of Manitoba from the Forks to the Legislative Building (and back)
- I have 11 Corporate sponsors donating over \$2500 of medical products and supplies to give back to the Lymphedema Community (please visit Facebook @am.sobey or LinkedIn @am-sobey for more information)

I have over 10+ Lymphedema patients sharing their stories and testimonials LIVE on my Instagram to spread education and inspiration (please visit my Instagram @am.sobey or Facebook @am.sobey)

[DOWNLOAD PDF HERE](#)

Sincerely,
Amanda Sobey

Website: www.amandasobey.com

Facebook: [@am.sobey](#) Instagram: @am.sobey LinkedIn: @am-sobey

lymphedivas

esees **PRAIRIE WEAR** **WHITE LION**

xpandasox **Juzo**

PLANTiful **VitasupportMD**

THONIC INNOVATION **People.Health.Care**

liprelastic

Amanda SOBEY
STRONGER TOGETHER

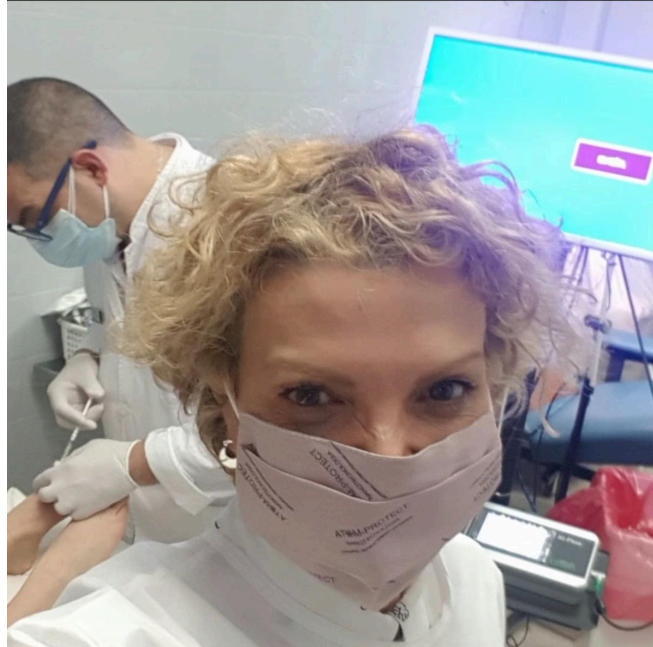
Online Virtual Celebration
World Lymphedema Month
March 2022

I SUPPORT
World Lymphedema Day
March 6

For more information please visit

[in](#) [f](#) [Instagram](#)

Bilateral Primary Congenital Lymphoedema (Milroy) treated with Deep Oscillation



**With thanks to
María Del Rosario Pineda**

This is what makes our work in promoting the benefits of Deep Oscillation worldwide so very worthwhile.



@mariadelrosario.pineda 6 month old baby Bilateral Primary Congenital Lymphoedema (Milroy) Treatment with Deep Oscillation Remarkable improvement in 4 sessions



JANE WIGG PRESENTS ON GENITAL LYMPHOEDEMA AT THE 9TH NATIONAL LYMPHOEDEMA CONFERENCE



9th National
Lymphoedema
Conference



"On 25th February, I had the pleasure of presenting at the [9th National Lymphoedema Conference](#) discussing 'Genital Lymphoedema: The hidden Impact'

It is a passion of mine as through [@LymphVision](#) and ICG imaging, 61% of people who have lower limb swelling from cancer, have a genital lymphoedema that sometimes they have no idea about.

ICG imaging detects this before the patients feels it. This is usually a hidden and embarrassing problem that sufferers do not want to disclose, or discuss. We need to support more, we need to assess better, we need to be less British and be able to say 'Vagina' or 'Penis' without whispering! We need to say we're going to have a look and it's usual to feel uncomfortable 'down below'. We need to help.

