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Sunday, 1st June 2025

Welcome to our latest PhysioPod® UK Newsmagazine edition!

There is a wealth of positive news and important information to share with you. In fact, there was so much to report for Lipoedema Awareness Month that we felt it warranted its own special newsmagazine edition. With contributions from Dr Vasu Karri, Dr Johanna Schreiber, Jane Wigg, Bel Hardman, Zoe and much more....This dedicated Lipoedema Special Issue should already have been in your inbox at 7am, but if you haven't seen it yet, [please click here to read it.](#)

In this edition of our general newsmagazine, we bring you a wealth of updates and inspiring stories. We are incredibly honoured to feature a special guest interview with Richard Whitehead, MBE, a Paralympic Gold Medallist, Marathon Runner, and passionate champion of diversity and inclusion. Richard discusses his ambitious challenge to complete 20 marathons globally this year, driven by a powerful message about true inclusivity and ensuring disabled individuals have the same platform and access as able-bodied people. Gavin Neate, founder of WelcoMe, narrates Richard's interview. Our regular readers will know that [WelcoMe](#) is a service which empowers disabled people and service teams by reducing anxiety and increasing confidence in their face-to-face interactions.

Awareness and support are recurring themes in this issue. We recap highlights from Gemma Levine FRSA's glamorous evening at Claridges, which successfully raised funds and awareness for lymphoedema for St George's Hospital Charity. For individuals living with chronic conditions such as lymphoedema, Gaynor Leech offers helpful suggestions for planning travel. Dean Attwood explores the importance of solitude for mental well-being and we provide a guide for supporting the independence of the elderly. You can also read inspiring stories of perseverance, such as Fiona (Fee) Stevenson's journey of adapting to carriage driving and finding joy and confidence.

numerous new therapists who have recently incorporated DEEP OSCILLATION® into their offerings. These include:

- Susannah Cogger at CancerCare and Kendall Massage Therapy
- Carole Caplin and Rachel Henry at Cool Health
- Joanne Kitchener, Crystal Vitality in Northampton
- Sarah Barron in Co. Wexford
- Tracey Grimes in Co Tipperary, who describes PhysioPod UK as excellent, professional, and very helpful. We like that!
- Kathryn O'Meara in Dublin
- Sue Bartle in Darlington
- The Team at Renew Medispa in Ormskirk

We also share powerful testimonials from patients who have found independence and relief from lymphoedema by using the PhysioPod® Deep Oscillation device at home.

Education and research continue to deepen our understanding of DEEP OSCILLATION®. We highlight published research, including its use as an adjunct in sarcopenia management and results in patients with orthopaedic implants.

Did you know that DEEP OSCILLATION® has now reached 27 study areas? Professional publications like the Acupuncture Association of Chartered Physiotherapists (AACCP) Journal and Lymphline are also featuring the therapy in articles.

Our coverage also extends to the health and welfare of animals. Look out for a fantastic four-page article titled 'Unleashing HEALING: The DEEP OSCILLATION® POWER Revolution for Horses & Hounds' in the upcoming Animal Therapy Magazine, which will be released on Friday, 13th June. We're also introducing PetLink Magazine, a recently launched digital publication that aims to bridge the gap between medical and behavioural care for pets and their owners by providing accessible, evidence-based content.

Finally, we were so pleased to receive a nomination for the BBC Make a Difference Awards 2025 – thank you to whoever made that possible! We will know the outcome on September 2. I'm (Mary) hazarding a guess that's it's for Julie. It's hugely deserved if it is.

We hope you enjoy exploring the diverse and inspiring content within this newsmagazine edition.

