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## 1st December 2024

Good Morning, and welcome to the PhysioPod® UK Quarterly Newsmagazine 2024 and welcome to December! It truly is folks, how did that happen?!

In this issue, we explore the latest advancements and resources surrounding Deep Oscillation therapy, particularly its application in managing lipoedema and lymphoedema.

From new clinic offerings in Bedlington, Cumbria and Hindhead to insightful case studies shared by experts around the globe, this issue highlights the transformative impact of Deep Oscillation on quality of life.

Discover heartfelt testimonials from individuals who have experienced significant relief through this innovative therapy, and we bring you new research developments and news of community events that are raising awareness and understanding of chronic conditions.

We also explore the broader implications of technology in healthcare and the importance of self-care practices for patients and professionals.

Join us as we celebrate stories of resilience, health, and community, and find helpful resources to enhance your wellness journey during the festive season and beyond.

A huge thank you to Dr Rosaeva Tavarez, Vasu Karri, Elisa McC, Janet, Maddie Thompson, Karen Pidlyskyj and Emma Hamilton, Gaynor Leech, Bel Hardman, Dean Attwood, and Gavin Neate for your valuable contributions. Welcome aboard Lila Hipwell-Larken, Blanche Tiffin, and Emma Fitzsimmons.

Finally, I would like to extend my heartfelt congratulations to Gemma Levine, see the news inside.

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Take good care and see you in 2025!

Mary Fickling and Julie Soroczyn

Sisters and directors

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

Great news for Bedlington!



**DEEP OSCILLATION® NOW IN CLINIC**

[Emma Fitzsimmons](#)

**Bsc Hons Physiotherapy MCSP**

Synergy Healthcare

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Front Street East

Bedlington

NE22 5DS

Telephone 01670 5311 44

from FisiMed Punta Cana



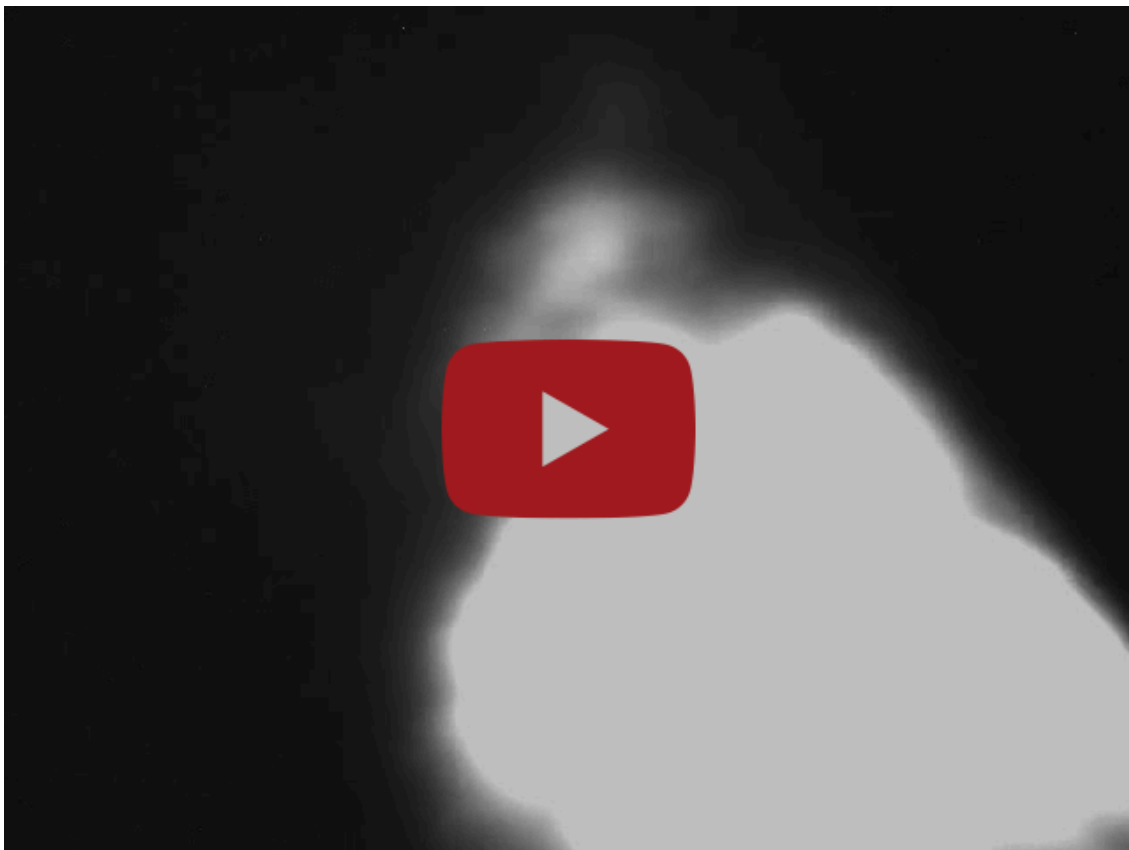
PATIENT PERMISSION TO SHARE INFORMATION AND VIDEO FOOTAGE

## FULL CASE REPORT

Lipoedema self care: DEEP OSCILLATION® information



For over 15 years, PhysioPod® UK has successfully supplied DEEP OSCILLATION® personal devices to those living with lipoedema and lymphoedema and to healthcare professionals in many fields of application, as is demonstrated in the [PhysioPod Therapist Map](#). During this time, PhysioPod® UK has collected patient and therapist feedback, which has proved to be very helpful for those considering purchasing or hiring.



