



PhysioPod® UK Ltd
EXCLUSIVE UK & IRELAND DISTRIBUTORS
DEEP OSCILLATION®
WWW.PHYSIOPOD.CO.UK
NHS APPROVED SUPPLIERS

FAQ DEEP OSCILLATION® Therapy for Practitioners and Patients

DEEP OSCILLATION® is
recommended by:
www.lymphedema-clinic.com



Center for excellence in lymphedema treatment
Lymphedema rehabilitation center - Treatment
Academy - Training - Research



About PhysioPod® UK Limited, Exclusive UK and Ireland Distributor
Winners in the 2016 Global Healthcare and Pharmaceutical Awards for Innovation with DEEP OSCILLATION®, PhysioPod® UK Ltd are in their 11th year of trading.

Sisters and Directors, Julie Soroczyn and Mary Fickling exclusively offer a range of products from worldwide leading producers of high-quality equipment PHYSIOMED® Elektromedizin AG in the fields of rehabilitation, sport, aesthetic and veterinary medicine via their two websites:



PhysioPod <http://www.physiopod.co.uk>
PhysioEquipment <http://www.physioequipment.co.uk>

Traditional Therapy approaches are offered:

- Combination therapy – Stimulation and Ultrasound (IONOSON Evident hailed as “The new benchmark for combination therapy”)
- Cryotherapy
- Electrotherapy
- Laser
- Magneto Therapy
- Microwave
- Shockwave
- Traction
- Ultrasound

New modalities for non-invasive healthcare solutions:

Aside from flagship, FDA approved, DEEP OSCILLATION®, several new innovative and clinically tested therapy approaches include:

Magcell® Arthro: A self-treatment electrode-free electrotherapy for painful hip, knee, toe and jaw arthritis and valgus.

Magcell® Microcirc: Designed to promote arterial blood flow, effective in diabetic foot syndrome, pAD (peripheral arterial occlusive disease and other ailments caused by reduced arterial blood flow.

Magcell® Vetri: “The efficacy of PEMF on BPH in dogs, with no side effects, suggests the suitability of this treatment in humans and supports the hypothesis that impairment of blood supply to the lower urinary tract may be a causative factor in the development of BPH”. (The Prostate 74:1132–1141, 2014.)

vocaSTIM® (launching in 2018/2019), a tried-and-tested concept for diagnosis, therapy, therapy course control and, if possible, independent therapy/independent voice training by patients with laryngeal paresis (NMEPS) as well as in dysphagia

A trusted partnership, PhysioPod® UK, lead the way in UK healthcare...

"Julie and Mary are a delight to deal with. They have enthusiasm for their products and are keen for you to take the right model for you. Deep Oscillation can be used for a vast number of clinical scenarios not just the very effective reduction of Lymphoedema. After sales support is second to none with training and your own web-page on their directory of practitioners. I recommend the experience of buying from the sisters as a model for the provision of health related equipment and services into clinics and hospitals. My heartfelt thanks, David"

David Thompson MCSP - PhysioPlus

PhysioPod® became approved suppliers to the NHS in 2012 and in 2014, recommended suppliers of The Acupuncture Association of Chartered Physiotherapists (AACP). They enjoy Corporate Membership with MLDuk and are Sponsors of the National Lymphoedema Framework Ireland (NLF). Listed on Professor Timothy Watson's 'Electrotherapy On The Web' website, though not an endorsement or recommendation, are noted as providing a 'professional service'. PhysioPod® are valued suppliers within the UK's elite sporting world.

In addition to ten PubMed studies, DEEP OSCILLATION® has also been published in the Journal of Lymphoedema, The European Journal of Lymphology and The Primary Care Nursing review. Full references can be viewed on their website.

In 2016, PhysioPod® UK Ltd were delighted to add the expertise of Elaine MacNicol RGN Clinical Nurse Specialist to the team. DEEP OSCILLATION® is now 'recommended' by Dr Vodder Academy International and 'The Wittlinger Lymphoedema Clinic' in Austria. Over the years the Sisters have worked closely with and promoted the activities of Lipoedema UK, Lipoedema Ladies and Talk Lipoedema.

DEEP OSCILLATION® is utilised by the following:

- MLD DLT Practitioners and Lymphoedema Therapists
- Chartered Physiotherapists
- Osteopaths & Chiropractors
- Podiatrists
- Lactation Consultants
- Sports and Sports Massage Therapists, Sports Rehabilitators
- Beauticians & Holistic Therapists
- Equine and Canine Therapists

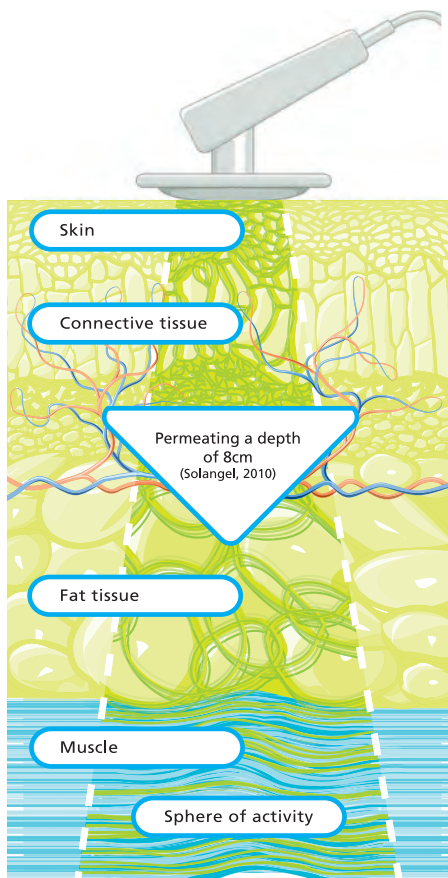


DEEP OSCILLATION® Therapy Permeating a depth of 8cm through all tissue layers

DEEP OSCILLATION® is shown by ecographic image recording to permeate an 8cm depth. Source : "Value of DEEP OSCILLATION therapy in the healing of AB burns" Authors: MSc. Dra. Solangel Hernández Tápanes¹, Lic. Addiel Suárez², Dra. Tania Bravo Acosta³, Lic. Rafael Wilson Rojas², MSc. Dra. Beatriz Fernández Prieto⁴, Dra. Miriela Cabrera Morales⁵ (Cuban Journal of Physical Medicine and Rehabilitation RNPS 2244-FOLIO 148 – ISSN 2078-7162 2010).

