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Sunday 1st March 2026

Good Morning

As we approach World Lymphoedema Day on the 6th of March, our thoughts are heavily focused on the sensitive realities of head and neck cancer and the lasting late effects that so many patients endure silently. As mentioned above, we will be dedicating a special edition newsmagazine this coming Friday to share the findings of our recent Phase 1 service evaluation of UK head and neck lymphoedema treatment, ensuring these patient and practitioner voices are given the space they deserve.

Because this area of care requires careful and compassionate attention, we are honoured to open this March 1st issue by featuring Karen Liesching-Schroder's powerful new memoir, *My Silver Linings*, which gives a much-needed voice to those navigating the head-and- neck cancer pathway. The urgent need for such advocacy is further highlighted by newly published research from Macmillan Cancer Support, which reveals the stark reality that there is currently only *one* dedicated late effects service for head and neck cancer in the entire UK.

We share Graham Rooms' deeply honest reflection on surviving prostate cancer and navigating its unspoken late effects in *There Is Life at the End of the Tunnel*.

Lipoedema: For our readership of patients and professionals, we have created a new 2026 independent Lipoedema research review which brings together the latest research, signposting to the excellent support groups in the Lipoedema Community and the professional registers of highly-skilled private practitioners. PhysioPod® UK would like to extend our deepest gratitude to the following individuals and organisations. Your invaluable contributions, clinical reviews,

- **Jane Wigg (Lymphoedema Training Academy - LTA):** For your amazing "24/7" dedication, unending support, eagle eye and outstanding commitment to advancing lymphatic education and care.
- **Catherine Groom:** Specialist Lymphoedema Practitioner, for your clinical expertise, meticulous reading, and vital contributions to the practical guidance within the article.
- **The Team at Lipoedema Support Network Ireland (LSNI):** For your incredible advocacy and for generously sharing your brilliant, accessible summaries from the 2025 Lipoedema World Congress.
- **Jacqueline (Jax) Smith:** Patient advocate, regular PhysioPod guest blogger, and lipo-lymphoedema warrior. Your powerful insights into the lived reality of the condition—from the physiological toll of chronic pain to the importance of skin oxygenation—ensured the patient voice remained at the very heart of this review.

Case Studies: We are also incredibly proud to feature a comprehensive look at Christine Talbot's clinical case studies. Christine demonstrates the remarkable versatility of Deep Oscillation across post-surgical recovery, severe trauma, and chronic ulceration. Inspired by clinical pioneers like Christine, we are delighted to introduce several new dedicated therapists throughout this issue who have recently integrated DEEP OSCILLATION® into their clinics.

Jane Wigg plans to tackle the 'uncomfortable topics' of clinic care in her lymphoedema week activities, addressing subjects that are often the hardest to verbalise, such as intimacy, sexual wellness, and hormones. Gaynor Leech brings us a fresh look at the basics and early signs of lymphoedema, and we celebrate the brilliant, interactive educational work of the Lymphoedema Wales Clinical Network.

It is also a time for celebration—please join us in sending our warmest congratulations to our dear friend Gemma Levine on being crowned 'Charitable Champion 2026' after inspiring a historic £4.8 million donation for lymphoedema research.

Looking ahead, Julie and I are getting ready to hit the road. We are thrilled to announce our attendance at the Northwest Lymphoedema Roadshow in May, the 5th Lymphoedema United Charity Golf Day in June, Ireland's First National Lipoedema Conference in August, and the "From Skin to Scar Care" Conference in Aberdeen this October.

A personal invitation is extended from Bel Hardman to join the free Lipoedema Hub directory, along with a beautiful new book release exploring mind-body

Please feel free to enjoy a cup of tea, get comfortable, and take your time with this issue, it's Sunday after all x



Warmest wishes, **Mary and Julie**

Sisters and Directors, [PhysioPod UK](#) and [PhysioEquipment](#)

My Silver Linings: A Memoir to Head and Neck Cancer by Karen Liesching-Schroder



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Liesching-Schroder shares her deeply personal journey through head and neck cancer, ensuring that the often-isolating, late effects of this disease are recognised.

