

# EDEMA REDUCTION

INDICATIONS	FREQUENCY	PREMOD ON/OFF	SWEEP ON/OFF	TIME	INTENSITY	10/10 10/50	VECTOR
Edema Reduction Acute (Up to 72 hours post injury)	1-15Hz	On (Red Light)	On (Red Light)	10-15 Minutes	Patient comfort zone or heavy thumping sensation.	Off (No Light)	Off (No Light)
Edema Reduction Sub Acute (72 or more hours post injury)	2500Hz (50Hz)	On (Red Light)	Off (No Light)	10-15 Minutes	Gentle contraction resulting in movement of corresponding joint.	10/10 (Red Light)	Off (No Light)

**TIP:** During the acute phase, use of current pulsation to drive out the edema is recommended as most patients will be too sensitive to use the muscle/joint pumping technique. (See edema reduction pad placement diagrams)

**TIP:** Elevate involved area above the heart to encourage drainage to the lymphatic system and assist in edema reduction.

# RUSSIAN MUSCLE STIMULATION

(Rehabilitation and Muscle Strengthening)

INDICATIONS	FREQUENCY	PREMOD ON/OFF	SWEEP ON/OFF	TIME	INTENSITY	10/10 10/50	VECTOR
Muscle Stimulation	2500Hz (50Hz)	On (Red Light)	Off (No Light)	10 Minutes	Strong Contraction	10/50 (Red Light)	Off (No Light)

**TIP:** Place pads longitudinally on origin of muscle and muscle belly.

**TIP:** For large muscle groups such as quads, use quadripolar set up to stimulate all four muscles. (See muscle stimulation pad placement diagrams)

**TIP:** For atrophied muscles, use lower pulse rate of 35Hz to avoid fatigue.

# INTERFERENTIAL CURRENT THERAPY

INDICATIONS	FREQUENCY	PREMOD ON/OFF	SWEEP ON/OFF	TIME	INTENSITY	10/10 10/50	VECTOR
Chronic Pain	3-5Hz	On (Red Light)	On (Red Light)	15-20 Minutes	Mild Twitching Contraction (equal on both channels if possible)	N/A	On (Red Light)
Sub Acute Pain	1-150Hz	On (Red Light)	On (Red Light)	10-15 Minutes	Sub contraction or patient comfort zone.	N/A	On (Red Light)
Acute Pain	80-120Hz	On (Red Light)	On (Red Light)	10-15 Minutes	Sub contraction or patient comfort zone.	N/A	On (Red Light)
Hyper Acute Pain	4000Hz Nerve Block	N/A	N/A	8-10 Minutes	Patient comfort zone.	N/A	Off (No Light)

**TIP:** Always cross pads so that "X" marks the area of pain or dysfunction.

**TIP:** Incorporating trigger points in pad placement if relative to dysfunction or pain will provide additional pain relief in some cases.  
(See trigger point stimulation pad placement diagrams)

# MUSCLE SPASM REDUCTION

INDICATIONS	FREQUENCY	PREMOD ON/OFF	SWEEP ON/OFF	TIME	INTENSITY	10/10 10/50	VECTOR
Muscle Spasm	2500Hz (50Hz)	On (Red Light)	Off (No Light)	10-15 Minutes	Strong Contraction	10/10 (Red Light)	Off (No Light)

**TIP:** Use of a trigger point in pad placement may give additional benefit of pain control along with muscle spasm reduction.

**TIP:** If spasm is bilateral, place pads in bipolar set up on same muscle on both sides. (See muscle spasm reduction pad placement diagrams)