What is DEEP OSCILLATION®?

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" (Brenke and Siems 1996). Schönfelder and Berg (1991) 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/therapist's 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.

What are the clinical effects?

The a-thermal mechanical mode of action of deep oscillation can induce the following *clinically documented effects in treated tissue:

- Strong analgesic effect - this applies to acute traumatic phase as well as to chronic pain conditions
- Anti-inflammatory effect
- Prevention and reduction of secondary, for primary lymphoedema, reduction of pain, inflammation and oedema in lipoedema
- Muscle relaxation, fascial mobilisation, functional improvement
- Improved range of motion (ROM)
- Support of wound healing processes
- Normalisation of haemodynamic parameters of the skin
- Correction of aesthetic-neurotic problems and influence on biological ageing through preventive effects on premature ageing
- Accelerated recovery after intensive physical workout
- Decongestion and functional improvement in obstructive pulmonary conditions

*Dr Jens Reinhold, MLDuk The Journal, April 2017 – Mechanisms of Deep Oscillation

See 'Study References' section of the PhysioPod® website:

<http://www.physiopod.co.uk/study-references.shtml>

Video Report

<http://www.physiopod.co.uk/deep-oscillation-effect-in-tissues-recorded-by-ultrasound-imaging.shtml>
from Dr. MSc. Luis Felipe Medina C. Lic states that as the electrostatic pulses cause static friction, the elasticity of CONNECTIVE TISSUE reacts to this mechanism, and alternating tensing and/or deep "pumping" is produced. The "Pumping" effect causes the lymphatic drainage"

What are the fields of application for DEEP OSCILLATION®?

- Primary and Secondary Lymphoedema, Chronic Oedema
- Lipoedema & Lipo-Lymphoedema
- Pre and Post Liposuction for Lymphoedema and Lipoedema
- Sports Injuries and damage from overstraining (groin, calf, hamstring etc), scar tissue
- Training Aftercare and Performance Stabilisation in Sport
- Occupational Injuries and conditions: Achilles problems, arthritis, back pain (acute and chronic), tennis & golfers elbow..
- Pre and post operative surgery (over implanted metal)
- Open wounds:- burns, ulcers, amputations
- Mechanical Traumata
- Neuro Rehabilitation
- Respiratory Problems
- Pain Syndromes (Fibromyalgia and Sudeck's Dystrophy..)
- Post Aesthetic Surgery: Face Lift, Breast Reconstruction..
- Post pregnancy related problems & non surgical aesthetic indications
- Equine and canine injuries and maintenance

I'd like to know how DEEP OSCILLATION® helps reduce oedema and fibrosis?
DEEP OSCILLATION® causes a 'shuffling' of the basic substance in the interstitium, thus promoting the removal of interstitial fluid as well as content material (proteins, decomposing cell material, neurotransmitters, etc.). Interstitial septa and fissures are kept open by the mechanical activation, which helps interstitial drainage, which significantly reduces local oedemas, aseptic inflammations and swelling in the area of the wound. In chronic conditions, the treatment helps to disperse fibrosis and hardened tissue.

I'd like to know how DEEP OSCILLATION® helps reduce inflammation?
DEEP OSCILLATION® therapy stems acute and chronic inflammation, by limiting inflammatory cell movement to the affected area. This is achieved by reducing the release of inflammation mediators and reducing fluid and protein loss from the blood and lymph vessels.

I'd like to know how DEEP OSCILLATION® helps wound healing?
DEEP OSCILLATION® helps in speeding up and improving wound-healing processes. Through the oedema-reducing and anti-inflammatory effect, the local metabolic elimination and alimentation is improved in all tissue layers, whereby tissue renewal and scar formation are clearly encouraged and accelerated. This is documented by the significant improvement in planimetric and biochemical parameters of wound healing.

I'd like to know how it works with pain?

Although we do not fully understand the mechanisms of DEEP OSCILLATION®'s strong pain reducing effect, which has been shown in many studies in detail, we do assume that various mechanisms play a role.

1. The representation of TRPV1 receptors in cell membranes reduces significantly after two treatments with DEEP OSCILLATION® [BOISNIC (2010)] . One cause is reduction of the noxic potential (calor, tissue acidosis, prostaglandines [Cyclooxygenases]) due to edema reducing, draining and liquid distributing effects of DEEP OSCILLATION® at the interstitial level.
2. We assume that there is also a cell or inflammation mediating effect, since two treatments lead to a significant reduction of the prominent pro-inflammatory cytokine IL-8 [Boisnic (2010)]
3. Various anti-oxidant effects have been identified (Mikhailchik Et Al. 2005) etc.

Pain reducing effects have been found in the following studies.

Schönfelder And Berg (1991). Johanning-Csik (1994). Jahr Et Al. (2008). Aliyev (2009). Kanter Et Al. (2010). Pérez Castro Et Al. (2011). Sporbeck Et Al. (2011). Aliyev (2012). Hernández Tápanes Et Al. (2012). An article: The Mechanisms of Deep Oscillation by Dr Jens Reinhold, with references can be read online at <http://www.physiodod.co.uk/assets/images2017/2017-MLD-6pp-web.pdf>

I'm a patient and I'd like to have DEEP OSCILLATION® treatment. Does it hurt?
Absolutely not! It is gentle, non-invasive, non-traumatic and very relaxing.

Do I need a medical assessment before treatment commences?

Your healthcare professional/Lymphoedema practitioner will go through a consultation form with you, assessing your suitability for treatment, including any possible contraindications and will possibly ask you to sign a consent form before treatment commences.

What are the contraindications for DEEP OSCILLATION®?

All normal massage contraindications: Acute infections, Acute systemic inflammations with pathogenic germs participation, Active tuberculosis, Acute venous diseases (untreated thrombosis), Untreated malignant diseases, Erysipelas and Cellulitis, infectious skin diseases.

In addition: Cardiac pacemakers or other electronic implants, untreated heart trouble and diseases; especially cardiac insufficiency, decompensated cardiac oedema or abnormal heart rhythms, pregnancy, hypersensitivity to electrostatic fields, infectious skin diseases.

What if I didn't know that I was sensitive to electrostatic fields?

It would not cause any harm to you, if it feels unpleasant (very seldom), then ask the therapist to stop.

I have implanted pins/plates; can I still have the treatment?

Yes you can, the therapy does not heat tissue, making it perfectly safe to work over implanted pins and plates.

Am I going to be 'electrically charged up' during treatment?