Written to provide a voice for patients whose treatments literally threaten their ability to speak, the book incorporates stories from other survivors and highlights the vital role of dedicated professional support networks.

Ultimately, her book serves as a beacon of hope and practical guidance for patients, carers, and professionals, proving that even the hardest cancer pathways can be filled with positivity and "silver linings".

[VIEW](#)

Late effects services for adults living with and beyond cancer: a scoping exercise of the current provision in the UK



A recent scoping exercise by Macmillan Cancer Support into UK late effects services for adults living beyond cancer reveals a stark lack of specialist provision across the country.

The research uncovered the shocking statistic that, out of the 62 late-effects services identified nationwide, just one specialises specifically in head and neck cancer.

Highlighting significant funding and accessibility gaps, this important paper demonstrates that the vast majority of patients navigating complex late effects are currently left without dedicated specialist support.

[VIEW](#)



Christine Talbot
SRN MLD DLT

Lymphoedema
Bowen
DEEP OSCILLATION®
Practitioner

Renowned MLD, Lymphoedema, Bowen, and Deep Oscillation Practitioner Christine Talbot has meticulously documented her clinical findings over a long partnership with PhysioPod, demonstrating the remarkable versatility of Deep Oscillation.

Her comprehensive portfolio of case studies extends far beyond lymphatic conditions, highlighting profound healing outcomes in post-surgical recovery, chronic ulceration, severe trauma, and even veterinary care.

Through her pioneering, holistic approach, Christine consistently demonstrates that combining dedicated care with non-invasive therapies can significantly improve the quality of life for a wide range of patients.

[VIEW](#)


**Lipoedema: A Connective Tissue Disorder - PhysioPod®
Review**

Lipoedema is a chronic, symmetrical connective adipose tissue disorder distinct from obesity and lymphoedema.

Clinical Indicators and Hormonal Triggers

Negative Kaposi-Stemmer's Sign
Clinicians can pinch skin at the base of the second toe, distinguishing it from lymphoedema.

WHtR Over BMI for Assessment
Specialists now use **Waist-to-Height Ratio (WHtR)** as BMI is a misleading indicator for Lipoedema.

Hormonal and Genetic Triggers

Puberty **Pregnancy** **Menopause**
 Condition onset or exacerbation typically aligns with puberty, pregnancy, or menopause.

Symmetrical Distribution and Sparing:
Pathological fat accumulates evenly, uniquely sparing the hands and feet.

Elbow Overhang:
Upper arm accumulation often creates elbow overhang.

Medial Knee Fat Pads:
Characteristic fat lobules form on inner knees

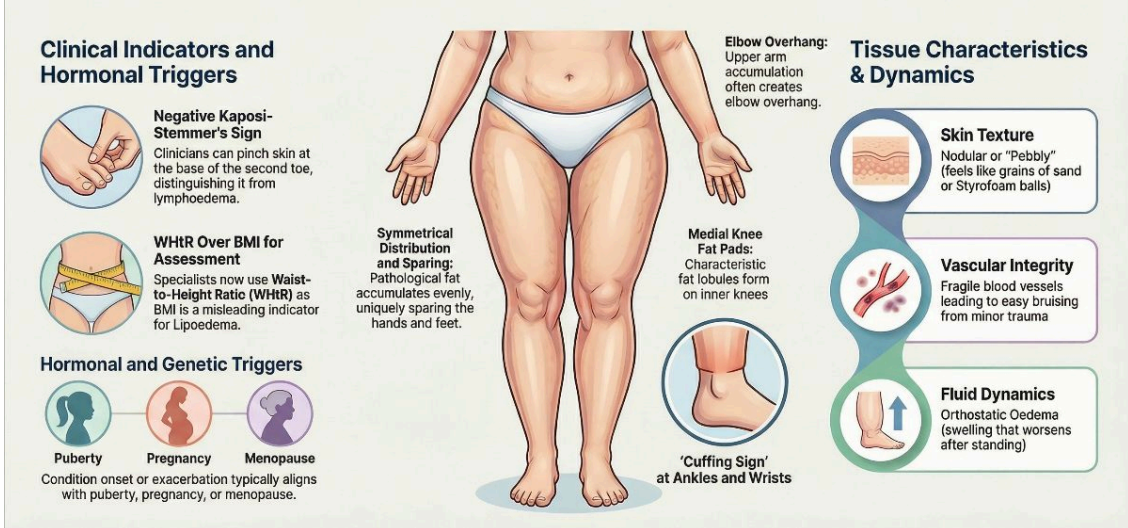
'Cuffing Sign' at Ankles and Wrists

Tissue Characteristics & Dynamics

Skin Texture
Nodular or "Pebbly" (feels like grains of sand or Styrofoam balls)

