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1st March 2023

Good Morning and a warm welcome to the March (Issue 28) of the PhysioPod Free Digital NewsMagazine.

We are incredibly delighted to add not one, but nine, new practitioners [to our therapist map this month.](#)

A huge thank you to Vickie Maher (Essex), Elizabeth Couser (Lincoln), Yoyo Iizuka (London), Branislava Ilic (London), Tina Glynn (Surrey), Taylor Marriott and Paula Hunter (Northampton), Roslyn Bolton (Nottingham), Vivienne Moody (Paisley, Scotland). Welcome aboard, ladies! We look forward to working with you for many years to come..

Julie also trained Thelma Dunne, Karen Nash Grealley and Caoimhe Bennis at the new Summerhill Primary Care Centre, Ireland "a new specialist Lymphoedema clinic for Co Meath that has opened providing high quality, comprehensive services for all Lymphoedema and Lipoedema patients" (Health Chronicle).

Dino on Radio Nottingham and reached out to him the next day to write us a piece on this much-needed service. Patrick held down a very successful sales career whilst struggling with alcohol addiction and he is now three and a half years sober. Sophie Musgrove, his business partner, is now 1000 days alcohol-free after wanting to get out of the Mummy wine-drinking culture. They aren't the sober police and aren't anti-drinking, find out more about what they offer. Could your company benefit from their unique service?

There is some wonderful new research out this month

[#BreastReconstruction&LymphoedemaRiskReduction](#) [#LipoedemaScreening](#)
[#NewBreastCancerSweatTest](#) [#ScarsMendedByHairFollicles](#)
[#SelectiveAxillaryDissection\(SAD\)](#)

If there's one podcast you have time to listen to this month, **make it the one listed**, Kieren Burns talks to Gavin Neate about his "incredible journey in fighting the good fight" to create an equal and fairer society for all.

The question from [LWO Community](#) members this month is about ageing and the impact on Lymphoedema, which Jane Wigg answers; we also list the links to the other 12 questions that have been asked so far in this series.

Gaynor Leech, our resident guest blogger, continues to mend from her sixth cranial nerve palsy diagnosis, and she is slowly getting better. She has been able to increase her physical activity and attend regular hospital appointments, but as with all things in life, it is taking time. We miss her and send our love.

Wishing luck to our other lovely blogger, Jax, who travels overseas this month for liposuction and a lift of her upper arms affected by Lipoedema. I am positive she will tell us all about the experience in April. Safe travels Jax and wishing you a speedy recovery.

Thank you to Mark and Sarah Starr, who have provided very encouraging feedback on their use of deep oscillation so far in arthritis and post surgery knee replacement. They say it is the best investment for the clinic they have ever made.

Emma Holly has done a great Instagram live chat which we share about her new Restore Therapy Scar Courses and there is a link to existing availability too, so well worth a check on there. Also, Claire Stone, Restore Therapy Scar Tutor is looking for "lovely people with scars" to have a FREE treatment with a scar practitioner student in Nottingham in March, details included.

Wednesday, 8th March, for International Women's Day, to announce and thank, fabulous female Lymphoedema Therapists a nominated by their patients. And also, some special nominations from therapists to therapists!

And so, without further ado, because you know, I can go on!! Do have a great rest of week everyone.. and see you soon.

Kind regards and take care,



Mary Fickling and Julie Soroczyn
Sisters and Directors

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

**New Clinic Treating Lymphoedema and
Lipoedema - Co Meath**



Picture from left:

Thelma Dunne, Senior Physiotherapist, Michelle Adair, Administration Support, Karen Nash Greally CNS RNP. Lymphoedema Clinician, Sarah Lane, patient at Summerhill, Kay Morris, HSW Project Manager, Lymphoedema Services and Caoimhe Bennis, Senior Physiotherapist

Meath Chronicle

With thanks to Noelle Finegan

"A NEW specialist lymphoedema clinic for county Meath has opened in Summerhill Primary Care Centre providing high quality, comprehensive services for all lymphoedema and lipoedema patients.

Lymphoedema is a chronic, progressive condition resulting from failure of the lymphatic system to drain fluid and proteins from tissue throughout the body and return it to the circulatory system. Lymphoedema is progressive, and if not treated, will become more complex. Lipoedema is a long-term condition where there's an abnormal build-up of fat cells in the legs, thighs and buttocks, and sometimes in the arms.

The proposed 'hub' and 'spoke' model of care at the new clinic will ensure that non-complex lymphoedema/lipoedema cases are maintained in the community with an emphasis on self-care and support. Complex patients will be seen by lymphoedema therapists in the Specialist Lymphoedema Clinic based in Summerhill primary care centre within reach to appropriate acute services.....

