



DEEP OSCILLATION® Therapy empowers patients to comfortably manage symptoms at home. Gentle vibrations safely reach 8 cm deep to soften fibrotic tissue, reduce swelling, and alleviate pain.



Softening the Scars: Relief from Lymphoedema, Pain, and Fibrosis

by Mary Fickling, Director, PhysioPod® UK

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Surviving head and neck cancer is a major, life-altering milestone, but for many, the physical journey continues long after the final treatment. Up to 90% of patients experience Head and Neck Lymphoedema (HNL), a chronic swelling that significantly affects a person's confidence, social interactions, and daily quality of life.

The Challenge: Swelling, Fibrosis, and Fragile Bone HNL frequently develops when life-saving surgeries require the removal of lymph nodes. This necessary procedure severs the body's delicate lymphatic drainage pathways, causing protein-rich fluid to pool in the face, neck, and throat.

However, it is not only the excess fluid that causes significant distress. Because radiation therapy is a vital treatment for this type of cancer, many patients develop an additional complication known as [radiogenic fibrosis](#). This occurs when the body produces excessive connective tissue—mainly collagen—in direct response to radiation damage. Over time, this excess collagen accumulates, forming a tight, "woody" mechanical barrier that further blocks lymphatic drainage. This combination of fluid and hardened tissue restricts neck mobility, alters facial appearance, and makes essential functions such as speech and swallowing extremely difficult.

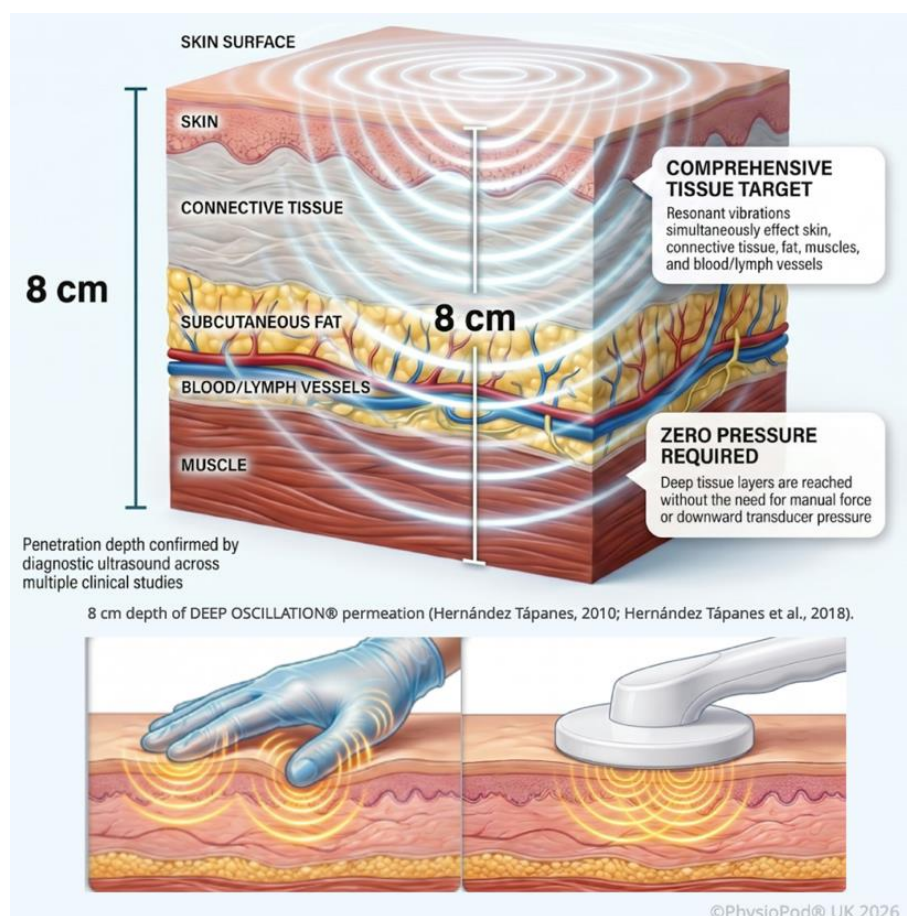
While Manual Lymphatic Drainage (MLD) is a standard treatment, even the minimal physical pressure it requires can be intolerable for many. Corinne, a patient, perfectly illustrates this struggle. She explains that for people who have had a 'jaw split' to access a deep tumour and a full neck dissection, the surgical split remains extremely fragile. If the jaw has been reconstructed with a bone graft, radiotherapy can severely weaken the repairs after initial healing. This leaves the area vulnerable, and even with a metal plate in place, MLD can still be uncomfortable.

