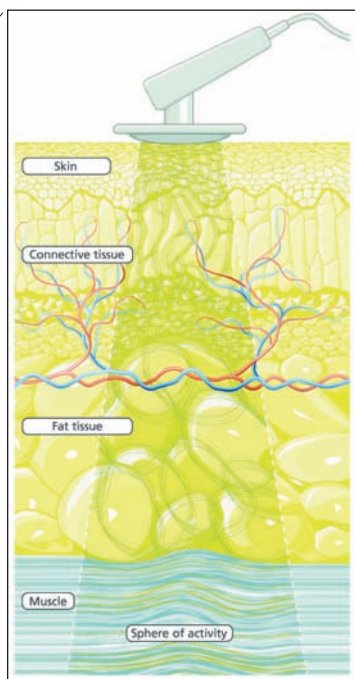


Highlight of a tough year...

Deep Oscillation[®] Therapy

came to Ireland



For many of us, 2009 was a very tough year. House prices plummeted and unemployment rocketed. Despite all the economic uncertainty, I will remember 2009 as the year a machine changed the way I treat people in my clinic.

I was introduced to Deep Oscillation Therapy (DOT) and in particular, the Hivamat 200, after a phone call from a colleague in the USA. I had worked with him as an Athletic Therapist when in a university in Texas and he had been using the Hivamat for the past few months on his track and field athletes. He spoke about its unique application from the therapist's hands to the patient and how it was cutting injury rehab times in half! A month later I received my Hivamat and instantly understood what he meant. Its effect on soft tissue healing and pain reduction is better than anything I've seen and even the patients are commenting on the effects.

Many patients that were referred to me have returned for their follow-up with their consultants and have explained "He fixed me with a buzzy machine"! This has led a few consultants to contact me for more information on this "buzzy machine" their patients are talking about. I currently have some consultants referring patients in specifically for DOT therapy after they had come in for treatment themselves to see the effects first-hand.

The machine utilizes a patented biphasic pulse technology, which causes the tissue to

oscillate as the gloved hand, or applicator head, is moving over the tissue. As this is not stimulating the muscle, there is no heat generated and therefore there is no adverse effect on the inflammatory process naturally occurring in the body post injury. As this oscillation effect helps to mobilise and clear inflammation in hard-to-reach areas, it appears to have an excellent effect on osteoarthritic joints, helping to decrease pain and increase range of motion. Patients often explain how they "hobble in the door and bounce out" after a treatment. Another benefit is the treatment is completely pain-free and some find it quite relaxing. This generally helps to relieve tension from muscles being worked on as the patient relaxes more and more during the course of treatment. This relaxed state also seems to improve the therapeutic effect of joint and vertebral mobilisations when performed after the application of DOT.

My Hivamat has become an integral part of my treatment protocols and although I would utilize a range of techniques from patient to patient, the Hivamat is generally the consistent. As more and more research is carried out on the effects of DOT, I firmly believe it will become a consistent

for many other practitioners also, as electrotherapy and ultrasound have done before it. Most college and professional training rooms in the USA currently sport a Hivamat machine or two to help get their athletes back to full fitness in the fastest time and it is gradually taking hold in the UK and Ireland too.

Earlier this year, Eamonn Darcy, one of The Republic of Ireland's most successful golfers of all time was referred to me for treatment by Dr Conor O'Brien, Consultant Neurophysiologist & Physician in Sports and Exercise Medicine. Mr Darcy was so pleased with the therapy he went on to acquire his own DEEP OSCILLATION PERSONAL SPORTS model, now commonly nicknamed the 'PhysioPod' after the company name of the Sole Distributor of the therapy for the UK and Ireland (www.physiopod.co.uk). This device, which I have a good deal of experience with too, can be used as a self-treatment device, via an applicator or adapted for gloved hands-on treatment from one person to another.

Eamonn Darcy provided this note to PhysioPod following several successful weeks of use and, in subsequent conversations with Julie at PhysioPod, Eamonn has also added that he has been able to reduce the amount of anti-inflammatory drugs he is now taking and believes it has improved his range of movement and his condition. *"Having played golf for over 25years on the European Tour; I have ended up with a lot of back problems. Over the years, I have tried a lot of pain-relieving machines, but have now found the PhysioPod. This machine has given me a lot of relief and is not at all invasive. I carry it around at the tournament and have now started to lend it some fellow professionals who find it very helpful and easy to use. Our PGA Physiotherapist has also found it easy to work with and has used it on fellow golfers who all like it as much as I do."* Eamonn Darcy.

It really is the therapy you have to feel to believe! So if you have a chronic injury that just won't shift or you are a healthcare practitioner interested in the benefits, I would recommend having a session of DOT and experience the benefits for yourself. I've seen the future and it's oscillating! **CHW**

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