

**Appendix to
User manual**

*Recommendations on the treatment
of diseases*

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1. INTRODUCTION

These recommendations on the treatment for diseases are the appendix to the User manual for the muscle massager PROLOGUE

. The recommendations were worked out for novice users to master the application of the apparatus in the easier way. It is possible to use the more complicated methods of work if necessary. It depends on the model of the apparatuses and the experience of the user.

2. INDICATIONS TO APPLICATION

● ***Prevention of diseases:*** stimulation of the host defenses, including the treatment process for states of dependence (alcoholism, drug addiction and etc.), increase of mental and physical efficiency, removal of mental and physical lassitude, disintoxication after poisonings, including alcoholic intoxication

● ***Diseases and injuries of the peripheral nervous system:*** neuropathy (neuritis), polyneuropathy (polyneuritis), plexitis, polyradiculoneuritis, neuralgia, neuromyositis, spinal osteochondrosis with neural symptoms (cervicalgia, cervicobrachialgia, thoracalgia, lumbago, lumbodynia, lumbar ischialgia, radiculoischemia, diskogenic radiculitis), tunnel syndrome, phantom pains.

● ***Diseases of the central nervous system:*** aftereffects of cerebral stroke, post-stroke arthropathy, infantile cerebral paralysis.

● ***Surgical diseases:*** reactive arthritis, degenerative arthritis, injuries of joints and the spine, epicondylitis, injuries, sprains, hematoma, infiltration, contractures, myositis.

● ***Diseases of blood circulation organs:*** neurocirculatory dystonia, arterial hypertension and hypotension, obliterating diseases of peripheral blood vessels.

● ***Respiratory diseases:*** acute respiratory diseases, rhinitis, tracheitis, bronchitis, pneumonia, bronchial spasm.

● ***Ear, nose and throat diseases:*** laryngitis, maxillary sinusitis, frontal sinusitis.

● ***Diseases of digestion organs:*** gastritis, gastric and duodenal ulcers, gastroduodenitis, hepatocholecystitis.

● ***Diseases of the urigenital system:*** cystalgia, cystitis, prostatitis, chronic salpingoophoritis, painful menstruation.

3. CONTRAINDICATIONS TO APPLICATION

- individual intolerance of electric current;
- status of decompensation of the cardiovascular and respiratory system, aneurism, cardiac asthma;
 - acute myocardial infarction, instable angina pectoris;
 - prognostically - unfavorable disturbance of the cardiac rhythm and conductivity (cardiac fibrillation and paroxysmal tachycardia);
 - an implanted heart rhythm pace - maker (for exposure on the chest);
 - malignant and non-malignant neoplasms, diseases of blood;
 - active tuberculosis;
 - hemorrhage or suspected hemorrhage, embolism;
 - cachexia;
 - acute disorders of psyche;
 - convulsive syndrome;
 - acute infectious diseases and fever states;
 - trombophlebitis (for exposure on the thrombus region);
 - pregnancy (for exposure on the lower spine and abdomen).

4. GENERAL APPROACH TO TREATMENT

The apparatus is used for local and general treatment.

The principle of the therapeutic action of the apparatus is that body's reserves are activated with automatic regulation of the parameters according to the biological feedback. As a result of the application of short bipolar impulses of the complex automatically changing form to the dermal projection of the pathological and/or reflexogenic zones, the corresponding regulating mechanisms of the body are activated, that brings about a partial or complete recovery of the weakened or absent function.

The combined effect on the neurophysiological, neurochemical, psychic and informational levels reduces and eliminates pain syndromes, improves blood and lymph circulation including collateral one, stimulates the production of the vasodilating substances, normalizes blood vessel tone, assists in the disposal of the products of pathological metabolism, normalizes the processes of metabolism and stimulates defensive reactions.

The automatic adjustment of the impulse form, the wide range of frequencies, variable and constant frequency modes, continuous and interval modes as well as automatic determination of the dose make the application of the apparatus easy. The high neurotropic and combined effects make this apparatus different from the others and effective in the treatment for various diseases.

Treatment serves to increase the effect of medicines especially homeopathic remedies, which was clinically confirmed.

Treatment serves to improve the general condition and mood, to normalize sleep and appetite, to increase physical abilities and normalize the patient's psychophysiological condition. Treatment is effective for both acute and chronic diseases.

A course of treatment will strengthen the achieved effect.

The apparatus is designed for direct application to the painful areas, to the corresponding regions of the spinal cord, to the projection of the peripheral nerves, to locomotive, acupuncture and trigger points, to the pathological source.

Carry out treatment in accordance with the Appendix. Elementary treatment methods are described in tables, which give information on the recommended application zones, application modes and courses of treatment. Sketches showing the recommended application zones are also

included. Following these recommendations can help to avoid serious mistakes until the operator has gained some experience in using the apparatus.

Selection of the application intensity during treatment is carried out individually for each patient and zone. The application intensity can be divided into three categories according to the patient's subjective sensations:

- subliminal (a patient doesn't have evident sensations);
- liminal (slight pricking, burning or vibration sensations);
- supraliminal (intense pricking, burning or vibration sensations but without pain).

Treatment must be pleasant. It excludes the negative reaction of the patient.