Bone is densely packed with highly sensitive nerve endings. When a bone is fractured or surgically cut, it triggers an inflammatory response that renders these nerves hyper-reactive to even harmless touch. Furthermore, the brain forms a protective "pain memory" of the severe trauma. Even long after the tissues have physically healed, the skin-stretching and pressure required in traditional massage can trigger this memory, prompting the brain to produce a severe pain response.

[Christine Talbot](#), a specialist SRN MLD DLT Lymphoedema Practitioner, echoes Corinne's thoughts on this from a clinical perspective.

"Performing MLD over bone that has undergone surgery or a fracture can be hypersensitive and painful; hopefully, it improves over time, but damaged bone does seem to retain pain. With Deep Oscillation, I am able to treat without pressure, reducing pain, swelling and fibrosis."L

A Gentle Path to Relief: Deep Oscillation Therapy



3D anatomical diagram illustrating Deep Oscillation therapy waves permeating 8 centimetres deep through skin, connective tissue, fat, blood and lymph vessels and muscle layers without downward pressure.

To overcome these distinct mechanical barriers, patients like Corinne are increasingly turning to Deep Oscillation Therapy (DOT). Unlike traditional massagers, DOT uses a gentle electrostatic field to create a pleasant, deeply penetrating resonance that safely reaches 8 cm into the tissue. Because it is completely heat-free and requires absolutely no downward pressure, it is uniquely safe and comfortable to use over highly fragile surgical sites, bone grafts, and metal plates.

This 8 cm depth specifically targets deep-seated radiogenic fibrosis that hands alone cannot reach. The strong "shuffling" effect breaks up adhesions, softens excess collagen, and mechanically drives trapped fluid through the lymphatic network. This results in a rapid reduction in oedema and provides substantial pain relief by flushing out inflammatory mediators and bypassing the brain's mechanical pain triggers. Consequently, patients report significant improvements in speech and swallowing, helping them regain a sense of normalcy.

In fact, radiation oncologists and clinical consultants widely endorse this approach as a safe, highly effective complement to traditional treatments, noting its unique ability to promote tissue regeneration and to break down radiogenic collagen, with virtually no side effects. You can [read more about the clinical treatment of radiogenic fibrosis here](#)

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Reclaiming Independence



"I have now been using the new 13-minute cycle and only in the mornings. This has totally changed my life, given me confidence in my speech. I'm a team leader and interact with my staff on a daily basis" Ms W.

Importantly, this therapy is highly accessible for long-term home management. After successful treatment with [a qualified lymphoedema practitioner](#), patients can purchase a [Deep Oscillation Personal Basic](#) device to continue their care at home. Applying the therapy simply involves gently moving the applicator over the skin without heavy pressure, with full support from the dedicated PhysioPod team.



Mary Fickling and Julie Soroczyn, Sisters and Directors of PhysioPod® UK Limited will be exhibiting DEEP OSCILLATION® at The Swallows Head and Neck Conference in Blackpool in November. Corinne will be on the stand demonstrating self-treatment with the Deep Oscillation unit for home management.

To learn more, email info@physiopod.co.uk

Please ask Mary and Julie to recommend a therapist near you to try a treatment, and to receive full information via email, including details on hiring and purchasing.

Further Reading

[Phase 1 Analysis: UK Treatments and Experiences of Head and Neck Lymphoedema \(HNL\) - Survey Results & Clinical Signals](#)

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