



## FOOT TREATMENT PROTOCOL

Before beginning this treatment protocol, please read the “Getting Started” documents and familiarize yourself with the InterX 1000 and the treatment methods. If you have any questions about these instructions, some may be answered in the operations manual that comes with the device, or contact your sales representative.

### Scan and Target



Use the device’s built-in electrode or dome.

Turn the device on and select the desired preset and intensity. Start with setting 1 or 2, if the pain is chronic.

Lightly dampen the skin.

Scan the electrode over the treatment zone, on the toes, top, and bottom of your foot up to the knee, and in all directions.





Target the areas that are sticky, sharp or feel stronger for 1-2 minutes – 2-4 clicks of the device, holding the electrode on those areas.

Vigorously slide the device over 3 to 4 of these sticky or sharp areas found in the treatment zone until the sensation is less sharp or sticky.

Work the treatment zone in columns to cover the sticky areas.

## Dynamic Treatment

Connect the dome or flex array.

Turn the device on and select the desired preset (1, 3, or 4) and increase the intensity so it's higher than your pain.

Place the dome or flex array on the painful site. Move the foot up and down in a safe, comfortable motion 10 times, then assess to see if your pain has reduced. If not, then stop the dynamic treatment for this session.

If the pain has reduced, do 10 more reps, while trying to increase movement comfortably and without pain.

If the pain moves, place the pad or dome in the new site of pain and repeat.

Disconnect dome when finished.

Walking or performing other physical activities with the pads strapped to the pain site will also help control the pain or stiffness.

# 1.

If the painful foot is too sensitive to treat directly, results will be made treating the diagonal hand and opposite foot.



## Face Treatment

Treat the forehead for an additional 5 minutes.

See the treatment protocols for “Face Treatment” after you’ve finished with this part of your treatment.

# INTERX