

EMPOWER

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ISSUE TWO

It's about ability, not disabilities

Featuring...

DEEP OSCILLATION®

A gentle, non-invasive
electrostatic field therapy
getting to the core of
pain and swelling



Image Credit - Omkaar Kotedia



Features:

08. NEWS

- Richard Whitehead Runs Britain
- Walking with the Wounded

16. REHABILITATION

- Matthew Newbury

25. LEGAL

- Nurse to patient ratios

35. ACCIDENT PREVENTION

- Cold & Winter Weather

39. DAY IN THE LIFE OF...

- Abdo Haidar (Prosthetist)

43. INDEPENDENT LIVING

- The emotional impact of design

48. DWP - Mike Penning MP

49. SPORT - LimbPower

53. SPORT - Inclusive Fitness

55. PAIN MANAGEMENT

- Phantom Limb Pain
by Prof Jonathan Cole

60. DAYS OUT & ATTRACTIONS

- Visit England

65. TRAVEL

67. MOTABILITY



A WORD FROM THE LA

It has been a busy couple of months in the Fundraising and Events team at the Limbless Association.

In November we announced DJ Matt Howes as Goodwill Ambassador for the Limbless Association.

In 2011 Matt was living the dream, DJing to thousands of holidaymakers on the party isle of Crete. Overnight, following a horrific crash, his arm was amputated to save his life. Only two weeks later Matt, without practice and with 70 stitches, was back DJing to a crowd of 1000 people with one arm.

Matt commented: "It was the best experience of my life. The place erupted. It was totally surreal. It was pure euphoria".

Matt has gone on to earn the respect that he deserves and is recognised as one of the best DJs from the UK.

He is currently on tour in Mauritius playing over the festive season and into the New Year at prestigious resorts and clubs.

We are honoured to have such an inspirational figure taking on this role for the Limbless Association and we wish Matt every success in his professional career as an International DJ.

Look out for Matt's fundraising activities for the Limbless Association in 2014.

On 5 December the Limbless Association hosted an event to celebrate the 30th Birthday of the Charity, and mark European Limb Loss Day. The awards evening was to recognise and reward outstanding contributions and achievements in the limb-loss and healthcare communities and the Prosthetic and Orthotic Industry. All awards were nominated by Limbless Association members, prosthetic service users and industry professionals.

Eric Ollerenshaw MP addressed the guests and presented the awards alongside John Reid, Chairman of the Limbless Association.

Carly Duffett, Events Manager at the Limbless Association commented: "it was an honour to be amongst such inspirational people from all corners of life. Thank you and congratulations to all nominees and winners".

The event was supported by Ann Begg MP and held at Portcullis House, Westminster.

Text Limb30 £10 to 70070 to donate to the Limbless Association.

EMPOWER in association with the



With thanks to:

Limbless Association, Able UK, ProActive Prosthetics, oneathlete, The Alternative Limb Project, Richard Hunt, Pace Rehabilitation, Walking with the Wounded, Amputees in action, AIM, Asons Solicitors, The London Prosthetic Centre, designed2enable, LimbPow IFI, Prof. Jonathan Cole, Visit England, Virgin Holidays, Motability & all advertisers.



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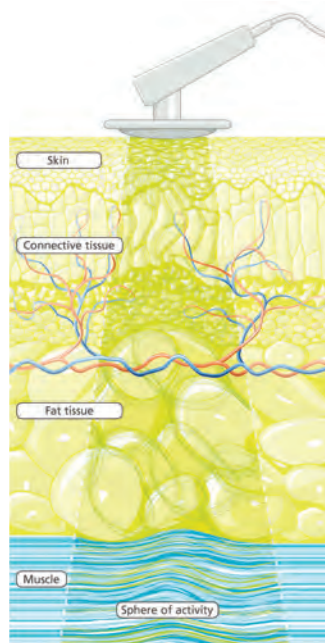
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DEEP OSCILLATION®

Electrostatic Massage Therapy



PhysioPod®
EXCLUSIVE UK & IRELAND DISTRIBUTORS
DEEP OSCILLATION®
www.physiopod.co.uk



