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NHS APPROVED SUPPLIERS

Dear Readers,

As we step into March 2025, we invite you to explore the vibrant world of healing and wellness in this issue of the PhysioPod® UK NewsMagazine. Each edition is carefully curated and showcases the incredible advancements in therapy and support that can transform lives.

We understand that life can sometimes feel overwhelming and that you may be seeking solutions that resonate with your experiences. Our aim is to provide you with valuable insights, updates, and inspiring stories that not only educate but also empower you to take charge of your health and well-being.

This issue features the latest in physiotherapy, innovative treatments, and heartfelt testimonials from those whose lives have been touched by these therapies. We hope you feel inspired and encouraged as you view or listen to our articles, finding new ways to enhance your health and the health of your loved ones.

Thank you for taking time out of your day to peruse our PhysioPod® NewsMagazine.

Together, let's continue to encourage a community of wellness and support.

With warmth and gratitude to our wonderful contributors.



[PhysioEquipment](#)

Approved NHS Suppliers (2012)

PhysioPod® UK Ltd are now fully registered as a supplier on the Achilles Network - AchillesID: 00212172 (2025)

Spring Cleaning Your Mind By Dean Attwood - Mindset and Performance Coach and Anxiety Expert

[View article](#) (7 minute read) or [Listen on YouTube](#)



Charlotte Higgins: Raising Awareness of PANS and PANDAS

[View Article](#) (3 minute read) or [Listen on audio](#)



Wonderful News for Wiltshire!

Welcome aboard the PhysioPod Ship Lorna! Delighted to have you on board!

[Lorna Watts BSc \(Hons\) on PhysioPod® Therapist Map](#)

**Release to Zero, Warminster, Wiltshire, BA12 8QE
07961500857**

[Email Website](#)



LIMITED !

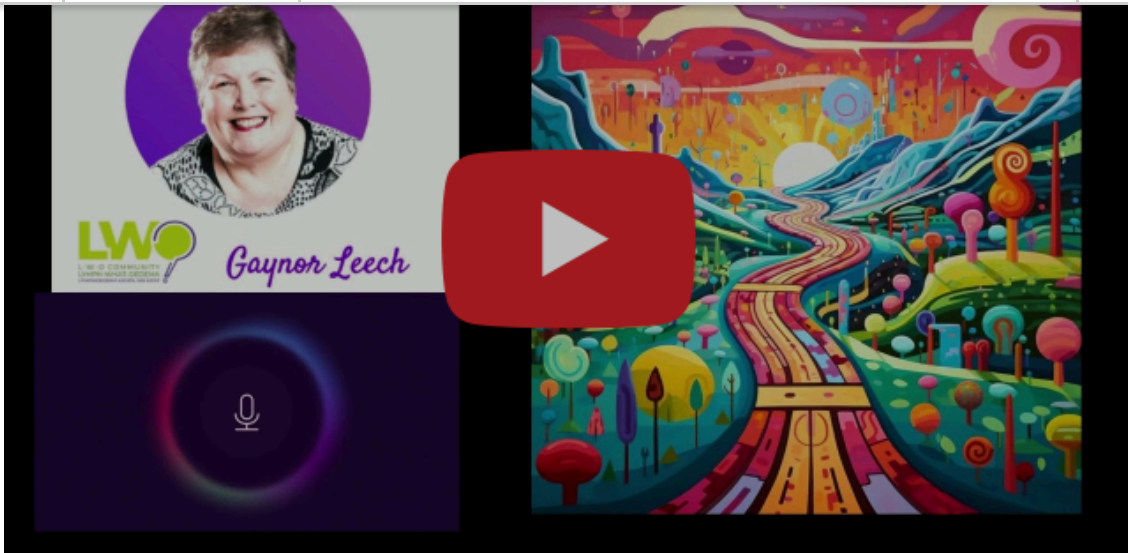
Julie was warm welcoming and informative, sharing both technical details about the Personal Pro alongside insights into its successful use on a variety of conditions. It is also amazing to know that support is there at the end of an email or phone call should it be needed.

