

Deep Oscillation® therapy

is a patented electromechanical therapeutic procedure, producing a gentle vibrating electrostatic pulse to stimulate lymph flow, soften fibrosis and relieve pain.

For details
and to see testimonials,
visit
www.physiopod.co.uk

To see **client feedback**
or to add your own comments
about **FLC** treatment,
visit
www.compare-all-care.co.uk

Promotions design by Stephen, 2021Feb19

Sue Hansard

B.A. Nurse, RN, NMC
78I2276E 1982
Lymphoedema Nurse
Specialist:
LDM Diploma 2001
IHM Diploma 2003
MLD Cert.(LeDuc method)
2005 - 2015
FG-MLD Certificate
2017 +2019

Sue has worked in
lymphoedema management
since 1998

Treatment charges

2021Feb
Initial Consultation &
treatment £52
(Full medical history essential)

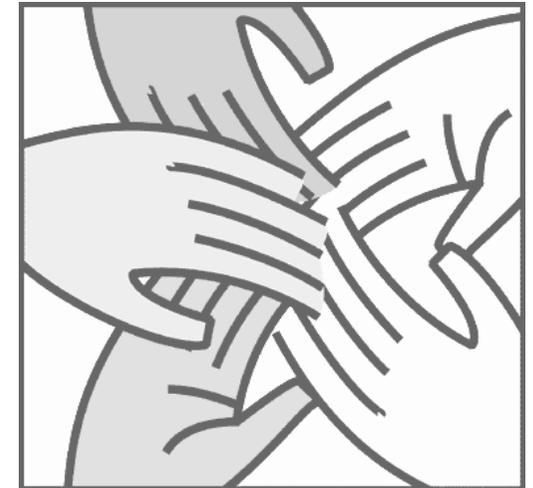
Subsequent treatments:

30mins	£27
1 hr	£47
1 ½ hr	£60

Cancellations:
24hrs notice or 50% fee applies.

First Lymph Care

**Lymph Drainage
massage
and
Deep Oscillation®
Therapy**



Contact Sue Hansard

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The Lymphatic System

is the body's defence against infection. Lymph fluid circulates throughout the body supplying nutrients and removing toxins from the tissues. Lymph nodes filter out excess proteins, dead and abnormal cells and bacteria, returning **cleansed** lymph back into the bloodstream.

If the system's drainage routes are blocked or damaged, lymph might accumulate in the tissue causing swelling (oedema).

MLD helps to re-establish balance and flow, thereby reducing swelling.

Manual Lymphatic Drainage (MLD)

is a relaxing therapy using specialised techniques to massage lymph nodes and lymphatic vessels, to improve lymph drainage throughout the body.

MLD is effective for:

- ✓ lymphoedema
- ✓ lipoedema
- ✓ sinus problems
- ✓ pain relief
- ✓ constipation
- ✓ relaxation
- ✓ puffy eyes
- ✓ restless legs

MLD is ideal for sensitive skins because no oils or creams are used and it is very gentle.

Note

MLD and Deep Oscillation® are **not** suitable for certain medical conditions. Please check with your GP.

Low Level Infra Red Light (LLLT)

is a non-contact treatment that works at cell level.

LLLT helps to promote healing in damaged tissue. It can help to reduce fibrosis and cording.

Kinesiology Taping

is a specialised one-way stretch tape that, used in specific ways, can

- ✓ promote lymph drainage,
- ✓ reduce swelling
- ✓ breakdown fibrosis and scarring.

Additional charge = £2

First

Lymph

Care