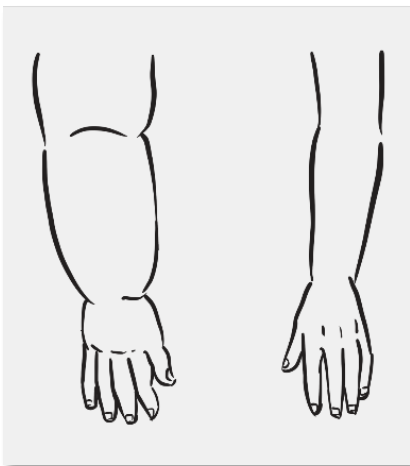


Lymphoedema and the Oska Pulse



The Oska Pulse uses a special kind of gentle pulsed-energy therapy (called PEMF) to help create the right conditions for your body to repair and renew its cells. So — could it lend a hand with lymphoedema? Let's take a look.

What is lymphoedema?



Lymphoedema is a long-term condition where swelling builds up — most often in an arm or a leg — because of a blockage in the lymphatic system. Your lymphatic system is a network of vessels that quietly does two important jobs: it drains away extra fluid from your tissues, and it filters out waste and toxins. When it can't do this properly, fluid starts to collect in the area, and that leads to the swelling.

What's the lymphatic system? *Think of it as your body's built-in drainage and clean-up network — a system of fine vessels that carries away excess fluid and helps clear out waste. When part of it gets blocked, fluid backs up, rather like a blocked drain.*

There are two main types. Primary lymphoedema is rare and something a person is born with — it happens when the lymphatic system doesn't develop quite as it should. Secondary lymphoedema is far more common and usually follows damage to the lymphatic system, perhaps from surgery, radiation therapy, an infection or an injury.

Primary vs secondary: *“Primary” means the condition is present from birth. “Secondary” means it develops later, as a result of something else affecting the lymphatic system.*

Symptoms vary from person to person, but often include swelling, a feeling of heaviness or tightness in the affected limb, reduced flexibility, and infections that keep coming back. Left unmanaged, lymphoedema can lead to further problems such as changes to the skin, reduced mobility, and a greater chance of infection — which is why gentle, early care matters so much.

Treatment usually brings a few approaches together: manual lymphatic drainage (a specialised, very gentle massage that encourages fluid to move), compression therapy, exercise, and good skincare. Spotting and managing lymphoedema early really does make a difference — it helps keep the condition in check and improves day-to-day quality of life.

Could the Oska Pulse help?

One of Oska's standout features is its **vascular phase** — one of four built-in treatment programs, and arguably the most important. Exercise is one of the commonly suggested ways to manage lymphoedema, but when moving about becomes difficult or even impossible, that advice isn't always easy to follow. This is where Oska's vascular phase steps in: it's designed to gently dilate the tiny

blood vessels (capillaries) and promote healthy circulation, which in turn helps drain toxins from the lymph nodes and ease the blockage.

Capillaries, simply put: *Capillaries are the smallest blood vessels in your body — so fine they're thinner than a hair. Keeping them working well helps fluid and nutrients move as they should.*

In summary

More research is still needed to fully confirm the effectiveness of PEMF therapy for lymphoedema. That said, Oska Pulse PEMF therapy has shown real promise in helping to ease lymphoedema symptoms such as swelling, improve circulation, and support natural lymphatic drainage — and for many people, that gentle support is very welcome.

References

1. Lymphoedema — Symptoms and causes, Mayo Clinic.
2. Lymphoedema — <https://www.nhs.uk/conditions/lymphoedema/>
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Michael Hawker
Founder & Technical Director
Medic Technology International Pty Ltd
www.medictechnology.au | www.oskapulse.au

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Medic Technology International Pty Ltd, PO Box 1939, Wangara DC, WA, 6947
Ph: (08) 9306 1200 e-mail: support@medictechnology.com.au