

[View this email in your browser](#)



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

1st April 2022

As always, a warm welcome to the April 2022 Issue of the PhysioPod NewsMagazine.

We do hope that you all well and managed to enjoy the glimpse of Summer that we had? I gather it's back for Easter which will make a lovely change.

Julie and I have had some very sad news this last month. A young member of our family has been diagnosed with Functional Neurological Disorder (FND); this is not a condition that either of us had heard of and yet it is a common cause of persistent and disabling neurological symptoms. We take a closer look at this condition this month, with thanks to the work of support group in the UK [FND Action Group](#).

Guest bloggers Gavin Neate, Nick Littlehales, Dean Atwood and Gaynor Leech provide us with some very thought-provoking articles.

We have feedback from the Lymphoedema Top-To-Toe Campaign in, with nominations already pouring in for the Lymphoedema Practitioners who have made a difference in your lives for our International Women's Day strand 2023. Please keep the nominations coming in, let's show these ladies your appreciation; they do truly deserve it.

The [survey](#) is still open and the more responses we get, the more we can make next years' campaign focus a true reflection of what is wanted. Gaynor and I were pretty chuffed to see 80% of you found the survey to be of benefit and for the other 20% that did not, it was

We announce our participation at The Holistic Health Show in May – we do hope some of you can join us? The first show for three years, I hope we can remember what to do! Look out for the lovely Gaynor on our stand on the Sunday, she has promised to pay us a visit.

I will leave it at that and let you discover for yourself.... And for those that read to the end, you are in for a pleasant surprise with a beautiful new strand.

Warm wishes,



Mary and Julie

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



**Does he take sugar? Clichés are clichés for a reason**

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



Whether you are a family member, friend, carer or practitioner you will have heard these words or indeed witnessed any number of variations on this theme on a far too regular basis. For some reason the person you have approached finds it nearly impossible to recognise the disabled person you are with as capable of communicating for themselves or even hearing what they are saying, no matter what their apparent disability.

Even when faced with the facts i.e. your disabled friend has asked a question, handed over a card for payment and actively made eye contact, the staff members brain has short circuited and they have ignored your friend and then focussed on you for any interaction or ongoing conversation.

I don't know about you but when this happened to me and my friends it made me mad. I was frustrated and the red mist came down which made me shoot back sharply at the staff member with, "it's not me that's buying it, it's my friend" whilst gesticulating towards the person I am with.

It's easy to get angry and feel like the staff member or business is wholly to blame here and of course if they haven't had training or ignored the training then they are but in that moment of anger, perhaps if, in some small way we can help them learn by embarrassing them then perhaps it's all worth it..

..but it isn't. In fact, in this situation no one wins. The staff member doesn't win as in the moment, as they realise their mistake, they more than likely want the ground to open up and swallow them and might even do their best to avoid any interaction with disabled people in the future. Your friend doesn't win as they are reminded that society finds it hard to see them as an equal and they have once again found themselves to be the centre of negative attention and you don't win as all you have ever wanted is for your friend to have an independent life and for others to see them as you do and of course on top of this your frustration ensures that this interaction is the topic of conversation for the next 30 minutes.

As a Mobility Instructor with Guide Dogs for the Blind my job was to observe how my disabled clients interacted with staff from a distance. Yes, initially I was

the situation by distance or by just looking the other way at the moment of any interaction. It forced the staff member to focus on my client and also enabled my client to take control of the situation. Yes, sometimes we needed to discuss what might happen before we walked through the door but this practice was empowering for my client who was then in a position to support the staff member to learn best practice “on the job” from a real subject matter expert.. them.

Of course, this wasn't fool proof. Some staff members just don't get it and will discriminate consciously and unconsciously whether being provided with “training” from the expert in front of them or not and this is what led me to come up with [WelcoMe](#)

However, my top tip, is when you know or feel that this type of situation is likely to happen, have a plan. Talk about it before you arrive and work out how best to avoid the situation or deal with it once it has happened. With this plan in place whilst we wait for all staff everywhere to get with the program perhaps all three parties can walk away without it ruining the rest of the day.



[Read full article and more from Gavin and more about Gavin](#)



**DEEP OSCILLATION IS  
FEATURED IN HEALTH PAGES  
OF NEW MAGAZINE**



Miranda Robertson, Editor of [The West Dorset Magazine](#)

Featured Deep Oscillation Therapy in Health Pages with the catchy title of "I'm picking up good vibrations" .... we love that Miranda!

[Read article here](#) or download by clicking image below..

Thanks Miranda - you did a great job!

Mary and Julie



54 The West Dorset Magazine, March 25, 2022 Health

A therapy used by patients and therapists in West Dorset can help with a huge range of human conditions – and is even used on horses and dogs. Deep Oscillation is a medical device used by therapists and patients for many conditions, including Achilles problems, arthritis, dead legs, plantar fasciitis, sprains, spasms and breast-feeding problems, though is chronic back and shoulder problems.

One of the first therapists to use it in the UK was Christine Talbot from Wareham, who has changed the lives of the lymphoedema patients with manual lymphatic drainage combined with Deep Oscillation.

**DEEP OSCILLATION**  
7 KEY APPLICATIONS

1. Lymphoedema
2. Post-operative swelling
3. Pain relief
4. Wound healing
5. Muscle relaxation
6. Improved circulation
7. Improved skin health

The machine uses a gentle, electromagnetic interstitial pulse where the layers of tissue are attracted and released up to 200 times a second, reaching up to 8cm beneath the skin to drain excess fluid. Therapies apply

**I'm picking up good vibrations**

to patients via vinyl gloved hands and patients apply to themselves via applicators. Patients love the fact they can take the unit in hand luggage and massage any post flight swelling with their personal unit. It does not electrically stimulate the tissue like Tens, or heat the tissue like ultrasound and so it can be used immediately post op and injury; it can also be used over implanted prostheses, prostheses and breast implants.

Deep Oscillation, a patented therapy, was brought to the UK from Germany by sports and holistic massage therapist Julie Sorocyn of PhysioPod UK. She said: "I've treated a variety of conditions with it and it is just amazing."

Julie teamed up with her sister Mary Picking to establish PhysioPod UK Limited, which distributes the machine exclusively in the UK and Ireland.

One of the main conditions it is used for is lymphoedema, a chronic condition that causes swelling in the body's tissues, this can be primary or secondary. Primary is caused by a developmental

abnormality of the lymphatic system. Secondary can develop after cancer treatment which involves lymph node removal/radiotherapy. When the lymphatic system isn't doing its job of fighting infection and draining lymph fluid this can cause swelling in the area affected with increased risk of cellulitis developing. Lymphoedema is thought to affect more than 200,000 people in the UK, and affects around 50 per cent of people who have undergone breast cancer treatment.

Other causes of lymphoedema include obesity, immobility, venous disease, inflammation, trauma, infection, insect bites and cellulitis.

Julie's mother-in-law had suffered terribly with lymphoedema after breast cancer treatment and Julie wanted to ensure cancer patients could access the therapy easily which is why they focused their business on getting it into NHS hospitals. In 2019, Christine teamed up with Dorset Cancer Care Foundation to host a special patient gathering in honour of Mary and Julie to celebrate Deep Oscillation being in the UK and

Inland with Silver Island TV recording seven interviews with local patients who had successfully received treatment. Another very similar sounding condition – lipoeidema – can also be treated.

Lipoid lymphoedema, which is fluid-filled swelling, lipoeidema is an abnormal fat swelling, where the hips, buttocks, legs and sometimes upper arms, are out of proportion with the rest of the body. Unlike normal weight gain caused by over-eating or lack of exercise, lipoeidema fat can be painful or feel heavy and hurt when bumped or scraped, even gently. It also can bruise easily. Deep Oscillation reduces pain, oedema (if present) and inflammation.