No, the patented circuitry means a circuit is never completed. Imagine drawing 95% of a circle and then stopping, then re-starting, during the break in the drawing, the charge is safely dislodged via a patented internal active discharge device within the machine.

What is the effect on the therapist?

There are no reported side effects to patients or therapists of regular use of DEEP OSCILLATION®. Positive side effects for the therapist include a relaxed feeling during the application of treatment and less pressure on their bodies.

What's the bar I am holding made of and why do I need to hold it?

The bar (A) is made of high quality titanium and holding this bar forms part of the three way contact required for the therapy to work.

So what else needs to be in place for the therapy to work?

The therapist adheres an electrode (B) to their forearm, which is also connected to a spiral lead. The other end of the spiral lead fits into the connector socket of the machine. You will also notice that the therapist is wearing vinyl gloves (C). A+B+C= effective therapy.

I felt a tingle in my hand when holding the bar, is that normal?

Sometimes patients can feel a tingle but it's really not harmful, however, if it does feel really unpleasant, the therapist can alter the dials to reduce this or pop the bar between toes.

My therapist sticks the electrode on their ankle, is that right?

Yes, that's perfectly ok, it means they can work more freely around their patient and so it may appear they have 'magic hands' because the patient can't see the wire!

Why is my therapist putting talcum powder on me?

DEEP OSCILLATION® requires an absolute dry surface in the area to be treated. A light dusting of talc ensures the area is dry.

Is it special powder?

It is a baby powder and is registered on the FDA database without ever having had any safety recalls. It is exclusively produced from elected ingredients, which are subject to strict purity controls comparable with the medical and pharmaceutical control system. Talc free alternatives can be used if the use of normal talc causes concern.

Does the therapy stop if I have a hot flush?

Yes because your core body temperature has raised and the body needs to be at a normal temperature, but please don't worry, after a few minutes, when it has passed, the therapist will try again.

What if my therapist has a hot flush? Will the therapy be affected?

If your therapist has a hot flush, then unless the flush has affected her hands then it won't stop the therapy. If it has affected her hands then she may need to remove her gloves, dry her hands and slip on a new pair of gloves.

What happens during a treatment?

Electrostatic pulses create pleasant, deeply effective oscillations in the skin, connective tissue, subcutaneous fatty tissue, muscles, blood and lymph vessels down to a depth of 8 cm.

Do I feel anything during treatment with DEEP OSCILLATION®?

You will feel a pleasant, relaxing, vibration (oscillation) deep down inside the muscle tissues.

Does it matter if my mobile phone is in my pocket when I have treatment?

No, it will not effect the treatment or your phone.

Does it matter if I am wearing jewellery?

No, it is perfectly fine to wear jewellery.

What is DEEP OSCILLATION doing to me during treatment?

In higher frequencies (approx. 80 – 250 Hz)

Pain is significantly reduced. The bodies' lymphatic drainage pathways are opened and activated. The therapy is breaking down the trapped cellular metabolic waste, including protein solids and abnormal fluid build up. This encourages the dispersal of hardened, fibrotic tissue.

In lower frequencies (approximately 5 – 25 Hz)

Vasodilation (expansion of blood vessels) causes a slight lowering of blood pressure. A powerful, yet gentle, pumping action in these lower frequencies causes strong movement in the tissue. The re-instigation of freely flowing fluids encourages essential nutrients back to the tissue. Peripheral nerve pain is reduced and limb mobility is promoted.

In medium frequencies (approx. 25 – 80 Hz)

Microcirculation in the interstitial spaces of the connective tissue is boosted, causing a relaxation of the tissues. The now collected, biological waste products start to move out to the lymph system for removal.

Why is this different to other electrotherapy products?

It is not a traditional electrical stimulation device (i.e. Tens), as a circuit is not completed. Neither does it produce heat (like in the thermal setting of Ultrasound).

Does DEEP OSCILLATION® have any known side effects?

The therapy has no known side effects and does not conflict with any medication. It is perfectly suited as supporting therapy during treatment with medication as well as physical treatment and physiotherapy. Patients may notice an increase in urinary output.

What is the intensity button (dosage) on the machine, does more intensity mean better treatment?

No, effective therapy can be performed at minimal intensity. The therapist will start with the intensity turned up to 80/90 % and will adjust as necessary. It is adjusted to find the appropriate pressure of massage for the patient.

Why does my therapist sometimes massage quickly and then work slowly?

Low frequencies require slow massage movements. With high frequencies, slow and fast massage movements are applied.

My therapist stopped moving his/her hands and the therapy stopped, is that right?

Yes, the therapy must be performed with movement, if the movement stops the therapy stops, it starts again as movement commences.

My therapist is using an applicator rather than gloved hands, does the therapy still have the same effect?

Yes, the therapy effect is exactly the same; it is just another way of working.

I would like to learn more about self management with a personal unit what should I do?

Email info@physiopod.co.uk or call 01159 167 685.

The following testimonials relate to Lipoedema and Lymphoedema and DEEP OSCILLATION® used pre and post liposuction for Lipoedema.

More testimonials including those from the many other fields of application can be viewed at: <http://www.physiopod.co.uk/testimonials.shtml>

Lipoedema Testimonials

“Years, or rather decades, of being told to lose weight, twenty years of fruitless attempts to sort out compression for worsening varicose veins, followed post menopause by worsening leg pain and swelling in the course of every day, and finally, 3 years ago, in my late fifties, the diagnosis: lipoedema.

How to manage this chronic condition that made my life quite painful and rather limited?

Weekly MLD became a lifeline, but still necessitated a half hour drive to the clinic and the positive effect of the treatment on my quality of life wore off after a day or so.

A kind friend gave me a life- changing gift earlier this year: two sessions with Kate Griffin at Stirling massage therapy, who introduced me to the Hivamat. Kate also lent me a DEEP OSCILLATION® Personal SPORTS to try out over a couple of weeks at home - what a difference! There was a marked reduction in swelling and pain, and I had a lot more energy to do the things I love. Previously, long work meetings had become a draining experience, I had almost given up on air travel, and I had pulled out of several choral performances, because long periods of sitting or standing had become unbearable. . .

Effects of daily self treatment were so convincing that in May I invested in a machine for myself - my quality of life is so much better and I truly rely on the personal unit to live each day, money well spent. Being able to treat this condition for myself, at home, at any time, and as often as I want, has given me much more control in how I live with it. I can prioritise things that are important to me and adjust the number and length of treatments accordingly.