Vascular Integrity
Fragile blood vessels leading to easy bruising from minor trauma

Fluid Dynamics
Orthostatic Oedema (swelling that worsens after standing)



Welcome to our 2026 PhysioPod® Review, bringing together the latest thinking on lipoedema.


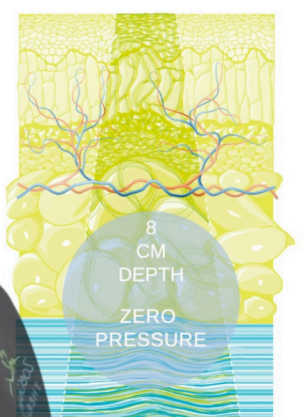
Designed for both patients and healthcare professionals, this article explores everything from advanced physical therapies to the UK and Ireland's most dedicated professional and charitable support networks.

[VIEW](#)

Stowmarket: Introducing Zoe George...


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ZoeGeorge THERAPY

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ZERO PRESSURE**

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George offers a comprehensive range of treatments—including lymphatic drainage, sports massage, and scar tissue release—from her clinic in Stowmarket, Suffolk.

Dedicated to holistic healing, she strives to provide both physical support and an empathetic, safe space for clients to open up mentally, empowering them to take control of their recovery.

Zoe has recently integrated DEEP OSCILLATION® into her practice, recognising the profound benefits of this gentle, non-invasive therapy for enhancing the healing outcomes of her diverse clientele.

[VIEW](#)

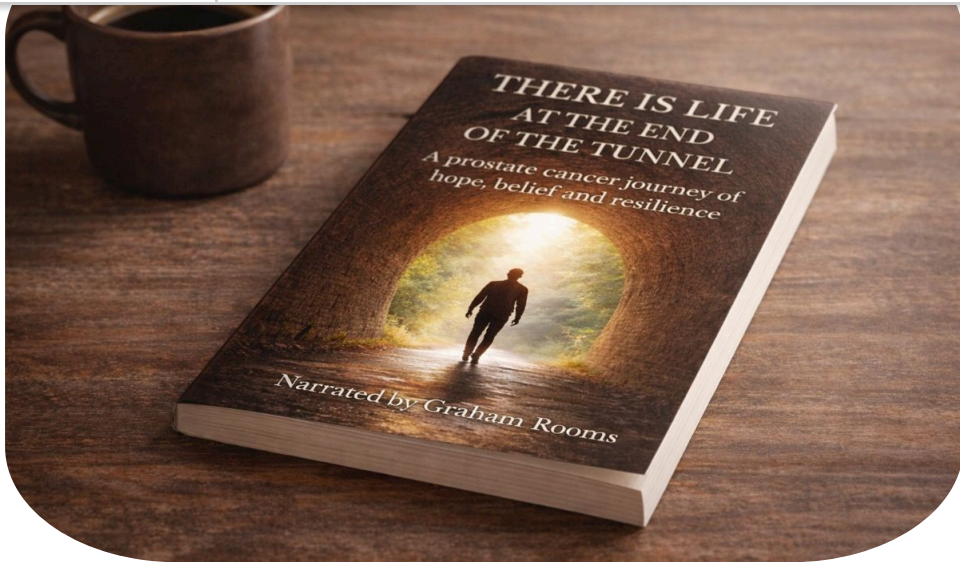
There Is Life at the End of the Tunnel - By Graham Rooms



Narrated by Graham Rooms, *There Is Life at the End of the Tunnel* offers a brave, unfiltered look into the physical and emotional realities of navigating prostate cancer and its lingering aftermath.

Graham candidly explores the unspoken long-term impacts of the disease, including lymphoedema, incontinence, and shifting identities; he balances these heavy truths with humour and the strength found in community support.

