

**WHAT PATIENTS LIKE YOURSELF ARE SAYING ABOUT ELECTRO-ACUSCOPE / MYOPULSE TREATMENTS:**

“This is the first time I’ve been pain-free since my car accident five years ago.”

“The swelling in my hands and the pain in my joints is actually gone.”

“I noticed immediately after treatment, I had more flexibility in my neck and shoulders.”

“I slept better after my treatment than I have in years!”

“Since I’ve been receiving Acuscope/Myopulse treatments on my back I can work comfortably throughout the day.”

“After 30 years of suffering from tension headaches, I have finally received real, long-lasting relief.”

“I’ve begun to walk and exercise again now that the constant pain in my heel is gone.”

Let us know if/when you’d like your comment added to this list!



# THE ELECTRO-ACUSCOPE / MYOPULSE SYSTEM

## TREATMENT INFORMATION & FAQ



You are about to receive a series of treatments with the ELECTRO-ACUSCOPE SYSTEM, a fast, safe, painless method of therapy designed to reduce and eliminate your pain, inflammation, and/or stress. This brochure is your introduction to a unique technological advancement in healthcare unlike any other electrical stimulation modality available today, and is intended to answer most of your questions about what to expect.

It is suggested that Part One be read prior to your first treatment and that Part Two be read after you have been treated.

The format is presented as a series of questions and answers. If you have any additional questions after reading this brochure, please don't hesitate to ask.

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## PART ONE

### WHAT IS THE ELECTRO-ACUSCOPE?

The Acuscope is a highly sophisticated electronic medical instrument which is designed to scan and treat many types of painful conditions. It is one of a class of FDA approved devices called TENS (Transcutaneous Electrical Nerve Stimulation). TENS means that electricity is used to treat pain by stimulating the nervous system of your body without puncturing the skin in any way. However, unlike common TENS units which (much like pain medication) are designed to temporarily block the pain signals from registering in the brain, the Acuscope uses a much milder level of electricity that actually helps tissue restore itself to a normal, healthy state. Incorporating bio-feedback and computerized calculations to deliver currents that correct and adjust neural transmitters until they are conducting normal signals, the Electro-Acuscope System is the most technologically sophisticated and effective TENS equipment available.

### WHAT IS THE MYOPULSE?

Companion instrument to the Acuscope, the Myopulse is categorized by the FDA as an EMS (Electrical Muscle Stimulation) device, and insurance may be billed as such. However, it delivers low level micro-electricity which unlike ordinary milli-ampere Muscle Stim, will not elicit a contraction, muscle fiber exhaustion, or tetanize a muscle.

The Myopulse directly addresses and gently stimulates connective and contractile tissue (muscles, tendons, ligaments, and fascia) with appropriate waveforms to correct abnormal electrical potentials. Incorporating biofeedback technology, it constantly monitors the soft tissue being treated and alters its output to normalize cellular activity. Remarkably effective change is usually immediate, releasing knots, tightness, and spasms, quickly improving range of motion, reducing inflammation, enhancing regenerative activity and strengthening structures damaged by traumatic injury.

### WHO USES THE EQUIPMENT?

The Acuscope System is currently being used by professional athletic teams, sports medicine practices, hospitals, and by doctors and therapists in every field of healthcare throughout the world. According to widespread publicity, many outstanding athletes have been significantly helped by Electro-Acuscope treatments. The Acuscope System is also very effective with animals, especially equine athletes (horses in competition), and is being used extensively in veterinary rehabilitation therapy. See [www.animaltherapysystems.com](http://www.animaltherapysystems.com).

### HOW DOES THE SYSTEM WORK?

The instruments establish two-way communication between their own internal bio-feedback circuitry and the area(s) of the patient's body being treated, measuring such things as tissue conductivity which is generally very low in an area of chronic pain and abnormally high in an area of acute pain. It also measures "cellular capacitance," which is the capacity of a cell to "hold a charge." Treatment introduces gentle currents in waveform patterns similar to the body's own electrical currents. This increases or decreases the electrical activity of the affected tissue as needed so that the cells can increase their work of self-repair.