Julie and Mary’s post purchase support at Physiopod is excellent all round. When there was an issue with my unit, they pulled out all the stops to ensure I was not left without a machine for longer than absolutely necessary. The few days without the DEEP OSCILLATION® Personal SPORTS were a sharp reminder of life before. . .”

BW

“Having had lymph nodes removed in 2008 after breast cancer, I thought I was doing well but a fall in 2010 causing some broken bones seemed to set off some lymphoedema in my left arm. After consulting my lymphatic drainage consultant, she confirmed that I had actually got lipo-lymphoedema in my left arm and upper legs This was a surprise to me as I thought the problem with my legs was worsening cellulite!! She suggested I might like to consider the PhysioPod. This was very good advice and I have had the PhysioPod for about 5 weeks now. The swelling in my arm is greatly reduced and the “cellulite appearance” on my thighs has reduced. I have also noticed my ankles are slimmer. I am very pleased with my PhysioPod and very grateful to Mary and Julie for the backup support they continue to provide.”

Sandy

"I have had a Physiopod since August 2015 having heard from friends with lipoedema how effective it is. I must admit I was very sceptical at first but after Mary and Julie demonstrated the personal Physiopod to me and my husband I was very impressed with the results after just one massage.

My husband has osteopaenia, 4 crushed lumbar vertebrae and asbestosis and I noticed a distinct improvement in his walking and he said the pain in his back had lessened. This lasted the rest of the day. For myself I have lipoedema stage 5, diabetes and asthma which is quite severe at times and I also have Dercums disease. Because of my advanced lipoedema which I have had since age 12, I have had a lot of pain both at rest and when walking. My mobility is very poor because of the heaviness of my legs, the size of my legs and also the nonstop pain and aching.

After Mary and Julies demonstration, I noticed the pain and aching, although still there, had lessened considerably and I was able to walk easier. I have a lot of pain in the Dercums lipomas especially in my arms, right shoulder and under my ribs. Using the Physiopod at least one a day when I have a flare up gives great relief I would say for about 4 hours.

I have De Quervains syndrome in my hands and the Physiopod eases the pain so I can unlock my thumbs and also enable me to re position them when they dislocate. This is so important as I do craft work and need my hands to be as comfortable as they can be. I also partly dislocate my right shoulder occasionally and the Physiopod helps to ease the pain after the shoulder is popped back into place. I also use it over my knees as both my knees have cruciate ligament degeneration.

I use the Physiopod across my chest when I have an asthma attack and although it doesn't stop the asthma it helps to relieve the breathing a little. It's the best little machine I have ever owned and I wouldn't be without it."

Jill W

"Deep Oscillation is amazing, I have used it for oedemas of all types. For post-operative oedema, one to two sessions reduces the swelling, whereas before I would have had to do possibly four sessions.

Arm Lymphoedemas are all reporting positive results; they are pain free, the heavy feeling has gone and the arms are reducing further. One stubborn leg Lymphoedema is finally reducing more and the fibrosis is softening.

At the moment I am also treating a very bad Lipo-lymphoedema with massive leg ulcers, the ulcers are improving visibly on a daily basis, I have photos if you would like them? I am 'over the moon' with my new machine and it really makes the MLD more effective"

Monica Conway

MLDI, IRI, IMTA PG Dip/ MSc in Lymphoedema Practice

<http://bio-healthcentre.ie/>

"After spending a total of 4 days on my feet, 2 at the International Lymphoedema Framework Conference and 2 days running Lipoedema UK Conference and AGM, my legs were swollen and painful, so a session with a HIVAMAT 200® from Julie was wonderful.

The HIVAMAT 200® really helped alleviate the swelling and pressure and when trying out the machine at home my husband got to benefit from a treatment to his arthritic hands at the same time as treating me whilst massaging with the gloves on. This is the feedback we received from one of our Lipoedema UK conference delegates: "I did have some amazing treatment for pain and muscular problems with the PhysioPod® UK Ltd team, Julie and Mary. They were giving free demonstrations of their machine, which penetrates 8 cms into the body with deep vibrating oscillation. Being a bit sceptical about this I hesitated but then decided to go forward for a session of treatment and found immediate relief from my neck and back pain. I was truly amazed at the results. They were incredible but the good thing is that they have actually had some lasting effect'

Sharie Fetzer, Chair of Lipoedema UK

"I am lucky enough to know Julie and Mary who run the company PhysioPod™ UK Ltd through the support group I run for ladies with Lipoedema; Lipoedema Ladies. DEEP OSCILLATION® was exhibited at our Big Meet and I was very lucky to get to have one of the taster massages they offer to our ladies during their time with us. I can only describe the feeling as a gentle buzzing, not one bit painful and rather enjoyable when part of a Simple Lymphatic Massage. I felt benefits of a lighter feeling in my legs and less pain after just this taster session. I didn't know why or how... only that I liked what it did to my legs. A few weeks later, I had my 6 monthly appointment at the Lymphoedema Clinic and they had acquired a HIVAMAT® 200 for use in clinic, I didn't need asking twice if I would like to 'try' this treatment. I relished my 3 sessions at the clinic and indeed my nurse could see a positive difference in my skin colour and sensitivity. Due to lack of staff and appointments the 3 sessions were to be my lot. I could only hope that my upcoming liposuction would lessen my reliance on an overstretched NHS service."

Michelle Ellis, Chair of Lipoedema Ladies

Lipoedema and Lymphoedema of the legs

"After myself and my mother were diagnosed with Lipoedema last year we found huge benefits from receiving regular manual lymphatic drainage treatments. As good as that is, financially it just isn't possible for us to go weekly. So when the Hivamat was recommended to us a few months ago by a well-respected MLD therapist, we hadn't heard about deep oscillation therapy, and wanted to find out more.

We were given a demonstration of her Hivamat, and were so impressed that Mum decided to take the chance and invest in a personal unit for us to both use. 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 the Hivamat, 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 Hivamat to anyone, especially other sufferers of Lipoedema"

Louise

Post Liposuction for Lipoedema

"I started the DEEP OSCILLATION® therapy 7 days after my liposuction. For the first week it is a requirement of the procedure to wear ankle to waist compression continuously without removal, you even shower in the garment. I do have a compromised lymphatic system and have lymphedema diagnosed in my right leg so I have worn knee high compression garments for many years. I had never found full length that was comfortable enough to wear day in - day out.