[READ ARTICLE ON HEALTH CHRONICLE](#)



In February, Julie Soroczyn was delighted to train on zoom Thelma Dunne, Caoimhe Bennis, Senior Physiotherapists, and Karen Nash-Greally CNS RNP, Lymphoedema Clinician at The Summerhill Primary Care Centre to use their newly installed Deep Oscillation Personal Pro

**NOTTINGHAM'S MUSGROVE AND BALL
ARE THE FIRST BUSINESS IN THE UK TO
EDUCATE EMPLOYERS ON HIDDEN
ADDICTION IN THE WORKPLACE**



Musgrove and Ball



Patrick Ball and Sophie Musgrove

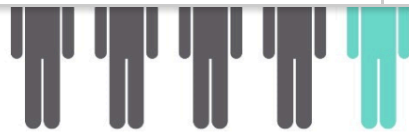
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Only 1 in 5 people get the help they need with their alcohol problem



The other 4 could be working for you.

Musgrove and Ball were founded in 2022 by Patrick Ball and Sophie Musgrove after overcoming addiction issues stemming back over 15 years. Patrick went into Rehab at the Priory Woodbourne in Birmingham for six weeks and is over three and a half years sober and clean, whilst Sophie has just gone over 1,000 days alcohol-free after wanting to get out of the Mummy wine-drinking culture.

The company was born after noticing a huge problem in the business world; organisations struggle to cope with the stigma around alcohol problems and addiction. They want to work with businesses that are wellbeing-focused and want to make positive changes to company culture and make social events more inclusive for all.



Seventeen million working days are lost in the UK due to alcohol misuse each year, and struggling employees are scared to speak out because of the fear of getting sacked. There’s also the middle-of-the-road drinkers and mummy wine-drinking culture. Although Musgrove and Ball aren’t anti-alcohol, they want to educate employees on how to have a healthy relationship with alcohol and, if it’s becoming a problem, how to knock it on the head.

inspiring real-life story - "Hiding addiction in the workplace". The presentation is tailored for the client and shows staff that their employer is approachable and support will be in place for any employee with a problem who wants help.

Industries with the biggest problem of alcohol and drug abuse



Sales 18.6%



Hospitality 17.4%



Construction 15.1%



Retail 11.6%

Patrick and Sophie’s clients include the likes of Virgin Active, IOSH and US marketing giant VMLY&R. They deliver training sessions to HR and people teams, mental health first aiders and senior leadership teams on how to spot addiction in the workplace, how to make events less alcohol centric and how to approach employees they think are struggling.

The benefits to the businesses are lowering absence rates, improving punctuality, improving productivity, and improving performance across the business, as well as having a happier and healthier workforce.

Patrick and Sophie would love to speak with your business today.

[Website](#) [LinkedIn](#) [Enquiries](#)

DEEP OSCILLATION REACHES 70 PUBLICATIONS

Great news for the Practitioners and Patients who have invested in Deep Oscillation...



Emma Holly: Restore Scar Therapy Courses

"What course is best for me?"

Emma talks about the different courses available and also reflects on the 'clinic day' successes.

Check out the training schedule for opportunities to attend a course at <https://restoretherapy.co.uk/training-schedule/>



REQUEST FOR "LOVELY PEOPLE WITH SCARS" - FREE SCAR THERAPY TREATMENT

NOTTINGHAM - MARCH



Claire Stone - Restore Therapy Scar Tutor

"Lovely People with Scars who are experiencing difficulties with them. From C-Section scars, Mastectomy Scars, Oncology Scars, Scars from surgery, Scars from Accidents (RTA), Burns Scars, Abdominal Scars. In fact any Scar!

We have the following dates available for our FREE Clinic sessions with students, who are supervised by the course tutor. Emma Holly and myself in March. April dates with me. These are in Nottingham (Arnold) the dates and times are as follows:

Nottingham, Thursday 23rd March, 13:45 - 15:15
Nottingham, Friday 24th March, 13:30 - 15:00

Nottingham, Wednesday 19th April, 13:45 - 15:15
Nottingham, Thursday 20th April, 13:30 - 15:00

[Link to book here](#)

There's also this link that gives information

[about the FREE Scar Therapy Sessions.](#)

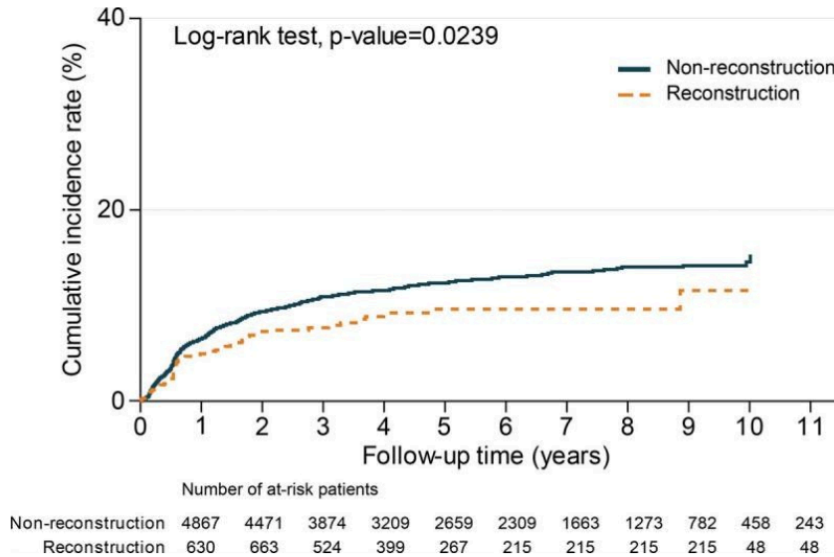
And if you have any questions re: the FREE Sessions