Genital [#lymphoedema](#) is catastrophic and causes so many issues both physically and psychologically and with intimacy. We need to shout out about it, to help more and recognise it early and ultimately improving the lives of those living with it. Thanks [British Journal of Nursing \(BJN\)](#) for the opportunity [#genitaloedema](#)"

Thanks for sharing Jane - great work!

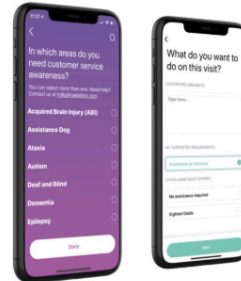


What NEXT? WelcoMe Hits The High Street



Enhancing everyday life

WelcoMe
...bringing us back together



WelcoMe app, a system which has been designed to support disabled people in their interactions with customer service teams has been taken on by forward thinking leader in retail 'Next' in and around Edinburgh, proving exactly what is possible on the High Street. Could this be the retail revolution we've been waiting for?



Gavin Neate, CEO and Founder of Neatebox Limited (Creators of the WelcoMe App)

"For a long time, disabled people have been at pains to let the [#HighStreet](#) know that the service they receive is below the standard anyone else would expect. In fact, 70% of disabled people have reported that they have had bad experiences. When you consider that in the UK alone as a group they spend over £270 billion a year annually these stats should worry anyone selling on the high street.

that sometimes you have to come up with ways to actually address the issue.

This is when I came up with the idea of [WelcoMe](#).

I am truly honoured that [Next](#) has adopted the service in and around Edinburgh [St James Quarter](#), [Fort Kinnaird Shopping Centre](#), and Straiton and is using and promoting its existence in order to assist their disabled customers. Could this be the retail revolution we've been waiting for?

<https://www.wel-co.me/next>

My team have loved working with [Next](#) over the last few months, introducing them to [WelcoMe](#) and helping them innovate their inclusive service. Why not swing by and see for yourself how [#personalised](#) and [#accessible](#) a shopping experience can be and why not look at how my team can help you in your own efforts to improve your services."

[READ MORE](#)



CHIPS Receives Deep Oscillation - Speeding Up Post Surgical Recovery

Thank you Sharon, thrilled you were able to get Chips on a speedier road to recovery and that your vet saw for himself the benefits that can be derived from Deep Oscillation therapy applied in the early post operative stages.



My name is [Sharon Reed](#), I am [Sports Massage Therapist](#), I also practice Myofascial Release and work with Deep Oscillation therapy, aka 'my little Gem!' This is a story about how Deep Oscillation helped my dog 'Chips'.



Casper and Chips

Chips is a [Sprocker Spaniel](#) and he was out with my husband for a walk in the woods, bouncing around and playing with my other dog Casper (a Cocker Spaniel) when my husband heard a cry from Chips

car.

My husband took him to the nearest vet, who sedated him and did an X Ray, which showed that the knock had dislocated his hip, they tried to put it back in but to no avail. Chip was operated on the next day. The following day he came home to rest, but before long he had started to whimper; the hip was really inflamed and it was obviously causing a lot of discomfort.

So, I decided to use my Deep Oscillation Machine on him. I used the therapy for 30 mins and Chips fell asleep he was so relaxed. I continued to use each day, for seven days.



Chips was to taken back to the vets after seven days for a check up. The vet was surprised at how much Chips was weight-bearing and how freely he was moving on that leg and how much it had healed. He thought that we were on day eleven, he told me that what ever I was doing to carry on. So I did, the scar improved each day that I used deep oscillation. It has speeded up the healing process and reduced Chips pain and inflammation.

The deep oscillating machine makes a beep after ten mins and then changes frequency, it does this three times, Chips knows when the third beep finishes that we are done and then my other dog Casper, climbs onto the bed and asks for some treatment; even though there is nothing wrong with him, he just loves it!

The information on Deep Oscillating says it helps with faster regeneration after training, traumatic injury, damage from overstraining and operations, and it's good for for muscle aches, strains , inflammation, swelling, its oedema-reducing affect, and wounds. Well that is all certainly true!

