

# The Electro-Acuscope & Myopulse System

## PATIENT INFORMATION & Frequently Asked Questions



You are about to receive a series of treatments with the ACUSCOPE SYSTEM, a fast, safe, comfortable and non-invasive method of therapy designed to help your body eliminate painful problems, and quickly decrease inflammation in damaged, injured areas. It also helps to reduce stress until you are feeling good all over again.

This informational brochure is your introduction to a wonderful technological advancement in healthcare that we are pleased to offer here at [Health and Restoration Centers of NC, LLC](#).

It is gentle Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Therapy (EMT) that taps into your electrical wiring with biofeedback and has computerized circuitry that is programmed to send corrective currents in the “language” of your nervous system and your connective tissue.

You will not feel any discomfort from microcurrent stimulation while it helps your body to conduct normal nerve signals and causes your muscles, tendons, ligaments and joints to feel and move normally again. After their treatments, most people notice that they are feeling more relaxed and “recharged.” You will see and hear by the numbers and the sounds where your painful syndrome is causing problems in the “wiring” of your body. You will discover over a series of treatments that positive change is happening and these issues are being resolved.

If this brochure does not answer all of your questions, please ask your Acuscope Bio-Technician to explain more.

Feel free to share this with your family, friends, and co-workers who may be suffering with unresolved pain and associated stress issues.

**WHAT PATIENTS LIKE YOURSELF ARE SAYING AFTER ELECTRO-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 elbow joint is actually gone.”***

***“I noticed right after the first treatment that there was more flexibility in my neck and I could move my shoulder again.”***

***“I slept better last night (after my 4th treatment) than I have in years!”***

***“Since I’ve started having Acuscope and Myopulse treatments on my back, I can work all day without any back pain and I don’t need any more pain medication. This is remarkable.”***

***“After 7 years of splitting tension headaches, I finally have real, relief and it is lasting. I can sleep all the way through the night again.”***

***“I’ve started walking and exercising now that the pain in my heel is gone. I thought those days were over!”***



**ACUSCOPE/**



**We want you to feel better from your head to your toes and we look forward to hearing that YOU DO!**

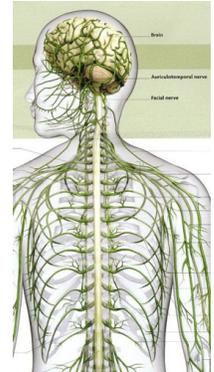
## PATIENT INFORMATION – Frequently Asked Questions

### WHAT IS THE ELECTRO-ACUSCOPE?



any way.

However, unlike common TENS units which (much like pain medication) are designed to temporarily block pain signals from registering in the brain, the Acuscope is technologically advanced. It uses a much milder level of electricity that actually helps the tissue where the problem is located; and as a result of microcurrent treatment, the painful sensations subside. Incorporating bio-feedback and computerized calculations to deliver precision currents, it is boosting the ability of your tissue to repair and restore itself to a normal, healthy state. Improved nerve transmission can eventually result in complete relief.



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

### WHAT IS THE MYOPULSE?



pain; great gain!

The Myopulse is used in a gently massaging fashion which feels good while it stimulates connective and contractile tissue (muscles, tendons, ligaments, and fascia) with appropriate sloping waveforms, proven to correct abnormal electrical potentials of these types of cells.

As a result, treatments release painful knots, tightness, and spasms, quickly improving range of motion; inflammation is reduced and regenerative activity in torn and traumatized connective tissue is increased. By restoring normal electrical potentials, it simply helps promote the ability of muscles to fully self-repair and finally become strong once again. Especially helpful after surgery for quicker healing. Has amazing results with scar tissue and atrophied muscles.

Like the Acuscope, sophisticated biofeedback technology gives the Myopulse the ability to constantly monitor the soft tissue while it is being treated; this feedback is then utilized by programming that adjusts its output accordingly. The goal is to correct abnormal signals until normal cellular activity is detected in joints and other structures damaged by traumatic injury. Remarkably effective change takes place when this happens, and patients can usually feel dramatic effects right away.



Companion instrument to the Acuscope, the Myopulse is in the FDA category of EMT (Electrical Muscle Therapy) and medical insurance can be billed for the use of a muscle stim modality to one or more areas. Low level microcurrent electricity however, unlike ordinary milli-ampereage hi voltage Muscle Stim, will not cause an uncomfortable contraction, muscle fiber exhaustion, or tetanize a muscle. It is a completely painless treatment – no

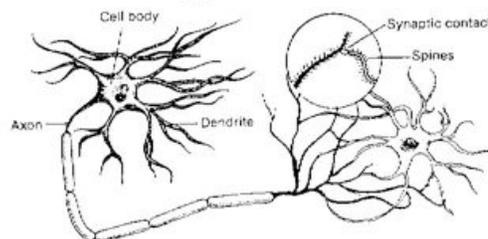
## WHERE IS THIS EQUIPMENT BEING USED?