Deep Oscillation is currently used in six local spots and in the NHS lymphoedema services as well as by private therapists. Physiotherapists, sports, complementary and equine and canine therapists have also added this gentle, effective, therapy to their skills. Here are some local therapists using the machine:

**Sherrin King** Abundant Wellbeing, 46 St Michael's Lane, Bishops Cleeve, Shropshire ST12 9JQ, 01500 320366/0771 714 945

**Julia Williams** The Garden Studio, 18 North Alderley, Bishopscleeve, Shropshire ST12 9JQ, 01500 461 095

**Maria Thomas** Southover Mill, Southover, Froxson ST12 9JQ, 01500 320366/0771 714 945

**Julia Williams** The Garden Studio, 18 North Alderley, Bishopscleeve, Shropshire ST12 9JQ, 01500 461 095

**Christine Talbot** Subertrough Meadows, Wareham BH20 5SE, 01529 356560/07881 598 937

A full therapist map is at [physiopod.co.uk/therapist-map/about/](http://physiopod.co.uk/therapist-map/about/)

■ [physiopod.co.uk](mailto:physiopod.co.uk)  
015 944 7965  
■ [enquiries@physiopod.co.uk](mailto:enquiries@physiopod.co.uk)

**DEEP OSCILLATION®**  
A THERAPY ALREADY USED IN DORSET

**Patient Testimonial Lipoeidema**

“Being able to treat this condition for myself, at home, at any time, and as often as I want, has given me much more control in how I live with it. I can prioritise things that are important to me and adjust the number and length of treatments accordingly.”

**Practitioner Testimonial**

“DEEP OSCILLATION is a remarkable piece of ingenuity, simple to use, deeply effective on a multitude of conditions from tissue softening, reduction of limb volume in Lymphoedema, improving circulation, scar management, wound healing and reducing pain and disability - Christine Talbot SRN, Lymphoedema and Breast Therapist, Dorset.”

Get in touch to locate a Deep Oscillation therapist or about making an investment in a personal unit for self care.  
Call Julie on 015 9167 685 or email [info@physiopod.co.uk](mailto:info@physiopod.co.uk)

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

Download PDF

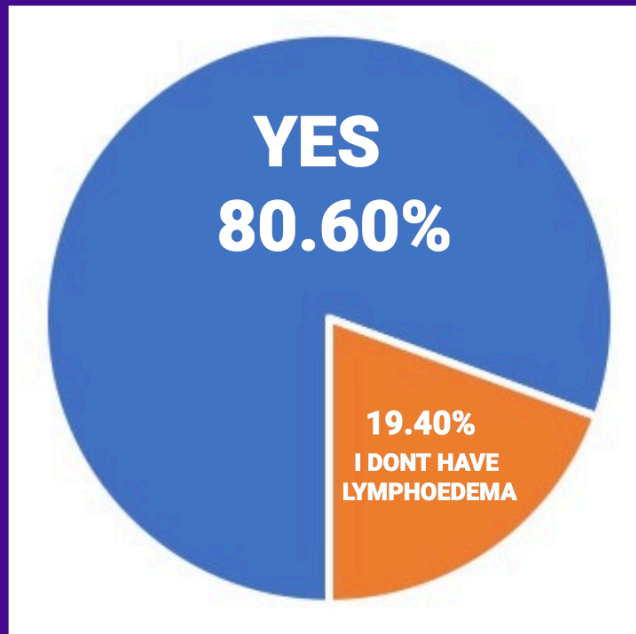


## Lymphoedema Awareness Campaign 2022 - Survey Feedback

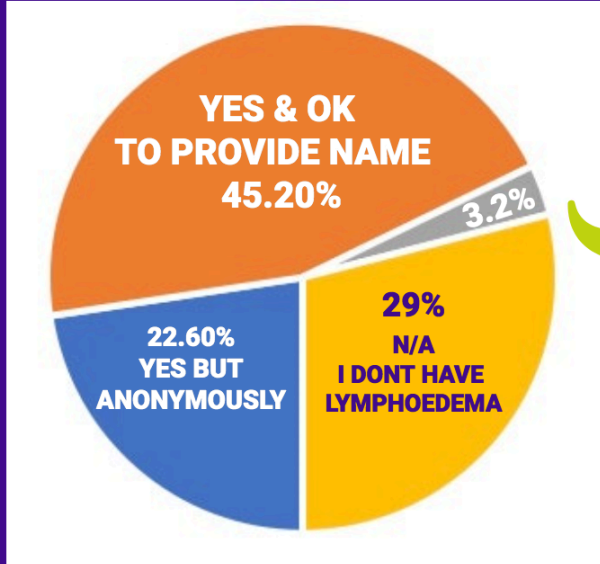
The survey is ongoing and your feedback, be it patient or practitioner is very valuable to us. If you haven't had chance to view the newsletters yet then the link is below to see all six of them. A link to the survey is also below... Thanking you in advance. Mary, PhysioPod, and Gaynor, LWO Community.

### [NEWSLETTERS](#) [SURVEY](#)

**Was the "Lymphoedema - Top to Toe" campaign to raise awareness and provide self care tips beneficial to you?**



**FOR 2023, we would like to focus more on the patient voice and want to know if you would you like to take part in some way?"**



**NO BUT VALUABLE TO READ OTHERS STORIES**

**"If you are a Lymphoedema Practitioner, would you like to be involved in our campaign for 2023? "**

**Yes.**  
I thought your campaign was excellent. It has been great to sign post clients to the newsletters/articles and to share on my FB Page too. Well done.

**LOVE TO!!**

I am a dietitian that works with lymphedema. I would be open to hearing more about it.

Perhaps. If it was a specific topic or part of a theme

**we would like to feature leading ladies in the Lymphoedema Community, as part of International Women’s Day. Please feel free to add a practitioner’s name, clinic and how they have helped you.”**

**WE HAVE MANY WONDERFUL NOMINATIONS ALREADY**



**“Is there any other information you would like to add that you feel would be helpful for future campaigns or the campaign we have just completed?”**

**SOME OF THE RESPONSES**

**"Please do not stop your campaigns. I feel that there is not enough information available, especially here in Ireland, regarding Lymphoedema & Lipodema. Is there any way a campaign could feature on foods to eat to help with the inflammation side of this illness. I’m finding it so difficult to decipher ‘what’s good & what’s not good to eat?’.**

**Is it suitable to go low carb or not? I am fully aware that not one set of foods fits all people but sometimes it may be worth trying!!!! Is a Mediterranean diet a good way to go?  
Thank you 🙏. Lesley xxx"**

**"Getting medical reviews can sometimes be far apart & during these it can often feel you’re just there to be measured for next compression items. A list of questions & what alternatives might be available would be useful. I’ve often had to do research & fund myself. I also echo your campaign thoughts on improving the understanding of professionals. My own experience is that very little was understood about the long term consequences & how it affects individuals. From acknowledgment that there was an issue, to referral, & subsequent impact. "**

**"I really think that having patient perspectives on their condition is vital. I also think the infographics that Mary designed are excellent."**

## It's Time To Redefine Sleep...

We were delighted that Nick Littlehales accepted our invitation to write for this months newsmagazine. He has helped some of the world's biggest stars in international sports to achieve the best possible sleep in order to help them achieve peak performance on the world stage.

*Over to you Nick....*



### **Nick Littlehales** **Elite Sport Sleep Recovery Coach**

[WEBSITE](#) [TWITTER](#) [INSTAGRAM](#)



"It really should not come as any surprise, with centuries, decades, and generations of no sleep education, that we still adopt a human

It's time to develop a more proactive understanding of sleep the underrated health pillar. Debunk it, redefine it and adopt practical, achievable steps to fully reveal this natural human mental and physical recovery process 24/7.