With love,

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Sister and Directors, [PhysioPod® UK](#) and [PhysioEquipment](#)



Exclusive UK/Ireland Distributors and Trainers for DEEP OSCILLATION®



LIPOEDEMA AWARENESS MONTH

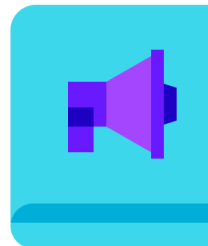
There is so much to report, we thought it warranted it's own special newsmagazine. This should already be in your inbox but if not [click here to read...](#)

PHYSIOPOD® UK NEWSMAGAZINE

**INTERVIEWS
RESEARCH
A 12 MONTH SURGERY JOURNEY
MOUNJARO REVIEW
TIPS FOR EMPOWERMENT
LIPOEDEMA SPECIALIST TRAINING REVIEW
DEEP OSCILLATION® and more...**

Photo credit: Judy Hudson. June 2025 Issue 38

JUNE IS LIPOEDEMA AWARENESS MONTH



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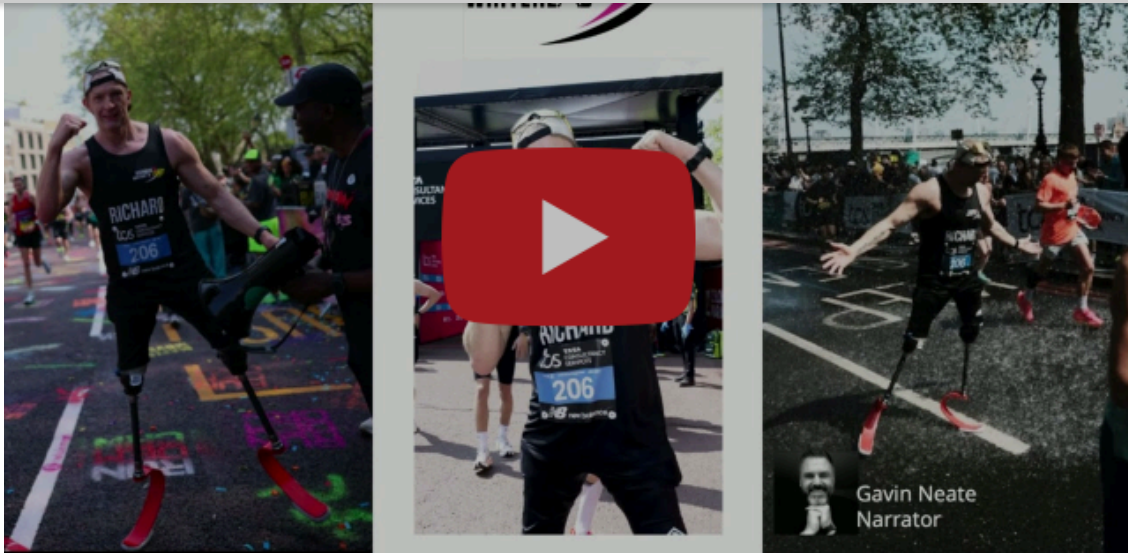
CLICK TO VIEW

SPECIAL GUEST PhysioPod® UK Interview – Richard Whitehead MBE



Richard Whitehead MBE is a Paralympic Gold Medallist, marathon runner, diversity and inclusion champion, and motivational speaker. Born and raised in Nottingham, UK, he has a double through-knee congenital amputation. His parents encouraged him to participate in sports from an early age and taught him to live a life without limits. In this interview Richard discusses his participation in the TCS London Marathon and his challenge to complete 20 marathons worldwide this year, driven by a powerful message about raising awareness of true inclusivity and the importance of disability. Richard emphasises that a disabled person should have the same platform and access as an able-bodied person.

[READ INTERVIEW](#)



YOUTUBE

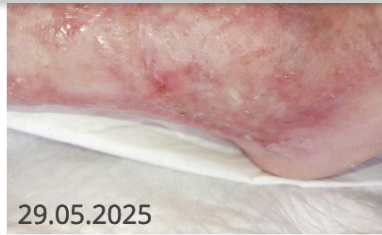
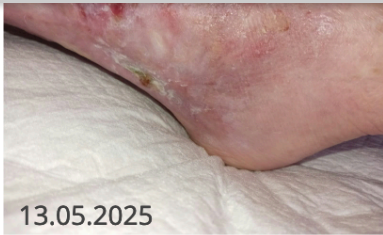
Venous Ulcer Regeneration with DEEP OSCILLATION®

In this article Bitsu Physiotherapy look at the power of extremely gentle, yet effective Deep Oscillation, reaching all tissue layers, offering a non-invasive, non-traumatic path to dramatically speeding up venous ulcer healing.