### HOW LONG IS EACH TREATMENT?

Treatments will last from fifteen minutes to one hour, depending on the extent of the problem(s) and the number of treatments you have already had. For example, it takes longer to treat both shoulders, the neck and back than to treat a smaller area such as a painful wrist, foot, knee or ankle. Also, a full body well-being treatment will take longer during the first few sessions since the system may be in a depleted state (generalized low energy). After several treatments, less time is required to boost nerve transmission to a more highly conductive level and return muscles and tendons to normal function. Since the effects of treatment with the Acuscope & Myopulse are cumulative, each additional session usually takes less and less time.

Another possibility is that there are "layers of pain." When the worst level has been removed, previously hidden layers are perceived.

Other theories have been postulated as to why it may be more uncomfortable initially. If this happens to you, and you are curious, do not be concerned. Ask your doctor or therapist for his/her opinion as to why this may have occurred. And remember, don't worry; the effect is temporary. In all likelihood, relief will soon follow.

### WHAT SHOULD I DO IF THIS HAPPENS AFTER TREATMENT?

Should you have the rare experience of more discomfort than before the treatment, relax. Pay attention to the degree and length of time this effect lasts and report it to your doctor or therapist at the start of the next treatment session. Remember: change of any kind, improvement or otherwise, is a good sign. After several treatments, lasting relief will occur.

### WHAT SHOULD I DO TO HELP GET THE BEST RESULTS?

Be sure to increase your intake of water to flush out the by-products of enhanced cellular metabolism. This is a healthy habit in general and especially advisable during Acuscope/Myopulse Therapy. Do not overuse the area in the first few hours after a treatment. Allow the benefits to "absorb" and take complete effect. For example, if your damaged knee has just been treated and it suddenly feels great, don't go right out jogging! It is best to rest quietly for at least 15-30 minutes immediately after a treatment. This is a great time to enjoy Relaxation Therapy with the Ear Clips. Then, take it easy for awhile to allow maximum tissue regeneration. Do not submerge yourself in water for at least 4 – 5 hours as this will diminish the effect of the treatment.

### ARE THERE ANY GENERAL RECOMMENDATIONS FOR PATIENTS RECEIVING ACUSCOPE/MYOPULSE THERAPY?

Be sure to follow whatever program of rest or exercise your doctor or therapist recommends. Except in the most severe cases, a Personal Exercise Program should include stretching and balancing, weight-resistance, and safe cardiovascular activity combined with expansive breathing. Include live plants and indoor trees to provide Oxygen to your breathing spaces at home, where you workout, and at work if possible. Habits of a healthy lifestyle include eating natural fruits and vegetables, nutritious (not empty) carbs, and wholesome sources of protein. In between meals, drink plenty of natural spring water. In order to achieve and maintain a true state of health, learn how to relax, rest and recharge yourself daily; unwind before bedtime to get sleep that refreshes. And when you talk to yourself about how you're doing, visualize yourself (and all your body parts) energetic and healthy with youthful vitality!

### HOW MANY TIMES SHOULD I TRY ACUSCOPE THERAPY IF IT DOES NOT SEEM TO HAVE ANY EFFECT OF MY CONDITION?

That is between you and your doctor or therapist. The majority of patients experience obvious improvement from the first treatment; many from the 2nd, 3rd or 4th. There are numerous cases on record where the improvement did not begin until the tenth treatment. If you have exhausted all other safe methods for pain relief, it is probably wise not to give up before the tenth treatment. If immediate pain relief is experienced, however temporary, or if there is any noticeable change, of any sort, to any degree, you may be totally pain free and far more relaxed long before your tenth treatment with the Electro-Acuscope/Myopulse System.

on the Acuscope's face give a readout consistently over 100. Most patients find it interesting to see and hear this process occur as they are being treated; and relief from pain generally results simultaneously. If you didn't notice this before, be sure to do so during your next treatment. Improved audio and LED feedback from the Myopulse also reflects similar beneficial changes during treatment of muscles, tendons, ligaments, and fascia as a normal, healthy state returns.