[Claire is more than happy to help.](#) "

**NEW: "IMMEDIATE BREAST
RECONSTRUCTION /LYMPHOEDEMA RISK
RESEARCH"**



Association between Immediate Breast Reconstruction and the Development of Breast Cancer-Related Lymphedema



Jeon, Hong Bae MD1,2; Jung, Ji Hyuk MD1; Im, Sang Hee MD, PhD3; Kim, Yong Bae MD, PhD4; Chang, Jee Suk MD4; Song, Seung Yong MD, PhD1; Lew, Dae Hyun MD, PhD1; Roh, Tai Suk MD, PhD1; Lee, Won Jai MD, PhD1; Lee, Dong Won MD, PhD1. Association between Immediate Breast Reconstruction and the Development of Breast Cancer-Related Lymphedema. *Plastic and Reconstructive Surgery* 151(2):p 214e-222e, February 2023. | DOI: 10.1097/PRS.00000000000009831

PRACTITIONER COMMENT ON STUDY



Deirdre Cullivan, Chartered Physiotherapist, Manual Lymphatic Drainage/Lymphoedema Therapist at Glasnevin MLD Clinic

"This is great news for our patients. When I did my training in MLD 10 years ago, it was believed that reconstruction, as it was surgery, might increase the risk of developing lymphoedema. One less thing for our

[VIEW STUDY ABSTRACT](#)

**NEW DEEP OSCILLATION THERAPIST
LONDON**



Branka Ilic

Specialist MLD and Lymphoedema Practitioner

Harley Street, Central London and SW London



[Branka Ilic](#)

Lymph-Therapist
London
SW17 0FZ
Mobile 07824 601 973


[Website](#) [Email](#)

QUESTION 13: DEAR JANE


Each month Jane Wigg answers a question from members of the [LWO Community](#), let's explore this months question:-


Dear Jane


Ageing and Lymphoedema



How does age and getting older impact on your lymphoedema?







View the other questions in this series below:

Question 1: [Why doesn't the lymphatic system get the recognition it deserves and why does the health care profession know so little about the Lymphoedema especially in the UK?](#)

Question 2: [How does a healthy lymphatic system work?](#)

Question 4: [How do lymph nodes work?](#)

Question 5: [Inflammation is there a link to Lymphoedema?](#)

Question 6: [Food and inflammation - is there a relationship?](#)

Question 7: [Why does the health care profession know so little about Lymphoedema and when it comes to lymphoedema, why are HCP's so reluctant to accept that those who have lived with lymphoedema a long time may have more knowledge than they do?](#)

Question 8/9: [Is manual lymphatic drainage useful for my ongoing treatment? Many clinics are taking MLD away as part of treatment?](#)

Question 10: [After you have been provided with compression garments, should you be reassessed to ensure they are still right for you and if so how often should you be reviewed. Thank you'](#)

Question 11: [Living with lymphoedema, why do we 'itch' so much? Especially around the ankles and out private parts](#)

Question 12: [Long Haul Flights and compression](#)

Achieving The Best Result Post Surgery

Share with thanks to [Paola Yañez Chandia](#)
Physiotherapist Kinesiologist Lic.
University Professor
Graduate in Dermato-functional kinesiology and oncological
rehabilitation.

"The work of the kinesiologist in post-surgery is essential to achieve the best results: evaluate the patient, know their expectations for the future and accompany them in the process of improving their body, for that we perform manual lymphatic drainage, combined therapies and



NEW DEEP OSCILLATION CLINIC - LINCOLN



Elizabeth Couser

Advance Balance Limited
Sudbrooke
Lincoln
LN2 2QH
Mobile 07736 282 001

[Email](#) [Website](#) [Facebook](#)
[Instagram](#) [Instagram](#) [LinkedIn](#)

OSTEOARTHRITIS FEEDBACK

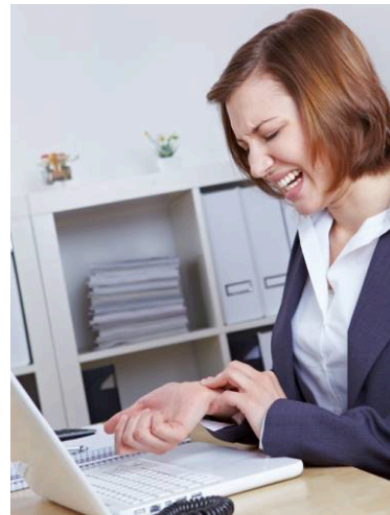
IMPACT OF DEEP OSCILLATION® ON OSTEOARTHRITIS

" I would just like to share my positive experience with DEEP OSCILLATION® treatment for an osteoarthritic hand.

Having being told by my GP that really there is no treatment for the Osteoarthritis in my hand (apart from daily painkillers), I remembered having DEEP OSCILLATION® for the injured tendon in my ankle about three years ago and how the treatment really helped.