The desired effect is achieved by the direct contact of the electrodes with the skin in the zones recommended in the treatment procedures. The electrodes may be fixed relative to the skin (procedure "stationary") or may make massaging movements (procedure "labile"), with light pressure on the skin or with heavier pressure (procedure "with light pressure" or "with pressure"). The optimum speed of movement of the electrodes for most disorders during labile treatment is from 0.5 to 1 cm/sec. Poor or periodic contact of the electrodes with the skin gives rise to an unpleasant sensation.

Treatment is carried out as indicated below:

- switch the apparatus on.
- choose the required impulse frequency in accordance with the recommendations on treatment.
- press the electrodes to the skin in the treatment zone with the required pressure.
- set the application intensity according to the patient's sensation.
- carry out the treatment with the fixed and/or moving electrodes as specified by the treatment procedure for the required time.

The recommendations on treatment give average recommended treatment parameters. If you have gained experience in using the apparatus well you can set the parameters of your own which seem to be the optimum for you. The doctor is authorized to change the treatment zones, the duration of the treatment, the treatment mode, the quantity of procedures and etc. in each particular case.

Several zones may be treated during one procedure.

In the case when treatment of one zone at different frequencies is required it is recommended firstly to treat the zone at the high frequency and then the second part of the procedure at the low one. In case of the pain syndrome it is recommended not to use low frequencies until the pain syndrome is relieved.

⚠Attention! Treatment in the region of the heart is allowed only if there are no heart rhythm disturbances and no implanted cardiac pacemaker. It is recommended to avoid treatment close to heart at low frequencies.

The total time of treatment should be selected individually and as a rule varies from 5 to 45 min. If several zones are to be treated or the zone is big enough the total treatment time may be increased to 90 min and more. For children up to 12 years old it is recommended to halve the treatment time.

Treatment of acute diseases is more effective when carried out daily. In some cases (e.g. injuries) the doctor may prescribe more intensive treatment (3-4 procedure per day). In case of chronic sluggish diseases procedures are recommended every other day. Breaks in the treatment are allowed but not more than two days, otherwise the effect of the treatment will be reduced.

As a rule the number of procedures is from 7 to 10. In some cases the doctor may increase the number of procedures up to 15-20 times. The course of treatment should be sufficient to secure the results achieved.

It is not recommended to repeat a course of treatment within 3 weeks of having completed the previous course.

In case of excessive pilosis of the skin in the treatment zone it is recommended to remove the hair in order to achieve good contact between the electrodes and the skin or to use the special detachable electrodes.

If the treatment mode is to be changed (a move to a new treatment zone or a sharp change in the output impulse frequency), it is recommended to begin treatment of the new zone with the minimum intensity in order to avoid uncomfortable or pain sensations of the patient. It is necessary to move the electrodes carefully since the pathological and rephlexogenic zones are more sensitive to electric current than the surrounding skin areas.

During the treatment of one zone especially at the stationary treatment mode for a long period of time the patient can have increasing pain sensations. In this case the application intensity should be decreased until the patient's sensations correspond to the recommended ones.

In case when treatment of several zones at different frequencies is

required firstly it is necessary to treat the zone at the high frequency then all the zones at the low one.

First 1-2-3 procedures the continuous therapy mode should be selected for exposure then you can pass on to the interval therapy mode.

Since the choice of application intensity is based on the patient's sensations ask the patient to keep you informed about his sensations it can help to avoid uncomfortable and pain sensations during treatment.

It is not recommended to combine treatment with analgetic paravertebral blocks.

5. INFORMATION REGARDIN THE DIFFERENT OPERATION MODES OF THE APPARATUS

The apparatuses of the group "Prolog-02" differ in not only design but in different combinations of the modes and frequencies as well. The recommendations on using of different modes can be found below.

Impulse frequency.

Impulse frequency is the most important application parameter. It is possible to set two standard frequencies - low (60Hz) and high (140 Hz) in the simple cases of the operation. If a patient complains of severe pain in some cases it is preferable to change the exposure at the high frequency for at the medium one (100Hz), which can be effective to relieve the pain. Some models of the apparatus allow a wide range of definite frequencies to be set. This opportunity can be used for example for the treatment methods based on Paul- Schmidt's grid of frequencies.

Frequency deviation.

Frequency deviation – is the automatic impulse frequency changing. Frequency deviation can be characterized by two main parameters:

- the frequency deviation range or deviation of the output impulse frequency from the set value. e.g. The deviation range is from 50Hz to 150Hz. One more example if a value of $\pm 20\%$ from 100Hz is set the apparatus will create output impulses, whose frequency will change from 80 to 120 Hz.
- the output impulse frequency change period. e.g. A value of 1 min means that the apparatus will create output impulses, whose frequency will change from the maximum to the minimum value and vice-versa during 1

min.

This mode can secure the better treatment effect in some cases because of covering of a frequency range and decreasing the adaptation to the monotonous impact. To achieve a sedative effect it is necessary to switch off the automatic output variable frequency mode i.e. to operate with a fixed output impulse frequency.