This deeply honest account reassures survivors and their families that a cancer diagnosis is not a final chapter but rather an ongoing story of resilience, survival, and continuing to live.



[VIEW](#)

Jane Wigg on New Courses for 2026 and "Uncomfortable Topics"



"Hello, what a fantastic start to the year we have seen at the Lymphoedema Training Academy! Courses are in full swing after a great Christmas break, and the Team and I are feeling energised and excited for the work ahead..."



[VIEW](#)

Cassington: Introducing Esmé Bebb..

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esmé
Strength & Wellbeing

esmewellbeing.com Cassington, Oxfordshire 07952 263 103

Operating from Esmé Strength & Wellbeing in Oxfordshire, Esmé Bebb offers a comprehensive "360 approach" to care, seamlessly blending hands-on

Driven by her experiences of navigating chronic pain, she provides deeply empathetic, "straight-up support" without false positivity, focusing instead on practical, honest strategies to help clients overcome setbacks and appreciate what their bodies can achieve.

Dedicated to treating the whole person rather than isolated symptoms, Esmé integrates DEEP OSCILLATION® therapy into her diverse treatments to gently enhance natural healing, effectively manage conditions like lipoedema and lymphoedema, and help clients confidently move forward.

[VIEW](#)

A Fresh Vision for Lymphoedema Awareness by Gaynor Leech



Gaynor Leech, our expert patient advocate from LWO Community, provides a comprehensive guide for understanding the realities of lymphoedema.


This comprehensive article explores the vital early signs of lymphatic disruption, common misconceptions, and the importance of evidence-based management strategies like compression and manual lymphatic drainage.

By demystifying the condition and emphasising proactive self-care, Gaynor provides an empowering resource that helps individuals protect their long-term well-being and live fully without a diagnosis.


Spotting the Signs of Lymphoedema

Lymphoedema can cause various subtle sensations and changes before noticeable swelling occurs


A feeling of heaviness or tightness




Clothing, jewellery, or shoes feeling tighter




Subtle swelling




Skin changes




Reduced movement or flexibility




Aching, tingling, or discomfort




Indentation marks



SCAN ME





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

Trusted Information Creator

Patient Information Forum

[VIEW](#)

Celebrating The Work of Lymphoedema Wales Clinical Network

Spotlight On

Lymphoedema Wales Clinical Network:

Engaging, Teaching, and Empowering

This month, we celebrate "The Lymphoedema Wales Clinical Network" for its dynamic, highly interactive social media presence, which serves as an essential hub for patient education and clinical support.

From expert-led Q&A sessions on managing swelling to heartwarming stories of treating children in sensory-friendly environments, their platforms blend practical advice with deeply compassionate care.

professionals with accessible, engaging, and innovative resources.

[VIEW](#)

Congratulations to Gemma Levine - "Charitable Champion 2026"



Julie and I are thrilled to congratulate our esteemed friend, Gemma Levine, on being awarded 'Charitable Champion 2026' at the prestigious Mayfair Times Community Awards at Claridge's.

A celebrated photographer and author, Gemma has spent over 15 years as a vocal advocate for lymphoedema awareness, dedicating herself as a voluntary ambassador for St George's Hospital Charity.

Her tireless passion and advocacy were recently credited with directly inspiring a historic £4.8 million donation, which will fund pioneering advancements in

VIEW

Co Londonderry: Introducing Lizzy Caldwell ...



What made you choose DEEP OSCILLATION®?
What prompted you to buy?

"I can see how versatile this treatment is and that it will fit into nearly all areas of my physio practice."

How do you find dealing with PhysioPod® UK Limited?

"Fabulous!"

Did you enjoy your Zoom training with Julie Soroczyn?

"Absolutely"

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Lizzy Caldwell
 Specialist Women's Health & Musculoskeletal
 Physiotherapist & Pilates Teacher

Operating from North Coast Pilates & Physiotherapy in Coleraine, Lizzy Caldwell brings 25 years of experience as a specialist women's Health and Musculoskeletal Physiotherapist, offering comprehensive care including scar therapy, acupuncture, and post-natal assessments.