Lymphatic fluid moving under a DEEP OSCILLATION applicator as used in self care

In August 2021, a [special video research report](#) by Dr. Miguel Amore and María Del Rosario Pineda demonstrated that Deep Oscillation equipment, using the

technology for self-care when used with the applicator/s.



[In Lipoedema, The Deep Oscillation Personal Basic](#), is supplied with a bespoke card from PhysioPod® which is ideally suited for pain management and oedema (if present), fibrosis and inflammatory reduction, based on feedback received.

This is in addition to the pre-programmed range of common sporting, aesthetic and occupational indications, which can be supplied on request to interested individuals. The therapy can be applied by a supporter other via gloves (providing their own contraindications have been checked) following guidance in a Zoom set up session with Julie.

## LIPOEDEMA PATIENT SELF CARE FEEDBACK

"Following my lipoedema diagnosis in March 2024, managing my condition has been a journey, particularly following surgery and in preparation for more to come. One tool that has made a significant difference in my post-op care and daily management is the PhysioPod Deep Oscillation device. My Manual Lymphatic Drainage (MLD) therapist introduced me to the tool, using it to target fibrotic areas and prevent scar

The device has been a fantastic addition to my routine, allowing me to work on affected areas at my own pace. It's incredibly user-friendly, with instructions that are straightforward to follow. With most areas within my reach, I only need minimal assistance from my husband for harder-to-reach spots on the back of my legs, buttocks, and middle-back. The training I received from Julie was simple yet thorough, giving me the confidence to use it effectively.

Since incorporating the Physiopod device into my self-care routine, I've noticed a reduction in discomfort and improved skin texture, which helps me feel more prepared for my upcoming surgeries. Having such a practical, easy-to-use tool to manage my condition independently is empowering, making it a game-changer in my lipoedema care."

**Elisa McC - 12th November 2024**

Deep Oscillation also has the wonderful effect of lightening 'heavy Lipoedema legs'..

"We can't begin to say how much of a difference it has made - to come home, use the unit for 20 minutes, and for it to take the heavy, fluidy, feeling out of our legs and arms and more importantly to relieve any pain. Thanks to Deep Oscillation, we have been able to halve the number of MLD massages we go for. Although it seems so gentle when using it, the massage helps to move a lot of fluid out of limbs. We would have no hesitation in recommending the personal unit to anyone, especially other sufferers of Lipoedema"

**Mum and Daughter.**



Left to right: [Julie Soroczyn](#), [Bel Hardman](#), [Dr Johanna Schreiber](#) and [Mary Fickling](#)

Taken at Dr Johanna Schreiber's Lipoedema Information Event in London, September 2024. Julie and I loved this informal, yet informative event and hugely look forward to attending future events.

[READ FULL ARTICLE](#)

## BLOGCAST EPISODE ONE

This informal chat has been created using cutting-edge AI voice technology. PhysioPod has harnessed the power of AI to bring you this engaging narrative that sounds natural and dynamic, ensuring an immersive listening experience for our audience.

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### Handles For Forks by Gavin Neate



**How happy are we when someone in customer services remembers our name and something important that we have shared with them last time we met?**



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GREAT NEWS FOR CUMBRIA!

[Blanche Tiffin](#)  
[has added DEEP OSCILLATION® to treatments](#)

[Cumbria Mobile Massage](#)

Bothel

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Mobile 07487 693 919

# MASSAGE

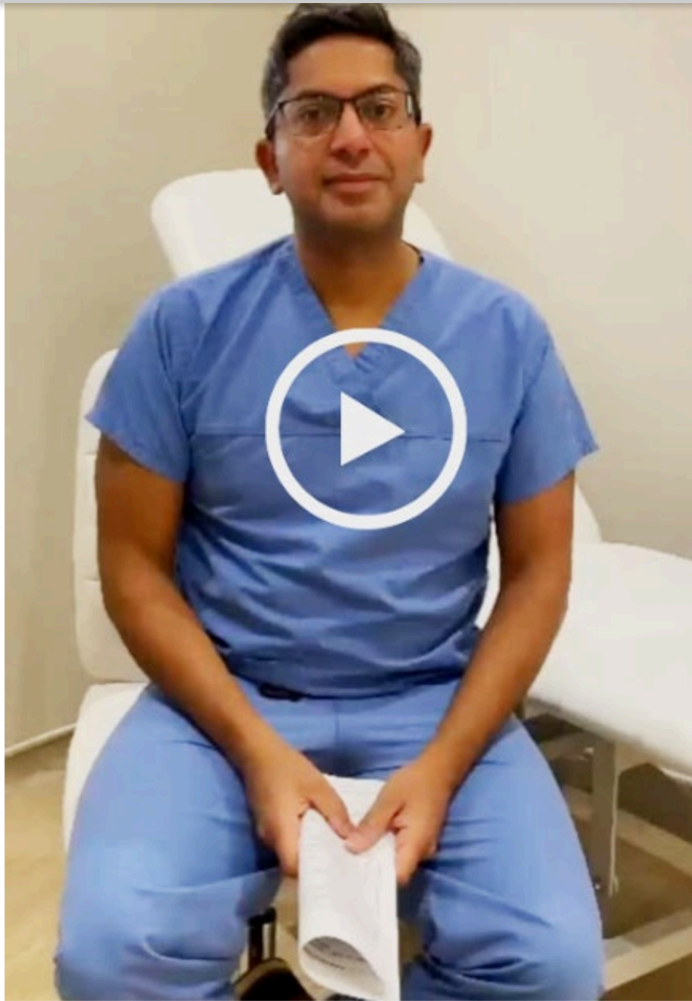
Covering North & West Cumbria

Treatments offered at [Brayton Park North Lakes Lodges](#) - two days per week



Vasu Karri, MSc, FRCS(Plast): Comments on his new Post Lipoedema Liposuction QOL & Symptoms Research Paper: Part One

**Exciting developments in the world of Lipoedema research here in the UK**



### Joyful News From Janet!

**The effervescent Janet shares details of her good news with the PhysioPod audience...**



I will admit it has been a very demanding two years.