The typical output variable frequency mode (the deviation is $\pm 20\%$ from the set frequency) is usually used for the easiest work. It is not recommended to change the parameters of this mode until the operator has gained some experience in using the apparatus.

Stimulation mode.

The apparatus allows carrying out two types of therapy - continuous therapy and interval one. In case of continuous therapy the output impulses are generated uninterruptedly. In case of interval therapy there are pauses between output impulses. This mode is recommended to use for the accented stimulation of nerves and muscles, treatment for internal organs diseases especially in case of atony. The pauses are necessary for relaxation. The continuous therapy is used for the simple operation.

Amplitude change mode.

● The apparatus allows setting high, variable to low amplitude mode of rectangle part of impulses. If the high amplitude mode is set a length of positive part of impulse changes during intensity changing as for the amplitude it keeps constant and has the maximum value. This mode is considered to be basic for treatment. In case of the low amplitude mode the value of amplitude of rectangle part is twice as low as the standard one. As for the variable amplitude mode (the length and amplitude of positive part of impulse changes during intensity changing as for the amplitude it keeps constant and has the maximum value. This mode is considered to be basic for treatment. In case of the low amplitude mode the value of amplitude of rectangle part is twice as low as the standard one. As for the variable amplitude mode (the length and amplitude of positive part of impulse change during intensity changing) the physiological proportion of rectangle and intermittent parts of impulse change. The high amplitude mode usually gives better effect (e.g. for nerves and muscles stimulation, the relief of the pain syndrome). However, if a patient has pain sensations even at the lowest

intensity of the high amplitude mode you should change it to the variable amplitude mode as the most physiological one or to the low amplitude mode. In this case you can return to the high amplitude mode in a couple of minutes or during the next procedure.

Saturation mode.

The "Saturation" mode (automatic determination of the sufficiency of exposure) can be used only with the stationary treatment mode i.e. when the electrodes are fixed relative to the skin. When the "saturation" of the treatment zone is achieved i.e. when the parameters of the skin conductivity in spite of continued exposure stop changing special beeps are emitted. When a double short beep is emitted every 8 sec and the **SATURATION** indicator is flashing that means that the approximate saturation is achieved. If to continue to expose to this zone the **SATURATION** indicator starts to glow uninterruptedly and a three-throw beep is emitted every 8 sec. That means the accurate saturation is achieved and it is inexpedient to continue exposure to this zone. You can move to the other zones.

⚠Attention! While moving the electrodes the spurious beeps are possible. To make sure of the sufficiency of exposure wait with the stationary electrodes on the treatment zone until the short beeps are emitted every 8 sec.

The apparatus is designed to allow additional detachable electrodes to be connected in parallel to the main electrodes.

● If you have forgotten to switch the apparatus off or it has been switched on by means of accidental pressing the buttons, don't worry –if no buttons have been pressed for 15 minutes it will switch itself off.

6. BASIC METHODS OF EXPOSURE

Basic methods of exposure can be divided into three groups:

- **common exposure;**
- **exposure to the dermal projection of the pathological and painful areas;**
- **segmental exposure.**

6.1. Common exposure.

The common exposure serves to normalize the condition of the nervous system, to remove stress and physical lassitude, to strengthen the organism itself and prevent the diseases development.

Treatment is carried out in the sitting or lying posture (it is preferable to lie face downwards). The exposure is carried out on the spine and paravertebral regions directly i.e. along the lines located in the middle of the distance between the spine and the inner edge of the scapula on the muscle elevation (approximately 3-5 cm aside from the centerline of the spine).

Electrodes should be moved forwards rotationally like making massage movements gradually moving from the lower part of the back to the posterior hairline. In case of arterial hypertension the direction of the movements should be from the posterior hairline downwards to the shoulders in the neck and collar and interscapular regions. In case of arterial hypotension the direction is quite opposite from the shoulders to the posterior hairline.

At the beginning of treatment place the electrodes at the level of the 7 cervical vertebra at the border of cervical and thoracic parts of the spine (or a little bit lower or higher it) to let the organism adapt to the pulse current, set the liminal level of intensity and don't move the electrode for 30-40 sec.

The sharp increase of pain is possible while moving the electrodes in some areas especially in the spine region. As a rule it is connected with the certain pathology. Thus, it is recommended to decrease intensity up to the pain disappearance and continue the exposure for 1-2 minutes for treating purposes.

Halve the total time of the procedure. The procedure should be carried out at the high frequency of 140 Hz during the first half of it and at the low frequency of 60 Hz during the second half of the procedure. The same zones should be exposed.

The total time of the procedure is from 15 to 30 min.

The total quantity of procedures is from 2 to 5. 1-2 procedures are enough to remove stress and physical lassitude.

6.2. Exposure to the dermal projection of the pathological and painful areas.

The exposure to the dermal projection of the pathological and painful area is commonly used to treat for any diseases. This is the basic method of exposure. Electrodes should be moved on the dermal projection of the effected organ (e.g. epigastric area in case of stomach diseases, round the elbow in case of elbow diseases) or on the painful area. This kind of local exposure improves blood and lymph circulation, normalizes the conditions of tissues. Moreover, the exposure to the painful area is the easiest way to relieve pain.