Her empathetic, evidence-based approach seamlessly blends traditional physiotherapy with her expertise as a certified Pilates instructor, empowering clients to overcome persistent pain, postural issues, and pelvic health concerns.

Dedicated to helping individuals move with confidence and live with ease, Lizzy has recently integrated the versatile, non-invasive benefits of DEEP OSCILLATION® into her clinic to support early-stage injury recovery and chronic condition management.

VIEW

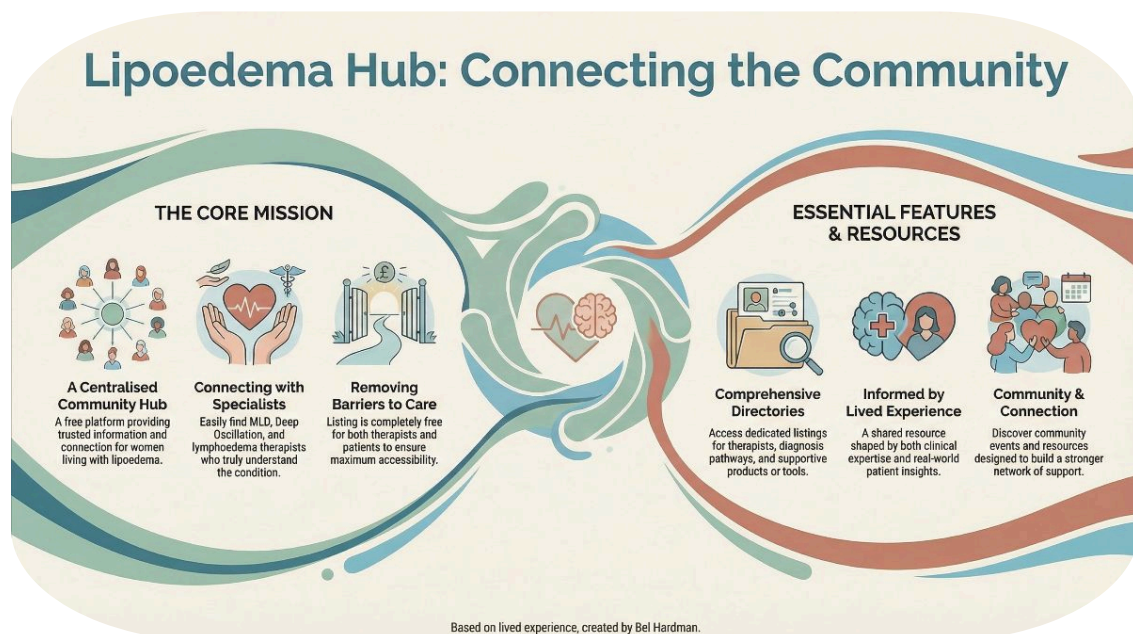
Lipoedema By Bel Hardman



Drawing on her lived experience, Bel Hardman has launched the Lipoedema Hub, a free, community-driven directory that connects women with trusted, informed professionals and practical resources.

She warmly invites all therapists supporting women with lipoedema—including MLD and Deep Oscillation practitioners—to list their services on the platform to help remove barriers to compassionate care.

By centralising scattered knowledge and highlighting diagnosis pathways, the Hub aims to build a stronger, more visible network of support shaped by both clinical expertise and patient insight.



[VIEW](#)

Charity Golf Day



On Thursday, 4th June 2026, the 5th Lymphoedema United Charity Golf Day will take place at The Forest of Arden Golf & Country Club, uniting the community to raise vital funds for lymphoedema charities.

A few tickets are still available for this highly anticipated event, which welcomes both golfers and non-golfers to enjoy a supportive day out, culminating in a three-course evening dinner.

Julie and I are excited to attend the dinner and meet you if you are attending.

[VIEW](#)

"You Are NOT Alone!" – Join Mary & Julie at the Northwest Lymphoedema Roadshow



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MEET THE MEMBERS

**Living with lymphoedema is hard
NW England - You are NOT alone!**

**Join locals with lymphoedema, Medical Experts and
Compression Companies at our
Regional Roadshow at Cheadle in May 2026**



Members Only. FREE to Join!
To register, email hello@lymphunited.com

Join us at LymphoedemaUnited

On Tuesday, 19th May 2026, Julie and I will be attending the Lymphoedema United Regional Roadshow at the Moya Cole Hospice in Cheadle, joining Matt Hazledine to unite the local community.