An Invitation from Gemma Levine and Professor Peter Mortimer



Navigating Lymphoedema: A Personal Journey of Health and Resilience by Gaynor Leech of LWO Community

[View Article](#) (5 minute read) or Listen on [YouTube](#)



Vaccine-Induced Lymphoedema: A Clinical Perspective by Christine Talbot, SRN MLD DLT Lymphoedema, Bowen and Deep Oscillation Practitioner

[View Article](#) (4 minute read) or [Listen on YouTube](#)



Dorset Cancer Care Foundation (DCCF)

[View Complete Article](#) - (6 minute read)

Watch video footage from the day on [YouTube](#)



Lighting Up London with Deep Oscillation!

[View Entry on PhysioPod® UK Therapist Map](#)

PhysioPod® warmly welcomes the delightful Gierdre, who has now added Deep Oscillation to clinics in London.



Giedre Babrauskiene
BSc (hons), DiplON, mBAcC, MLDUK, mNNA

Light Centre Marylebone
10 Portman Square
London
SW1H 6AZ
Mobile 07972 705 733

Other Clinics: Light Centre Belgravia & Light Centre Monument

Mobile Therapy is available upon request W1, SW1W, SE, SW, EC, N1C areas

**Six Tips for Booking an Accessible Summer
Holiday By Jennifer Black**

[View Article](#) (4 minute read) or [Listen on YouTube](#)



Jennifer Black's article offers six tips for individuals with disabilities or chronic health conditions to book accessible summer holidays. The article highlights the importance of conducting thorough research on accommodations, learning from other travellers' experiences, and prioritising destinations with inclusive policies. The article also highlights the importance of advocating for one's rights, travelling with others, and maintaining realistic expectations as a disabled traveller. The article stresses the need to book early to secure necessary accommodations and services. Ultimately, Jennifer's guide aims to empower individuals with disabilities to plan relaxing and comfortable vacations by providing practical advice and resources.

Voiceover Gavin Neate of [Welcome](#)

Release Your Limiting Beliefs – 4 Steps to Overcome What's Holding You Back

By Bel Hardman, Empowerment Coach

[View Article](#) (5 minute read) or [Listen on YouTube](#)



My First Week With Deep Oscillation Therapy by Ken Jacobie



Ken Jacobie
MSc PGCE MFHT MSTO

"I have been using DOT on lymphoedema, oedema following cosmetic treatment, and a few injuries and conditions for clients and patients, from fit gym-goers to palliative care.

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beneficial and appreciated by them.

The feedback from clients has been good; one of the common comments has been how gentle and relaxing it was to have DOT. I have had lymphoedema clients notice a big difference in what they feel after a session: a reduction in oedema, heavy limbs have lightened, and associated pain has been removed.

One person who had a muscle injury noticed pain reduction and then improved range of movement, which has lasted and improved further over the week.

Most say they sleep during and after, which helps my palliative patient who has trouble sleeping.