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Bitsú Fisioterapia



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ARTICLE LINK

**BBC MAKE A DIFFERENCE AWARDS 2025 -
PHYSIOPOD® HAVE BEEN NOMINATED**

**So lovely to get this! Thank you folks! We will
know in September :-)**



Gemma Levine FRSA Recollects - "A Glamorous Evening at Claridges Raising Funds and Awareness for Lymphoedema for St George's Hospital Charity"

"On Monday 19th May I created and therefore hosted, a glamorous evening at Claridges in order to raise funds and awareness for Lymphoedema, for St George's Hospital Charity..."



St George's
Hospital
Charity

Gemma Levine FRSA - Ambassador to St George's Hospital Charity

READ RECOLLECTION



As always, it was such a pleasure to sit with **Karen Friett**, Chief Executive of the **Lymphoedema Support Network** at Gemma's wonderful do at **Claridges**. I also got to meet [Dr. Katherine Wang, Ph.D](#) - a Scientist and engineer with a passion for research and designing solutions for under-met medical needs. I look forward to speaking to Katherine again soon and to meeting up with Karen later in September, at the LSN Patient Support meeting in London.

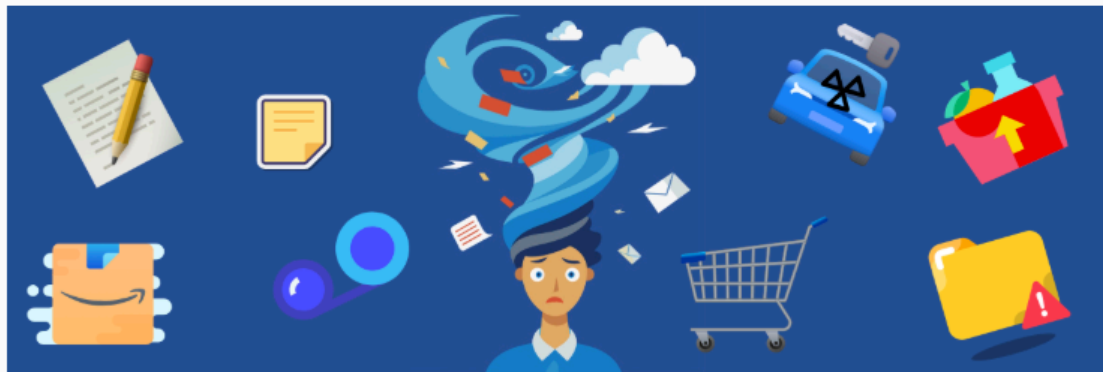
The Importance of Solitude for a Healthy Mind By Dean Attwood

"The never-ending notification demands, voice notes, sticky notes, voice mails, emails, lists, jobs, post, delivery's, bills, calls, calls about lowering your bills, calls about having changed your bills, to lower them and now you have been charged twice!..."



Dean Attwood
COACHING

Integral
Workplace Wellness



[ARTICLE LINK](#)

ANIMAL THERAPY MAGAZINE: Elevating education in animal health & welfare

June entitled:

Unleashing HEALING The DEEP OSCILLATION® POWER Revolution for Horses & Hounds



Issue 35 release date is Friday the 13th June

Animal Therapy Magazine is one of a kind, written by professionals for professionals and owners. This quarterly publication's aim is to inform animal care professionals and owners about current and pioneering treatments, research, share case studies, tried and tested techniques, products, CPD and education opportunities, keeping you at the forefront of advances in animal health and welfare.

SUBSCRIBE NOW

Lymphoedema Travel By CYNTHIA LECHE, Founder of LWO Community and Lymphoedema Expert Patient Advocate



L-W-O Community
Primary, Secondary & Paediatric
Lymphoedema
Online & in the Community
Promoting Lymphatic Health &
Community Engagement



"When you live with lymphoedema or another chronic condition, you should plan your travel as far ahead of time as possible, whether it's for pleasure or business, a quick stopover, or a long vacation..."