### **HOW MUCH ELECTRICITY DO THESE INSTRUMENTS PRODUCE?**

The amount of electricity produced by the Acuscope and Myopulse is measured in micro-amps (millionths of an ampere), an extremely tiny amount of current in comparison to the amount of electricity generated by devices plugged into a wall socket. It has been scientifically proven that this micro-current level of electricity produces the most beneficial effect on the body's cells since it is an exact match to cellular energy production. Microamperage stimulation is gentle, in battery generated patterns identical to and compatible with that which is constantly flowing through the tissue of every living person and animal.

### **WHY ARE THE RESULTS FROM AN ACUSCOPE CUMULATIVE?**

By definition, the "cumulative effect" means that each treatment of a given area will take a shorter amount of time and the pain relief which follows will last longer and longer.

Unlike other forms of pain relief, such as therapy with certain medications, the body does not build up a tolerance to Acuscope/Myopulse treatments. In fact, just the opposite effect occurs. Mild micro-currents have been proven (Cheng, et al 1972) to stimulate the cells of the body to produce chemicals and changes which are responsible for cellular energy production. These may be thought of as the fuel which allows the cells to begin once again to repair themselves. As these healthy chemical reactions

build up (improved metabolism), the body's response to each treatment becomes stronger and stronger and the pain relief lasts longer. With each treatment the tissue is able to repair itself more completely. As a result, the cause of the pain is being eliminated. In most cases, a series of treatments leads to permanent relief.

### **ARE THERE ANY HARMFUL SIDE EFFECTS?**

(This information is so important that it has been repeated from Part One.)

There are no true side effects; that is, there are no long-term side effects. Some temporary discomfort may be experienced after the treatment. The possibilities include headache, slight nausea, and temporarily increased discomfort and restriction in the area of involvement. Fortunately these side effects, often referred to as an "initial healing crisis," are rare and usually only occur following the first one to three treatments. GOOD NEWS!! Any change, including temporary increased discomfort, is a good sign. It shows change (and you have already admitted that you could use a change) is going on in your body. Almost everyone who feels some increase in symptoms immediately or soon after the first treatment has a very good long-term pain relief response.

### **WHY IS IT THAT IT MAY BE UNCOMFORTABLE LATER?**

There are various theories as to why an initial increase in discomfort may be experienced within 24 hours following the first treatment(s).

One explanation is that the increased range of motion (sometimes barely noticeable) which often results from this therapy will allow you to use muscles which have been unused for some time. The sensation which can result is similar to the effect of over-exercising normal muscles and feeling sore afterwards. Therefore, what you may feel is an additional, temporary muscle soreness. This will soon dissipate as the next several treatments produce only increasing levels of comfort and relief.

### **HOW LONG DOES THE RELIEF LAST?**

As stated above, the results are cumulative; they build, hold and last longer and longer from each additional treatment. This is true for the pain relief as well as the restoration to normal use and range of motion. In addressing certain issues, results are often immediate and long-lasting following just one treatment. The goal, of course, is complete elimination of pain. Usually, after an initial series of treatments, most people have long-term or permanent pain relief and never need another Electro-Acuscope/Myopulse treatment for the same condition. For some, follow-up treatments are necessary. Booster (maintenance) treatments may be recommended as often as weekly or monthly, or simply as needed. It is not uncommon that an old, chronic condition will be completely eliminated; then, if at some future time the problem is reactivated by a new trauma, faster results are frequently seen. The reason for this is that a patient who has had regular Acuscope treatments will be in a generally healthier state; their body's self-repair processes are more efficient.

### **WHAT WILL THE TREATMENT FEEL LIKE?**

The Acuscope delivers a level of electricity that is below the threshold of perception. Most likely you will only feel the probes touching your skin. Some patients will feel a tiny pulse, vibration, or an occasional gentle prickling sensation. Have no concern. If there is ANY discomfort whatsoever, simply mention it to your therapist and the settings will be reduced to insure your comfort. It is not best for you to "grin and bear it;" it is not at all necessary. In fact, the Acuscope is most effective when you do not feel the treatment at all. During treatment, it is most likely that you will feel nothing but relief. Most patients report only the sensations of general relaxation and soothing release in the area being treated as if the issue had simply been "erased."