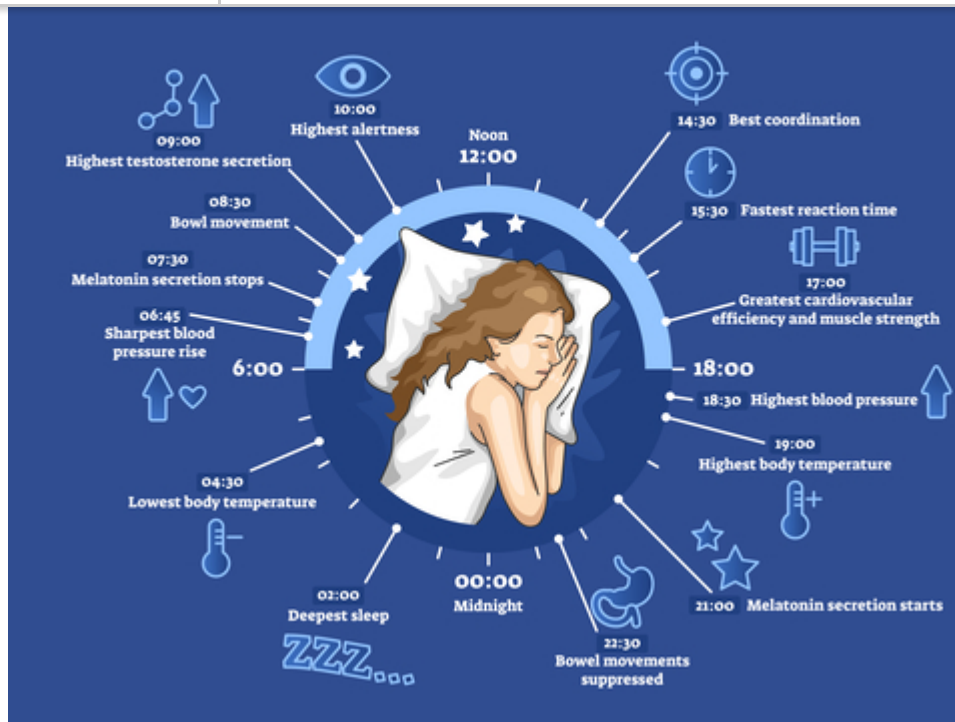
***Sleep influences everything from mood, motivation, decision making and resilience, understanding our optimum 24/7 approach should be the key health pillar priority.***

Research has and continues to reveal that sleep deprivation has a major impact on mental fitness and wellbeing. Actual or perceived low impact levels of recovery will affect how well our brain can process information, our emotional response to required tasks, mood, motivation, ability to learn new skills, decision making, reaction times, awareness, alertness, stamina, and relationships.

As we roll through the key sleep stages in cycles, our brain can catch up, [regenerate- rejuvenate] prioritise and file all the information both positive and negative, that we have been exposed to during the day. If our brains are not able to reveal the key sleep quality stages in cycles, while we are in a perceived sleep state, then ongoing mental functioning decreases nearly twice as fast as physical performance.

As a result, although we may feel or able to shift to physically functional the following day, it's likely that we won't be able to recall everything that we learned the previous day and may struggle to make effective decisions. We feel an increased perception of effort, fatigue kicks in quicker, our mood and motivation become imbalanced.

Redefining your everyday recovery approach, starts with understanding that as humans we should be synchronised with the [Circadian Rhythms](#). This sunrise sunset, daylight, diminished light, dark and temperature shift process, is key to optimising human functionality.



***A circadian rhythm is a 24-hour internal cycle managed by our body clock deep within the brain. Regulating our internal systems such as sleeping, eating patterns, hormone production, mood, and motivation.***

If we combine this, with the knowledge that pre-electric light illuminating our homes, streets and lives, humans adopted a multiphasic sleep wake cycle, not just one nocturnal block (Monophasic). And that we all have a Chronotype which is your genetic sleeping characteristic - An AMer lark morning or PMer night owl evening person.



These three out of seven Key Sleep Recovery Indicators known as KSRI's part of the proven R90 Technique form the basis of a redefined 24/7 approach to optimise mental and physical activity developing more sustainable levels of mental and physical recovery.

**R90 Technique: Recovery in 90-minute Cycles.** Ninety minutes is in principle the length of time it takes a person under clinical conditions to go through the key recovery stages and phases.

If you think of sleep in cycles per week, not hours per night, very quickly one or two disrupted nights out of seven have less impact on your overall approach. Taking the pressure off an all-or-nothing 8 hours per night focus.

A key first step would be to **Identify** your most consistent everyday wake time [start your daytime] and break your 24 hours up into sixteen 90-minute time periods.

Focus on your first 90 minutes Post Sleep Period after wake, grab plenty of short 2/5-minute distractive vacant mindspace breaks every 90 minutes, allocate a 30/20-minute midday/late afternoon *nap*...Or as I refer to it in elite sport a CRP Controlled Recovery Period. Vacant mindspace, me time, my moments and take the pressure off your 24/7.

CRP as required. Planning to achieve 35 cycles in any seven day period. And as importantly, being more aware of how much sleep recovery you are targeting when, why and how.

In a recent study published in the [European Journal of Sports Science](#), [researchers found that elite athletes were able to take daytime naps](#) and not suffer any adverse effects on their nocturnal sleep. This kind of nap is known as 'appetitive' – taken not to compensate for sleep loss, but from an appetite to sleep owing to training induced fatigue. Participants had their level of tiredness measured before their naps, and how long they took to get to sleep was recorded. The scientists found that, of the participants, elite athletes drifted off faster and did not need to be feeling tired to nap.

Recovery is a 24-hours-a-day, 7-days-a-week commitment, and through using the daylight hours in addition to your nocturnal approach you will be able to give your mind and body the opportunity to continually reboot while dealing with the demands of modern life.

**HRV (Heart Rate Variability)** Many know about this important factor and most track it in the endeavour to optimise performance and overall health and wellbeing. Another as important success factor is **Human Recovery Variabilities**.

Remember your ability to sleep, reveal more consistent, sustainable levels of recovery is all about the rolling 24/7 circadian rhythms of our day, in particular exposure to light at the right times in the four phases of every day. Key to own personal performance as well as protecting yourself is creating as much rhythm, pattern, and harmony in your 24/7

**No Worries:** Worrying about sleep is its greatest disrupter, creating a more defined approach can be your personal performance Game Changer"

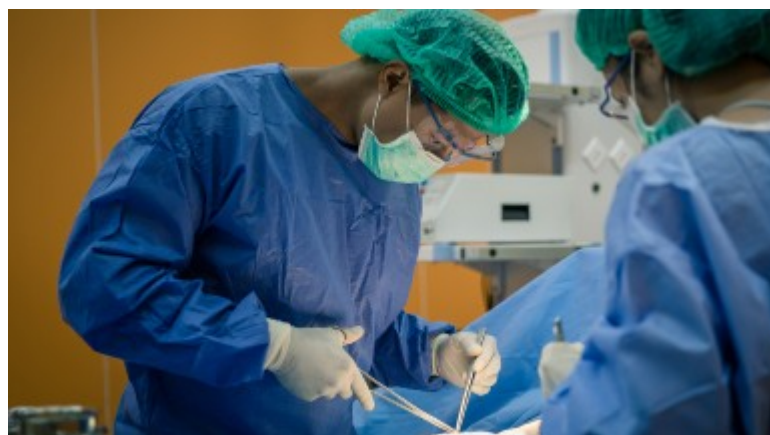
*In this TEDX Talks in Newcastle, Nick discusses his work and how he helps some of the world's biggest stars in international sports achieve the best possible sleep to help them achieve peak performance on the world stage.*



[READ FULL ARTICLE](#)



## NICE calls for further research into the treatment of chronic lipoedema



**On 29th March NICE has issued interventional procedures guidance on the use of liposuction for the treatment of chronic lipoedema.**

"The independent committee has called for more research to ensure this procedure is safe enough and effective enough for use on the NHS.

fat in the legs, hips, buttocks, and occasionally arms. It is a separate condition to obesity and lymphoedema.

The cause of lipoedema is unknown, but hormonal changes, weight gain and genetics are thought to be involved. The size and shape of legs, and the resultant mobility issues and pain, can have a profoundly negative effect on quality of life, and physical and mental health.

The interventional procedures advisory committee reviewed evidence from several sources, including eight before-and-after studies. The committee was informed that several different liposuction techniques are used and that they may have different safety and efficacy profiles.