ARTICLE LINK

GREAT NEWS FOR KENDALL & LANCS

Welcome Susannah! It's a pleasure to have you on board.



Turning Things Around - Fiona (Fee) Stevenson Awarded Second Place in RDA Creative Writing Competition 2025

Fee shares her deeply personal journey at the Cavalier Centre, recounting the challenges and raw emotions of accepting that physical horse riding was no longer possible. However, by adapting and embracing carriage driving, supported by encouraging volunteers, Fee found joy, built confidence, and made great progress.



[ARTICLE LINK](#)

**PRIMARY SARCOPENIA RESEARCH
PUBLISHED 6TH APRIL 2025**

**Deep Oscillation as an adjunct in Sarcopenia management
(age related progressive loss of skeletal muscle mass,
strength, and function)**

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80 Female Participants 65+ PRIMARY SARCOPENIA

Vladutu, Bianca Maria, Daniela Matei, Anca Maria Amzolini, Constantin Kamal, and Magdalena Rodica Traistaru. 2025.

"A Prospective Controlled Study on the Longitudinal Effects of Rehabilitation in Older Women with Primary Sarcopenia"



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to prepare skeletal muscles for the kinesiotherapy program, enhance local metabolism, reduce muscle stiffness, and improve muscle function



Life 15, no. 4: 609. <https://doi.org/10.3390/life15040609>

After six months, the Study Group, which included deep oscillation as an adjunct, demonstrated significant improvements in physical performance, as measured by the SPPB (Short Physical Performance Battery), and in health-related quality of life (SarQoL questionnaire), across most domains, including physical and mental health, locomotion, functionality, and fears.

ARTICLE LINK

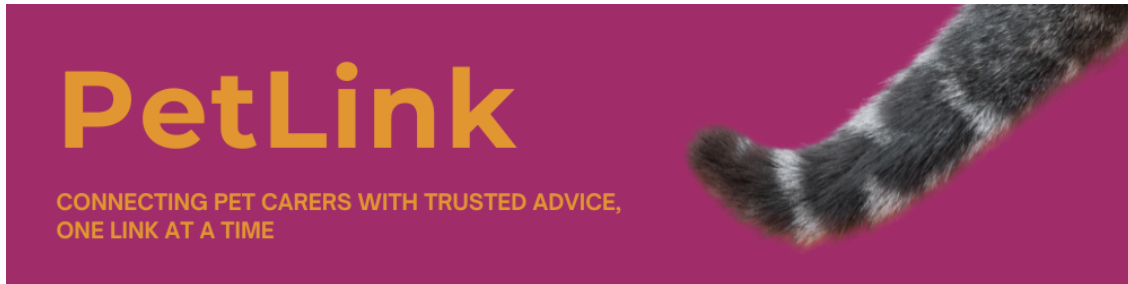
Top Tips for Starting a No-Equipment Workout Regime by George Bourne



[ARTICLE LINK](#)

A super new read and free subscription too

....



[Lacey Quinn Daniels](#)

Founder and Registered Veterinary Nurse

PetLink Magazine aims to bridge the gap between the medical and behavioural care for pets and their people.

PetLink Magazine is a newly launched digital publication dedicated to bridging the gap between medical and behavioural care for pets and their owners. Founded by a registered veterinary nurse, the magazine is driven by a passion for providing accessible, evidence-based content that helps to cut through misinformation and social noise.

Recognizing the challenges of finding reliable and ethical pet-related advice online, PetLink Magazine seeks to bring more voices to the conversation, collectively working toward positive changes in animal welfare. Readers can explore the publication, submit article pitches, and subscribe for free by visiting link below.

[Take a look at April's magazine here, Gavin Neate also features in this.](#)

[FREE PETLINK MAG](#)

NEW STUDY ORTHOPAEDICS

The study shows that deep oscillation therapy can help people recover from arthroplasty and doesn't cause problems with metal implants.