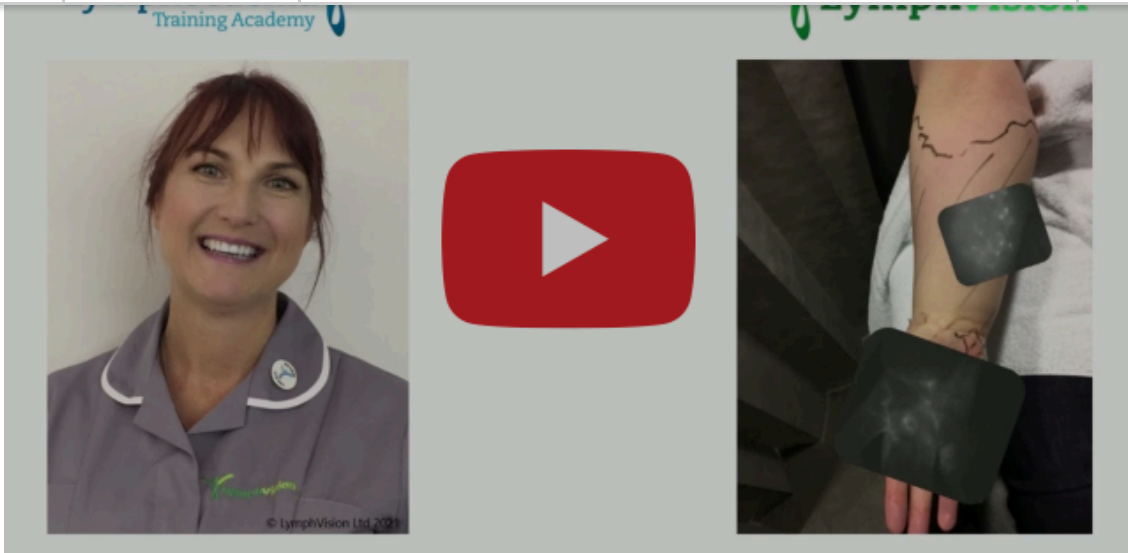
All in all, I am enjoying using DOT, and even for me, it has been helpful. I have a few people with issues I am working on to see if I can create a treatment protocol to help."

**Therapy2Massage
Eastbourne
BN20 8HD
Mobile 07941 046 187**

NHS Qualified Lymphoedema/MLD Therapist (Level 6 Swansea Health Board)
NHS Advanced Application of MLD (Head & Neck, Breast and Genital)
Pre and post surgery treatment
Sport Therapist for general soft tissue injuries

**ICG imaging - A decade of learning and progress
By Jane Wigg, Director/ Clinical Nurse Consultant
Lymphoedema Training Academy/ LymphVision**

[View Article](#) (7 minute read) or [Listen on YouTube](#)



Lymphoedema Awareness Week 3rd - 7th March 2025 and World Lymphoedema Day 6th March 2025





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Joint Campaigns: PhysioPod UK and LWO Community

New Research - Adding Deep Oscillation To Rehabilitation Proves Superior to Traditional Rehabilitation Methods

[Download Translated Study PDF](#)

The study randomly assigned 120 patients to three groups

- Standard "PRICE" protocol
- Deep Oscillation
- Combined "PRICE" and Deep Oscillation



ANKLE SPRAIN REHABILITATION



АКАДЕМИЧЕН АРХИВ
MEDICAL ACADEMIC REPOSITORY

This study provides valuable insights into the effectiveness of combining deep oscillation therapy with standard care in the early rehabilitation of ankle sprains, providing further scientific validation for this approach. The findings suggest that a combined approach is more effective than standard treatment alone.

Varna, 2024

Deep Oscillation Helping Post Surgical Recovery

[Read article \(2 minute read\)](#) or [Listen on YouTube](#)



StyleAbility

[Read this article here \(2-3mins\)](#) or view on [YouTube](#)

"Making it easier to search and shop for the fashion you love and the function you need"



POSITIVE RESEARCH REVIEW FOR MANUAL LYMPHATIC DRAINAGE POST CANCER TREATMENT

[View Study](#)

February 2025
Phlebologie 54(2)
DOI:10.1055/a-2532-7596
Authors:
Erich Brenner
Innsbruck Medical University


ABSTRACT

Introduction Malignant tumours often metastasise lymphogenously, which can cause tumour-related lymphedema after treatment. Complex physical decongestive therapy (CDT), including manual lymphatic drainage (MLD), is often used, but there is concern that MLD may mobilise tumour cells.

Methods The study included a literature search in PubMed and other sources, and a meta-analysis of three relevant studies. Data on metastasis and recurrence rates under MLD in patients with different tumour types were analysed.