While joyfully celebrating my darling granddaughter's engagement, I let my guard slip a little, and the demon of COVID struck. Long COVID, breathing difficulties, and infections followed.

In December 2022, I was hospitalized for more than three weeks, spending two weeks in the ICU due to double pneumonia and sepsis. Yes, “lucky to be alive”!

[READ FULL ARTICLE..](#)

## How archery helps breast cancer patients in Uruguay



## [READ FULL ARTICLE](#)

### Increasing Awareness of PANS and PANDAS

Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) and Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) are neuropsychiatric conditions characterised by sudden onset of symptoms like OCD, tics, and behavioural changes.

While both involve an abnormal immune response potentially triggered by infection, PANDAS is specifically linked to Group A Streptococcal infections, whereas PANS can stem from various infections.

Learn more about symptoms (mental, physical, cognitive), diagnostic approaches (primarily clinical observation), treatment options (antibiotics, CBT, immune modulation), and the importance of early diagnosis and intervention for improved outcomes at [PANS PANDAS UK](#)





by Mary Warrilow, Clinical Nurse Specialist

Featured in Royal College of Nursing Magazine - October 2024



This month, we are pleased to share an article by Mary Warrilow, an esteemed independent clinical nurse specialist in lymphoedema and lipoedema, as well as a clinical adviser for Lipoedema UK. Mary provides a comprehensive overview of lipoedema, a condition that affects up to 11% of individuals assigned female at birth and often manifests during hormonal changes.

Mary addresses critical questions about its symptoms, diagnosis, and the emotional and physical challenges it poses. Mary emphasises the importance of awareness among nurses, who play a vital role in recognising and supporting those affected. As we strive to promote understanding and alleviate the stigma associated with this condition, Mary's expertise serves as a valuable resource for enhancing care and encouraging empathy within our healthcare community.

[READ ARTICLE](#)

# oscillation

**Andreas Honetschläger - Phlebology DOI: 10.1055/a-2301-0934**

[View Abstract](#)

”

## NEW

The combination of CDT and deep oscillation produced a very good result. Lymphatic drainage is improved. The strong pain-reducing effect potential promotes muscular relaxation in the patient and movement-promoting basic mobilization can be started very quickly.

**Keywords**

biological depth effect -  
haemodynamic parameters -  
fibrotic remodeling processes  
- deep oscillation - fibrosis  
reduction

**Complete decongestive therapy and deep oscillation**

**Andreas Honetschläger**



Article published online:  
**August 13, 2024**

**Phlebology**  
**DOI: 10.1055/a-2301-0934**

## The Evolving Landscape of Healthcare and Technology

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Lymphoedema  
Online & in the Community  
Promoting Lymphatic Health &  
Community Engagement



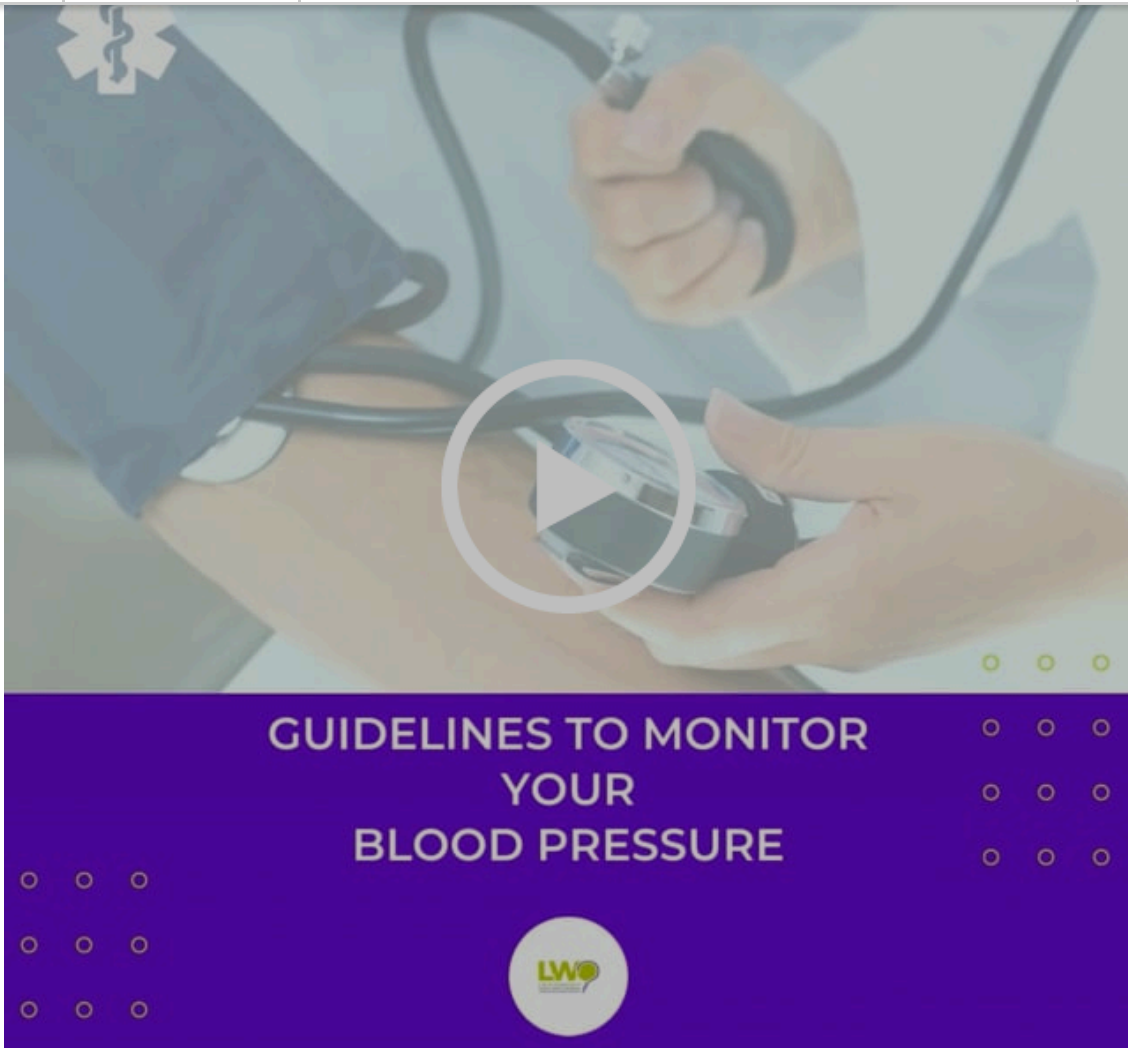
### By Gaynor Leech, Founder of LWO Community and Expert Lymphoedema Patient Advocate