From the evidence presented, the committee believed that the evidence on the safety of the procedure is inadequate and also raises concerns of major adverse events such as fluid imbalance, fat embolism, deep vein thrombosis, and toxicity from local anaesthetic agents. The evidence on the efficacy of the procedure is also inadequate, based mainly on retrospective studies with methodological limitations.

However, evidence from a randomised controlled trial currently taking place in Germany could provide better evidence in support of the use of liposuction for the treatment of chronic lipoedema.

NICE will review its guidance upon the publication of evidence from the German trial.

**Jeanette Kusel, interim director of MedTech and digital at NICE, said:** “The committee’s focus is to ensure that procedures are safe enough and work well enough to be used by surgeons in the NHS. On this occasion the published evidence is not strong enough which is why they have called for further research.

“We know many people with this painful and debilitating condition will be disappointed by this decision. Patient groups have actively engaged with this topic throughout the appraisal process and put forward a strong case for a positive recommendation because there are very few treatment options.

“We would like to make a more positive recommendation, but we cannot compromise on safety. The committee hopes that a randomised controlled trial currently taking place in Germany will

NICE interventional procedures guidance applies to the whole of the United Kingdom."



# Newsletter

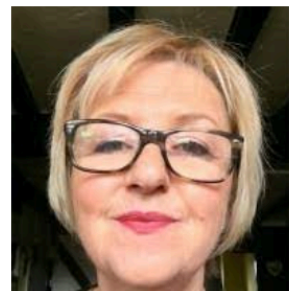
“

Lipoedema UK has devoted considerable resources in the last 18 months to putting forward the patients need for for safe and effective treatments.

We are encouraged that NICE has acknowledged our case that the current lack of treatments leaves patients at risk and many suffering considerable pain, hardship and disadvantage. We appreciate NICE's statement above, their call for further research and their willingness to review their guidelines again when more research is available.



Sharie Fetzer  
Chair



Mary Warrilow  
Nurse Consultant



Subscribe

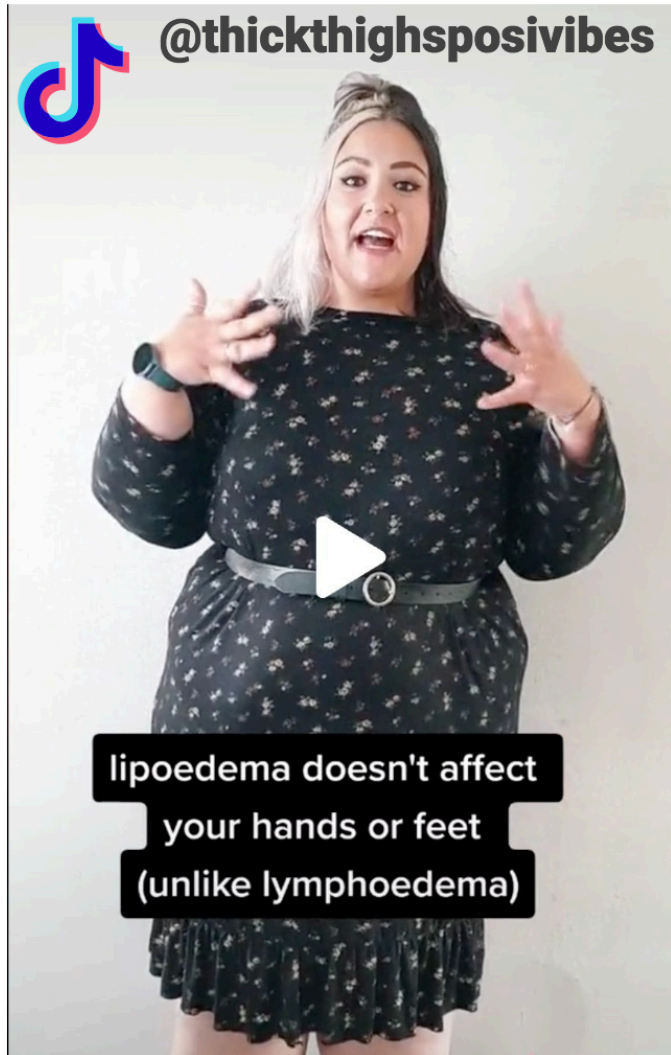
Past Issues

Translate ▾

# LIPOEDEMA - THE BASICS - COULD YOU HAVE IT?

PLEASE SHARE FOLKS:

<https://www.tiktok.com/@thickthighsposivibes/video/6876065227146808578>



TALK   
Lipoedema  
**Volunteer**

**The  
wonderful  
Zoe  
describes the  
basics  
of Lipoedema**

**Could  
You  
Have It?**

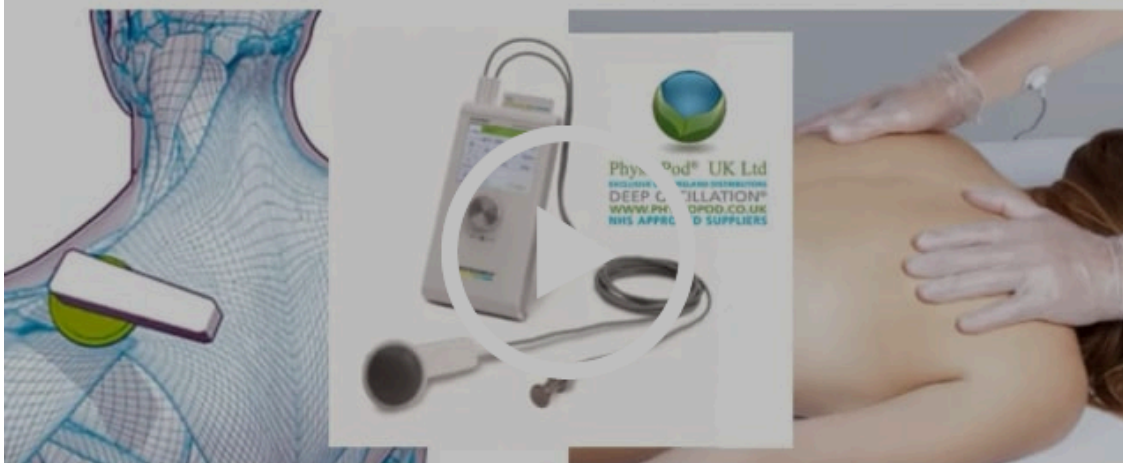


**NEW DEEP OSCILLATION  
THERAPIST IN NORTANTS**

# PhD BSc(Hons) B. Med. Sci MLDUK



Internationally patented®  
electrostatic massage



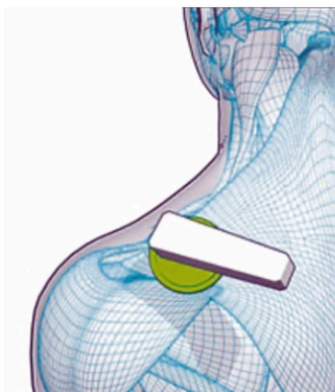
Delivered to the tissue layers  
via gloved hands or applicators