Results The meta-analysis showed a non-significant risk ratio (OR=0.81; 95% CI: 0.523–1.256), suggesting that MLD does not increase the risk of tumour recurrence or metastasis. Individual studies showed positive effects of MLD on quality of life, mobility and pain reduction, without increased metastasis. Caution is advised in advanced tumour stages such as lymphangiosis carcinomatosa.

Conclusion MLD does not represent a significant risk for tumour spread and can be used safely for tumour-related lymphedema. In special cases, however, an individual assessment is required.

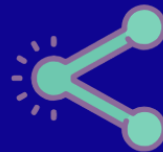


Phlebologie
 Zeitschrift für Phlebologie und Lymphologie
 in Forschung und Praxis

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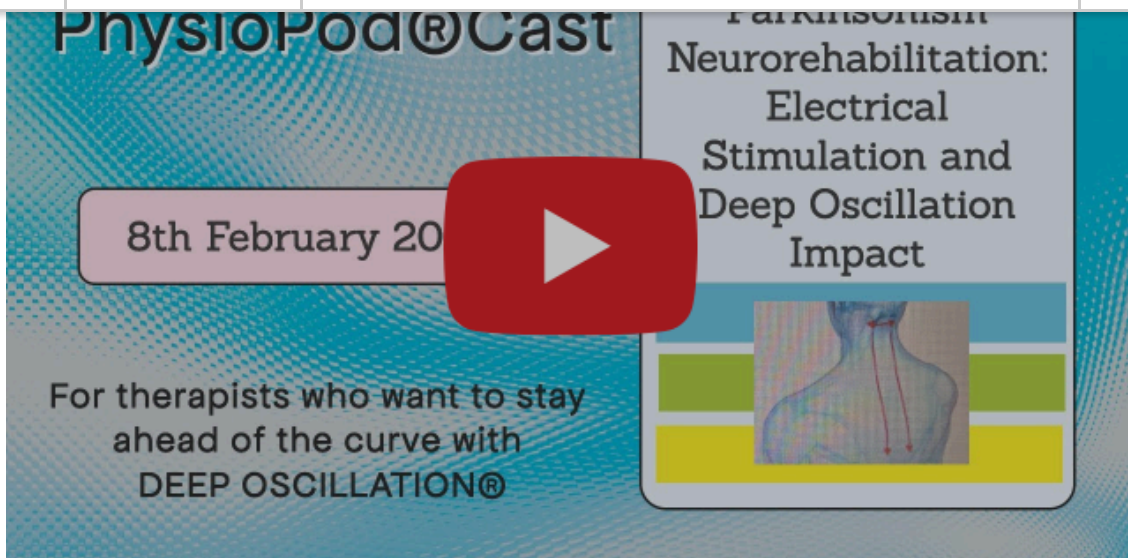
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Parkinsonism: Impact of Electrical Stimulations and Deep Oscillation on Autonomy and Quality of Life

[View Study.](#)

A thought-provoking, AI-generated, conversation about this research and what it may means to those living with Parkinson's.

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PhysioPod®Cast

8th February 20

For therapists who want to stay ahead of the curve with DEEP OSCILLATION®

PARKINSON'S SYNDROME
Neurorehabilitation:
Electrical
Stimulation and
Deep Oscillation
Impact

The image shows a video player thumbnail for a PhysioPod®Cast. The title is 'PARKINSON'S SYNDROME Neurorehabilitation: Electrical Stimulation and Deep Oscillation Impact'. The date is '8th February 20'. Below the date is a red play button icon. The text 'For therapists who want to stay ahead of the curve with DEEP OSCILLATION®' is on the left. On the right, there is a diagram of a human torso showing the neck and upper chest area with red lines indicating the placement of electrical stimulation electrodes. The background is a blue and white pattern.

PARKINSON'S SYNDROME has been added to new indications on therapy units. Contact info@physiopod.co.uk for more information.