So I sought treatment. After only three days I noticed an improvement, not only with the pain, but with the mobility too "

E.Richardson



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Starr Therapies Report on Deep Oscillation Successes



"Since having the PhysioPod, we have seen the most amazing changes in some of our clients.

The ones that stand out to me must be a lady with crippling arthritis in both hands. So bad her hands have become almost claw-like. We treated her for three sessions (an hour a session) before her holiday, and she messaged to say she had managed to swim for the first time in 4 years completely pain-free!!



Then there is my lovely 83 years young gentleman who had a left knee replacement five years ago and was due to have the right replaced. We did three treatments before surgery and freed up the left knee enough that he was stable to walk again without a stick!

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massage every other day for a week. In that time, he has gone down to one crutch (estimated time after knee replacement is six weeks on crutches, and he is already comfortably bending the knee!

I could go on all day about our fantastic results; the PhysioPod has been the best investment for our business to date."

Sarah and Mark
Starr Therapies and Sports Injury Clinic

<https://www.physiopod.co.uk/starr-therapies-and-sports-injury-clinic.shtml>

Starr Therapies and Sports Injury Clinic
Mark and Sarah Starr
Calvert Green
Buckingham
MK18 2FQ
More information 07801 239156

[READ ARTICLE ON WEBSITE WITH FURTHER READING](#)

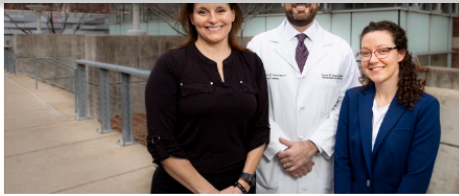
What is Deep Oscillation?

PRIMARY LYMPHOEDEMA TREATMENT

[With thanks to María Del Rosario Pineda](#)



NEW LIPOEDEMA RESEARCH



strategy enhances lipedema treatment

VANDERBILT UNIVERSITY

MEDICAL CENTER

by Bill Snyder

LIPOEDEMA RESEARCH NEWS



With funding from the Lipedema Foundation, Crescenzi and her colleagues developed an MRI strategy to quantify sodium content and fatty subcutaneous adipose tissue (SAT) throughout the body. They found that sodium and SAT volumes were significantly elevated in patients' legs, but not arms, compared to women without lipedema.



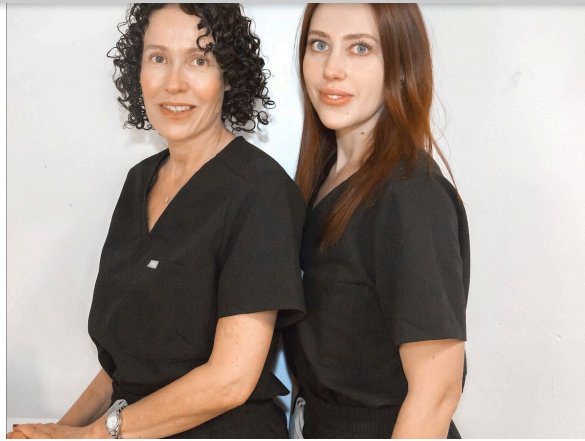
<https://news.vumc.org/2023/02/09/teams-imaging-strategy-enhances-lipedema-treatment/>



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the skin edit

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• Medical-Grade Treatments • Prescriptive Products •

Taylor Marriott and Paula Hunter

Collingtree
Northampton
NN4 0NE

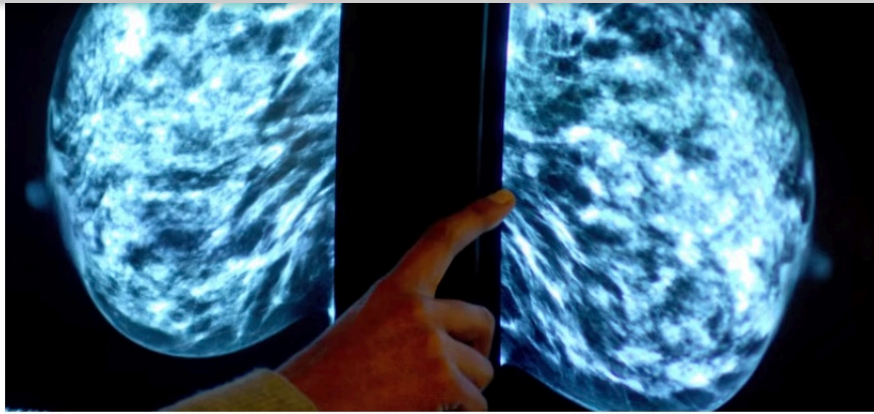
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Sheffield scientists develop groundbreaking fingertip test to detect breast cancer

Gaynor Leech shared this research on LinkedIn

"Sheffield scientists develop finger tip test that could replace mammograms in detecting breast cancer. While, I always go for my mammogram, as mine saved my life. A mammogram is extremely uncomfortable, and many women find them intrusive...."



Scientists have developed a groundbreaking test to use sweat from a woman's fingertip to detect breast cancer.

Tests on smears taken from the fingers of a group of women with benign, early or metastatic breast cancer correctly diagnosed their conditions with 97.8% accuracy.