The Acuscope System is used in hospitals and by doctors and therapists in every field of pain and stress management. According to widespread publicity, many outstanding athletes have been significantly helped by Electro-Acuscope treatments. It is being used by professional athletic teams and in sports medicine practices. In extreme cases, it is used by patients in their own home. While it is primarily used for human therapy, the Acuscope System is also very effective with animals; especially for the pain and injuries of equine athletes (horses in competition), and it is being used extensively in veterinary rehabilitation therapy.

## HOW DOES THE SYSTEM WORK?

Two separate units make up the system; one for nerves, the other for muscles. Together they provide speedy neuro-muscular rehabilitation. Two-way communication between the body and the technology is achieved by biofeedback circuitry that continuously monitors the area(s) of the body while it is being treated. The Acuscope measures nerve conduction and treats the nerves; the Myopulse uses myofascial biofeedback. The operator can identify where levels of microelectricity are very low, usually in areas of chronic pain. In areas of acute pain, readouts (numbers and sounds) will be abnormally high

Both modalities measure “cellular capacitance” in general, which is the capacity of tissue cells to “hold a charge.” Treatment introduces gentle microamperage waveforms identical to the body’s own electrical currents. The effect is increased or reduced electrical activity, as needed to return a problematic area to a normal electrical state, and improve the overall level of “cellular energy.” This is experienced by the patient as relief in the area of involvement and a greater sense of vitality in general.



## HOW LONG IS EACH TREATMENT?

Treatments are generally about one hour (or more), depending on the degree of your problem(s) and the number of treatments you have already had. In a series of treatments, the first few sessions might take longer because most people have tissue that is quite depleted and “discharged.” Plus the damage must be located and assessed by you and your bio-technician. For example, it will take longer to treat both shoulders, the neck and back than to treat a smaller area such as a single wrist, foot, knee or ankle joint. After several treatments, less time may be required to boost nerve transmission to the most highly conductive level and to return muscles and tendons to an undamaged, unrestricted state. Since the effects of treatment with the Acuscope & Myopulse are cumulative (the results accumulate over time), the results of each treatment last longer and the time required to produce results may be shorter. Once the pain syndrome has been eliminated, maintenance treatments are highly recommended; booster sessions are one hour, once per week, monthly, or as needed.

## WHAT WILL TOUCH MY SKIN DURING TREATMENT?

The points of contact with the body are generally moistened with a specially formulated, (Conductive 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; small brass plates are held in place with light adhesive tape; the rollers slide easily over muscles and around curves. Large Plates may be placed under your hands or feet. Some patients with swelling and extreme sensitivity to touch may experience some discomfort from the pressure of the probes; but heavy pressure is unnecessary. At the end of your session you will have a relaxation treatment using Ear Clips or a Headband. The whole treatment is generally comfortable, even enjoyable



## WHAT WILL THE TREATMENT FEEL LIKE?

The Acuscope delivers a level of electricity that is below the “threshold of perception,” in other words, most likely you will only feel the smooth metal-alloy 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 bio-technician 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 and Myopulse are 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 and report feeling as if the problematic issue had simply been “erased.”



## HOW MANY TREATMENTS WILL I NEED?

Usually, a series of sessions is necessary to complete the job of achieving lasting results. BE PATIENT. The body’s cells in their seemingly miraculous, innate wisdom know how to repair themselves. The Acuscope and Myopulse help them to do what they do automatically and naturally – but much faster and more efficiently. After your first treatment, when your body has used up the increased supply of micro-electricity and the pain (and/or limited range of motion) returns, the discomfort may come back, but to a lesser degree. If the second treatment is administered the next day, it is likely that the second treatment will produce more dramatic results that last even longer. It is not unusual that after three or four treatments, significant changes take place; however, it may take five to ten or eleven treatments to produce lasting or permanent results. Sometimes, initially a “healing crisis” must be triggered to wake up an old problem before it can be resolved. In other cases there are no apparent results for several treatments. There is no way to know how an individual will respond. Fortunately, in cases that take longer to resolve, when the breakthrough takes place, it is quite dramatic! And the end results are complete resolution.

The readings (audio tones and digital feedback) during treatment will indicate to your bio-technician what is likely to be the required course of therapy. Please note: the average patient with severe acute or long-term chronic pain usually require a series of eleven treatments over a four week period. It is recommended that you complete your entire series of treatments to insure that your body will be able to repair and restore itself completely.