**NEW DEEP OSCILLATION
THERAPIST IN MAIDSTONE**

Delighted to have the lovely Ella on board!



Are thrilled to announce

DEEP OSCILLATION®
has arrived in Maidstone

Ulcer healing with Deep Oscillation in Patient with Chronic Venous Insufficiency with Secondary Lymphedema



**With thanks to Ella Godden
Revitalised Lymphoedema Therapies,
Maidstone
Mobile 07740 964 169**



©PhysioPod UK Limited

"Back in July 2021 a summer staycation for Sarah was far from the relaxing break she had been hoping for.

Sarah suffers from chronic venous insufficiency with secondary lymphedema to both her legs, so when her suitcase fell hitting her left leg, not only was Sarah in immense pain, but a large haematoma formed.

At this stage, Sarah was unknown to me and was therefore trying to manage the haematoma herself with elevation and light support of the limb. With no progress seen and with Sarah concerned about the implications how her venous insufficiency and Lymphedema may impact on the ability of the leg to heal she went to A&E. It was confirmed that Sarah would require incision and drainage of the haematoma. In Lymphedema, any break to the skin risks infection and possible ulceration.

Unfortunately, ulceration did occur and for several weeks little improvement was noticed to the healing of the ulcer, despite wound nurse involvement.

It was in September that I first saw Sarah and we spoke about the benefits of deep oscillation, particularly the oedema reducing and anti-inflammatory effect which would also contribute to a reduction of pain. This was the first client I had treated with wounds and I was so excited

...that Deep Oscillation was the right treatment to get results.



©PhysioPod UK Limited

Sarah had the luxury of receiving deep oscillation treatment roughly 5 days a week over the next 8 weeks. As not to disturb the wound healing environment and taking on board the advice of the wound nurse, the dressing was left in situ and therapy was delivered around the dressing. A session lasted approximately 30 minutes. Sarah's pain and level of oedema all reduced, and week on week the ulcer decreased in size. The wound clinic nurses could not believe it and had 'never heard of Deep Oscillation treatment before'.

[READ FULL ARTICLE](#)





Patient with secondary lymphedema and surgery with plate and screws for ankle Fx



**With thanks to
María Del Rosario Pineda**

@mariadelrosario.pineda

Patient with secondary lymphedema and surgery with plate and screws for
ankle Fx

The Deep Oscillation with double head shortens the working time and improves
the symptoms, edema and mobility of the lower limb.

An ally of my treatments. I love it!



PhysioPod Online Shop for consumables



.....
Coming in Spring 2022
WATCH THIS SPACE
.....



Milo Gets Magcell For Arthritis



Milo and Lyn Preistley

Milo is 11 years of age and has been diagnosed with arthritis. The Magcell was utilised successfully in assisting him back to mobility after a flare up.



This is how a dog is easily treated with Magcell, the gold swirl on the device is placed under the affected area
NB this is not Milo :-)

swollen we thought he had broken his leg and he couldn't walk, we had to carry him downstairs, outside and in the house.

The prescribed anti-inflammatory drugs for his diagnosed arthritis were never used, because we didn't need them.

Magcell reduced the swelling and increased his mobility and that now is really good!! He's always had a wonky leg from a puppy, we called him the 'wonky donkey' as did his previous family!! Thanks a million Mary. x

[READ FULL ARTICLE](#)

The Future of Psychedelics in Medicine



With thank to Dr Bertalan Meskó [The Medical Futurist](#)

"Psychedelics in healthcare is a controversial topic for many, as they are either regarded as game changing out-of-the-box ways of approaching patient care, or they are considered harmful drugs that don't belong to healthcare at all. There is no middle way in the topic.

But recently - following medical cannabis's way - small startups have started to

towards being considered for mainstream use.

However, no matter how promising their effects might seem in small studies, psychedelics can only become part of everyday medicine if their impact and safety can be proven through peer-reviewed studies and clinical trials.