Prof Simona Francese, of Sheffield Hallam University, who led the research, said: "At a time where the NHS is understaffed and with considerable backlogs, a painless, quick and non-invasive method to screen for breast cancer collecting the sample in the comfort of the home is highly desirable.

"These are exciting findings and, given the potential impact, we must pursue validation for a future rollout. It would be reckless not to fund this follow-up work."

[READ FULL ARTICLE](#)

**SELECTIVE AXILLARY DISSECTION (SAD)
NEW TECHNIQUE PRESERVES LYMPH
NODES FOR LYMPHATIC DRAINAGE**

BREAST CANCER RELATED LYMPHOEDEMA(BCRL)



What is
Selective
Axillary
Dissection
(SAD)?

Thanks to the technique, called SAD (acronym for Selective Axillary Dissection), lymph nodes are removed, but not all: about two (on average) are preserved as a “collateral route” for lymphatic fluid drainage in the arm. The “right” lymph nodes to preserve are identified by injecting a weak radiopharmaceutical into the hand and performing lymphoscintigraphy (the technique is called Axillary Reverse Mapping). In this way, Gennaro and colleagues have shown, both the incidence and severity of lymphoedema are significantly reduced, the swelling of the arm due to lymph stagnation that causes pain, disability and infections, compromising physical appearance and social life and professional.

Gennaro, M, Maccauro, M, Mariani, L, et al. Occurrence of breast-cancer-related lymphedema after reverse lymphatic mapping and selective axillary dissection versus standard surgical treatment of axilla: a two-arm randomized clinical trial. *Cancer*. 2022; 128(24): 4185- 4193. doi:10.1002/cncr.34498



[READ FULL ARTICLE](#)

**Primary Lymphoedema - Results after the
third treatment session**

Photograph shared with thanks to
[Ana Gordillo Lopez](#)
Specialist in lymphoedema and lipedema
Avda Presidente Adolfo Suárez 14A. Sevilla
Tel: 660926789.
consultaanagordillo@gmail.com



**NEW DEEP OSCILLATION THERAPIST
LONDON**



Yoyo Iizuka
MSc BTEC6 MLDuK MFHT CNHC reg

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- Scar work
- Advanced clinical massage
- Upledger Cranio Sacral therapy
- Oncology massage
- Deep Oscillation therapy

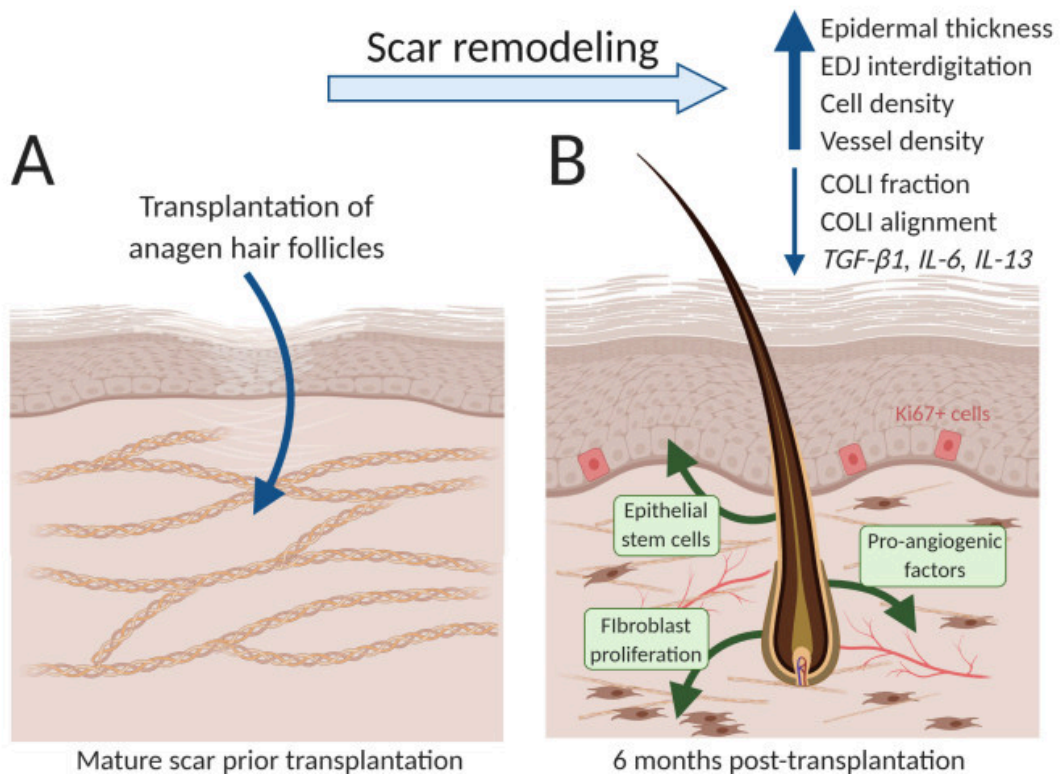
**Chelsea Natural Health Clinic, 208 Fulham Road,
Kensington and Chelsea London
SW10 9PJ
Mobile 07786 263 859**

[Website](#)

SCARS: Imperial College London Study

Scars mended using transplanted hair follicles

With thanks to by [Caroline Brogan](#)



promote scar rejuvenation by altering their architecture and genetic makeup.