The event offers attendees the chance to connect with local healthcare panels, discover new products, and build supportive friendships.

We look forward to demonstrating the gentle benefits of Deep Oscillation therapy in person, supporting the roadshow's mission to help individuals live better with lymphoedema.

[VIEW](#)

Bishop's Stortford: Introducing Lorna Moulton

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LORNA MOULTON
Bsc. Physiotherapy (Hons) MCSP MAPCP

*Finding Relief from discomfort
Get started on your recovery*

Bishop's Stortford



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now in clinic

What is the difference between conventional electrotherapy and DEEP OSCILLATION®?



DEEP OSCILLATION®
Intervenes in the **CONNECTIVE Tissue**



CONVENTIONAL ELECTROTHERAPY
Acts on the **neuromuscular system.**



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LYMPHEDEMA CLINIC
Center for excellence in lymphedema treatment
Lymphedema rehabilitation center - Treatment



De VODER AKADEMIE
MANUAL LYMPHEDRAINAGE
OEFENINGEN, METHODES



Penetrating a depth of 10cm (depth 20cm)

With over 33 years of experience, BSc Chartered Physiotherapist Lorna Moulton operates "I am Bodywise" in Bishop's Stortford, offering a comprehensive range of treatments, including physiotherapy, manual lymphatic drainage, and advanced Pilates.

Taking a deeply holistic approach, she acts as a "skilled navigator for the body", evaluating patients as a whole by considering both their physical and emotional histories to find the most sustainable path to recovery.

Dedicated to specialised rehabilitation for breast cancer recovery and lymphatic conditions, Lorna has integrated DEEP OSCILLATION® into her practice to provide gentle, non-invasive relief for both acute injuries and chronic swelling.

[VIEW](#)

PhysioPod® UK Ltd Attendance at Ireland's First National Lipoedema Conference

Lipoedema Support Network Ireland

National Lipoedema Conference 2026



Limited availability.

SAVE THE DATE

Saturday 29th August 2026

Cork International Hotel, Co. Cork



Prof. (PD) Dr. med. Mojtaba Ghods
Board-certified plastic and reconstructive surgeon. Lead investigator on the landmark LIPLEG clinical trial.



Virginia Ziulu
Nutritional therapist specialising in metabolic health, GLP-1-based nutrition, and hormonal health across the female lifespan.

- LipLeg Study presentation by Prof. Ghods and Team
- Surgeon Case Studies & Q&A with leading European surgeons
- Expert talks on nutrition, GLP-1 treatments, and psychological impact of lipoedema
- International Patient Advocacy groups emphasising the importance of international cooperation
- MLD Therapists on supporting patients with lipoedema, managing symptoms, and post-surgical care
- Lunch & social networking
- ...and more exciting speakers to be announced!



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Lipoedema Support Network Ireland

Register





We are delighted to announce our participation in Ireland's First Lipoedema National Conference, a milestone event taking place on Saturday, 29th August 2026, at the Cork International Hotel.

Clinically led by reconstructive surgeon Prof. Dr. med. Mojtaba Ghods, the groundbreaking day will feature expert insights into the LipLeg Study, metabolic health, the psychological impacts of the condition, and surgical case studies.

Attendees and healthcare professionals will have the opportunity to visit the PhysioPod stand to discover how Deep Oscillation therapy can drastically

[VIEW](#)

Aberdeen: Discover DEEP OSCILLATION® at the "From Skin to Scar Care" Conference



Ines Sadoc Pereira

Nurse Consultant in Woundcare and Scar Therapy Founder of Wound Wellbeing

Dedicated to advancing holistic wound and scar management, Julie and I will be exhibiting at the "From Skin to Scar Care" Conference on 3rd October 2026 at P&J LIVE in Aberdeen.

The event's masterclasses on oncology scars, C-sections, and lower limb care align perfectly with the benefits of Deep Oscillation, which gently softens rigid scar tissue, reduces fibrosis, and promotes lymphatic drainage.