If the pain syndrome is not so evident set only the low frequency (60Hz) but in case of severe pain sometimes it is better to use the medium frequency (100 Hz) during the first procedure.

The total quantity of procedures is from 5 to 15 for 10-45 min sessions.

6.3. Segmental exposure.

The segmental exposure is carried out to the reflexogenic zones innervated by the definite spinal segments, which are connected with the corresponding internal organs and tissues. As a result of exposure to the dermal projections of the pathological and/or reflexogenic zones, the corresponding regulating mechanisms of the body are activated, that brings about a partial or complete recovery of the weakened or absent function.

In order to use this method of treatment it is necessary to remember the segmental organism structure and the conformity of the skin segments (reflexogenic zones) with the level of internal organs innervations (they are shown in fig. 1, 2).

⚠Attention! Unqualified users are not recommended to use segmental exposure with the exception of the treatment cases described in the Appendix.

The main zones of the segmental internal organs innervations are the following:

Organ	Zone
Lungs	C3-C4, Th2-Th4
Esophagus	C8, Th7-Th8
Stomach	C3-C4, Th7-Th9
Intestine	Th9-Th12
Rectum	S2-S4
Heart	C3-C4, Th1-Th3
Gall bladder and liver	Th7-Th10
Kidney and ureter	Th10-Th12, L1-L2
Urinary bladder	Th11-L1, S2-S4
Prostate	Th10-Th11, S1-S2
female genitals	
Uterus	Th10-L1, S2-S4
Uterus appendages	Th10-L1

The positive effect in the treatment of the organs can be also achieved if to expose to the Zakharin Hed's zones i.e. the zones of the increased soreness appearing in case of the internal organs diseases in the acute period. The main Zakharin Hed's zones are shown in fig. 3, 4.

High frequency (140 Hz) impulses are generally used to expose to the segmental innervation and Zacharin Hed's zones. The medium frequency (100 Hz) is often more effective in case of severe pain.

The preferable directions of the electrodes movements during segmental exposure are shown in fig. 5-6. In case of arterial hypertension the direction of the electrodes movement should be changed to the opposite one (downwards from the posterior hairline to the shoulder joints) during the exposure to the neck and collar region (as it is shown in fig. 7).

The total quantity of procedures is from 5 to 15 for 15-45 min sessions.

It is more preferable to use special small detachable electrodes to expose to the small areas.