The study's findings indicate a significant improvement in reducing girth measurements and pain, increasing range of motion, and decreasing contracture and how important it is to combine new surgical technologies with healing physical therapy techniques.

In particular, it shows how deep oscillation therapy can speed up recovery by restoring flexibility, improving tissue function, and increasing local blood flow.

This work contributes to the growing understanding of effective postoperative care strategies in orthopaedic surgery.

NEW STUDY Orthopaedics

Ivanov S, Vladeva E, Panayotova-Ovcharova L, Petkov P, Nedyalkova-Petkova D.

Navigated Total Knee Replacement - Our Physiotherapy Experience in the Early Postoperative Period.

J of IMAB. 2025
Jan-Mar;31(1):5998-6003. [Crossref-10.5272/jimab.2025311.5989]



ARTICLE LINK

SUPER NEWS FOR NORTHAMPTON!

[Joanne Kitchener](#) of [Crystal Vitality](#) has added DEEP OSCILLATION® to her treatments. Now it's a firm client favourite in her beautiful clinic in Northampton.

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[THERAPIST MAP LINK](#)

[GOOD VIBRATIONS: DEEP OSCILLATION®
IN LSN LYMPHLINE SPRING ISSUE](#)

ADVERTORIAL

Good vibrations

Mary Fickling from PhysioPod talks about the benefits of deep oscillation therapy

Deep oscillation, also known as Hivamat therapy, is a clinically proven and internationally patented electrostatic field therapy that originated in Germany in 1988.

It was created to enhance lymphatic drainage and has been employed in several NHS and HSE Lymphoedema Services since 2007.

It is widely used by private lymphoedema practitioners and is available for home management. It is suitable for individuals of all ages, from infants to the elderly.

How deep oscillation works

Deep oscillation refers to an electromechanical therapy method in which electrostatic attraction and friction, produced by the use of vinyl gloves or hand-held applicators, create resonance vibrations in the treated tissue to a depth of 8cm.

In contrast to other forms of therapy, these vibrations have an extremely gentle and deep-acting effect on all tissue components, permeating skin, connective tissue, subcutaneous fatty tissue, muscles, blood and lymph vessels. Because of its non-invasive, non-traumatic nature, it can be applied very early: following injury and from day one post-operatively, in acute pain, and in wound healing.

Clinical effects

- Strong pain-alleviating potential. This applies to acute traumatic as well as to chronic pain conditions
- Anti-inflammatory effect
- Prevention and reduction of secondary and primary lymphoedema, as well as reduction of oedema in lipoedema
- Prevention of fibrotic remodelling processes, reduction of fibrosis
- Muscle relaxation, mobilisation, functional improvement and improved range of movement
- Support of wound healing processes
- Normalisation of haemodynamic parameters of the skin, correction of aesthetic-neurotic problems

and influence on biological ageing through preventative effects on premature ageing

- Accelerated recovery after intensive physical workout
- Decongestion and functional improvement in obstructive pulmonary conditions

Application

During therapy, the patient holds a titanium contact element between the fingers (or placed between their toes, if appropriate). The therapeutic effect of deep oscillation is created under the therapist's vinyl gloved hands (or the patient's partner/supportive other can also apply). Special deep oscillator applicators of 1.5 cm, 5 cm and 9.5 cm diameter are used in self-care or they can be used as an alternative way to apply the therapy by the therapist.

Advantages

Effective Lymphatic Drainage: Deep oscillation enhances the body's natural lymphatic function. By assisting in the drainage of excess lymph fluid, patients often experience a noticeable reduction in swelling and a softening of fibrosis. Moving lymph helps the body to maintain a robust immune response.

Pain Management: Many users report reduced pain levels after treatment. The gentle oscillation helps release tension in muscles and connective tissues.

Convenience and Accessibility: Portable devices allow patients to administer treatment in the comfort of their own homes or when on holiday abroad. The unit is lightweight and can be taken as hand luggage on flights or on long car or train journeys. This option makes it easier for individuals to adhere to their treatment schedules and manage their symptoms proactively.