Intermittent, bi-phasic, impulses (5 Hz – 250 Hz) permeate an 8 cm depth through all tissue layers (applied via vinyl gloves or applicator)

Reducing pain, swelling and bruising and encouraging a dynamic wound healing with smoother, resultant scar tissue

DEEP OSCILLATION® is a gentle, non-invasive electrostatic field therapy getting to the core of pain and swelling

DEEP OSCILLATION® is a German, innovative therapy that has been in the UK since 2007 and was introduced by PhysioPod UK Limited. It is now utilised within the NHS and by private MLD Therapists for the treatment and management of Lymphoedema, a chronic (long-term) condition that causes swelling in the body's tissue which can lead to pain and a loss of mobility. It is also used in the elite sporting world for injuries because it can be used immediately after injury and day one post operatively, significantly reducing pain, swelling and bruising, (normal sports massage would be contraindicated at this stage). DEEP OSCILLATION® promotes a speedier healing and a quicker return to more active forms of physiotherapy.

Setting itself apart from traditional electrotherapies, DEEP OSCILLATION® does not electrically stimulate the tissue (it is fitted with patented discharge circuitry), nor does it produce heat in the tissue, so it can be used with implanted pins and plates. It is used in the Rehabilitation Department of The Portland Hospital for Women and Children in London, who primarily use for Lymphoedema but also kindly provided the following statement:

"We have used DEEP OSCILLATION® via the HIVAMAT® 200 across both our paediatric and adult client group to reduce swelling and pain post injury, post surgery and post-natally. We have found it to be to of particular relief to patients in reducing discomfort and swelling around the abdominal area following gynaecological surgery"

How DEEP OSCILLATION® Works

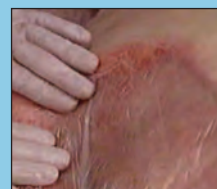
DEEP OSCILLATION® is a patented electromechanical therapeutic procedure using resonant vibration of the tissue with DEEP OSCILLATION® equipment from Physiomed, Germany. A special design makes it possible, using electrostatic attraction and friction, "to produce mechanical vibrations in treated tissues of the body, not only at the skin on the surface but also in deeper tissues" - Schönfelder and Berg refer to a "penetrating vibration and pumping effect deep into the tissue". The frequency can be varied in the range from 5-250 Hz. The treatment applicator/ therapists vinyl gloved hands and the patient are connected to the equipment (voltage source). A vinyl film between the applicator, and/or vinyl gloves and the patient functions as a dielectric. This results in a weakly conducting capacitive layer between the contact surfaces. In action, pulsed electrostatic attractions draw the tissue to the applicator/gloved hand and release it at the rhythm of the chosen frequency. The therapist sets the pressure gradient, speed and direction of the movements. The patient can treat himself if appropriate. The treatment procedure is characterised by minimal external mechanical effects, which allows it to be used in cases of acute pain, fresh injuries and in the treatment of wounds. Numerous pilot studies have demonstrated pain reduction, minimisation of oedema, anti-fibrotic and anti-inflammatory effects as well as improved wound healing. It is commonly used for the treatment of Lymphoedema. DEEP OSCILLATION® is shown by ecographic image recording to permeate an 8cm depth.

Amputation pain & swelling:



Following amputation, tissue layers have been majorly disrupted (skin, muscle, bone and nerves have been cut); the amputee encounters an understandably high level of pain. Research suggests that early pain control is of paramount importance to avoid problems developing further down the line.

Burns rehabilitation:



Study Results: "Clinical healing time of AB skin burns in patients in the group with DEEP OSCILLATION® therapy was 10.8 days (SD 0.55) whereas in the group treated with silver sulfadiazine it was 16.2 days (SD 0.76). The signs test to verify the healing of individuals before and after treatment differed significantly. We found that in the group treated with deep oscillation therapy there were significant differences before and after treatment for $p < 0.05$ ($Z = -4.81, p = 0.00$)."