As mentioned previously I have lymphatic impairment in my right leg, so consequently I have worn knee high compression stockings for many years. The compression given post surgery is from ankle to waist, it does not cover or compress the foot, therefore my right ankle and foot were severely swollen and deformed.

Here is where the DEEP OSCILLATION® machine really shows its worth. After one treatment the skin felt less tight on my foot and ankle, after the second the tissues were less swollen. Every treatment after it continued to improve in the same manner, after 12-14 days it was back to (my) normal. I used the machine 2-3 times a day in the first week and 1-2 times a day there after. It really helped my legs mend and recover after the liposuction.

I have hypermobility and the accompanying thin skin that takes it time to heal, I think the DEEP OSCILLATION® machine helped my healing. I know for certain sure it resolved my swollen ankle and foot, and then kept it stable until I could start wearing my knee highs under the compression leggings."

Michelle Ellis, Chair of Lipoedema Ladies

"The DEEP OSCILLATION® Personal AESTHETICS has definitely helped to drastically reduce my bruising and to bring the swelling down post liposuction for lipoedema. The pain relief it gave me with each use was brilliant. I think every lady having liposuction for lipoedema should use one. It has been crucial in aiding my recovery."

Claire Tickle

Lymphoedema

"The lady, aged 55, underwent trans oral laser surgery to remove a cancerous tumour from her right tonsil followed by an ear-to-ear neck dissection to remove cancerous lymph nodes in March 2014. This was followed 6 weeks later by 6 weeks of daily radiotherapy, which was completed early June. During August her neck started to swell and became very uncomfortable and painful.

She saw me in mid September for MLD and DEEP OSCILLATION®. After the first treatment session her tongue swelling had reduced and she had more tongue movement, which in turn had made eating easier. She has improved further after regular, initially frequent, treatment sessions."

Regina Dengler

RGN, BLS, MLD UK Casley Smith MLD DLT Practitioner and Lymphoedema Therapist

<http://www.touchingwell.co.uk/>

"I used the Deep Oscillation therapy using "the paddle" with a patient with genital swelling. They had quite engorged swelling, which was very uncomfortable and tight, but mostly very distressing. They had other health problems too, and because of this, conventional methods of treatment would be contraindicated. Using the paddle to self treat (because of the private area being treated), there was no embarrassment from the patient, they felt in control, and I guided them to use stroking movements up towards the groin/trunk - for SYMPTOM MANAGEMENT ONLY.

After one treatment the swelling was much softer to one side of the groin and the genitals felt less full. After the 2nd treatment a week later, both sides of the groin felt softer and the genital area was much softer and less swollen and stayed improved until the next appointment with mild intermittent swelling. After the 3rd and final treatment (the trial period) the swelling felt more comfortable.

The patient experienced it as "really good, it helped a lot, it was really comfortable". Other methods of gentle compression to the genitals were used, but alone, they were not as effective. The introduction of Deep Oscillation and self-treating made a big difference to the patient's quality of life and symptoms."

Jan Bell

Lymphoedema Specialist Nurse
Berkshire West Sue Ryder Service

"The Leeds Lymphoedema team has been using HIVAMAT® 200 (DEEP OSCILLATION®) in conjunction with Manual Lymphatic Drainage for over 2 years. Manual Lymphatic Drainage as a stand-alone treatment gives good results over time. Since introducing HIVAMAT® 200 we have found the results happen more quickly, especially when softening fibrosis or scar tissue.

The advantage for the Practitioner is that they are still delivering a hands-on treatment, just with the addition of gloves. This enables them to feel the tissues as they work, adjusting their movements and depth of working alongside the frequency of the oscillations to obtain optimum results for the patient. It also still enables good control of their hands in delicate and small areas. The treatment is pleasant to receive and we have only ever had positive feedback.

The treatment of Head and Neck oedema can be challenging for both therapist and patient. To be able to achieve effective results more quickly is hugely positive for the patient. It also frees up clinic slots to enable more patients to be treated. The use of HIVAMAT® 200 has definitely improved the overall treatment opportunities we can give our patients."

Catherine Groom,

Specialist Lymphoedema Practitioner
The Leeds Teaching Hospitals NHS Trust (LHT)

"The lady was treated for left breast cancer with mastectomy, axillary node clearance and adjuvant chemotherapy. Nine months following completion of her chemotherapy, she started to develop problems with her left hand and fingers. She noticed difficulty in bending her fingers and 'firmness' in the skin on her hand. This progressed until her hand, fingers and lower arm became fibrotic/sclerotic and there was very little movement in the wrist and fingers.

Lymphoedema assessment revealed no oedema, slight inflammation, and severe fibrosis. Referral to several other specialties revealed no cause for the changes in her arm. She worked in a bank and because of her limited hand mobility, was no longer able to work.

A course of short stretch compression bandaging combined with manual lymphatic drainage was commenced, but after 2 weeks there was very little change in her symptoms. A chance conversation with a Physiotherapist in Australia led to her purchasing a DEEP OSCILLATION® Personal from PhysioPod®. She used this 3 times a day on her arm, hand and fingers, and within 3 weeks her symptoms had started to improve.

After 2 months she was able to use her hand and fingers and the fibrosis had almost resolved. This led to a significant improvement in her ability to carry out her self-care needs, but she was still unable to return to work. She continues with her regimen faithfully every day and takes the unit with her when she travels to her family holiday home in Ireland."

Marie Todd

Clinical Nurse Specialist Lymphoedema
NHS Greater Glasgow & Clyde

"I have treated several patients suffering from cording after breast cancer surgery. This lady, aged 47, was suffering with arm and hand swelling and had been recommended to see me by a mutual friend who was also having treatment for secondary lymphoedema. The lady was still undergoing chemotherapy but was particularly struggling with restricted arm movements due to cording.

After MLD to the neck, unaffected axilla, chest and proximal affected arm, the HIVAMAT® 200 was brought into play and I carried out treatment along the route of the cording. Even after the first treatment, there was an improvement in the thickness of the cording and movement of the affected arm was much freer. I saw the client a few times, until she was happy that the cording had resolved. This is just one example of the power of the HIVAMAT® 200 and I continue to use it within my practice on a regular basis."

Lesley Batten

Complementary Therapist & Lymphoedema Therapist
<http://phoenixholistictherapy.com/>)

"I have had Lymphoedema in my left arm for about 4 years. I felt in constant confusion and anxiety about the vague management instructions one receives for this lifelong chronic condition and the variability of the swelling – which I seemed unable to influence or control very much. Last year quite suddenly my arm started to deteriorate quickly and I began to get desperate. I decided to imagine I was newly diagnosed and started researching best possible treatments from scratch. I found Deep Oscillation Therapy.