The article explores the growing use of technology in healthcare, particularly focusing on the shift towards patients taking their blood pressure readings. It discusses the benefits of this trend, such as reducing GP appointments, but also highlights the concerns and challenges, such as accessibility, privacy, and the need for clear communication with patients about the changes. The author emphasises the importance of care and consideration for individuals who may not have the resources or confidence to use new technologies.



[READ FULL ARTICLE](#)

**GUIDELINES TO MONITOR YOUR BLOOD PRESSURE**



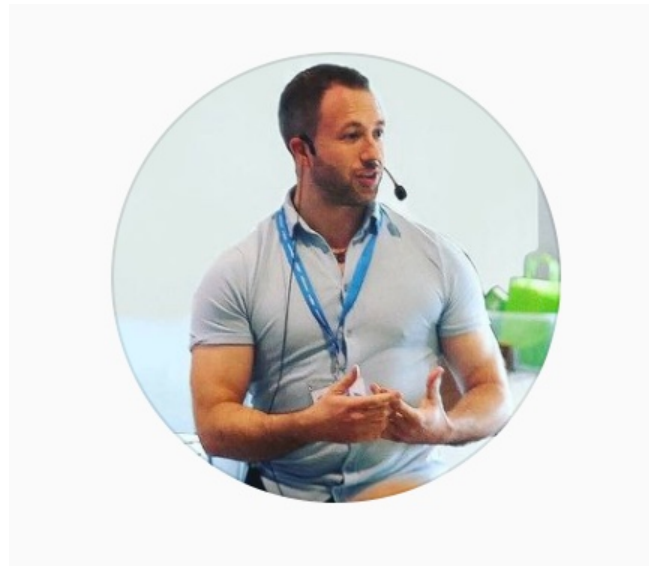
## PHYSIOPOD UK & LWO COMMUNITY COLLABORATE TO SUPPORT SELF CARE WEEK

This collaborative collection of 2024 Self Care videos and graphics looks at the vital work of [The Self Care Forum](#), explores the definition of self-care, and explains why it's so important.



## [VIEW COLLECTION 2024](#)

### Practising Self-Care this Christmas Season



By Dean Attwood, Mindset and Performance Coach and Anxiety Expert



The Christmas season is often depicted as a time of joy, togetherness, and festive cheer. However, for many people, it can also bring a sense of overwhelm, especially when it comes to navigating family dynamics. Between the pressure to meet holiday expectations, manage financial stress and getting a handle on tricky family relationships, Christmas can quickly become more stressful than enjoyable. The key to getting through it is finding a balance between managing family stress and practising self-care that works for you.

[READ ARTICLE](#)

What Would Your Life Look Like with Full Self-Acceptance?





**You might find the thought of fully accepting yourself seems impossible, and that's okay. This is an invitation to reflect on it - at your own pace. Maybe you're someone who avoids thinking about self-worth, self-acceptance and even self-love completely. If reading this has stirred some discomfort, I encourage you to continue - it might be exactly what you need right now.**

**[READ ON....](#)**

**R;pple Wins Prestigious Tech for Good Award at Women in IT Summit**



**Alice Hendy MBE**

**[R;pple Suicide Prevention](#)**  
**[See full article and video on PhysioPod](#)**

## **2024 AWARD**

R;pple has been honoured with the prestigious [Tech for Good Award at the Women in IT Summit & Awards Series](#), showcasing the company's commitment to leveraging technology for positive social impact. Founder Alice Hendy MBE and the R;pple team received accolades for their innovative approach to tackling the critical issue of suicide prevention.

The judges commended R;pple's dedication to driving meaningful change in people's lives through technology, highlighting their outstanding achievements in the field. The Women in IT Awards, presented by DiversityQ in partnership with Information Age, celebrate diversity and inclusion within the tech industry worldwide.

R;pple expressed gratitude to everyone who has supported their journey and emphasises their commitment to continuing to improve mental health and online safety.

## **Denise Hardy - A Remarkable Career in Lymphology**

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Lymphology, ushering in a new chapter for the clinic and ensuring the continuous provision of essential lymphoedema services within the Morecambe Bay area. Join us as PhysioPod reflects on clinic founder, Denise Hardy's extraordinary contributions to the field, her unwavering commitment to patient care, and the legacy she leaves behind as she embarks on a well-deserved retirement. We wish her all the best in this exciting new journey!