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

# PHYSIOPOD® UK LIMITED HOLISTIC HEALTH SHOW



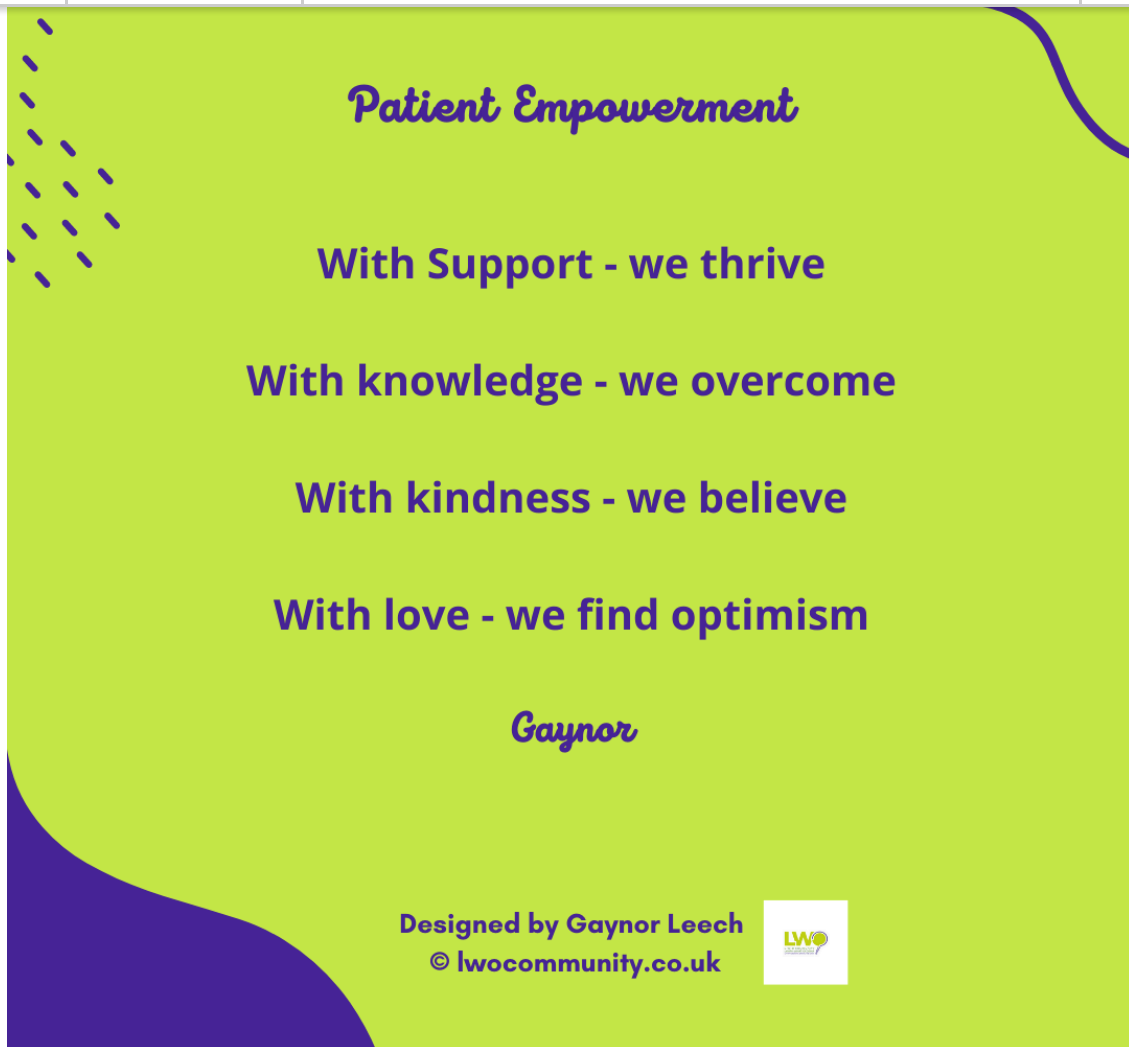
DEEP OSCILLATION® PERSONAL  
BASIC OR PRO DEVICES  
SHOW DISCOUNT £50

PLEASE PRESS IMAGE TO  
PLAY VIDEO FOLKS



GAYNOR LEECH'S APRIL GUEST BLOG

**"What a difference a year makes as online activities increased the awareness of lymphoedema not just in the UK but around the world.**



I can remember a time, not so long ago when a “Call to Action” to reach patients, the public, clinicians, politicians, policy makers and health care providers would have fallen on deaf ears. Months and years of hard work by organisations to raise awareness often not taken seriously.

The power of social media and the events of the last two years has given patient associations, patient advocates and patient support groups who are mostly volunteers, the ability to accelerate campaigns and information sharing. This has given rise to a stronger patient voice for those of us who live with lymphoedema.

This year L-W-O Community and Mary Fickling of [PhysioPod UK Ltd](#) chose as our contribution to highlight Lymphoedema from Top to Toe. We had expert authors who wrote about their specialist lymphoedema topics including:

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Christine  
Talbot



Katie  
Barr



Sue  
Hansard



Jane  
Wigg



Dr Rhian  
Noble-Jones



Catherine  
Groom

Christine Talbot on Head and Neck Lymphoedema

Kate Barr on the Importance of Oral Hygiene

Sue Hansard on Breast/Axilla/Chest Wall

Jane Wigg provided a video on general tips for Arm & General Lymphoedema

Dr Rhian Noble-Jones provided tips on Genital Oedema

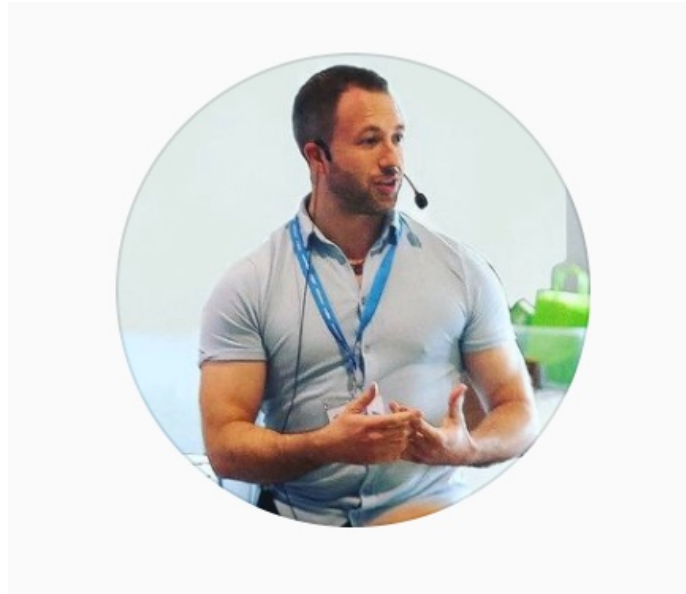
Catherine Groom wrote selfcare tips for Lymphoedema of the Leg

Mary and I are very grateful to all the above who shared their expertise and knowledge with our campaign. We shared patient stories highlighting the difficulties patients face. In addition, we included testimonials on the success of Deep Oscillation from both patient and healthcare professionals.

I wrote about the non-medical challenges that included the difficulty of buying clothes, footwear, and underwear. This year we included more #memberengagement from [L-W-O Support Group](#). Mary designed and produced informative videos and some of our videos came with voiceovers as we are both becoming increasingly aware of the need for better accessibility.

Last year's campaign was extremely successful but at times pulling it together was very stressful. This year we were both much more organised, with discussions throughout 2021 and from January 5<sup>th</sup> 2022 we started collating all the information we had gathered. We have had extremely positive feedback from right across the globe and both Mary and I appreciate the encouragement and support we have been given. ...

[READ FULL BLOG POST HERE](#)



**by Dean Attwood**  
**Mindset and Performance Coach**  
**and Anxiety Expert**

**In this article I want to focus on your morning and night time routines, however not the up at 5am have a protein shake and an hour of yoga...  
oooooh no**



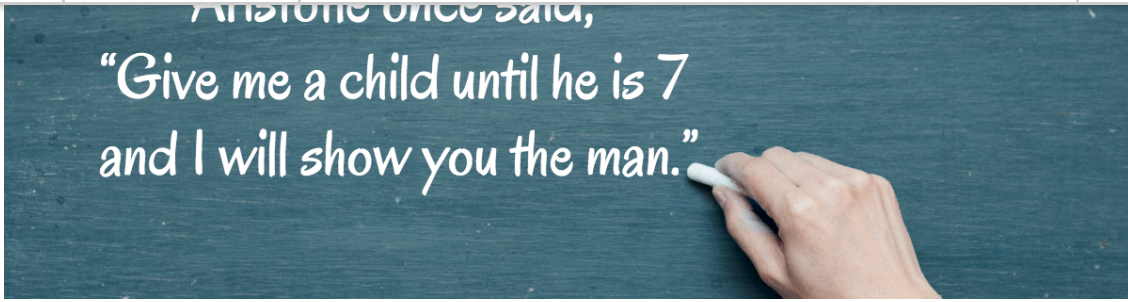
I'm going to get you really excited and talk about Theta and your brain.

