

MECHANISMS OF DEEP OSCILLATION

WHAT IS DEEP OSCILLATION (DOT)?

It's similar to a massage, except it can penetrate the tissues much deeper – up to 8cm!

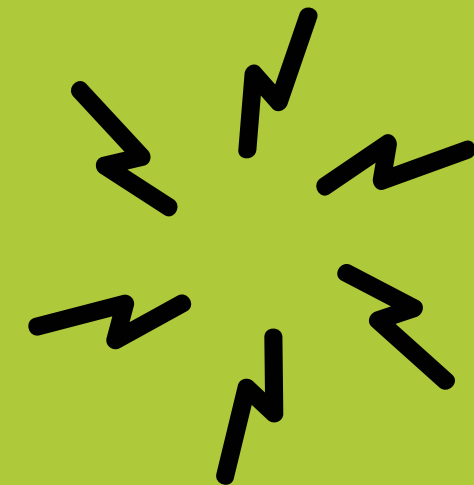
It is a machine we use to create an electrical circuit through the body that creates waves to make the tissues in the body move or 'Oscillate'.



WHY?

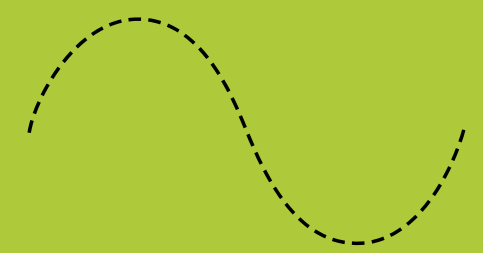
DOT uses less pressure to get similar effects as a massage, so is really useful treating injuries that are more painful.

As it also goes deeper than a massage it can get to structures hands cannot.



HOW DOES IT WORK?

It creates an electrostatic field which picks up and drops the tissues really quickly ('oscillations') this helps to move fluid in the body to remove waste products, settle the nervous system, relax muscles and reduce inflammation.



WHAT IS IT FOR?

We can use different settings on the machine depending on what the target is in the body, and the symptoms someone reports to us.

It is great for Arthritis, Post-Operative rehabilitation, Swelling / Lymphodema, Nerve Pain and much much more...



SWAN SERVICES



Swan Physio
Limited

Swan Health
AND REHABILITATION

Cygnets Pilates
& Training

Students involved in Development:

SOPHIE WALKER (Keele) &

EDDIE RICHARDS (Winchester)

PEA1 & P1 JUNE 20-24

RISKS OF DEEP OSCILLATION



DISCOMFORT & SENSITIVITY

Some people can feel more pain in the area treated. This can start a few hours after the treatment.
The Skin in the area treated may be more sensitive afterwards too.



INCREASED URINATION

You may feel an increased desire or need to use the toilet after treatment - this is natural as your body needs to exit the waste products from your system to help with healing,



TIREDNESS

You may feel more tired afterwards - this can range from mild fatigue to exhaustion as your body uses energy to heal.



LOW BLOOD PRESSURE

You may experience a drop in blood pressure, leaving you feeling lightheaded, dizzy, or nauseous.

SWAN SERVICES



Students involved in Development:
SOPHIE WALKER (Keele) &
EDDIE RICHARDS (Winchester)
PEA1 & P1 JUNE 20-24

BENEFITS OF DEEP OSCILLATION



REDUCES PAIN

By decreasing the sensitivity of nerve endings and improving blood flow to the desired area. This helps to remove the substances that cause pain from the affected area.



ENCOURAGES WOUND HEALING

DOT stimulates cells within the body responsible for repairing tissues so they lay down new tissue more efficiently.



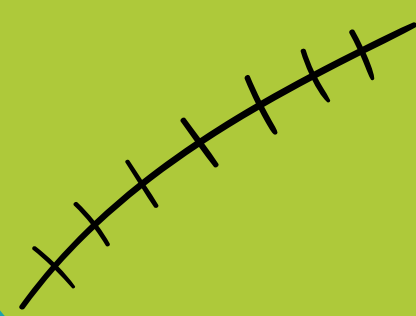
REDUCES SWELLING & INFLAMMATION

The gentle vibrations deep within the tissues improve lymphatic drainage, which drains excess fluid and removes substances that cause inflammation from the tissues.



BREAKS DOWN SCAR TISSUE

As DOT breaks down tissue similar to a massage but more gently, it can also help prevent excessive scar tissue formation, leading to more functional and efficient healing outcomes.



SWAN SERVICES



Students involved in Development:
SOPHIE WALKER (Keele) & EDDIE RICHARDS
(Winchester) PEA1 & P1 JUNE 20-24