Enhanced Quality of Life: Regular use of deep oscillation therapy can contribute to less swelling, improved skin condition, enhancing mobility and function, enabling patients to engage more freely in daily activities.

Contraindications

Contraindications also apply to the person applying deep oscillation through gloved hands. Please note, deep oscillation can be safely applied over implanted pins/plates, prosthesis and breast implants.

Professional support

For those wishing to pursue deep oscillation therapy through professional care, resources like the PhysioPod Therapist Map provide an excellent way for patients to find local therapists trained in this technique and allow patients to find out whether it is effective for them before investing in a personal device.

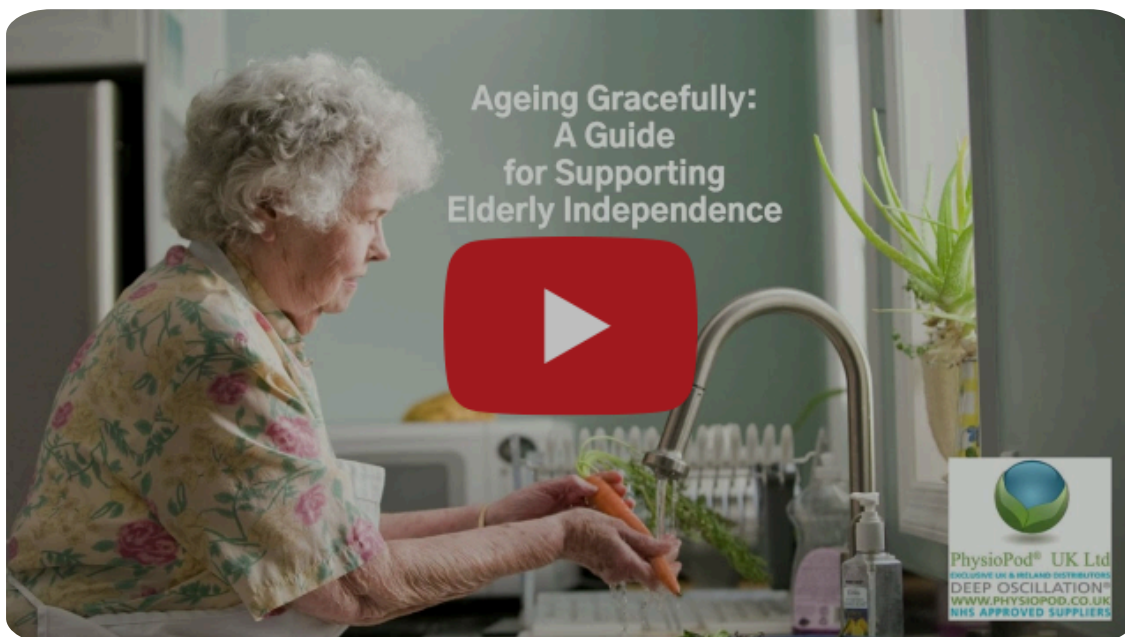
More Information

For more information and to find a therapist near you, contact Julie Soroczyn and Mary Fickling at PhysioPod® UK Limited at office **01159 167 685**, email info@physiopod.co.uk.

ARTICLE LINK

Ageing Gracefully: A Guide for Supporting Elderly Independence

As our loved ones grow older, it's natural to worry about their ability to support themselves. They, too, may start to feel more vulnerable and lean on family and friends for assistance. Take a listen below to our guide by Lucy Monroe.



[ARTICLE LINK](#)

LONG TERM REHABILITATION RESULTS IN PATIENTS WITH ORTHOPEDIC IMPLANTS OF THE UPPER AND LOWER EXTREMITIES.

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RESEARCH
NEWS

LONG TERM REHABILITATION RESULTS IN PATIENTS
WITH ORTHOPEDIC IMPLANTS OF THE UPPER AND
LOWER EXTREMITIES.

14th SEEC CONFERENCE
ON INFECTIONS AND CANCER

Ohrid, North Macedonia • October 3rd to 6th, 2024

240 patients aged 20 to 80 years with orthopedic implants who meet the inclusion criteria. All enrolled patients were randomly assigned to treatment groups using an online generated randomization sequence.