I had never heard of DOT, and came across it when looking for MLD therapists. I was considering paying for private MLD treatments, as my local Lymphoedema service doesn't offer them to people with moderate lymphoedema like mine. I rang Jane Michie of MLD Cares, Hexham and discussed MLD and DOT and decided to go for a trial combined treatment. I have never looked back.

Since I began treatments my arm is consistently almost the same size as my non-affected arm, it is consistently a better shape, and if it does swell slightly I know I have a treatment coming up that will reduce the swelling. Recently I got bitten by horsefly and had a bad bout of cellulitis. After the infection was gone I had an extra treatment and was instantly back to my normal for me shape and size – so there was no long term impact at all, which I had been worried about during my battle to get on top of the cellulitis.

I am feeling in control of my body again, not desperate and anxious, but in control, and like the condition is manageable, and that I can live successfully with it. This feeling is even more secure now that I have bought my own Hivamat (small DOT machine) from Mary and Julie at Physiopod. What a great investment – Its easy to use, especially with the clear instructions and support you receive with the machine, and over the phone. I take it everywhere with me – so for example after a flight I can give myself a few treatments and reduce the swelling I always get from flying. This is great as I don't have to spend a business trip or holiday with a larger than usual left arm. I am convinced my body has now started to use alternative pathways for the lymphatic fluid as I am getting much less swelling overall than I used to, and am able to reduce the frequency of my treatments at MLD cares as a result.

I can't recommend DOT and Physiopod highly enough, and if you happen to be in the North of England, Jane Michie is a wonderful MLD DLT Therapist."

Jane Michie

Therapist in Manual Lymph Drainage and Combined Decongestive Therapy

<http://www.mlldcares.co.uk/>

"Mrs L contacted me excitedly. She said the lymphoedema clinic could not understand why there had suddenly been a significant reduction in the volume of her arm. She could only think it was because of the Hivamat 200® which we had started to use with her manual lymphatic drainage treatment. She is extremely pleased with the look of her arm and was able to expose it without a compression garment for short periods of time in the summer."

Denise Hall

MLD UK, Vodder MLD DLT Practitioner and Lymphoedema Therapist

<http://therapeuticsolutions.org.uk/>

"In October 2013 the lady, aged 47, was diagnosed with right breast cancer. Immediately she had an axillary clearance followed by radiotherapy and chemotherapy. Unfortunately the intervention left her with the problem of cording making the skin hard, red, painful and very sensitive to touch. The cording in the right armpit around the scar tissue was very tender, swollen and causing restriction of the arm movements. I started treating this lovely lady with DEEP OSCILLATION® therapy via the HIVAMAT® 200. On the first 2 sessions I tried to work only on the proximal side of the cording, at the end of each treatment she felt relieved and had more flexibility of the arm. On her 3rd visit I started working closer to the cording and eventually on the scar tissue. She had altogether 6 treatments with me, which improved her arm movements and she started doing everyday tasks without any restrictions"

Sossi Yerissian (MA)

Nutritional Therapist and Manual Lymphatic Drainage Therapist

Dip. ION, BANT, CNHC

<http://www.sossi.co.uk/>

Lymphoedema Patient Testimonials – self managing with the DEEP OSCILLATION® Personal

"I have had Primary Lymphedema in my leg since I was 19 years old. Before I discovered that was what was wrong with me, I had tried every possible treatment – including acupuncture, faith healers in the Philippines, and every type of alternative healing. They have scanned my leg in many different hospitals around the world until one day I found a lady in a hospital that was trained in the Foldi method of manual lymphatic drainage and with her help I understood what was happening to me.

A year ago (at 39 years old) I went to see a manual lymphatic drainage therapist in Spain and she had just purchased the Deep Oscillation Hivamat 200 machine. The therapist tried it on me for a month to see if we would get any effect. I then went on to purchase a Deep Oscillation Personal machine from PhysioPod™ UK Ltd, so I could do the treatment myself. The Directors at PhysioPod™ UK Ltd liaised with the therapist to obtain the best treatment protocol for me and programmed it on to a card to use in my machine.

I have had the best Summer since my Lymphedema started!! You can hardly see the difference anymore. I can now go to the beach or in the swimming pool without feeling that anybody is staring at me. It is a miracle after all what I have tried. I am so grateful that I have found something that has finally helped me and to get relieved from the problem with regular use. My skin is much better and the heavy feeling I used to have in my leg has gone. My leg now looks almost like my normal leg. What a relief."

Ms. Lister

"I purchased a Deep Oscillation personal machine in Jan 2015, I have used the machine daily since then. Post surgery and six weeks of radiotherapy my lymph's were compromised on my neck and face. I was left with lymphoedema on my face and the machine has been a lifesaver, literally helping to reduce swelling from the lymphoedema and gives me great relief. I was advised to get the machine by my Lymphatic drainage lifesaver Monica Conway. I got in touch with Mary in the UK as they distribute to the UK and Ireland. I got the machine in a week and over the past 2.5 years Mary has been a brilliant sending me wires, pads, cards and advice on whatever I needed to support the use of the machine. I can not speak highly enough about the machine and the service, a must buy for anyone with lymphatic issues."

Orna

"In the autumn of 2004 I had the shock of my life when I was informed following an angiogram that I needed heart bypass surgery. I had been a fitness instructor for almost 30 years and had only gone to see my GP with what I thought was a chest infection. His sharp diagnosis of a deeper problem took me through various tests before coming to this rather frightening realisation. I had my surgery early in 2005 and it wasn't straightforward. I came home to recuperate and even that wasn't as quick as I had thought it would be. One of the procedures that go along with bypass surgery is the harvesting of veins for the grafts, in my case from the legs. Legs, because attempts in my left leg were not successful, so my right leg had to be attacked also. These procedures left long wounds, which also took time to heal and left significant scars.