**Denise Hardy RGN, BSc (Hons) Palliative Care  
Lymphoedema Nurse Consultant – Kendal  
Lymphology Centre, Kendal, Cumbria**

[READ ARTICLE](#)

**GREAT NEWS FOR HINDHEAD IN SURREY!**



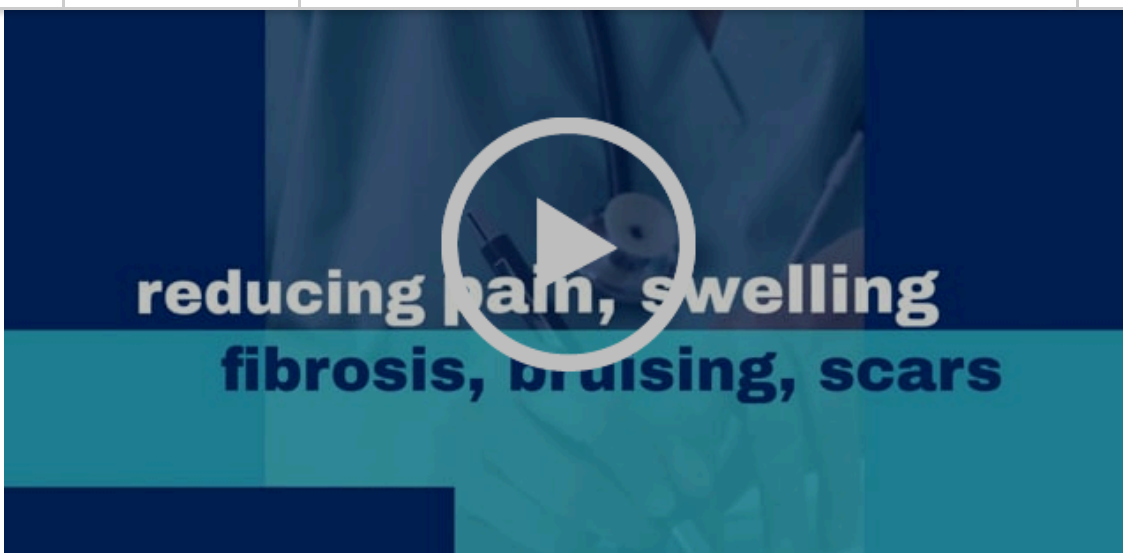
## **Welcome aboard Lila Hipwell-Larkin who has added Deep Oscillation to Treatments**

### **How did you hear about DEEP OSCILLATION®? What prompted you to buy?**

"I first saw Deep Oscillation at BLS conference in Birmingham. I was suffering with a neck injury at the time and had a treatment which reduced the pain significantly. I have since had other deep oscillation treatments for foot injury when running the London Marathon in 2016"

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

"Really enjoy dealing with PhysioPod, both Julie and Mary are so friendly, efficient and helpful even with random and complicated questions. I love that they are always looking to share the latest clinical findings and educate us all. They are incredibly supportive too. Bravo ladies, keep up the great work!"



### Unlock Healing Power Of Deep Oscillation: Transform Your Practice Today



**Are you looking to elevate your skills and offer your clients an innovative, effective therapy that goes beyond traditional methods? We're excited to introduce you to Deep Oscillation Therapy – an advanced treatment that could revolutionise your practice and enhance the healing journeys of your clients.**

## Self-care for Healthcare

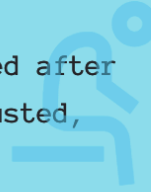
Dedicated healthcare professionals put patients first, but quite often, that can result in burnout for them.

Self-care in healthcare is the topic of this newest [HCPC article](#). Burnout symptoms, mental and physical health, and self-care advice for therapists are discussed. We created this graphic as a reminder of the information in the article which is a **MUST READ**. Perhaps you recognise these red flags in your behaviour or that of a loved one?

# Recognising Burnout in Therapists

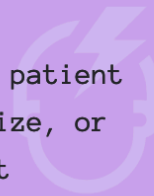
## 1. Physical Fatigue:

If you're consistently drained after work or wake up already exhausted, that's a big red flag.



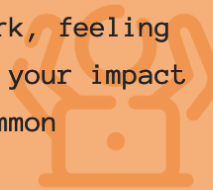
## 2. Emotional Exhaustion

You might feel overwhelmed by patient needs, find it hard to empathize, or feel indifferent about patient outcomes.



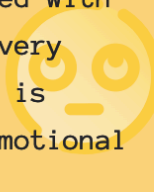
## 3. Decreased Job Satisfaction

Losing passion for your work, feeling disillusioned, or doubting your impact on patient recovery are common indicators.



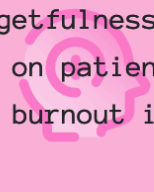
## 4. Increased Irritability or Frustration

If you're frequently frustrated with patients, colleagues, or recovery progress, it's a sign burnout is impacting your patience and emotional reserves.



## 5. Cognitive Strain

Difficulty concentrating, forgetfulness, or struggling to stay focused on patient care are cognitive signs that burnout is affecting your effectiveness.



## Deep Oscillation® Therapy (DOT) - Understanding and Accessing Treatment



### St George's Hospital Charity Ambassador Announcement

Congratulations, Gemma Levine!

We are thrilled to celebrate your remarkable achievement in being officially recognised by the Trustees of St George's Hospital Charity for your dedicated years of work raising awareness and funds for lymphoedema. Your unwavering commitment and passion have significantly impacted our community, and you truly deserve this honour.