In a [new study](#) involving three volunteers, skin scars began to behave more like uninjured skin after they were treated with hair follicle transplants. The scarred skin harboured new cells and blood vessels, remodelled collagen to restore healthy patterns, and even expressed genes found in healthy unscarred skin.



[READ FULL ARTICLE](#)

NEW DEEP OSCILLATION THERAPIST - SURREY



Tina Glynn
MSc: BSc (Hons) RGN



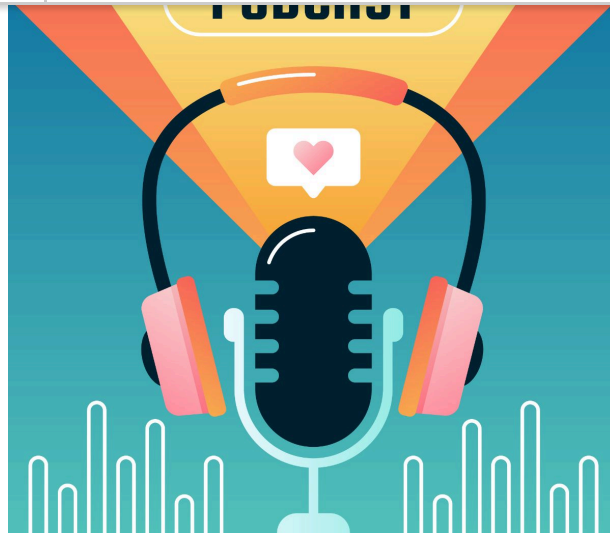
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Relax - Restore - Renew

Beare Green, Surrey, RH5 4PU
Mobile 07932 635 182

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Flush (LTA), Pregnancy Massage, Reiki, Scar Therapy**

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ALL ABOUT ABILITY



If you have time to listen to one podcast today, make it this one!

Kieren Burns talks to Gavin Neate, founder of [WelcoMe](#), an app which allows service teams to communicate with disabled visitors before they arrive at their location; he has been on a lifelong mission for a more equal world.

Kieren wrote, "In a society where many talk about wanting equality and fairness, Gavin has taken many positive actions to make that a reality. Winning the National Diversity Entrepreneur of Excellence award in 2020 for his efforts, we go through where this passion comes from, how much more he wants to do, being a big fan of Powerchair football and much more.

His positive, uplifting personality was infectious; what an incredible journey he's having fighting the good fight. Please give this a watch/listen. It was amazing."



NEW DEEP OSCILLATION THERAPIST - BRENTWOOD, ESSEX





Vickie Maher

Sports & Remedial Massage and Scar Therapy

Vickie Maher Massage Therapy
Brentwood
Essex

CM14 4PA
Mobile 07587 232 332

[Sports Massage](#) [Dry Needling](#) [Rocktape](#) [Scar Therapy](#)
[Post Natal Care Package - coming soon!](#)

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The Neck Pain and Headache Relief

From [@officialdannys Shapiro](#)

The Neck Pain and Headache Relief

"This is such a great COMBO move
Combining muscle squeezing through your arms and shoulders with
neck movements are great for decreasing your symptoms and tension

Does it seem counterintuitive? Perhaps.
Does it work? Hell yes!

So if you're someone who works long hours behind a computer or has
a seated job, this one's for you!