## ARE THERE ANY SIDE EFFECTS FROM THE TREATMENTS?

There are no long-term side effects. Occasionally, some temporary increased discomfort may be felt after the first treatment, or possibly following the first few. This will depend upon the condition of each painful area. These may include headache, stomach upset, and increased pain levels at the site(s) involved. Fortunately these side effects are rare and usually occur, if at all, only at first. Many people simply begin to feel much better right away. Once you start feeling better, pain relief will last longer and longer until the problems begin to subside, the pain is completely eliminated and normal function is restored.

Why does this happen? During the first one to three treatments your body is more actively releasing backed-up toxins and adjusting to having increased microcurrents available to improve self-repair activity. The effect on your body will depend on your level of toxicity and your degree of electrical depletion at the cellular level. During your treatments, notice the numbers and the sounds made by the Acuscope . This will tell you how your body is doing on any given day. You will find that the readouts improve each time you are treated. You will soon see and hear better (higher) readings, which indicates that your cells are “holding a charge” (improved cellular capacitance).

GOOD NEWS! Any change, including temporary increased discomfort is a good sign. It shows that change is happening. Almost everyone who feels some increase in discomfort immediately or soon after the first treatment



or two has very good long-term response. The goal? Complete pain-relief and stress reduction. For most people, the “side effects” are purely positive, simply feeling that the pain has been erased for the moment – what a relief!

The body repairs itself when it is “fully charged.” The cells, like trillions of little batteries, become depleted trying to resolve issues. With improved metabolism, they go to work actively again; it is as if they have been “energized” and are able to finish their job of tissue repair. Once it is done, inflammation that causes the collecting of fluids, heat, increased electrical activity, is no longer required. Once microcurrent is introduced, the demand for micro-electrical activity (energy) in the area is met.



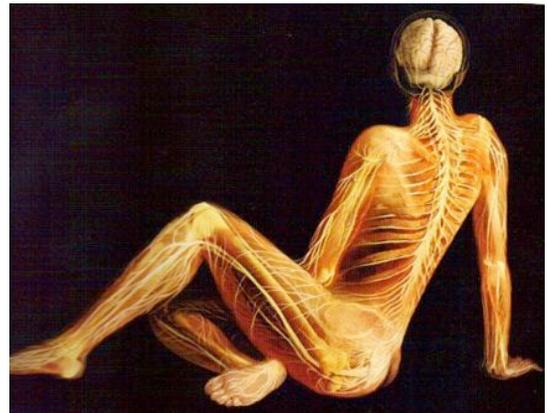
### **WHAT SHOULD I DO IF I AM MORE UNCOMFORTABLE AFTER TREATMENT?**

Relax. Pay attention to the changes that are taking place as a result of the microcurrent boosting your body’s currents, balancing and restoring order. Notice the degree and length of time that this effect lasts and report it to your bio-technician at the start of your next treatment session. Remember: change of any kind, improvement or otherwise, is a good sign. After several treatments, lasting relief will occur.

Remember, if it “hurts worse at first” that this is a good sign. If you experience some type of discomfort such as a headache or nausea, perhaps because of the toxicity in your cells, do not become alarmed. Getting rid of toxins is very beneficial. Increased electrical activity and improved metabolism in a painful area is just what the doctor ordered! Ask your doctor or bio-technician for his/her opinion as to why this may have occurred. And remember, don’t worry; the effect is temporary. In all likelihood, long-overdue relief will soon follow.

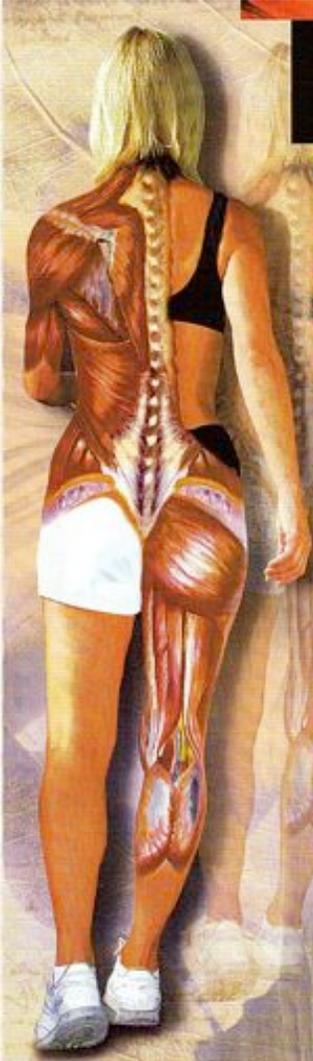
### **HOW MANY TREATMENTS SHOULD I TRY IF IT DOES NOT SEEM TO BE HAVING ANY EFFECT ON MY CONDITION?**

That is between you, your doctor, and your bio-technician. 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 and then a major breakthrough occurred. If you have exhausted all other safe methods for pain relief, it is probably wise not to give up before the tenth treatment. Look for the subtle changes in the way you feel and even the slightest reduction in your level of pain.