[Julie Soroczyn](#) and I do not doubt that you will continue to inspire and lead the way in making a difference.

Congratulations once again on this well-deserved recognition!

Mary and Julie



PATIENT FEEDBACK

We would both like to share our experiences of using PhysioPod's 'Deep Oscillation' treatment and therapy. It has significantly contributed to our

knowledge and expertise in using this equipment and the difference it has made to us both. With this, we are truly grateful.



Let me explain. I had an accident in February 2024, where I slipped on three mossy steps. As a result of my trauma, I had an ORIF olecranon fracture. I broke my right elbow very badly and in several pieces; in other words, I was told by my very good, one of the best consultants who fixed it, 'You did a right proper job' and 'It will never be straight'. Afterwards, I underwent surgery to realign the bones, resulting in a pinned, screwed, and plated structure. Unfortunately, due to my injury, I could not straighten my elbow. I had to put in a significant amount of effort to improve my range of motion and movement, wrist pronation, extension and supination, passive flexion, and elbow extension—all the simple tasks that a right-handed person would take for granted, such as reaching up to grab something from a cupboard, eating with a fork and drinking from a cup or glass, or plaiting or brushing my hair.

Julie very kindly and immediately, without any hesitation, sent me her own unit (we have been friends since our teenage years) up to Scotland to use to help with the healing, bruising, swelling process, and subsequently lots of physio exercises that continue to this day. No pain, no gain.

[READ FULL ARTICLE](#)

## The Unique Innervation of Facial Skin: Why MLD Facials are So Good.

Written by Diane Lacey, Dr Vodder Instructor

This excellent article explores facial skin and how it works in things like blushing and showing emotion. It talks about how the unique nerve structure of the face, which includes links to the autonomic nervous system and why manual lymphatic drainage (MLD) treatments are so effective.

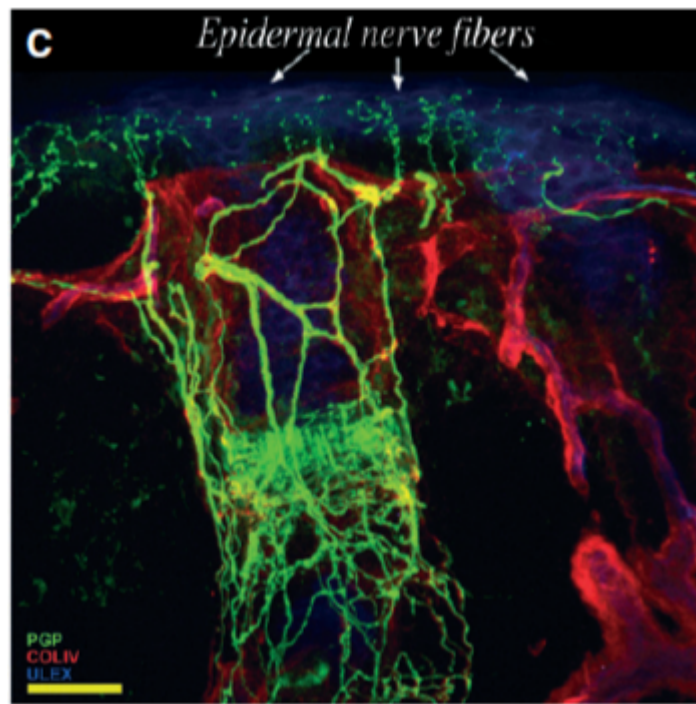


Image from Nolano et al, Fig 4 (C) High density of epidermal nerve fibers.

[READ FULL ARTICLE](#)

Three Ways to Improve Winter Life for Seniors Living With Reduced Mobility and Chronic Conditions

[Listen on Audio](#)

As the weather gets colder and winter starts creeping in, so do coughs, colds, and the seasonal flu. It's difficult for many people to stay warm and well during winter, but taking care of yourself can feel significantly harder if you are a senior with reduced mobility.

As well as downloading the Self Care Forum Factsheets on [common colds in adults](#), [coughs](#), [winter illness](#) and [winter wellness](#) to help you through the colder months, we are looking at three additional ways you can make those winter months more comfortable and manageable.

[READ FULL ARTICLE](#)

THE LIPEDEMA FOUNDATION PHOTO STORIES

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The Lipedema Foundation photo stories explore Lipedema's many forms, bodily areas, and stages. The Lipedema Foundation promote awareness, education, and representation with over 500 pictures and rising.

Many clinicians say their high-quality photographs help them grasp the illness. The Lipedema Foundation are very grateful to their community members for their valuable efforts.

## [VISIT THE LIPEDEMA FOUNDATION PHOTO STORIES](#)

Evaluation of the use of Deep Oscillation Therapy (DOT) in the management of breast cancer related breast oedema in GM



Greater Manchester  
Cancer Alliance



Salford Care Organisation  
Northern Care Alliance  
NHS Foundation Trust

## Evaluation of the use of Deep Oscillation Therapy (DOT) in the management of breast cancer related breast oedema in GM

Karen Pidlyskj and Emma Hamilton

Salford Care Organisation – Macmillan Specialist Breast Care Physiotherapy Service

### Background and aims:

- Breast oedema is historically difficult to treat, under reported and diagnosed. Verbelen et al (2021) identify that breast oedema is far less explored in the literature compared to lymphoedema of the arm, although is gaining relevance due to increase in patients receiving breast conserving surgery with adjuvant radiotherapy
- Delay et al (2008) characterises breast oedema as; *thickening of the skin, visible oedema, asymmetry, peau d'orange, heaviness and pain*
- Patient quote: **"Breast oedema is very painful and uncomfortable and the orange peel texture of the breast is worrying. There is no relief from this discomfort and it affects your daily living, restricts things you do, disturbs sleep and comfort even in bed. I couldn't even cope with a hug"**
- Clinically treatment modalities include: Manual lymphatic Drainage (MLD) compression bras, Kinesiology tape and lymph pad
- Our Service expansion led to exposure and training utilising Deep Oscillation Therapy and following a successful bid for a Macmillan grant a machine was purchased