Allied health professionals attending the conference are invited to experience the therapy firsthand and discover how its non-traumatic, deep-acting impulses can provide rapid relief for sensitive or painful healing areas.

[VIEW](#)

Aylesbury: Introducing Delinda Goddard-Lane....

DEEP OSCILLATION
now in clinic

DGL
PHYSIOTHERAPY



Pelvic Health Physiotherapy
Acupuncture and Scar therapy

dglphysio.co.uk

Qualifying in 2007, BSc Physiotherapist Delinda Goddard-Lane operates DGL Physiotherapy Ltd in Aylesbury, where she has spent the last decade specialising in pelvic health, treating conditions ranging from stress incontinence to pelvic pain.

Taking a deeply holistic approach to care, she offers a comprehensive range of tailored treatments—including Mummy MOTs, scar therapy, and acupuncture—aimed at helping every patient achieve their personal goals and recovery plans.

To further enhance her patient outcomes, Delinda has integrated the gentle, non-invasive benefits of DEEP OSCILLATION® into her clinic to support early-stage healing from day one post-operatively and effectively manage chronic conditions.

[VIEW](#)

Announcing the release of "Seven Lives, One Truth" by Nicky Snazell



Grounded in 35 years of clinical practice and over 100,000 patient sessions, Nicky Snazell's new novel, *Seven Lives, One Truth*, explores the profound ways the body remembers what the mind tries to forget.

Shifting between a modern-day treatment room and a haunting 1958 tragedy, the deeply moving story blends medical insight, scientific references, and spiritual mystery to explore the interconnectedness of time and healing.

Described by early readers as having a calming, soothing presence, the book serves as a gentle invitation to explore mind-body connections and to release the deepest layers of suffering through compassion.

[VIEW](#)

The Death of the White Knight by Gavin Neate



In his reflective piece, *The Death of the White Knight*, Gavin Neate challenges the traditional "saviour" mentality in caregiving, drawing on his career as a mobility instructor for Guide Dogs for the Blind. Gavin argues that constantly stepping in to fix problems diverts attention away from the individual, unintentionally undermining a disabled person's autonomy and true independence. Instead of judging success by visible interventions, Gavin promotes designing accessible, inclusive environments where barriers are removed beforehand, and no rescue is ever needed.



[VIEW](#)

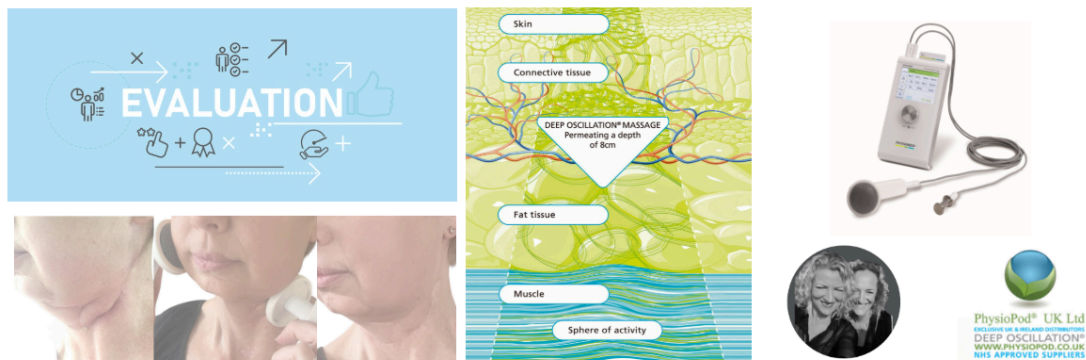
WORLD LYMPHOEDEMA DAY 6TH MARCH SPECIAL EDITION

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Ahead of World Lymphoedema Day on the 6th of March, PhysioPod® UK has been quietly analysing the results of our Phase 1 UK Head and Neck Lymphoedema (HNL) Treatment and Experiences.

Recognising the profound difficulties and isolation that patients experience along this pathway, we are preparing to share our findings from real-world practice and patient experiences gathered during the independent, company-led, community-driven, anonymous service evaluation.

Please watch your inboxes this Friday for a special edition newsmagazine, dedicated to revealing these important findings.



And Relax.....

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