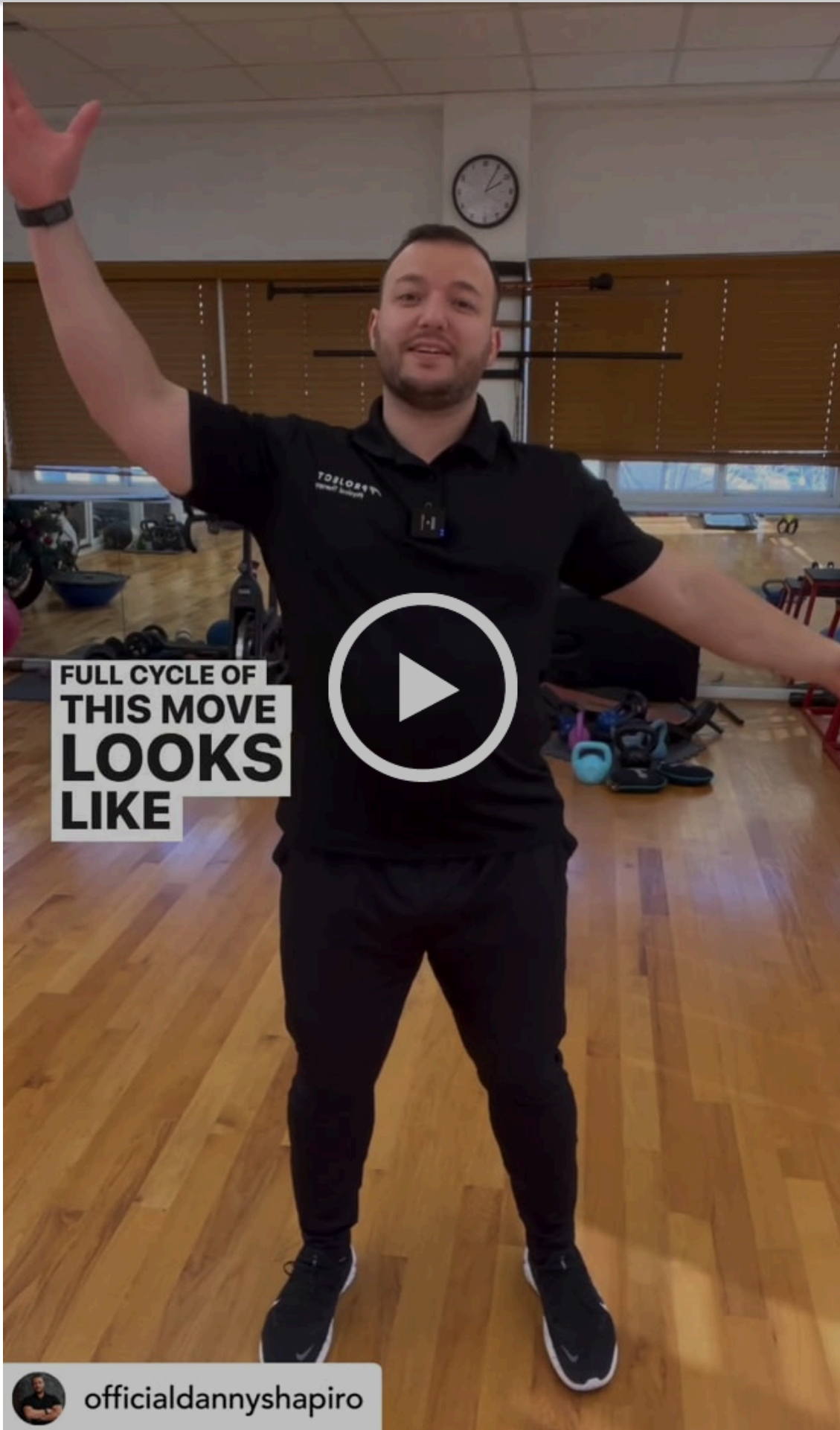
Make sure to really take your time with this one and do plenty of
breathing as you're moving!

As always, if this move causes you pain, decrease the range of
movement. If pain persists, stop the exercise!"

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NEW DEEP OSCILLATION THERAPIST - PAISLEY, SCOTLAND



Vivienne Moody
BSc Nursing , SMT, SRMT, Lymphoedema Therapist



2nd Floor, 5 Hunter St, Paisley, Renfrewshire, Scotland, PA1 1DL

Mobile 07525 761 213

Deep Oscillation
Hot Stones Therapy, Indian head massage
Manual Lymphatic Lymphatic (Fill & Flush LTA)
Massage: Swedish, sports and remedial, prenatal
Seated acupressure
Stretch coaching

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Roslyn Bolton RN

Cherry Aesthetics Ltd
37 Portland Road
Hucknall
Nottingham
NG15 7SL

Landline 0115 6487 750
Mobile 07359 591157

LETTERS TO HEAVEN

Memorial postbox encouraging people to send letters to loved ones lost

A special post box aimed at encouraging people in [Gedling](#) in [Nottinghamshire](#) to write letters to loved ones who have died has proved popular.

It was the idea of nine-year-old Matilda Handy who wanted to send letters to her grandparents who have passed away.

The box was unveiled at Gedling Crematorium over Christmas and has already received nearly 100 'Letters to Heaven'.

But Matilda and her mum want the post box to continue so people can send letters during anniversaries and holidays throughout the year.