It was about a year later when I noticed one day that my right leg was looking larger than my left leg. I got a tape measure out and sure enough there was a difference of 5". It was also aching slightly. I made an appointment to see my GP who shipped me off for tests, first for a blood clot and then for any other kind of blockage. These proved negative. He then told me that he thought what I had was lymphoedema. I waited for him to suggest treatment and when I asked him what I could do he said 'nothing'. I refused to accept that there was 'nothing' I could do so I pushed him. He said the best he could do was prescribe me compression stockings, which I would need to wear 24/7. This was not good news. I sought advice elsewhere and was fortunate enough to be living within driving distance of a therapist who specialised in helping people with lymphoedema. I went to see her and after consultation she treated me first with bandages and then with fortnightly massaging. It eased my aches considerably and kept me free of the dreaded tights. After about a year of this my therapist acquired a new machine called a Physiopod, which worked through deep oscillation massage. The results were amazing. Now I only needed to visit her once a month, which apart from anything else was a considerable financial benefit!! I don't know how much time passed before I was told that the company who made the Physiopod had brought out a personal machine, smaller in size but equal in effect to the larger one. It was pricey so I needed to think about it. When I sat down with my husband to talk about it he immediately said this was a 'no brainer'.

What was more important than my health and keeping me mobile? Nothing.

So I ordered my machine, which came with a personalised data card specific to my needs. I had one 'training session' with my therapist and now I was on my own. Any worries I had were completely unfounded. Treating myself twice a week has kept me under control, ache free and totally mobile. I take my machine everywhere, on holidays it has been invaluable. Many times when I have been in places where it has been hot and I have been standing or walking a lot, it has literally saved that holiday from being ruined. My Physiopod has become a treasured possession. If I were ever asked the question 'what one thing would you rescue if your home was on fire?' there's no doubt in my mind it would be my machine!!! It also comes with a data card for treating other sports injuries and I have had occasion to use this a few times too. In particular it's sorted out problems with Achilles tendonitis on several occasions. I whole heartedly recommend this machine to anyone plagued with lymphoedema, it will change your life."

Pauline

"Outstanding! I cannot recommend the PhysioPod highly enough and wish more people knew about it and could benefit from using one. What a difference this machine has made to my life, without it I dread to think how much worse my lymphoedema would be..."

I am so thankful that I bought my PhysioPod five years ago after seeing how it helped my condition when it was used as part of the lymphatic massage treatment I began. Without doubt it has helped control my symptoms and it offers me such relief each time it is used. The results were so immediately palpable that I was keen to have my own machine so I could continue treating my lymphoedema at home and it was a wise decision, as it gives me the advantage and convenience of being able to use it in between visits from my marvellous MLD therapist (Lesley Batten). Another advantage has been that other members of the family have also used the PhysioPod to aid recovery from various injuries they have had. After all these years of extensive use it has never had a fault and works as well as ever. I think by now you can guess I am a big fan!

I would also like to praise Julie Soroczyn who not only offers great service but is also so friendly and approachable that it only adds to the positive experience that the PhysioPod has given me. A big thank you for the help Julie and her wonderful machine has given me and I would be happy to personally share my experience with anyone who would like to contact me."

Mary

"I developed lymphoedema of the trunk and arms after my second mastectomy nearly 3 years ago. At first my therapist was using MLD and a Ryan Corp laser unit, but then she bought a HIVAMAT® 200. The results were impressive, the swelling reduced, the pain diminished and scar tissue softened. My body really felt the benefit of the HIVAMAT® 200. My therapist told of other patients benefitting also from the treatment. Earlier this year I decided to buy the DEEP OSCILLATION® Personal SPORTS.

I have not been disappointed, although it took a few sessions to get used to treating myself with the unit! It has a card dedicated to my lymphoedema needs and another 'sports' one for sports injuries and other aches and pains, which I use for my badly smashed kneecap to relieve pain and swelling. The unit is easy to use and recharge, it's very portable for taking on holiday in its own case. I use it between sessions with my therapists to keep my swelling in check. My husband can also be involved in my treatment now. I am pleased I bought the personal machine and grateful to Physiopod and my therapist for their help and support"

Elizabeth

"I purchased my Physiopod a few months ago. I have been visiting the lymphoedema clinic for 5 years now on a 6/8 weeks basis. The girls there do a brilliant job, but they are so busy, I needed more regular treatments. I had the machine on trial for a week last October from Royal Stoke University Hospital. After using it every day for a week I saw a marked difference in the swelling of my leg. I then decided to buy my own. Best decision ever! I feel like I have complete control now and my leg looks great. I take long-term antibiotics for recurring cellulitis. My next step is to get off them!"

Angela

"I was diagnosed with a Primary Lymphoedema in one of my legs at the age of 19. I have had a lot of lymphatic massage, laser treatment and numerous courses of CDT.

DEEP OSCILLATION® was by far the best tool I discovered in my search to find something that I could use everyday to keep my leg in the best condition possible. It has been an invaluable tool in the management of my Lymphoedema, providing me with some peace of mind and saving me a lot of time. I have used DEEP OSCILLATION® every day in conjunction with Simple Lymphatic Draining (SLD) and this has kept the tissue soft, whilst maintaining the improvement achieved through CDT.

The machine seems to 'super charge' the SLD and is very easy to use. It is such a relief to know that if, for whatever reason, extra fluid accumulates, I can treat myself and DEEP OSCILLATION® will take care of it.

I would highly recommend DEEP OSCILLATION® to anyone who suffers from Lymphoedema as an efficient way to help manage the condition independently. I have the HIVAMAT® 200 at home but decided to also invest in one of the personal machines which I particularly recommend, because it is so portable and perfect for travelling, I have recently been travelling extensively with friends and have had no trouble taking this unit as my 'carry on' luggage."

Victoria

"I have had Lymphoedema in my left arm for over 2 years, since surgery for breast cancer. I have struggled with compression bandaging and wear a compression sleeve. I was delighted when Lorraine Brown CNS at the The Beacon Lymphoedema Service in Guildford offered me to try one of the four new machines they had just purchased to try and help with the Lymphoedema.

The machine is a portable Deep Oscillation machine from PhysioPod. I borrowed the device for a month and used it for half an hour each day.

I was amazed at the difference it made. My forearm was softer and my tennis elbow had seemed to improve. When I took the machine back, Lorraine measured my arm again; we were delighted with the percentage of fluid reduction.

I then attended an LSN Meeting where Mary and Julie from PhysioPod were presenting Deep Oscillation and showing this very same machine. The presentation was excellent with videos from other people having used the machine and the amazing results.

I decided there and then that I was going to purchase my own. I called PhysioPod and I received my very own machine with my own personalised card the next morning based on frequencies and timings recommended by Lorraine. I would certainly recommend the Deep Oscillation machine from PhysioPod. What amazing service from two positive ladies."