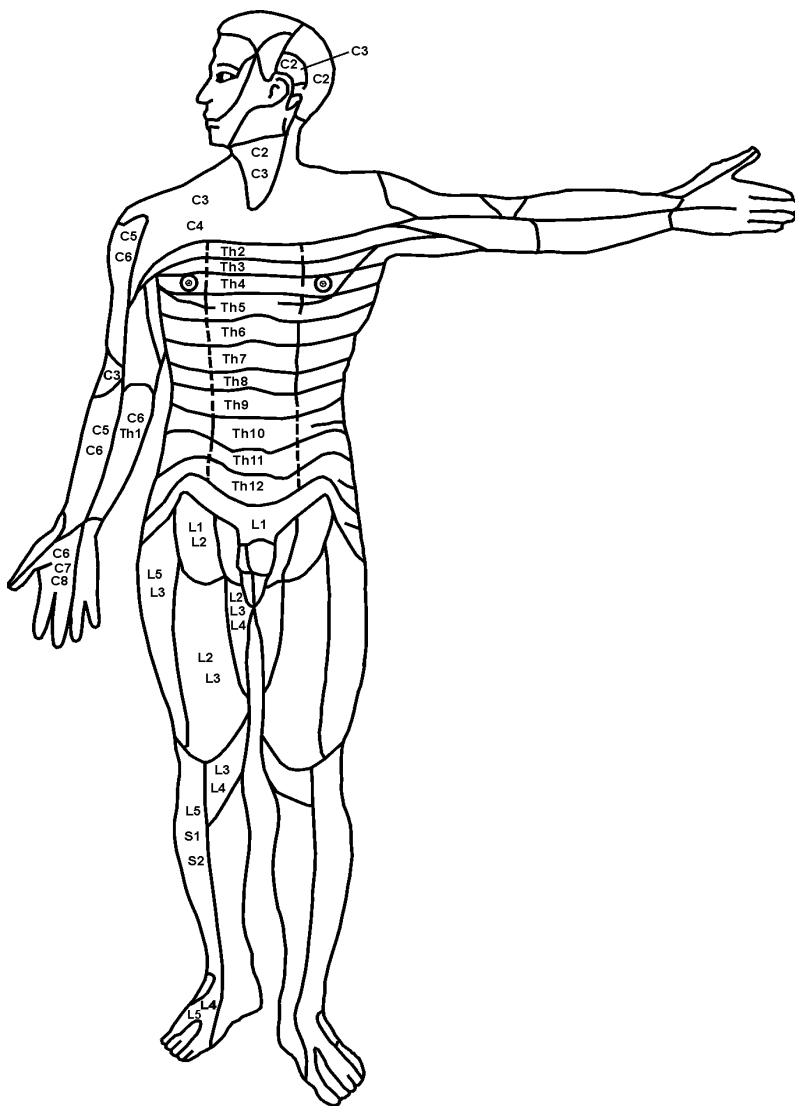


Fig. 1
Segmental zones

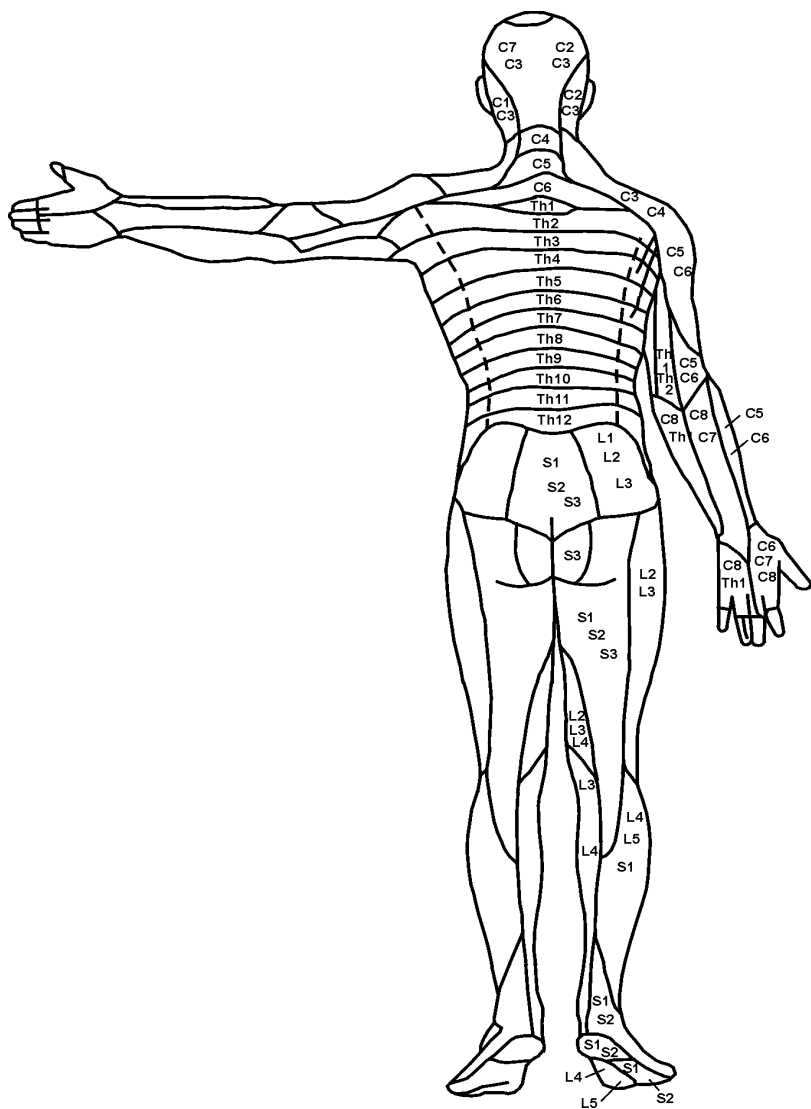


Fig. 2
Segmental zones

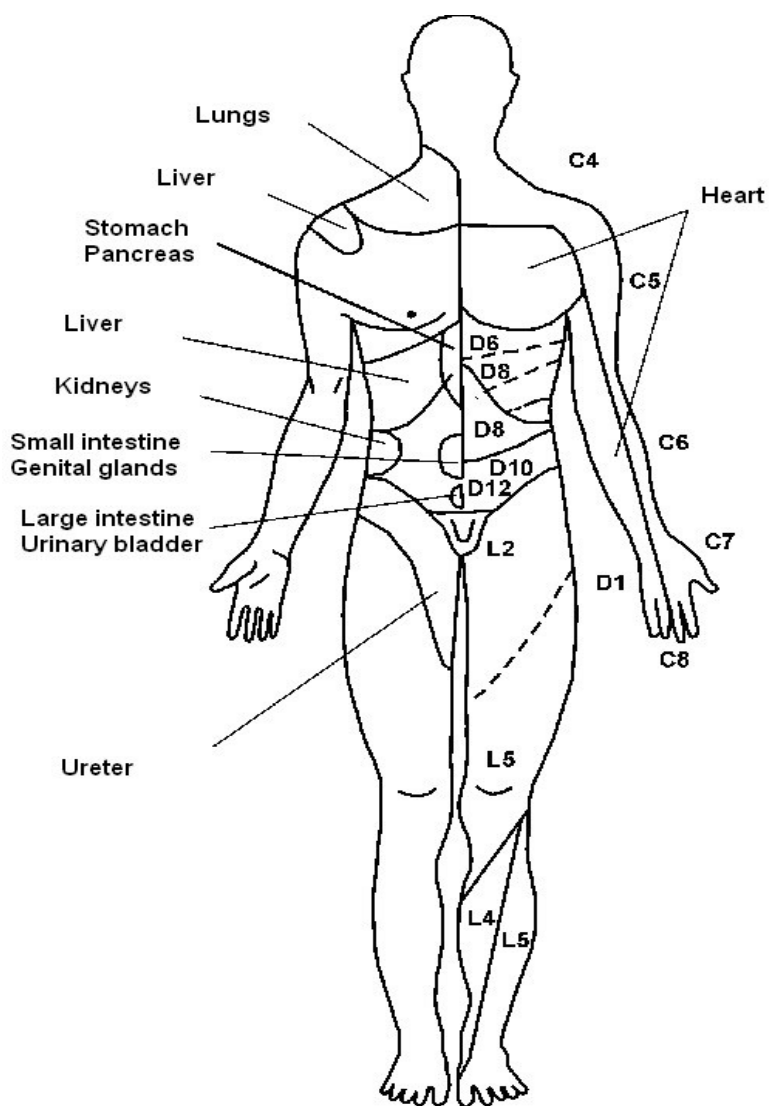


Fig. 3
Zakharin Hed's zones

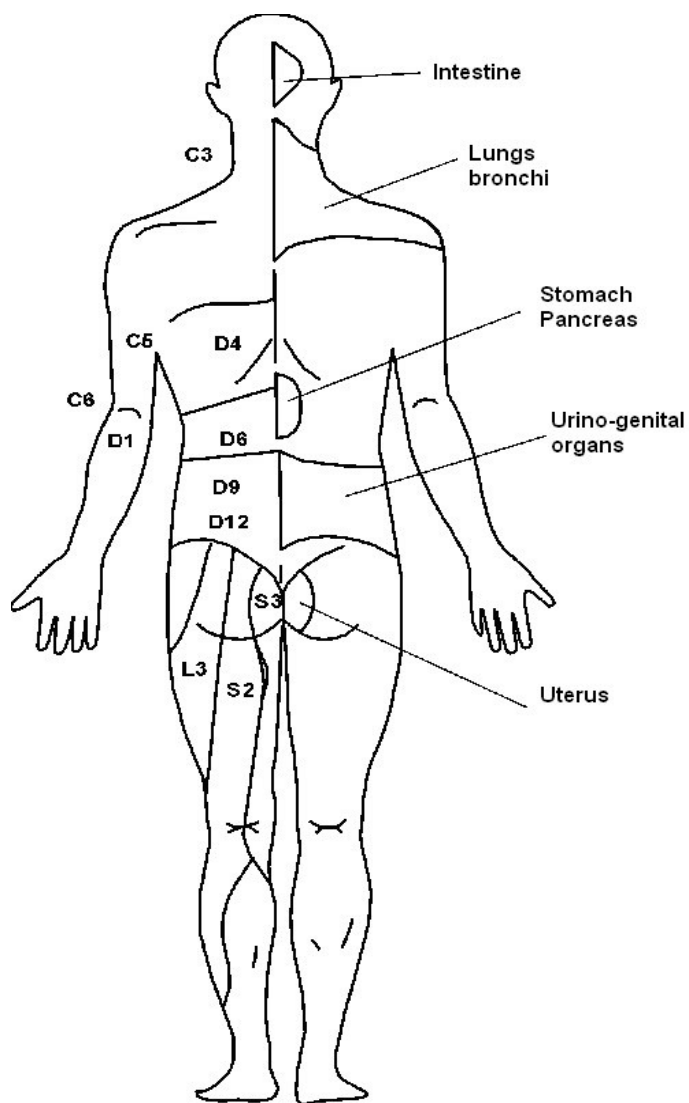


Fig. 4
Zakharin Hed's zones

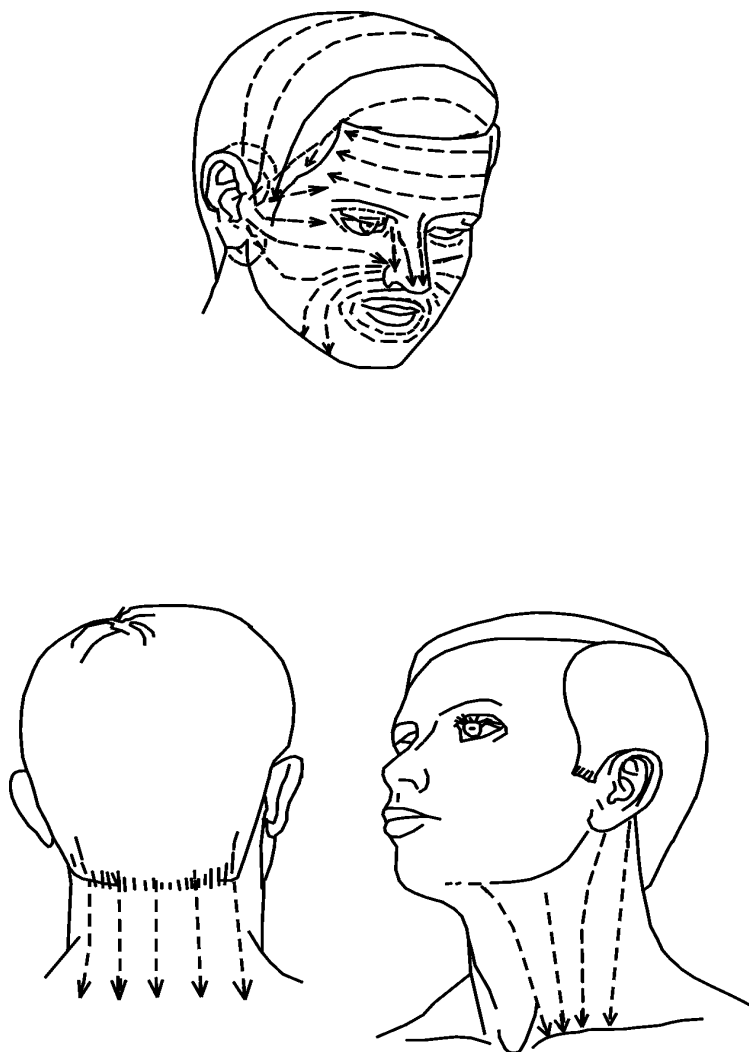


Fig. 5

Direction of movements on the reflexogenic zones of face and neck

Attention!

In case of the arterial hypotension the direction of the electrodes movement should be changed to the opposite one for exposure to the neck and collar region (upwards from the shoulders to the posterior hairline).