Wow bet that got you all onto the edge of your seats. Ha

Theta Brain is very important in processing information, making memories and emotional experiences and encoding NEW memories into thoughts. One of the major times they can kick in is just before you go to sleep and the first few minutes after you wake up – hence the importance of a great language routine.

So, as we have been talking about language, we must look at the process of our self-talk when our mind is reprogramming itself and reinforcing memories and events.

Theta is linked with memory, emotions and the limbic brain. The limbic brain is a set of structures in the brain which deal with emotions and memory, it is involved in our behavioural and emotional responses including disorders of mood, anxiety, depression, PTSD and substance abuse etc. It is especially linked when it comes to behaviours and our 'need' for survival.



Between the ages of 0-7 we are in our programming years, most of the time at this age our brains fluctuate between Alpha and Theta brainwave cycles, the same as when we meditate or go into hypnosis. These are the years that take, shape and form our beliefs about ourselves and the world. From our mapping system to our attachment style, to our reaction to the world and our place in it. They will show up in our behaviours, our achievements, our goals, how we choose friends, partners, the list goes on.

Example; Adults whose parents cared for their safety needs by providing food and shelter but neglected their emotional needs are more likely to develop an Anxious-Avoidant Attachment Style.

During different stages of your life, how many times have you adopted a survival strategy and language to compliment it? How often have you kept it running in the background and continued to use it, maybe even abuse it?

**How does your morning start?**



[READ MORE](#)



## PRACTITIONERS CONNECT TO DISCUSS THE BEST TREATMENTS FOR ADVANCED LYMPHOEDEMA

Paola Yanez Chandia thanks Maria del Rosario Pineda  
on instagram, 21st March 2022.

"We have to continue researching on the different treatments that can be performed on patients with advanced stage lymphoedema, thanks to virtuality we can chat with colleagues from around the world and share experiences to achieve the best for our patients.

➡ Thanks to my colleague @mariadelrosario.pineda for all her advice on how to use Deep oscillation and for sharing her years of experience using this new technology in Latin America, but which in Europe has been used for more than 25 years. We look for the best for our patients 🙌"



## FUNCTIONAL NEUROLOGICAL DISORDER (FND) AWARENESS

Recently, a young family member has been diagnosed with Functional Neurological Disorder (FND). A condition which Julie and I had never heard of before. This post including video and infographic created with facts from the [FND Action Group](#) is to raise awareness of this condition.

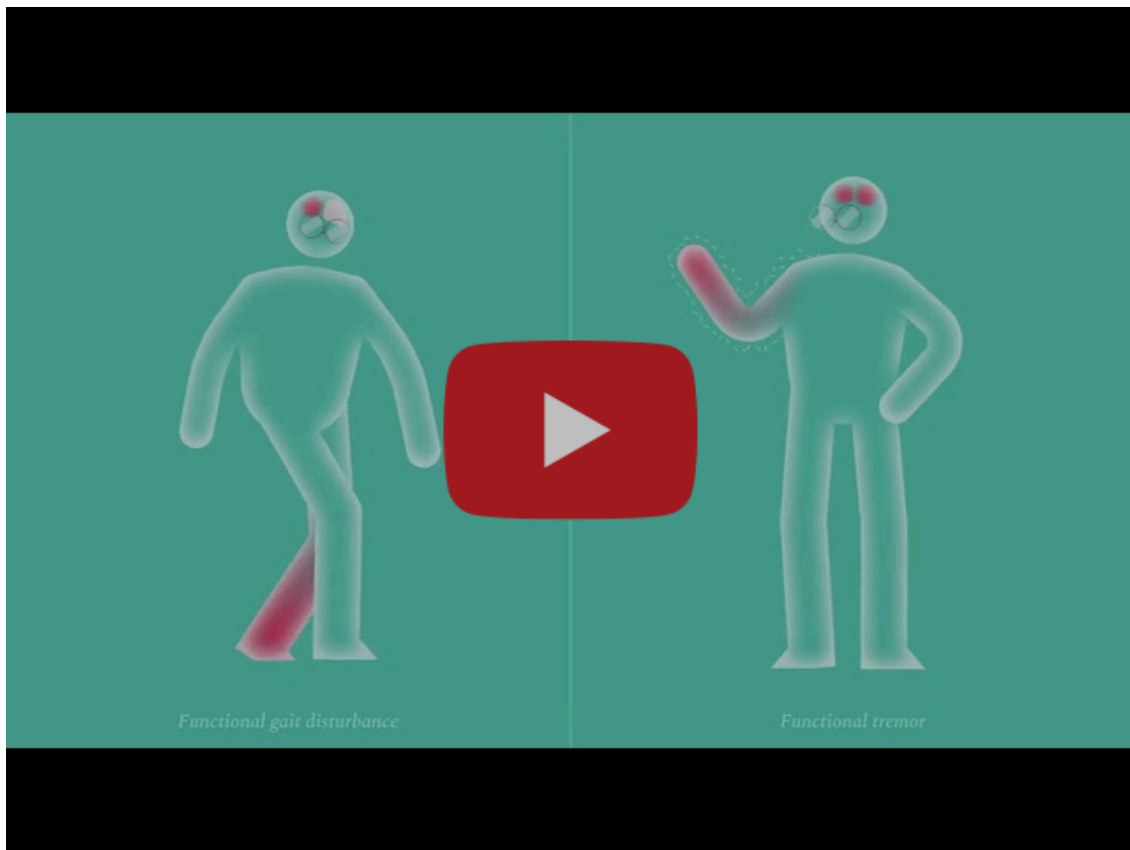
### **Functional Neurological Disorder (FND):**

FND describes neurological symptoms like limb weakness, tremor, numbness or blackouts, related to the movement and sensation parts of the nervous system.....

- Caused by a PROBLEM with the FUNCTIONING of the nervous system

- Causes day to day difficulties for the person who experiences them

**Watch the video below to learn more....**



## HAVE YOU HEARD OF FND?

It stands for  
Functional Neurological Disorder

Symptoms are commonly seen in  
Neurology and Epilepsy Clinics and  
can affect anyone of any age

Symptoms can include seizures,  
paralysis, weakness, tremors,  
walking difficulties,

sensory disturbances,  
cognitive issues  
and more

The majority of people who get  
diagnosed knew nothing about  
FND beforehand and neither  
do many Doctors.