Lymphoedema:



Julie Soroczyn treats with DEEP OSCILLATION® therapy at Medica 2012 in Germany

Now used for the treatment and maintenance of Lymphoedema in the NHS and by private MLD therapists, sufferers are also successfully self-managing with the DEEP OSCILLATION®

Applications of DEEP OSCILLATION®

Clinically proven effects of DEEP OSCILLATION®

- Significant Pain Reduction
- Anti-inflammatory effect
- Anti-fibrotic effect, Scar Tissue break down
- Muscle relaxation
- Oedema reduction
- Haematoma absorption
- Stimulate a dynamic wound healing
- Facilitate movement
- Reduction of skin irritation
- Detoxification
- Improvement in the tissue quality

Studies of particular interest to view are below:

- 1) Mikhalechik E., Titkova S., Anurov. M., Suprun M., Ivanova A., Trakhtman I., Reinhold, J. (2005): Wound Healing Effects of Deep Oscillation. 1st. International Conference on Skin and Environment, Moscow- St. Petersburg, 71.
- 2) Hernández Tápanes, S., Bravo Acosta, T., Wilson Rojas, R., Fernández Prieto, B., Cabrera Morales, M. (2010): Value of Deep Oscillation therapy in the healing of AB burns. Revista Cubana de Medicina Física y Rehabilitación RNPS 2244-FOLIO 148- ISSN 2078-7162 Rev Cub MFR v.2 n.1 Ciudad de la Habana ene-jun.
- 3) Reißhauer, A., Schoppe, B., Jahr, S. (2007): Evaluation of the effect of Deep Oscillation (HIVAMAT®) on tissue changes of the breast in patients with secondary breast lymphedema. European Journal of Lymphology 51 Vol. 17, 30.

PRODUCTS AVAILABLE:

Hospitals/Rehabilitation Units

> DEEP OSCILLATION® Evident CLINIC

Faster regeneration after surgery, trauma and in neurological indications – in pain, oedema, inflammation, wound healing.

> SPORTS

Faster regeneration after training, traumatic injury, damage from overstraining and operations – for muscle aches, strains, inflammation, swelling, wounds.



Self-managing with the DEEP OSCILLATION® Personal:

The loss of a limb can have a deep-rooted effect on the life of an amputee and managing the symptoms is key to maintaining and improving quality of life.



The DEEP OSCILLATION® Personal Sports is available for self-management with programmes including Traumatic Pain, Muscle Aches and Spasms, Bruising, Swelling and Scar Tissue. All pre-programmed conditions will naturally improve poor circulation too thus improving cold residual limb feeling and associated pain. The unit is lightweight, very easy to use and is supplied in a smart carry case with varying sized applicator heads and rechargeable batteries (mains charger, car charger and recharger). It can be taken as hand luggage on flights.

A common problem in the residual limb is swelling, especially following surgery, extreme atmospheric pressure changes and wearing prosthesis for a lengthy period of time. The swelling, caused by excess fluid, can exert pressure on internal structures, resulting in tingling, numbness or pain. Swelling can also alter the fit of a person's prosthesis and limit his or her ability to wear it comfortably. DEEP OSCILLATION® applied on the Oedema programme will effectively reduce swelling, moving fluid from the end of the limb toward the trunk of the body.

Many amputees have scar tissue in the affected limb associated with surgery or the original injury. Scar tissue is tougher, less elastic and often thicker than normal skin and muscle. Due to its restrictive characteristics, scar tissue can have a negative effect on adjacent tissue, resulting in stiffness and/or pain. DEEP OSCILLATION® via the Scar tissue programme is highly recommended to reduce tightness, stiffness, pain and to increase the range of motion of affected and surrounding joints.

HIVAMAT® 200 designed for the individual therapist.



No external pressure is required to permeate the 8cm tissue depth through the applicator (self treatment) or the vinyl gloved hand of the therapist; thus also saving the hands of the therapist.

Trying out DEEP OSCILLATION®

Individuals: It is recommended by PhysioPod® UK Limited that individuals wishing to experience DEEP OSCILLATION® should find their nearest therapist to assure suitability and effectiveness of the therapy method before making a decision to invest.

<http://www.physiopod.co.uk/therapist-map.shtml>

Hospitals/Rehabilitation Centres/Therapists:

For more information and to organise a demonstration:

Please email:
info@physiopod.co.uk

Call our office:
01159 167 685
or Julie Soroczyn on
0788 692 5715

Alternatively visit our website:
www.physiopod.co.uk