### **WHAT WILL TOUCH MY SKIN DURING TREATMENT?**

The points of contact with the body are generally moistened with a specially formulated (Electrolyte) wetting solution or cream. The probes have rounded brass or silver-alloy tips that are applied in a gentle pressure-point massaging fashion on the skin; the electrode plates are held in place with light adhesive tape; the rollers slide easily over muscles and around curves. Some patients with swelling and extreme sensitivity to touch may experience some discomfort from the pressure of the probes; but heavy pressure is unnecessary. Your hands, feet or other surfaces may be placed on the large brass plates; or you may have a relaxation treatment using Ear Clips or a Headband set. Whichever attachment or set of probes is used with the Electro-Acuscope and Myopulse, the experience of treatment is generally quite comfortable, most often enjoyable.

### **ARE THERE ANY SIDE EFFECTS FROM THE TREATMENTS?**

There are no true side effects; that is, there are no long-term side effects. Occasionally, some temporary discomfort may be experienced after a treatment. The possibilities include headache, stomach upset (before it subsides), and slightly increased pain levels at first until the problem is resolved. Fortunately these side effects are rare and usually occur, if at all, following only the first one to three treatments while your body releases toxins and adjusts to increased self-regeneration activity that is sometimes referred to as an "initial healing crisis." GOOD NEWS! Any change, including temporary increased discomfort is a good sign. It shows that change is happening (and you must admit you could use a change!) Almost everyone who feels some increase in discomfort immediately or soon after the first treatment has a very good long-term pain-relief response. For most people, the "side effects" are purely positive, simply feeling better in various ways after treatment.

## **HOW LONG DOES IT TAKE FOR THE TREATMENT TO WORK AND HOW MANY TREATMENTS WILL I NEED?**

Often a patient will feel immediate results during or within several hours after the first treatment. A single treatment is most commonly followed by hours of relief. Very occasionally the relief from a single treatment is permanent. Usually, however, a series of sessions is necessary to complete the job of achieving lasting results. **BE PATIENT.** The body in its infinite wisdom knows how to heal itself. The Acuscope helps it do its job faster and more efficiently. After your first treatment, when your body has used up the increased supply of energy and the pain (and/or limited range of motion) returns, it comes back to a lesser degree. If the second treatment is administered shortly thereafter, it is likely that the second treatment will produce more dramatic results that last even longer. It is not unusual that from three or four treatments significant changes are perceived; however, it may take five to ten treatments to produce lasting results. Fortunately, in cases that take longer to resolve, when the breakthrough takes place, it is quite dramatic! The readings (audio tones and digital feedback) will indicate the course of therapy.

Please note: the average patient with severe chronic pain usually require a series of six to ten treatments over a two to four week period in order to obtain lasting or permanent relief. It is recommended that you complete your entire series of treatments prescribed by your doctor or therapist to insure that your body will be able to repair itself completely.

## **IF I HAVE TRIED MANY OTHER FORMS OF THERAPY WITH LITTLE LASTING RELIEF, CAN THE ELECTRO-ACUSCOPE TREATMENTS HELP ME?**

Very possibly! The Acuscope System delivers a different type of treatment than any other form of pain management. It is very often effective where nothing else has been able to help before.

## **MY PAIN SEEMS TO BE STRESS RELATED. CAN ELECTRO-ACUSCOPE THERAPY HELP ME?**

Yes. This therapy is renowned as highly effective stress management, especially when combined with massage. It can release pent-up tension, relax the nerves and muscles, and improve circulation. If you are under excessive stress or your pain is obviously stress-related, your doctor or therapist will most likely apply a general systemic well-being procedure first to boost and balance your overall level of energy. They may then treat directly on the site(s) of pain with the Acuscope and/or the Myopulse - over joints, muscles, tendons, ligaments, fascia, and finish with the Relaxation Mode using the Ear Clips or Headband while you rest comfortably, relaxing deeply and completely.