New Lipoedema Liposuction Review Article

[Download PDF of JCM Journal](#)

Complications in High-Volume Liposuction Are Linked to Preoperative Anemia

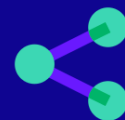


Flores, T.; Kremsner, B.; Schön, J.; Riedl, J.; Sabitzer, H.; Glisic, C.; Pfoser, K.; Nedomansky, J.; Bergmeister, K.D.; Schrögendorfer, K.F.
Lipedema:

Complications in High-Volume Liposuction Are Linked to Preoperative Anemia. *J. Clin. Med.* 2024, 13, 7779. <https://doi.org/10.3390/jcm13247779>

Conclusions: Complication rates in high-volume liposuctions are hemoglobin-dependent rather than volume-associated. Preoperative anemia was the most influential for the occurrence of postoperative complications. To safely conduct high-volume liposuctions in lipedema patients, adequate patient selection and preoperative patient preparation are imperative.

Keywords: lipedema; hemoglobin loss; patient safety; high-volume liposuction



Deep Oscillation Now In Camden!

[View on PhysioPod® Therapist Map](#)

Jana Novotna has added Deep Oscillation to her treatments! Welcome aboard Jana!



**St Pancras Way
London
NW1 9NB**

Business opening hours: By appointment only

Introducing Legs Like Mine Shoes: A Footwear Brand Made Just for Women with Unique Needs and Swollen Feet

[View Article](#) (7 minute read) or [Listen on YouTube](#)

Susan O'Hara

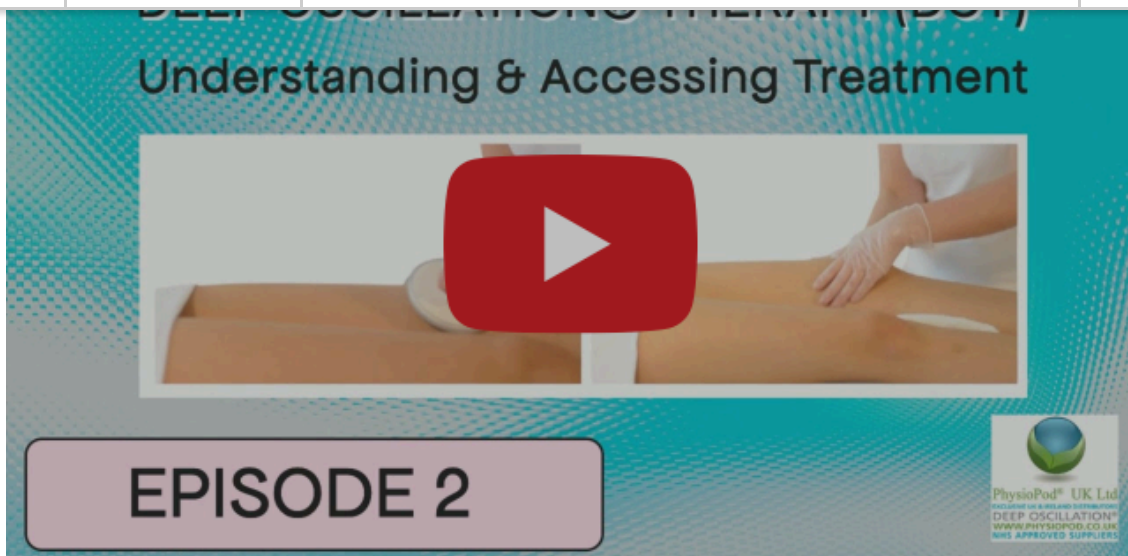
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Understanding and Accessing Deep Oscillation Treatment

[Listen on YouTube](#)



Need Help With Career Change? Reasons to Choose Changekey Partnership

[Listen on YouTube](#)

Jeff and Lyn Priestley are personal friends to Julie and I, and they have helped us along the way in our business for almost 20 years. We highly recommend their services if you are looking to change your career... This AI expert Podcast pretty much nails it with what they do and **exactly why** they are so very good at it.

