

DEEP OSCILLATION®

From Discovery in Krakow to Daily Clinic Use in the UK

By Chris Boynes, Chartered Physio (Speaker COPA 2019)
Specialist in musculo-skeletal, sports and spinal treatments

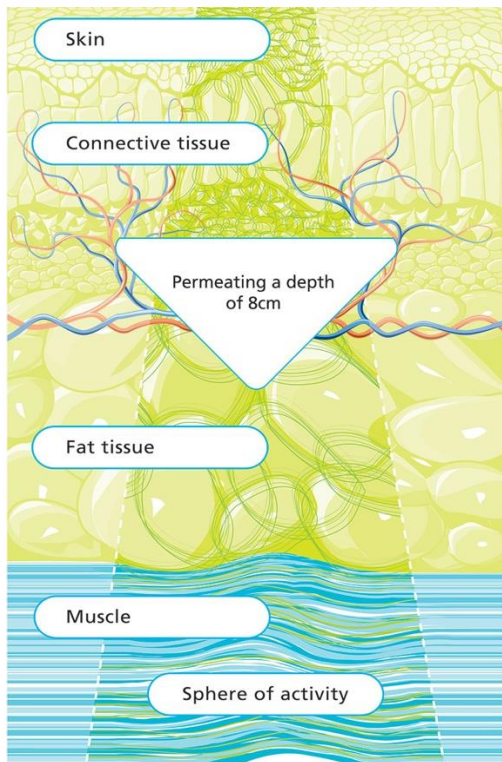


Deep Oscillation application through gloved hands
Picture with thanks to Kriz Drożdż, Physiotherapist
@arsathleticakrakow

"I first learned about Deep Oscillation electrostatic massage therapy when teaching a Sports Injuries course in Krakow back in 2008. A Physio attending the course asked if I had heard of it? No, I hadn't! He explained it was delivered through gloved hands and that he was getting very good results with it and it was really worth a look.

My interest was sparked, I read up a little on the therapy and watched a short video, with the full intention of following up when back in London. But, as always, life and business took over and it wasn't until 2013 that I recalled that conversation, as I started to see various LinkedIn updates and articles on the therapy from Mary Fickling, the Co-Director of Physiopod UK Ltd, the exclusive UK and Ireland distributors. It seemed the clinical [evidence](#) was building!

Two years later, at AACP Conference 2015, Deep Oscillation was being exhibited and so I learned much more about how it worked and its' fields of application - I was intrigued. I tried it out on another delegate and I was able to get two treatments on a bothersome achilles with good effect. Physiopod then allowed me to trial a unit for 2 months. I made a promise to record and document the findings, which I duly did. I used it on 44 patients, with the results printed and displayed on stand at the AACP Conference 2017. This can be viewed here ["Analysis of DEEP OSCILLATION® therapy technique in conjunction with manual therapy"](#)



DEEP OSCILLATION® utilizes the forces of pulsed electrostatic attraction and friction to provoke oscillations that act deeply on the tissues of the body; from the epidermis down through the conjunctive and adipose layers and into the muscles, supporting and intensifying manual lymphatic drainage (MLD), sports, holistic and equine massage with the added benefit of reducing pressure on the practitioners' hands. Observed physiological effects of the therapy include; significant pain reduction, oedema resorption, fibrosis reduction, limited production of inflammatory mediators, especially during the treatment for chronic pain, a strengthening of the cutaneous tissues and stimulation of the wound healing process. It greatly benefits acute injury treatment, boosting the natural healing process and for day one post-surgical treatment reducing pain, swelling and inflammation and promoting mobility and sensitivity. It can be used over implanted pins and plates.

Hernandez Tapanes et al (2010) were able to prove, by diagnostic ultrasound, penetration of the oscillations to an 8cm depth without any undue pressure being applied



For the past 4 years, Deep Oscillation has been utilised, where appropriate, in my clinic on all MSK presentations. Because it is portable, I can take it with me on visits to other clinics and to sporting events; where I utilise the great and instantaneous effects it has. The beauty of it also, is that it saves my hands, permeating a depth of 8cm (Tápanes, 2010) **without applying pressure**, it significantly reduces pain and swelling, restoring function and range of motion.