If you have immediate relief, even if it is brief, or if there is any noticeable change, no matter how slight, you may be totally pain free and far more relaxed long before your tenth treatment with the Electro-Acuscope & Myopulse.

Another factor is that there are “layers of pain.” When the worst level has been removed, previously hidden layers are then perceived. Additional treatments may be required to chase away every last bit.



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

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

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

Yes. This therapy is renowned as highly effective stress management, often 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, the general systemic well-being procedure that is done first will help to boost and balance your overall level of energy and calm your nerves. Then, treatment will be applied directly on the site(s) of pain with the Acuscope and the Myopulse - over joints, muscles, tendons, ligaments, fascia. Treatments are usually concluded with a period of deep relaxation using Ear Clips or a Headband while you rest comfortably and possibly take a short nap.

## **IF I HAVE TRIED MANY OTHER FORMS OF THERAPY WITH LITTLE OR NO LASTING RELIEF, CAN THESE TREATMENTS HELP ME?**

Very probably! 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. It is frequently the case that a patient begins treatment with the Acuscope . System when all else has failed!

Success is usually the result in the majority of cases.

## **WHAT CAN I DO MYSELF TO HELP GET THE BEST RESULTS?**

- Be sure to **increase your intake of water** while you are receiving treatments to help flush out the by-products of improved 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, up to several hours if possible, immediately after a treatment. Then, take it easy for awhile to allow maximum tissue regeneration.
- Do not take a bath or otherwise submerge yourself in water for at least 4 – 5 hours as this will diminish the effect of the treatment. In other words, do not get into a “hot tub” or go swimming within the first few hours after treatment. Taking a shower is fine.

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

### **Correct any unhealthy behaviors right away**

Most of us know what these are even if we do not take our own best advice. Smoking, alcohol, drugs, sugar, soda ... these days the word is out. We are becoming aware of the dangers. Avoid eating and drinking all things that you already know to be bad for you!

### **Eat healthy, natural food**

Good nutrition is a must for your cells to regenerate after an illness or an injury. In fact, it is necessary even when you are well to stay well. We all must avoid sugary/starchy comfort foods as much as possible! Habits of a healthy lifestyle include a diet of eating natural, live, colorful fruits in the morning; consuming vegetables (raw, juiced, steamed, and as soup); limiting carbs to nutritious (not empty) types; and being diligent when it comes to finding wholesome sources of protein (free of toxins such as hormones, fattening agents, antibiotics and pesticides). Understand your Glycemic Index and eat accordingly.

### **Drink pure, clean water**

In between meals, drink plenty of natural spring water to remain hydrated at all times. All cells, especially brain cells, require hydration as well as Oxygen.

### **Breathe Consciously and Completely**

Pay attention to your breath; fill and empty your lungs as much as possible (without straining). Breathing consciously will help your body to absorb more Oxygen; and expel stale air completely. Breathe diaphragmatically.

Grow live, leafy green plants and indoor trees in your indoor spaces to provide increased Oxygen for everyone to breathe where you live at home, where you workout, and at work (if possible). Our trillions of cells need oxygen to do their repair work. Be sure to provide an ample supply! Then when you breathe expansively activating greater lung capacity, there will actually be fresh air coming in.

### **Stay active**

Be sure to follow whatever program of exercise your doctor recommends. Except in the most severe cases, an exercise program will be recommended, according to your condition and ability. Stretching and restoring alignment and balance, weight-resistance to strengthen bones and muscles, and safe cardiovascular aerobic activity comprise a complete exercise program. Of course, all of these three types of activity should be combined with expansive breathing and an awareness of the necessity of hydration (drinking water consistently) especially while you workout.

### **Rest-Relax-Recharge Daily**

In order to achieve and maintain a true state of health, learn how to relax your mind and release tension from your muscles. Rest and recharge yourself during the day (take "Power Naps"); unwind and clear your mind before bedtime so that sleeping is regenerative and refreshing.

### **Self-Talk**

When you talk to yourself about how you're doing, tell your body parts that they are doing a fine job of self-repair. Don't tell them they are "bad." Instead, visualize yourself energetic and healthy with youthful vitality! Say this to yourself and it will be more likely to happen.