**The situation has  
to change.  
Are you FND aware?**



**[www.fndaction.org.uk](http://www.fndaction.org.uk)**



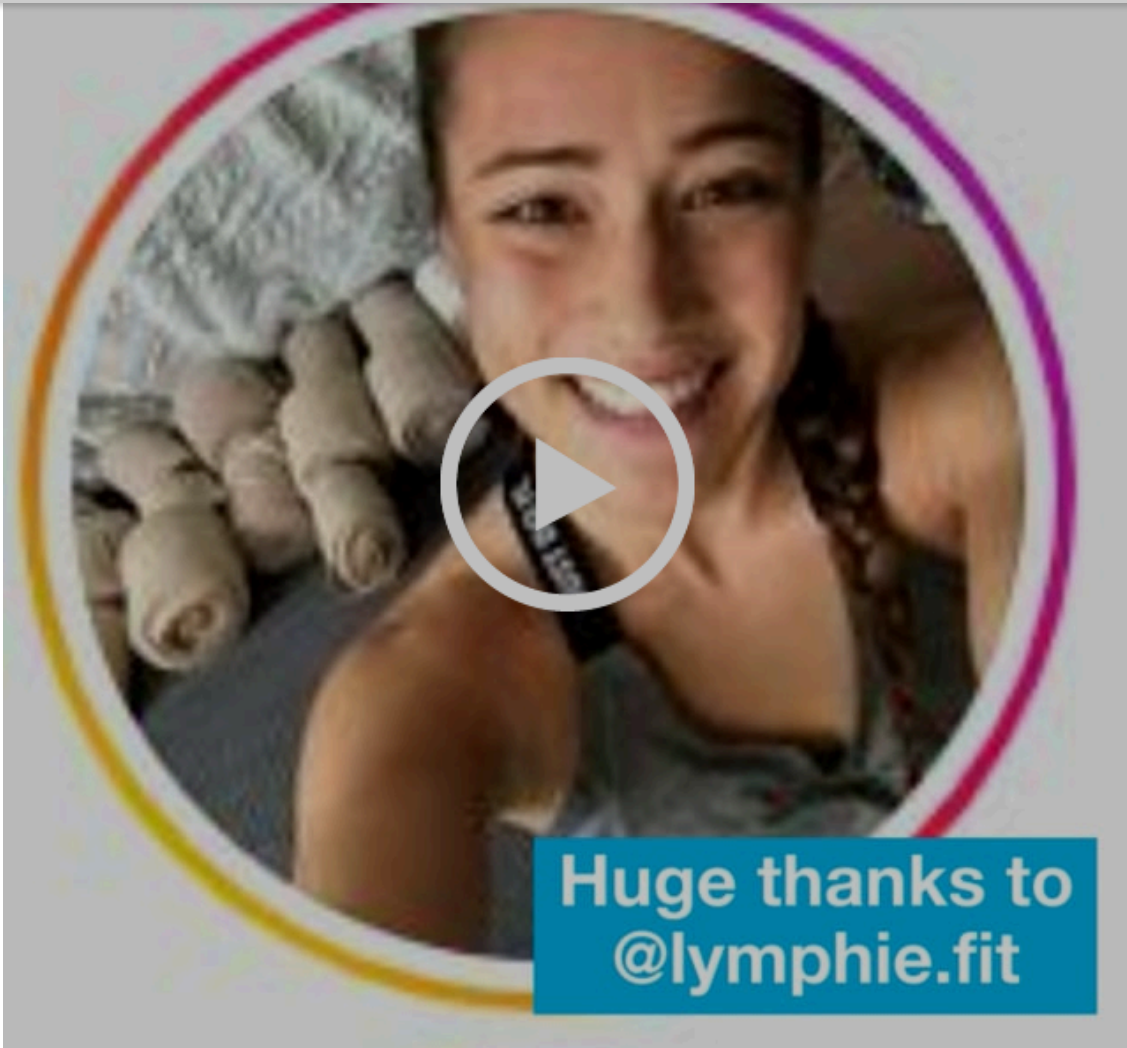
---

.....

## INSTAGRAM SELF TREATMENT LEG LYMPHOEDEMA

### From @lymphie.fit

"Deep oscillation therapy ✨ my #1 daily treatment for the past 7 yrs. It's battery powered and uses electrostatic impulses at various frequencies to gently oscillate your tissue layers. It feels like a very light vibration but the results are amazing. It helps with my pain and swelling faster and more effectively than any other treatment I have (and I've tried a lot). You can do the treatment on yourself using a handle or if you have someone to help you can switch out a cord and connect them with a sticky pad. They wear gloves and the treatment will then come from their hands. My therapists do MLD and buzzy on my leg at the same time - I think that this machine is an important part of lymphie future and I hope that it will be accessible to more people soon. ❤️ "



INSTAGRAM NEWS FROM



**DIRTY WORK: ARE YOU BEING BULLIED  
IN THE WORKPLACE?**



[Nicki Eyre FRSA](#), my colleague on LinkedIn was honoured to have been invited to contribute to this important documentary on BBC Radio 4 - Dirty Work, which was broadcast on Tuesday 29 March and hosted by Matthew Taylor, himself a victim of bullying.

"Despite improvements in workplace culture, bullying at work appears as rife today as it was 20 years ago. Matthew Taylor asks why, and seeks answers to this often hidden problem."



## Presenter: Matthew Taylor:

"Over the past 20 years, our workplaces have changed for the better. The MeToo movement and Black Lives Matter have brought harassment and discriminatory actions to the fore, and our workplaces have generally become less tolerant of bad behaviour. But there's another highly damaging aspect of workplace culture that often goes unchecked - workplace bullying. As members of the UK political class come under fire for bullying their staff, Matthew Taylor is putting bullying in the spotlight. Matthew Taylor is the Chief Executive of the NHS Confederation, author of the Taylor Review into Modern Workplace Practices, and has spent many years thinking about creating safer environments for the future of our workforce. Despite his extensive grounding in tackling workplace culture, when he fell victim to poor treatment at work, it took him a long time to realise that what he was experiencing was bullying. Anxiety, self-doubt and isolation meant that he never did anything about it at the time, but it set him on a path of thinking about this prevalent and hidden issue. The pandemic has given many of us a chance to consider what we

meaningful working environments for their employees. Given the big shifts that are happening in employment, Matthew brings new perspectives and solutions to the table which are aiming to ensure that the future of work is better than the environments many of us work in today. Is bullying an inevitable part of a stressful and high-pressure work environment or is the fundamental way many workplaces are organised and managed a breeding ground for bullying? Matthew examines how work culture and the law could radically change to help prevent it.



## LSN MEET COMPRESSION GARMENT MANUFACTURERS

In reading our campaign survey feedback, it was apparent that those living with Lymphoedema would very much like to see what is available in terms of compression so that they can discuss options with their Lymphoedema Therapist at their reviews.



So I was delighted to see this new strand on the [LSN YOUTUBE](#) channel, where the face behind the garment manufacturers introduce themselves ..... Thanks to LSN - Great initiative - as always... - I look forward to sharing the rest of the episodes..

or products mentioned in this video please go to



	<a href="http://www.jobst.co.uk">www.jobst.co.uk</a>		<a href="http://hadhealth.com/patient-shop">hadhealth.com/patient-shop</a>
	<a href="http://www.juzo.co.uk">www.juzo.co.uk</a>		<a href="http://lrsselfcare.co.uk/squeezein">http://lrsselfcare.co.uk/squeezein</a>
	<a href="http://www.mediuk.co.uk/products/highlights-patterns-oedema-therapy/">www.mediuk.co.uk/ products/highlights- -patterns-oedema -therapy/</a>		<a href="http://www.sigvaris.com/">www.sigvaris.com/</a>



**WELCOME ABOARD MARIA!**

Newly acquired DEEP OSCILLATION® to be used in early general healing of sporting and occupational conditions and also Fibromyalgia, Fracture healing (post traumatic), Pre and Post General Surgery

[Website](#) [Facebook](#) [Email](#) [Twitter](#)



  
Touch Physique Therapies

**Maria Christoforou**  
**Touch Physique Therapies**  
**25 Cherry Orchard**  
**Henley-in-Arden**  
**B95 5JW**  
**Mobile 07809 432 341**

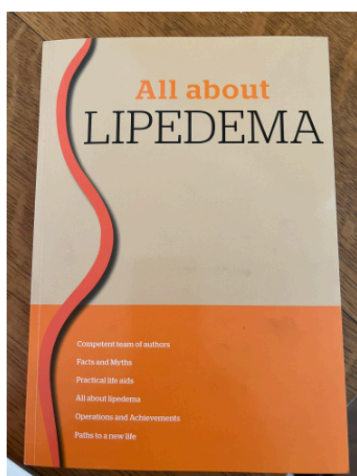


**NEW BOOK ON LIPOEDEMA INCLUDES  
DEEP OSCILLATION**

# ALL ABOUT LIPEDEMA

## Featuring Deep Oscillation for Lipedema and Liposuction

**AVAILABLE  
FROM**



**BUY NOW FROM LIPOEDEMA UK**

### Extracts....

"DEEP OSCILLATION is completely different from other treatment modalities such as ultrasound, shock waves or other vibration therapies. In Lipoedema, deep oscillation is used to reduce pain and oedema can also be favourably influenced"

"When used before liposuction, the resonant oscillations contribute to the loosening or softening of the fibrotic tissue and thus reduce the traumatic effect of the procedure. The amount of fat removed increases, less bleeding and bruising occurs, postoperative discomfort is reduced and regeneration is accelerated"

processes are also promoted"

"A comprehensive guidebook covering the key aspects of lipoedema, developed by patients, their families and medical experts on all aspects of treating the condition.

