

SPINE TREATMENT PROTOCOL

Before beginning this treatment protocol, please read the “Getting Started” documents to 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



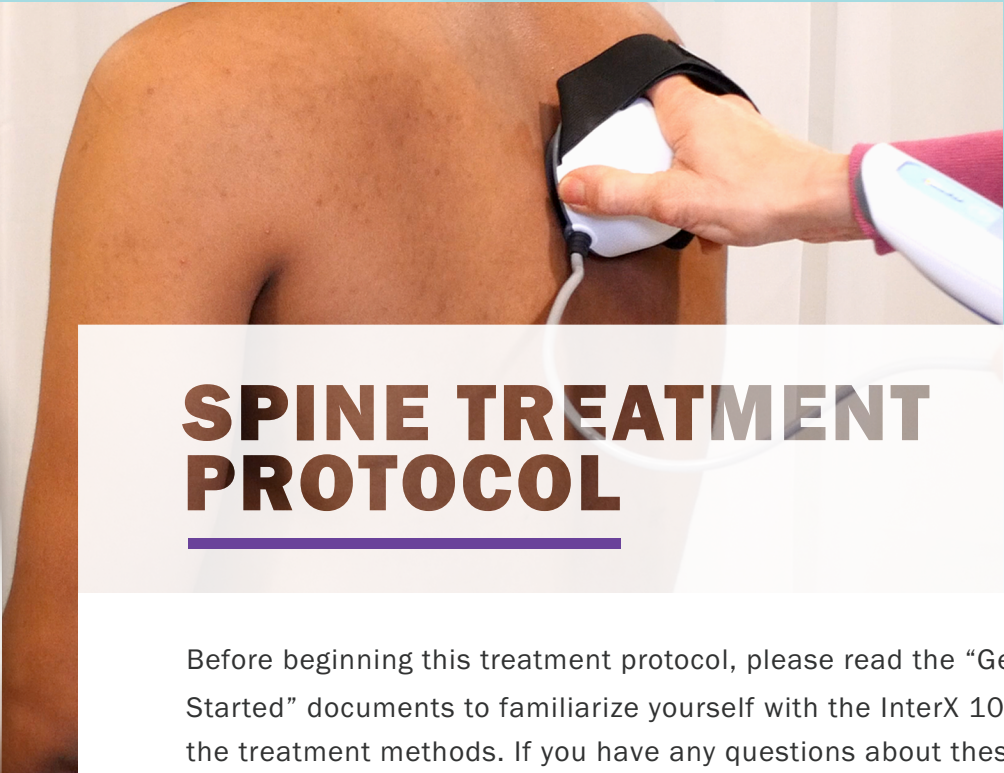
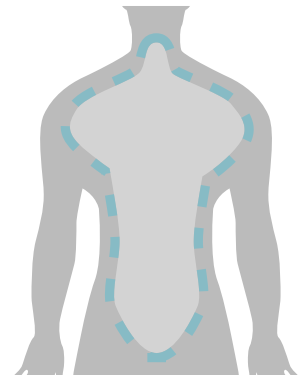
Use the device’s built-in electrode or dome.

Turn the device on and select the desired preset and intensity. For the first 1-2 treatments, use setting 1 or 2.

Scan the electrode around the neck and low back area, including the upper buttocks. Lightly dampen the skin to be treated.

Target those areas that are sticky or feel stronger or sharper sensation for 1-2 minutes (2 to 4 clicks), holding the electrode on these areas.

Vigorously slide the electrode over 3-4 of these sticky or stronger, sharper areas until the sensation is less sharp or less sticky.



1.

The neck is sharp or sticky on most people, regardless of where the pain is. Make sure to treat the neck and scan and target the areas that are sticky, sharp, and quiet.

2.

Treat the abdomen scanning from the back around to the front with the dome or treat with the pad for 10 minutes.

3.

After you've applied the pads for 10 minutes, don't forget the Dynamic Treatment.

4.

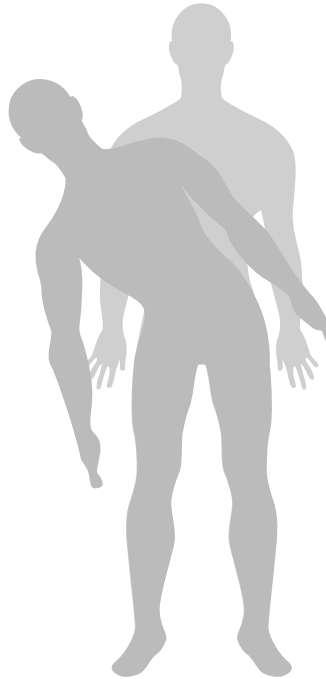
Increase the settings as you become accustomed to the treatment.

Dynamic Treatment

Secure the pads to the painful or sharp areas using the straps. Making sure to get good skin contact and re-dampen the skin if necessary.



Turn the device on, select preset 1, 2, 3 or 4, and increase the intensity until it's slightly stronger than the pain.



Slowly begin the motion that causes pain. If any radiating pain or symptoms are felt, stop the motion and stop Dynamics for now.

Perform up to 10 repetitions of movement. If the pain decreases, continue for another 10 repetitions. However, if the pain persists, stop dynamic motion and lie on the pads for 10 minutes.

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

Face Treatment

Treat the cheeks for an additional 5 minutes.

See the treatment protocols for "Face Treatment" after you've finished with this part of your treatment.



INTERX