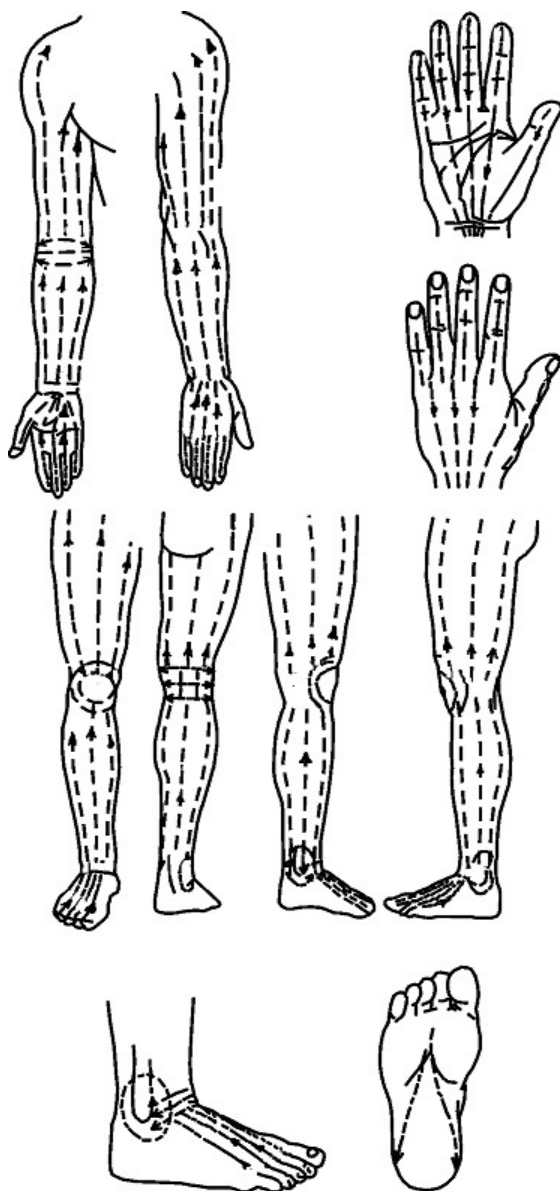


Fig. 6

Direction of movements on the reflexogenic zones of hands and legs

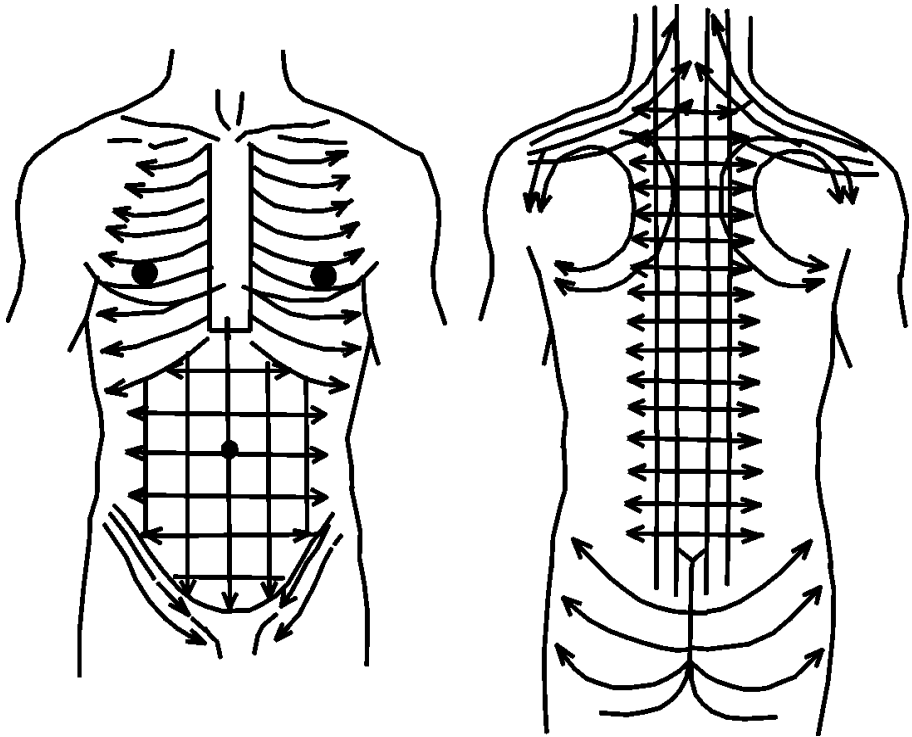


Fig. 7

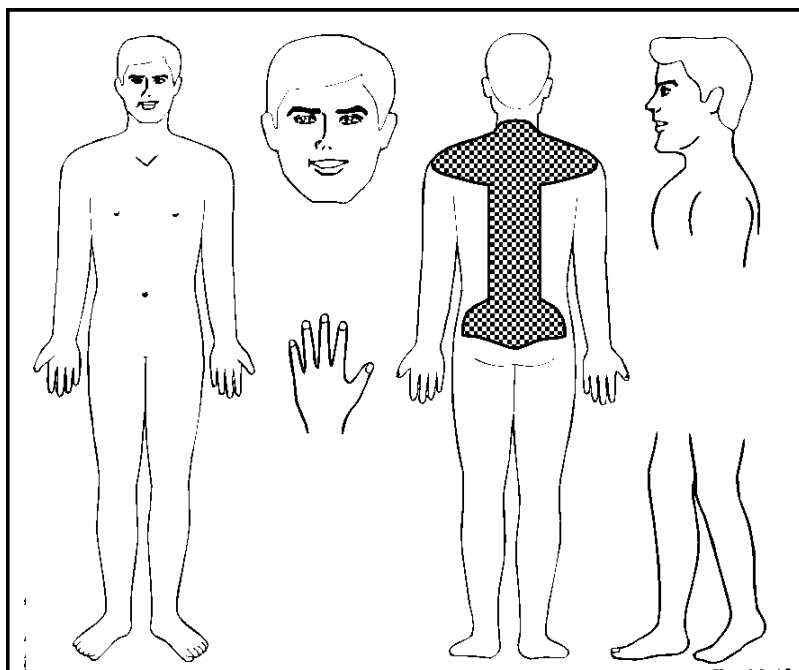
Direction of movements on the reflezogenic zones of the chest, abdomen and back

The effectiveness of treatment is much better if to combine all the methods mentioned above. Almost each patient has different disorders. Thus, starting to treat the patient it is preferable to divide the procedure into two parts - first one is for common exposure as it was mentioned in the clause 6.1, the second one is for the treatment for the disease. At the same time it is recommended to pay more attention to the common exposure during the first procedures, then to the