ABSTRACT

In the last 5 decades, with the improvement of surgical treatment, patients with orthopedic implants need long-term rehabilitation. A major problem of early rehabilitation is that many physiotherapy modalities are unsuitable for patients with metal implants due to contraindications.

Purpose: The aim of the present study is to analyze and compare the effects of application of physical therapy modalities in patients with orthopedic implants of upper and lower extremity.

Material/Methods: The contingent of the study were 240 patients with orthopedic implants who meet the inclusion criteria. We used four methods to track the signs at five different periods for patients. Patients were divided initially into groups according to the anatomical area where the implant was placed and the joint contracture. Patients from each group were randomly assigned to one of two treatment groups - kinesitherapy and Multiwave Locked System (MLS) laser treatment or kinesitherapy and deep oscillation treatment. **Results:** Patients in the eight treatment groups have both short-term and long-term improvement of functional status and level of pain questionnaires, centimeters at the four moments for each research joint, goniometry of each research joint and spontaneous pain in the VAS. The comparative analysis between the two therapeutic programs did not report a statistically significant difference in one of the methods. **Conclusions:** When it comes to public health, Deep Oscillation and MLS laser therapy can significantly impact treating symptoms in patients with orthopedic implants in their upper and lower limbs. This can lead to a shorter period of forced rest and help prevent complications from operative treatment. It is recommended that longer-term results be followed to establish the statistically significant superiority of one of the complex therapies we applied.

Keywords: orthopedic implants, kinesitherapy, Deep Oscillation Therapy, Multiwave Locked System laser

CONCLUSION

When it comes to public health, Deep Oscillation and MLS laser therapy can significantly impact treating symptoms in patients with orthopedic implants in their upper and lower limbs. This can lead to a shorter period of forced rest and help prevent complications from operative treatment.

It is recommended that longer-term results be followed to establish the statistically significant superiority of one of the complex therapies we applied.

ARTICLE LINK

DID YOU KNOW - DEEP OSCILLATION® HAS NOW REACHED 27 STUDY AREAS?



YOUTUBE

COOL HEALTH TAKE ON DEEP OSCILLATION®

Carole Caplin and Rachel Henry are the driving forces behind [Cool Health Ltd](#). With over 50 years of combined experience in the health and fitness industry, their partnership was founded in 2020 following their meeting at a central London clinic in 2017. Emma Holly introduced the team to Deep Oscillation therapy and Carole, Rachel, and the clients loved it.



THERAPIST MAP LINK

**DEEP OSCILLATION® in Acupuncture
Association of Chartered Physiotherapists**



DEEP OSCILLATION®

Protecting the hands of new and experienced physios from wear and tear



DEEP OSCILLATION®

"I visited Cathrine after an operation to remove a tumour from my breast. She uses a gentle but very effective therapy called Deep Oscillation which massages deep under the skin and into scar tissues and constricted muscles or tendons. The effects are immediate and literally you can feel your body breathing a sigh of relief. I've since visited for other niggling problems that I have. Her knowledge of the body, her massaging techniques and the use of Deep Oscillation, immediately help to relieve my symptoms. When you leave Cathrine, it's with a glowing sense of Well Being" ... Anne

DEEP OSCILLATION® Personal Pro, £4650, including VAT, delivery and Zoom training

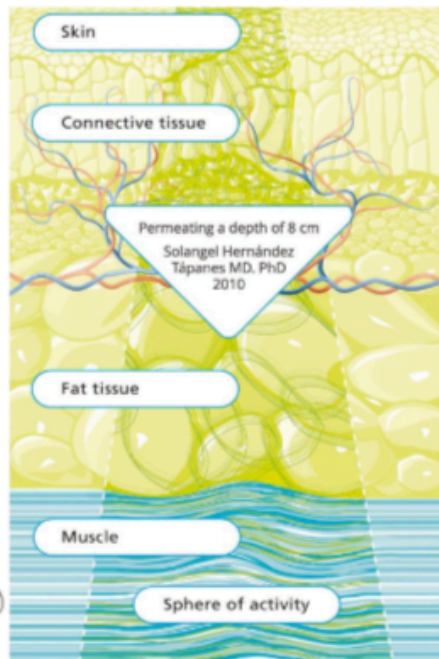
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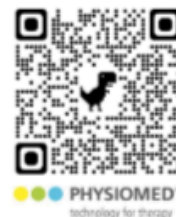
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DEEP OSCILLATION® IN CO WEXFORD!