### What is deep oscillation therapy?

- A therapeutically beneficial electrostatic field is created in the tissue segment undergoing treatment
  - As the vinyl gloved hands glide over tissue, layers are attracted and released up to 250 per second (250 Hz)
  - Pain is significantly reduced and inflammation suppressed
  - Where present, fibrosis is tackled effectively, limbs feel lighter and mobility is enhanced
- [www.PhysioPod.co.uk](http://www.PhysioPod.co.uk)

### Method:

- A service evaluation conducted at Salford Care Organisation, patients were identified by clinicians in the Specialist Breast Care Physiotherapy Service
- All patients had a previous diagnosis of breast cancer and had been referred for breast oedema management

### Results:

- Of the 22 patients with breast oedema treated during a 12 month period of Feb 23-24 all underwent axillary surgery – 10 SNB 12 ANC
- 8 had post op seromas
- All had radiotherapy
- All presented with peau d'orange
- Average number of treatment session was 9
- 14 had complete resolution of swelling, 5 had small residual area in inner quadrant and 3 are having ongoing treatment

### Conclusion:

- DOT therapy is a useful tool in the management and reduction of breast oedema in patients with breast cancer related swelling, Jahr et al 2008
- Patient quote: **"this treatment is soothing and improving the problem is truly amazing and when I have had my treatment I feel on top of the world. The treatment is a pure tonic for me and is helping me feel motivated and positive"**



#### References:

1. Verbelen et al, 2021 Breast edema, from diagnosis to treatment: state of the art Archives of physiotherapy 11:8
2. Delay et al, 2008 Post-treatment sequelae after breast cancer conservative surgery Ann Chir Plast Esthet 53(2): 135-52
3. Jahr et al, 2008 Effect of treatment with low-intensity and extremely low-frequency electrostatic fields (Deep Oscillation) on breast tissue and pain in patients with secondary breast lymphoedema Journal of rehabilitation medicine 40:8

Restore Scar Therapy - Course Information for 2025

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**injuries or surgeries; they can profoundly impact a person's physical health and emotional well-being. Whether you are a seasoned practitioner or new to the field, check out the Restore Scar Therapy information and course dates for 2025. If you are already a Deep Oscillation Practitioner and get scar therapy accreditation too, we are happy to add you on to our Scar Therapist Map.**



**[READ ARTICLE AND CHECK COURSE DATES](#)**

**Beyond cancer treatment: dermo-aesthetic and other wellness recommendations for breast cancer patients -  
Published in Clinical and Translational Oncology**

**PhysioPod® UK were delighted to read this 2024 comprehensive review today published in Clinical and Translational Oncology, which acknowledges Deep Oscillation in Scar Management.**

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## NEW 2024 COMPREHENSIVE REVIEW



Falcón González, A., Gallegos Sancho, M.I., González Flores, E. et al.  
**Beyond cancer treatment: dermo-aesthetic and other wellness recommendations for breast cancer patients.**

# “

## ON SCAR TREATMENT

.....DEEP OSCILLATION® (or HIVAMAT®) uses low-intensity electrostatic fields to relieve pain, reduce inflammation, and promote lymphatic drainage, benefiting cicatrization.

Clin Transl Oncol (2024).  
<https://doi.org/10.1007/s12094-024-03636-9>

[READ FULL ARTICLE](#)

The Efficacy of Deep Oscillation on Head and Neck Squamous Cell Carcinoma Cancer Patients

Ten-Wei He, Shih-Chung Lin (2024) Formosan Journal of Physical Therapy - The Efficacy of Deep Oscillation on Head and Neck Squamous Cell Carcinoma Cancer Patients 49(2), 138-139  
<https://doi.org/10.6215/FJPT.202406.P40>



## Background and Purpose:

Deep Oscillation (DO) is an apparatus that is believed to produce an electrostatic field to create therapeutic vibrations within body tissues, which may improve blood and lymph flow, and help to break down fibrotic tissue. DO has been used in our hospital to treat Head and Neck Squamous Cell Carcinoma (HNSCC) patients for a long time. The aim of this study is to explore the efficacy of the DO therapy on HNSCC patients.

## Methods:

Six patients diagnosed with HNSCC who received physical therapy after surgery, radiation or/ and chemotherapy between February 1, 2023, and November 30, 2023, were evaluated. Their physical therapy modality combinations may vary from session to session according to different recovery conditions and their responses to each modality, but DO, far-infrared ray, low power laser, and transcutaneous electrical nerve stimulation were mostly included. During these treatment sessions, these patients' responses to DO reported to therapists were examined, and the frequency of DO used during the entire study period were recorded.

## Results:

Of 6 patients recorded, 4 reported "relaxed" during and after DO treatment, 1 reported "muscle relaxed", and 1 lost to follow up. 3 out of 6 patients continued treatment more than 3 months, and 5 patients kept DO treatment throughout the course whatever combinations of modalities changed.

## Conclusions:

This study confirms the efficacy of DO on HNSCC patients by examining their subjective experiences during and after treatment. Furthermore, its long standing component of the treatment combination suggested that patients with HNSCC rely on DO as a long term physical therapy modality treatment.

**Clinical Relevance:** The result of this study can be applied on physical therapy modality selection for HNSCC patients, particularly in the long-term use to relax radiogenic fibrosis tissue.