A great team of lipedema patients, lady photographer and competent doctors came together and after a year of intensive work, a very special book was created. The Lipedema Book' was originally published in German, and is now available in English."

<b>Contents</b>		<b>Contents</b>	
Our team of experts	8	Skin problems in lipedema	146
Foreword	10	Varicose veins in lipedema	151
What is lipedema	12	Questions about liposuction	155
Self-test	22	Our hearty chicken soup	191
Differential diagnosis	24	Facial lipo	194
Questions & answers about lipedema	26	Lipocura's comment on liposuction with a holistic approach	200
Research and science	57	Surgical skin tightening	202
Recipes for turmeric	68	Plasma skin tightening	208
The medicinal plant sweet clover	70	Errands before liposuction	212
Obesity and lipedema	81	No fear of general anaesthesia	214
Low carb and keto	88	Pictures from the operating room	219
Interesting facts from the medical supply store	97	To-do list BEFORE liposuction	230
How to put on an arm sleeve	109	To-do list AFTER liposuction	231
Proper care of the compression garment	121	Tips for treating pain after the operation	232
Intermittent Apparative Compression	122	How to shower properly after liposuction	233
Deep oscillation	130	My OP diary	234
Kinesiotaping	132	Fates	263
Lymphatic drainage & physiotherapy	134	We thank	271

.....

**SUPER THERAPIST FEEDBACK -  
THANKS LYNNNE!**

*I had my first client today through my page on your website. She has lipoedema but wanted treatment for a ligament injury on the side of her knee.*

*Just before I started, I noticed blue bruising just below the side of the knee. It was quite a large area and I pointed it out to her, she hadn't noticed before.*

*Following a half hour treatment - ligament rupture and myalgia, I noticed that the bruise had gone. We were both amazed. She said she felt she could put a little more weight on it and is booked in again for Monday.*

*Just wanted to share that with you.*

*Best wishes, Lynne Oliver  
<https://www.physiopod.co.uk/lynne-oliver.shtml>*



**DEEP OSCILLATION listed in "advanced treatments" for Lymphoedema increasing drainage**

**Clinical Dermatology**

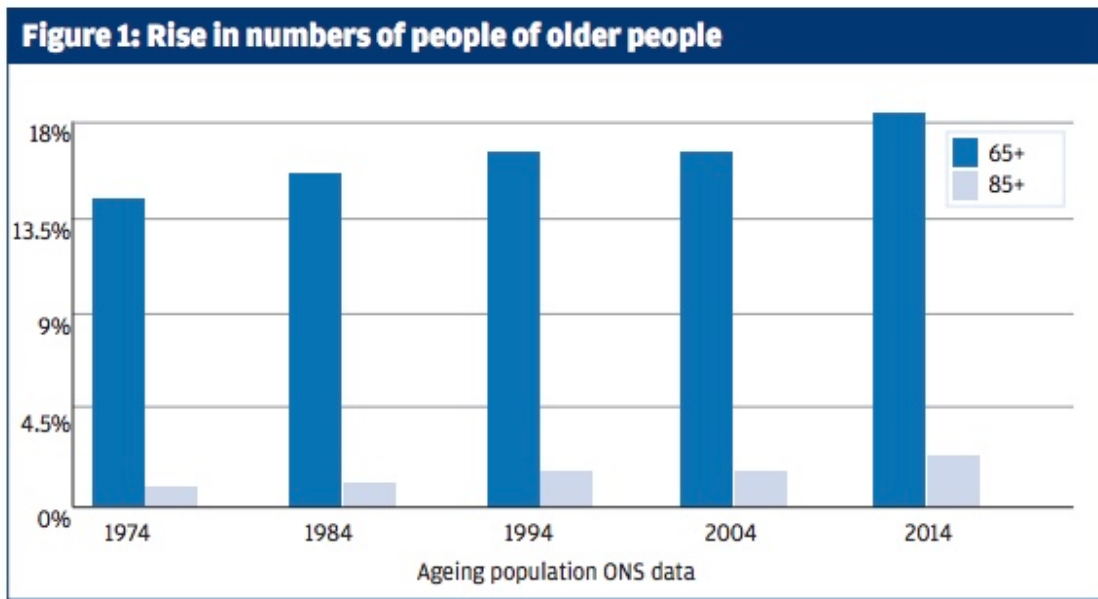
# Identification and treatment of chronic oedema and lymphoedema

**Linda Nazarko** looks at how nurses can manage these increasingly prevalent conditions

"The incidence of chronic oedema and lymphoedema rise with age. They affect around 4 people per 1,000 in the general population and around 29 people per 1,000 people aged 85 and over.<sup>4</sup> Around

As our population ages and people with lymphoedema and chronic oedema are living with multiple long-term conditions, rising levels of obesity and increasing frailty, management becomes more complex and challenging.<sup>6,7</sup> Difficulties with diagnosis and complex care needs lead to many people not receiving optimal levels of care.<sup>8,9</sup> *Figure 1* shows rising numbers of older people in the UK.<sup>10</sup>

**“ People who have damaged lymphatic systems secondary to infection are treated for lymphoedema” .....**



[DOWNLOAD FULL ARTICLE](#)



**NEW DEEP OSCILLATION THERAPIST IN EXETER**



**A huge welcome to  
Amanda Morris  
MLDUK Foldi & Vodder DLT Practitioner - Lymphoedema,  
Bowen & Scar Therapist  
South West MS Therapy Centre  
West Grange  
Clyst Heath  
Exeter  
EX2 7EY  
Mobile 07931 505 312**

**Just one of Amanda's happy patients wrote:**



# LIPOEDEMA

Amanda Morris  
CLT - MLDUK - CertECBS

I've had deep oscillation therapy for post liposuction surgery, but by far the best is the combination of MLD and deep oscillation therapy together, it really speeds up the process!" W.A.



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



Lymphoedema Treatment  
Enhanced with Deep  
Oscillation Therapy

[Subscribe](#)[Past Issues](#)[Translate](#) ▼APPROVED  
SUPPLIERS

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

2022/2023



PHYSIOPOD® UK  
TRADEMARK  
Renewed to  
26 August 2032

We are proud to have just received notification again that PhysioPod UK are once again listed as NHS Approved Suppliers for 2022/2023. The PhysioPod UK trademark has also been renewed to August 2032.

Not only is Deep Oscillation used within [NHS Lymphoedema Services](#), it is also used by [Private MLD DLT Lymphoedema Practitioners](#) and by [those living with Lymphoedema](#) at home and abroad.

Here is a 3 minute video, which demonstrates some of the applications of it's use in Lymphoedema.



**DEEP OSCILLATION  
FOR LYMPHOEDEMA**



**Extraordinary Portraits**

**I was incredibly moved to watch this first episode of the  
incrediblework of**



Kelvin Okafor, a hyperreal artist who specialises in pencil portraits, who meets and draws Catrin Pugh, a survivor of a bus crash that left her with burns across 96 per cent of her body.

In the programme, Kelvin goes to Wales to talk to Catrin's family about how they supported her during her physical and mental recovery.

Kelvin describes Catrin as the phoenix who rose from the ashes. After 650 hours of work, his longest portrait ever, Kelvin unveils the portrait to Catrin and her family which depicts every detail of herself through his eyes.

[YOU CAN WATCH THE EPISODE HERE](#)



Catrin wrote on her instagram

THE POWER IN SCARS 🌟

"Every scar you see has a moment behind it.  
 There is so much power behind every single one of them.  
 It might not feel like it sometimes, but a scar is a beautiful sign of your  
 strength, so try and remember that"



We are incredibly lucky to have some very talented and creative subscribers to our newsmagazine.

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

[please email here](#)



Janet Scott



Christine van Welie



# Daily Reminders

Everyone's journey is different

The past cannot be changed

Be gentle with your feelings

Be proud of how far you've come

There will be better days



**PLANET MARLA**

"Sisters make the best friends in the world"



Thank you so much for reading, see you next month, Mary and Julie x



Copyright © 2022 PhysioPod UK Limited, All rights reserved.

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