[Sarah Barron](#)

**RGN, Aesthetics Nurse, LTA Fill & Flush and
Lymphoedema & Lipoedema Practitioner**

Welcome aboard!

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Lymphoedema Patients Gain Independence and Relief with PhysioPod® Deep Oscillation Device

A recent testimonial shared on YouTube highlights the transformative benefits of the PhysioPod®, a personal Deep Oscillation device, for individuals managing lymphoedema, particularly breast oedema following radiotherapy.



DEEP OSCILLATION® IN CO TIPPERARY!

Tracey Grimes

MLD DLT Vodder and Lymphoedema Practitioner

How do you find dealing with PhysioPod® UK Limited?

Excellent , professional, not pushy, very helpful and I know if I need anything in the future, I have their support.



H
The Hideaway

THERAPIST MAP LINK

**Lymphoedema Sufferer Finds Confidence
and Relief with Deep Oscillation Home
Therapy**

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DEEP OSCILLATION® IN DUBLIN!

Kathryn O'Meara
MA (Cantab)

"Kathy's approach treats the whole person—mind, body, and soul. Grounded in science, her bespoke treatments address individual needs on physical, mental, and spiritual levels, often intuitively."

Welcome Kathy!

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[Arm Lymphoedema Taking Control with Deep Oscillation](#)

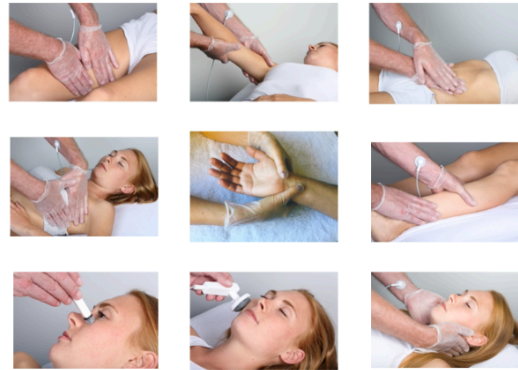


[YOUTUBE](#)

DEEP OSCILLATION® IN DARLINGTON!

Sue Bartle

Breast Care Nurse RGN



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Feedback: Head and Neck Lymphoedema and Deep Oscillation Treatment in Clinic and at Home

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DEEP OSCILLATION® IN ORMSKIRK

re:new Medispa pride themselves on their standard of treatment, level of service, and the warm, friendly environment that they are known for. DEEP OSCILLATION® treatment has been well received.

Thank you team, we look forward to working with you.

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Laura



Heather



Emma



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PhysioPod® UK To Exhibit at The Scar Symposium in November 2025

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SCAR SYMPOSIUM

Birmingham 2025



If you're a scar therapist, or a professional who has an interest in scarring, or you want to know more about scars and their impact - this is an event not to be missed!

Scar Symposium 2025 is a first-of-its-kind gathering designed exclusively for scar therapists and professionals interested in scarring, from across the UK and worldwide.

It's a welcoming space to share knowledge, explore best practice, and connect with fellow professionals who are just as passionate about advancing scar care as you are. This is a day to learn, collaborate, and grow - together.



8:30am - 4:30pm
Saturday 15th November 2025
NEC, Birmingham. B40 1NT.

SCAN ME!



Visit our website to book: www.hlp-therapy.co.uk

SEE YOU IN SEPTEMBER AND UNTIL THEN....



**It's time
for you
to shine!**

With love, Mary Fickling and Julie Soroczyn

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ltd-june-2025-regular-quarterly-
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