## Treatment of back pain after hip arthroplasty, using DEEP OSCILLATION®

### TREATMENT OF BACK PAIN AFTER HIP ARTHROPLASTY, USING DEEP OSCILLATION

Mikhael Gorshkov 1, Nugzar Elizbarashvili 2, Lukhum Chanturia 3, Otari Gaphrindashvili 4, Iamze Taboridze 5

#### ABSTRACT

**Objective:** Deep Oscillation® is an electromechanical procedure with deep therapy that allow to create a pulsed electrostatic field between the hand applicator and the processing better tissue nutrition, enhanced cellular metabolism, faster healing. The purpose of this work is to assessment of the outcome of the treatment of spinal pain after hip arthroplasty using Deep oscillation

**Methods:** The study included 85 patients between the ages of 40 and 75 who were referred to the Arena 2 Rehabilitation Center for post hip joint arthroplasty spine pain, including 57 women and 28 men. Patients physical modalities: complex rehabilitation programme including deep oscillation (DO -fibromyalgia programme) and kinesitherapy - active analytic exercises (including isometric exercises) and soft tissue techniques (post-isometric relaxation, stretching of the lumbar fascia, manual massage). Spinal condition was assessed before treatment after treatment using the Modified Oswestry Disability Index (ODI).

**Results:** Mean value of points before treatment - 3.35±1.1, after treatment - 1.36±0.79. p<0.001 Oswestry Disability Index -67% and 27.2% respectively.

**Conclusion:** After total endoprosthesis, there is a change in biomechanics and a shift in the center of gravity, which causes a change in the position of the spine and pain, so we definitely consider the spine examination and adequate rehabilitation and treatment in the post hip joint arthroplasty period. Involvement in the deep spine's treatment method reduces pain and improves the patient's quality of life, improve function and return-to-work status.

**Keywords:** deep oscillation, hip arthroplasty, back pain.



[DOWNLOAD PDF - pages 35 and 36](#)

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## Mosaicplasty and Bone Marrow Aspiration Concentrate (BMAC) Augmentation

### New Study on Knee Chondral Defects

This research investigates the effectiveness of different treatment strategies for chondral defects in the knee, a condition known for its poor self-healing and significant impact on mobility. By conducting a randomized controlled trial with 37 patients, the study evaluates outcomes from mosaicplasty combined with BMAC (Bone Marrow Aspiration Concentrate) augmentation versus mosaicplasty alone, along with varying rehabilitation protocols (6-week vs. 12-week).

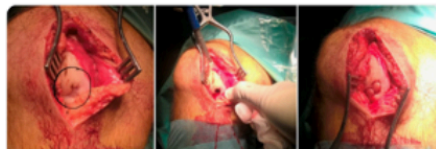
#### 🔍 Key Findings:

- Patients receiving the combination of mosaicplasty and BMAC, followed by a 12-week rehabilitation program, reported significantly better pain relief and improved knee function than those without BMAC augmentation or those in shorter rehab programs.
- Enhanced outcomes were observed in areas such as knee range of motion and overall function as assessed by the WOMAC scale.

This study underscores the importance of comprehensive treatment strategies in promoting healing and restoring mobility for individuals suffering from knee injuries.

#ChondralDefects #MosaicPlasty  
 #BoneMarrowAspirateConcentrate #rehabilitation  
 #CartilageRepair #TherapyInnovations  
 #DeepOscillation #IonosonExpert #CryoTherapy

### Special Issue Musculoskeletal Regenerative Medicine



A New Approach to Postoperative Rehabilitation following Mosaicplasty and Bone Marrow Aspiration Concentrate (BMAC) Augmentation  
 mdpi.com

Gherghel, R.; Onu, I.; Jordan, D.A.; Antohe, B.A.; Rezus, I.-I.; Alexa, O.; Macovei, L.A.; Rezus, E. A New Approach to Postoperative Rehabilitation following Mosaicplasty and Bone Marrow Aspiration Concentrate (BMAC) Augmentation. *Biomedicines* 2024, 12, 1164. <https://doi.org/10.3390/biomedicines12061164>

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PhysioPod® also shows patients/supportive others/carers, where appropriate, how to use Deep Oscillation in self-treatment via the DEEP OSCILLATION® Personal Basic at home and abroad (where in-flight gravity and cabin pressure can increase swelling).

### **This article covers:**

1. What is Deep Oscillation?
2. Self-care feedback with the Deep Oscillation Personal Basic
3. Clinical evidence supporting the use of Deep Oscillation
4. Tips for Self-Care of Leg Lymphoedema from Catherine Groom, Specialist Lymphoedema Practitioner
5. Link to [L-W-O Community](#) for patient focussed, practical and emotional support in primary and secondary lymphoedema (Gaynor Leech of LWO Community was recently awarded the Pif-Tick for trusted healthcare information)

[\*\*READ FULL ARTICLE\*\*](#)

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THE DIVE JOURNAL - THE COMPLETE EXPERIENCE

**Mary Fickling's Godson Daniel Lipton is the author**

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White underwater. You can get them on Amazon, link in the heading. Mary.



Finis Duo Underwater  
Bone Conduction MP3  
Player,  
Black/Acid Green

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Mary and Julie's lovely Niece, Rachel Mahon



with high-quality materials, the cover is printed on thick 350gsm matt card, while the inside pages use 250gsm uncoated matt paper, perfect for writing without smudging. The calendar's spacious grid format, starting on a Monday, offers plenty of room for planning. For the super organised, 2026 dates are included at the back. - Rachel"



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## A Christmas Message from Mary and Julie



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