One way or another, people like me who have never been involved in such discussions, also have to acknowledge that psychedelics in healthcare are here, and in this video I tell you about the latest studies and all we need to know". [#themedicalfuturist](#) [#digitalhealth](#) [#future](#) [#healthcare](#) [#medicine](#) [#technology](#) [#health](#) [#healthy](#) [#video](#) [#youtube](#) [#studio](#)



EQUINE CASE STUDY WITH DEEP OSCILLATION

**With thanks to
Sue Wright, Equine MFR practitioner, HCPC
Physiotherapist**



Bay Gelding Thoroughbred 16.1hh 11 years. Competes eventing.

"I have treated this horse with EMRT, MFR, Red Light acupuncture points, Kinesiology taping and scar tissue release treatment since 2017 in conjunction with McTimoney chiropractic treatment. Veterinary diagnosis of possible right wing of ilium fracture as a young horse. He has improved to be able to school and compete. He had his hocks medicated with steroids in April 2020. Which improved his level of soreness in the S.I, Thoracolumbar, Gluteals and Hamstrings. He has always off loaded from the hind end onto the forehand causing a lack of lift through the thoracic area, neck and poll soreness and an instability in the mouth. His pelvis would overswing left and right too much and his tail would overswing also.

In walk, he does not flex his right hock and swings it arc-like. In trot, he does not flex his left hock and is sore in the S.I and Gluteal area on the left side

We decided to treat him with Deep Oscillation.

The programme I used was 10 mins at 160hz – 180hz then 5 mins at 85hz.

The area I treated was Lumbar, Gluteals, TFL, S.I, Adductors, scar tissue on right Tuber Coxae and Wing of Ilium area, Hamstrings, and all of the hock area, and all insertions into the hock area.

We gave him a treatment on 07/01/2022 he then had 2 days turned out, hacked for a few days before schooling again. His lesson on 02/02/2022 was described as a breakthrough. He was able to push from behind, lift his thorax, hold his neck and his mouth was still.

I returned on 03/02/2022 his pelvis was still and not overworking, his tail was not overswinging, good flexion in both hocks in walk and trot. He had a busy schooling session the day before and we expected him to be sore in the S.I and thoracolumbar, Hamstrings and Gluteals. But any soreness was minimal.

I treated him with Deep Oscillation exactly the same programmes as before. With the same protocol to be followed work wise. I am a great advocate of less is more. I didn't treat any other area of his body as on a research level I wanted to assess what was working. He will be treated with a whole-body treatment soon with both McTimoney Chiropractic and Myofascial Release.

His owner's feedback is 'He continues to improve and feels like he can take more weight behind in a more consistent way, which in turn gives a feeling of more power coming through' This allows him to have more lift through the middle and front part of his body which previously has always felt stuck.

[Sue Wright \(Connolly\)](#)

Equine Myofascial Release Therapist EMRT - AHPR & IAAT

Registered HCPC Physiotherapist

The Garden Clinic

Temple Grafton

Warwickshire

B49 6PA

Mobile 07737 396842

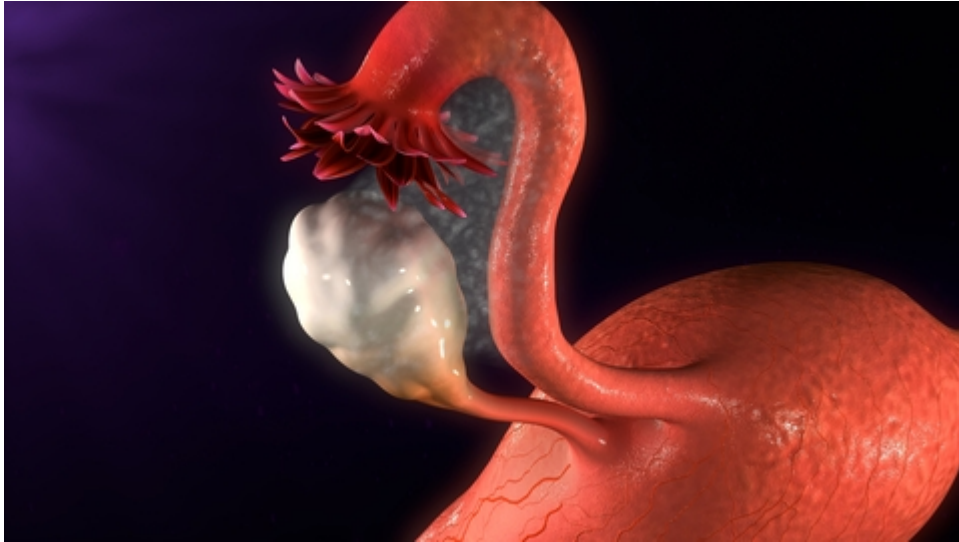
[READ ON PHYSIOPOD - PLUS MORE EQUINE AND CANINE SUCCESS STORIES](#)



