



## KNEE 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 over the treatment zone going toward the hip and ankle all around the leg.

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.

Treating behind the knee will help with knee pain

# 2.

Treating with the dome or built-in electrode over the thigh area will often be sharp. Treat until the sharpness decreases, being sure to check all around the thigh.

# 3.

Treat the opposite knee and the diagonal elbow after treating the affected knee 2-3 times or if the side with pain is too sensitive to treat or pain flares with treatment.

# 4.

Increase the settings as you become accustomed to the treatment.

## Dynamic Treatment

Secure the flex array 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.

Move the knee safely through the range of motion for 10 reps and assess. If the pain does not reduce, stop dynamic treatment for this session. If the pain reduces, continue for another 10 reps and assess.

If the pain moves, place the pad on the new site of pain and continue.



Do up to 30 reps then stop. If there is pain behind the knee cap, move the knee by bending and straightening the leg above or below the pain point, avoiding the pain motion until the pain subsides.

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

## 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.