Carol

"I wanted to offer some feedback for my experience with the personal machine so far. I have been so pleased with the results, and they have gone beyond any expectation I had previously thought, and to think I am only just getting started is really exciting. Just a couple of years ago my leg shape was very typical of someone suffering with lymphoedema in the lower limbs. I had no real calf/ ankle definition and my feet remained constantly puffy. With this, tightness in the skin due to the swelling has often been very uncomfortable, especially during the summer months. I would also show signs of pitting on my lower legs when pressure was applied. I have now been using the machine most days for the last few months and combined with gentle exercise I feel I own a whole new pair of legs.

I now have almost completely no signs of swelling in my lower legs and the lymphoedema has been isolated to my feet where it was first diagnosed when I was born. Not only has the machine brought incredible results to my legs it has changed my upper body areas in ways I had previously thought were not affected by my lymphoedema. By concentrating heavily on my neck and under my arms I have reduced swelling and improved the quality of the skin that have previously been affected by acne due to the build up of fluid in these areas. I used to experience severe pains under my arms and by clearing these areas daily with my machine I now have no pain or swelling.

I have previously suffered from bad spots on my face, chest and back, I had put this down to my teenage years and hormones, however since using the machine all these areas have improved beyond recognition. The machine has not only given me legs I never thought I'd be able to have, it has improved my overall wellbeing, in both the physical and mental sense. Growing up as a teenage girl and looking different has proved difficult at times and has led to many years of hiding myself away and not putting myself in situations whereby I might have to expose my legs.

Denial of the condition has always been easier and has meant never really facing up to my condition. I read that lymphoedema is more a psychological disability than a physical one, and I feel this is a very accurate way of describing how it has affected me. It has previously reduced my confidence, prevented me having a relationship and ultimately led to periods of feeling mildly depressed and alone. I feel strongly that if I had had more support and direction towards MLD and the deep oscillation machine, many years wouldn't have been wasted in this way.

I now feel there is hope that I can achieve things and do things most people take for granted on a daily basis. I would love to become involved with supporting the machine and increasing awareness. My Lymphoedema nurse I feel has not been encouraging of MLD or this machine which I feel is tragic, and meant I stumbled across it many years after I could have. I have also learnt through facing up to the condition how support for younger sufferers is minimal. I was wondering if you knew of any directions I could take in becoming more involved with the machine, I know most MLD therapists and people using the machine have a nursing background, do you know of any roots in? I have also been back to have my legs measured since using the machine and I have decreased the volume of fluid in my legs significantly and so far have lost a diameter of 10cm around each calf, I am due another appointment soon and believe this figure will be even more encouraging"

Kate

"I was diagnosed with breast cancer at the age of 39 and had 'the whole nine yards' treatment including an operation, chemotherapy, and radiotherapy and lymph gland removal. Some four years later, after a bout of 'flu I developed mild lymphoedema in my arm which I have managed, fairly successfully by having regular MLD massages and wearing a supportive sleeve.

After a holiday where I wasn't able to have any MLD treatments, my condition significantly worsened. I decided it would be very helpful if I could treat the condition myself when I was away from London and decided to contact Physiopod.

The Physiopod team were extremely helpful and informative, they suggested that I visit an MLD therapist in London who used the Physiopod system. I had a very useful session with her and decided to buy the smaller personal system to use at home.

I have found the Physiopod very beneficial. It arrived with a card with a personalised treatment programme and in a well designed carrying case.

I was away for five weeks in the Summer and used the Physiopod at least four or five times a week and found that it managed my condition very well. The system is easy to use and very portable. I thoroughly recommend it to anyone with lymphoedema. It was also very useful when I sprained my ankle!"

Helen

"It has been a journey trying to find answers of how to manage oedema of my left breast after radiotherapy.

The do's and don'ts of lessening the chances of this happening and finding people to help, for reassurance and guidance if anything, has been enigmatic.

The NHS breast nurses had been amazing, however discussions about lymphoedema just lead to a booklet and pamphlets. Waiting time to see a Lymphoedema Specialist was months in the future. I looked them out privately and wished I'd been advised to do this soon as possible after radiotherapy.

I finally came across a brilliant specialist in Norwich who uses Hivamat/Physiopod on all her patients with excellent results. It was through her I have my own individual Physiopod. I can take it abroad. I have not taken it on long haul flights yet, but it is hugely reassuring that I can. The Physiopod is a fantastic breakthrough for lymphoedema patients to manage the MLD themselves with this aid. While it is expensive you will have it wherever you are and when you need it for relief from the hardness and discomfort that can build up with oedema/lymphoedema and keep it managed. This reassurance gives you control.

So anyone reading this please act sooner and take matters into your own hands. If you can buy or find a specialist that uses this wonderful technology don't delay.

PhysioPod are an excellent, very friendly and understanding support team."

Victoria

"I have had the Deep Oscillation® personal sports unit for 3 months now and I can say with complete confidence I am delighted with it.

Since having the deep oscillation® unit my Lymphoedema has improved greatly. I am able to treat myself (which is very empowering) in the comfort of my own home at a time that suits me. Before I had the unit I was having weekly manual treatments up at the Lymphoedema clinic at my local hospital. Then I heard about a private practitioner who used the Hivamat® 200, I went for several treatments and was impressed by the benefits and saw a real improvement of my Lymphoedema. The therapist informed me that there was a smaller version of the machine she uses. After purchasing the deep oscillation® personal sports unit and using it for several months initially for an hour a day, sometimes in two sessions, I noticed that it was helping to heal the scars that were left by the breast preservation surgery, one of which is almost unnoticeable now. My swelling has been kept at bay, and the pain I suffer is reduced. I have also found my range of movement to be better; hence I only have to use it every other day now.

As well as being able to treat myself I also have the option of my partner joining in with my treatment, which is very therapeutic and has helped him feel involved. The unit has a good clear display and has background illumination, which is very helpful. It is very easy to use and has clear explanations of each program with diagrams built into the unit, making it accessible at all times.

I love the fact that this machine is portable and so I am able to take it away with me when I go anywhere."

Pauline

DEEP OSCILLATION® Clinic contact details:



Office: Sherbrook Road, Daybrook, Nottingham, NG5 6AS
Telephone Office 0115 916 7685 Telephone Mobile 0788 692 5715
Web: <http://www.physiopod.co.uk> Email: info@physiopod.co.uk
Registered Office: 43B, Plains Road, Mapperley, Nottingham NG3 5JU
Company Registration No 5871545 Vat Registration No GB893005132