I have since presented on Deep Oscillation and its benefits at [Elite Expo 2017](#) and at the AACP Conference 2018, which was covered in article published by the [CSP](#). The AACP Journal “Acupuncture in Physiotherapy Autumn 2018” featured “Paradigm - The interaction and outcomes of acupuncture, both traditional Chinese medicine and intra-muscular stimulation, with Deep Oscillation® Treatment: a case study-based discussion by C. Boynes”.



In May 2018, I had the pleasure of meeting Dr Jens Reinhold, CEO of Physiomed Elektromedizin AG the German manufacturers who hold international patent for the therapy. He delivered an excellent presentation at MLD UK on how Deep Oscillation works with **pain**. This presentation can be viewed [here](#)

For those who are interested to take a look at the product range, Deep Oscillation is now available in 4 devices which you can see below:

[DEEP OSCILLATION® Personal Basic](#)

[DEEP OSCILLATION® Evident](#)

[DEEP OSCILLATION® Personal Pro](#)

[IONOSON-DO Evident](#)

I am greatly looking forward to sharing my experiences at COPA 2019 on Wednesday 8th May during my workshop called [“Deep Oscillation – A Game Changer in Injury Rehabilitation”](#) in Theatre 4, 11.00 – 11.45 am. Come along, learn and experience it for yourself. I look forward to meeting you all.

Chris Boynes BEd (Hons) PE MCSP MACPSEM MAACP HCPC Reg, Lic Acu



Chris Boynes pictured with Julie Soroczyn, Managing Director of PhysioPod UK Limited

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About Chris Boynes

Chris is a very proactive and experienced chartered sports and spinal musculo-skeletal physiotherapist with a previous degree in Physical Education. He has worked with elite athletes across a wide range of sports for many years, including Club Physiotherapist at London Irish for 6 years. He has toured with the England U-19's football team and worked with GB athletes in disciplines as varied as gymnastics, weightlifting, boxing, field and track athletics and badminton. He still works with professional dancers. He has presented at various conferences on such topics as Sports Injury rehabilitation and Diagnostic Taping, Spinal Injury and rehabilitation and movement dysfunction. He has worked closely with Mr Martin Knight and the Spinal Foundation for the past 17 years. Chris practices in Fakenham, North Norfolk.

About PhysioPod UK Limited



Winners in the [2016 Global Healthcare and Pharmaceutical Awards for Innovation with DEEP OSCILLATION®](#), PhysioPod® UK Ltd were also nominated in the Private Healthcare Awards 2017. Directed by Sisters, Julie Soroczyn and Mary Fickling, they exclusively supply the UK and Ireland with the full range of products from PHYSIOMED ELEKTROMEDIZIN AG via [PhysioEquipment UK](#), a world-wide leading producer of high-quality equipment for traditional and innovative physical therapy in the fields of rehabilitation, sport and aesthetic medicine .

[Approved suppliers to the NHS](#) and recommended suppliers of [The Acupuncture Association of Chartered Physiotherapists \(AACP\)](#), they are also well placed and respected among suppliers to the UK's elite sporting world.

Other Products Available from PhysioPod and Physio Equipment

Aside from traditional treatment forms like electrotherapy, ultrasound, vacuum application, laser, shortwave, microwave, traction, cryotherapy, magnet and shockwave therapy, they also offer several innovative and clinically-tested therapy approaches, which include MAGCELL®, a unique electrode-free electrotherapy and a range of Biomechanical testing, training and therapy systems which meet the highest demands in user safety, precision and reproducibility in diagnostics and allow for differentiated therapy through innovative features.

[Deep Oscillation Product Video](#)

[Latest news on New Generation of Deep Oscillation Devices for Spring 2019](#)