## **DOES THIS PROGRAM WORK FOR EVERYONE?**

No, however, most doctors and therapists experienced in its use report that it helps a very high percentage of their patients.

## **IS THERE ANYONE WHO SHOULD NOT BE TREATED?**

Under F.D.A. regulations, there are two absolute contraindications for use of Transcutaneous Electrical Nerve Stimulation of ANY sort: patients wearing demand type pacemakers and pregnant women must not be treated. It is recommended that patients with Cancer, AIDS, or any serious illness be treated only under their doctor's direct supervision. The Electro-Acuscope System is primarily used for neuro-muscular / musculo-skeletal therapy, chronic and acute pain, inflammation and related stress management.

## **IS THE TREATMENT VERY EXPENSIVE?**

No. Compared to the cost of other pain management programs such as medications taken over a long period of time and/or surgery, it is quite reasonable. It is frequently combined with Physical Therapy Rehabilitation.

## **PART TWO**

### **After your Acuscope treatment – A more detailed explanation.**

Now that you have just received the first of a series of Electro-Acuscope and/or Myopulse treatments, you may have additional questions regarding the instruments, the treatment procedure, and what results to expect. This section is intended to provide a more detailed explanation of these unique micro-current feedback-modulated TENS and EMS instruments; and to offer you, and perhaps your family and friends, additional understanding of the type of physical therapy you are receiving.

### **MAY I HAVE AN IN-DEPTH EXPLANATION OF HOW THE ELECTRO-ACUSCOPE REDUCES PAIN?**

The human body is made up of trillions of cells. Every type of cell in the human body acts like a tiny battery, producing, storing and releasing energy. Each cell has a measurable electrical charge and working together they generate currents that are constantly moving throughout the electrical circuitry of the body.

When damage or trauma occurs, changes take place in the capacity of the cells to produce and hold a charge. After an injury, there is an initial spike in electrical productivity during the acute phase. Eventually depletion and disruption in the production of electricity follows - a measurable decrease in cellular energy of the involved tissue that often lasts for a prolonged period of time. This condition is generally accompanied by a sensation of pain in the area and usually results in the body's inability to complete the self-repair process.

During treatment, the Electro-Acuscope introduces mild electrical currents identical to those generated naturally through the Nervous System, boosting the tissue to an enhanced level of electrical activity. This process may be likened to a "jump start" and "putting a charge" on the battery of a car. In this way, the instrument assists the body in accelerating the natural self-healing processes.

In addition to providing the body with beneficial electrical currents, the treatment causes the body to produce its own pain reducing chemicals called "endorphins." The immediate pain relieving results of an Acuscope treatment may therefore be considered a natural electrochemical response occurring in the involved area at a cellular level.

The underlying purpose of biofeedback-modulated micro-current therapy is to unblock obstructions and relieve congestion in your electrical circuitry until your nerve signals are flowing freely in healthy waveform patterns and your muscles produce normal electrical fields.

Too complicated to picture? Don't worry; we don't need to know how to build an internal combustion engine to drive a car. You can trust that your vehicle has built in self-repair mechanisms. We are giving its trillions of tiny batteries a boost back to full capacity!

### **WHAT DO THE VARIOUS SOUNDS AND THE NUMBERS ON THE DIGITAL DISPLAY MEAN?**

You may have noticed low and high pitched audio tones from the Acuscope's biofeedback sound mechanisms, and seen the corresponding numbers reading low and/or high on the lighted digital display which ranges from 1 to 100. Incorporating the most advanced bio-electronic feedback loop technology, the Electro-Acuscope is capable of detecting subtle electrical blockages and imbalances in the painful areas of the body and producing effects by varying the stimulation delivered into the tissue. Generally the timer is set at 12 seconds so that 12-second period of treatment can produce results; then, the instrument automatically goes back to "readout mode" reflecting the change that has taken place between those particular points of contact. As the conductivity improves over a series of stimulations, the numbers read higher and higher and the audio feedback becomes a clearer, high-pitched tone. When the tissue of a chronic painful area has been restored to a highly conductive electrical level, the lighted numbers