Endometriosis

symptoms of ENDOMETRIOSIS? Did it help? We would love to hear your feedback

[Please email us.](#)



Information with thanks to [Endometriosis UK](#)

"Endometriosis (pronounced en- doh – mee – tree – oh – sis) is the name given to the condition where cells similar to the ones in the lining of the womb (uterus) are found elsewhere in the body.

Each month these cells react in the same way to those in the womb, building up and then breaking down and bleeding. Unlike the cells in the womb that leave the body as a period, this blood has no way to escape.

In the UK, around 1.5 million women and those assigned female at birth are currently living with the condition, regardless of race or ethnicity. Endometriosis can affect you from puberty to menopause, although the impact may be felt for life.

During the menstrual cycle, the body goes through hormonal changes each month. Hormones are naturally released which cause the lining of the womb to increase in preparation for a fertilized egg. If pregnancy does not occur, this lining will break down and bleed – this is then released from the body as a period.

In endometriosis, cells similar to the ones in the lining of the womb grow elsewhere in the body. These cells react to the menstrual cycle each month and



GOLDEN THREADS MAKES THE TIMES DIARY

Catching up with Gemma recently, I was delighted to see that her fabulous new book Golden Threads had made The Times Diary.

If you haven't already purchased, [this book is available now for £15](#) and all proceeds go to St Georges Lymphoedema Research.

Gemma really is a National Treasure! Thank you for all the wonderful work you do to raise awareness of Lymphoedema and your immense fund raising efforts to help with research in to this 'little talked about' chronic and lifelong condition. We applaud you darling! x



THE TIMES DIARY

Foiling the Grade escape

Patrick Kidd

Tuesday December 07 2021, 12.01am, The Times

After 45 years of photographing royals, politicians and actors, Gemma Levine has published *Golden Threads*, a collection of her favourite shots, in aid of lymphoedema research. Each comes with a memory but affectionate tales of Dame Judi Dench and David Hockney are less revealing of character than ones about those who were rude. Robert Maxwell kept her waiting outside his office for five hours at the *Mirror* HQ then made her cry by shouting, “You have one minute, then out!” while Sir Ben Kingsley sent back a sniffy note after her letter to him lacked his title. “Please remember that I was knighted Lord Grade of Yarmouth, who ended their session after ten minutes, insisting he had an urgent meeting. After he left her studio, Levine popped to Marks & Spencer, where by chance she bumped into the trolley of a red-faced television executive who it turned out wasn’t quite as busy as he had claimed.



ASK THE EXPERTS



Anita Wallace, MBE, Chair of LSN

LSN Member Questions Answered



Prof Peter Mortimer



Prof Dominic Furniss



Denise Hardy
LSN Nurse advisor



Dr Catherine O'Leary



Dr Catherine O'Leary shares with Anita Wallace MBE 'the one thing she would like GPs to know about lymphoedema'



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

Well done LSN (as always) - great initiative.



PLANET MARLA

"SOMOS TÃO QUERIDOS!"



Portugal 2022 - With Big Sis Arabella



MARCH MOTIVATION



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