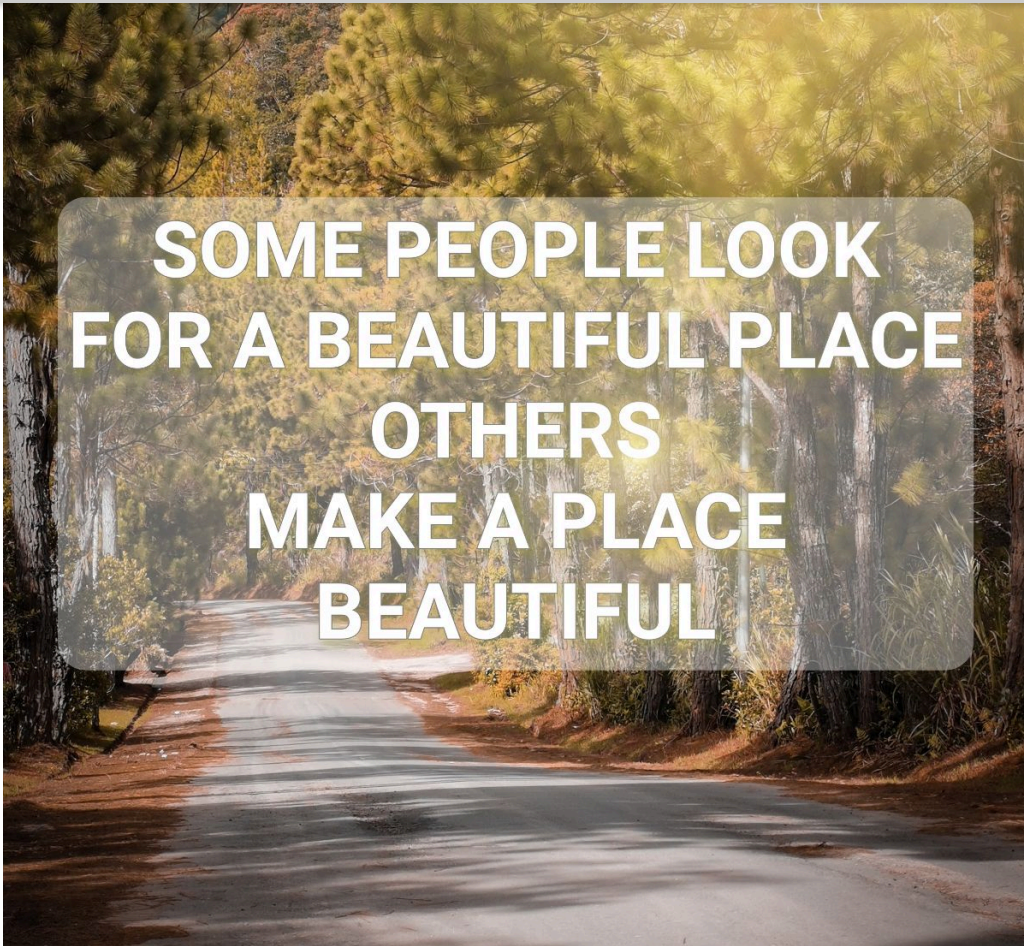


LETTERS TO HEAVEN

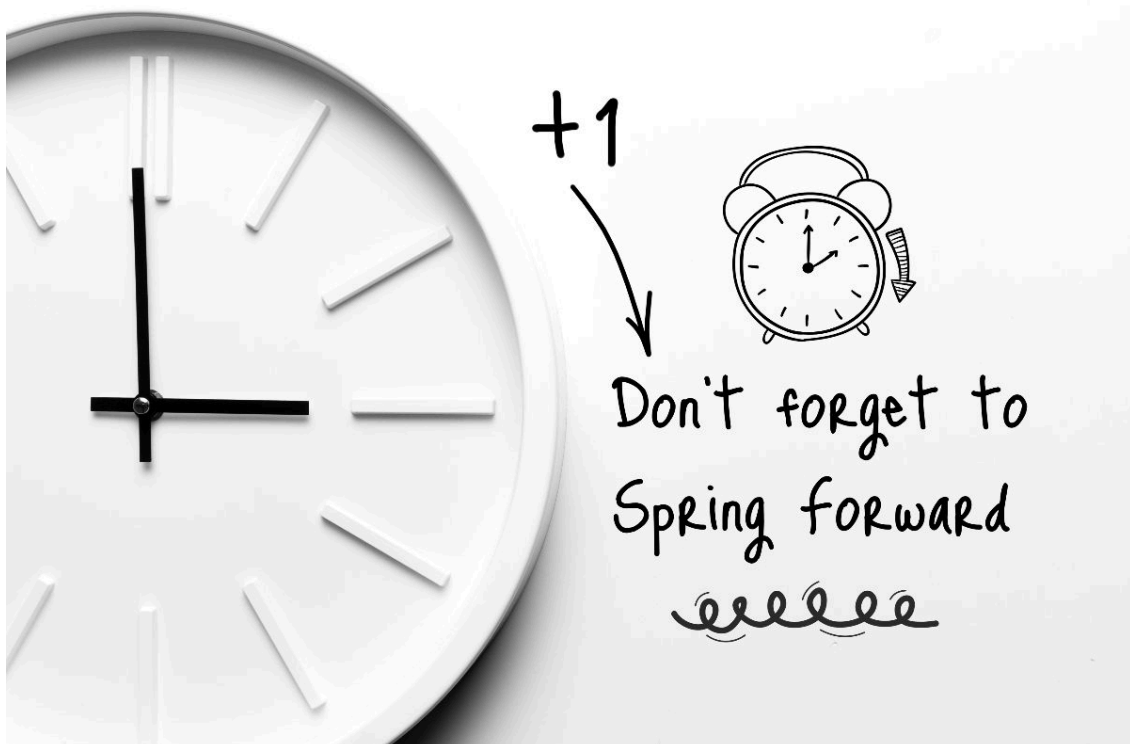
Thank you for taking a moment to stop by our special post box. Whether you wish to write to your loved one on the day of an important anniversary or have no specific reason for doing so, this is a dedicated place for posting your letter.

[FULL STORY ON ITV NEWS](#)

Reflection...



**Daylight Savings
will start at 1am on
*Sunday, March 26 in 2023.***



World Lymphoedema Day on March 8th and International Women's Day on March 8th.

Mary and Julie x



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