I had breakfast with them recently in their beautiful cottage and they really are a remarkable couple... Take a listen below to just what makes them stand out from the crowd of career coaches...



Elaine Price Adds Deep Oscillation in Dublin

[View on PhysioPod® Therapist Map](#)

We are thrilled to welcome Elaine to growing number of Therapists adding Deep Oscillation to their treatments in Ireland.



Elaine Price
EMP Pain Relief Clinic
Rush

How Nicole de Havilland Transformed Post-Surgery Care with Reco Bra®

[View Article](#) - (2 minute read)

Excellent new article in the Elevate Online Magazine about the lovely Nicole De Havilland and her amazing Reco Bra®. We were delighted that Deep Oscillation was also mentioned in Nicole's work at The Princess Grace and Harley Street Chambers. Do take a look; what a truly inspiring lady...



Making all the difference in Lymphoedema Self-Care



Excitement in Eastbourne!

[View On PhysioPod® Therapist Map](#)

Ken learned about Deep Oscillation at Therapy Expo, he is now the proud owner of this own Deep Oscillation unit. So lovely to have you on board Ken!



Ken Jacobie
MSc PGCE MFHT MSTO

BN20 8HD

Mobile 07941 046 187

Business opening hours: Monday – Thursday 9-4 Weekends and evening by arrangement

Mobile treatment for housebound treatments East Sussex and Kent Border

Other Clinic: The Body Junction Bexhill TN39 3LT. It is currently by appointment only.

Uction: A Natural Skin Remedy

[Learn More](#)



Duncan, who had suffered severe skin burns from cancer radiotherapy, developed a skin cream ("Uction") using coconut oil, aloe vera, and essential oils. His personal experience and subsequent positive feedback from others highlight its effectiveness in treating various skin issues, from sunburn and insect bites to dry skin and even tattoo aftercare. Medical professionals supported his creation, which proved beneficial during and after his treatment. The cream's success led to its **marketing as a versatile skincare product**.

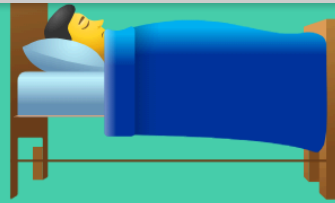
Stay Ahead of The Curve With Deep Oscillation

[Listen on YouTube](#)



And Finally, Do You Have Trouble Sleeping?

Six Tips for Successful Sleep



By incorporating these tips into your nightly routine, you can create a more restful environment and enhance your ability to fall asleep and stay asleep.



1 Set a Consistent Sleep Schedule:

Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock, making it easier to fall asleep and wake up.



2 Create a Relaxing Environment

Make your bedroom conducive to sleep by keeping it dark, quiet, and cool. Consider using blackout curtains, white noise machines, or a fan to enhance your sleeping environment.



3 Limit Screen Time Before Bed

Blue light from phones, tablets, and computers can disrupt the production of melatonin. Try to avoid screens for at least an hour before bedtime. Instead, consider reading a book or practicing relaxation techniques.



4 Incorporate a Relaxation Technique

Engage in activities that help you wind down, such as meditation, gentle yoga, deep breathing exercises, or progressive muscle relaxation. These can signal to your body that it's time to prepare for sleep.



5 Avoid Heavy Meals and Stimulants

Refrain from eating large meals, caffeine, or nicotine close to bedtime. Instead, opt for light snacks if you're hungry, and consider herbal teas known for their calming effects, like chamomile or valerian root.



6 Establish a Pre-Sleep Routine

Engage in calming activities that signal to your body that it's time to sleep. This could include taking a warm bath, journaling, or practicing gratitude.





Until next time, Mary and Julie x



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