definite disease treatment. This approach allows to eliminate different functional disorders of the organism and don't let them turn into diseases later as well as to strengthen the organism and in that way to assist in the disease treatment.

7. METHODS OF TREATMENT FOR DISEASES

PREVENTION OF DISEASES

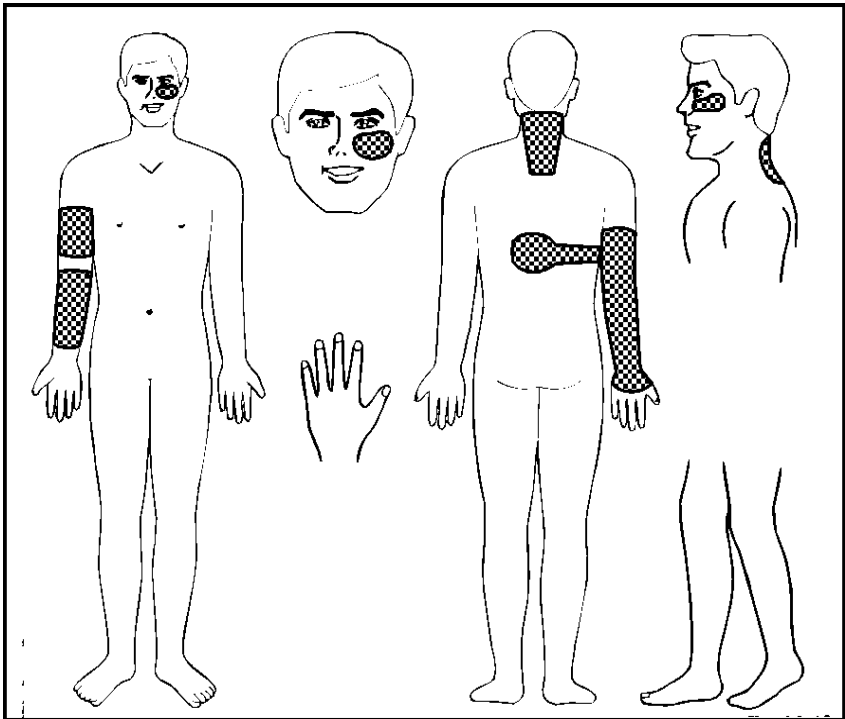
Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Neck and collar zones	Labile with compression	Medium	Liminal level	Up to 10 times 20 min sessions
Spine and paravertebral areas	Labile-stationary with light compression	Medium	Liminal level	Up to 10 times 20 min sessions
Lumbosacral region	Stationary with light compression	Medium	Liminal level	Up to 10 times 20 min sessions



DISEASES AND INJURIES OF THE NERVOUS SYSTEM

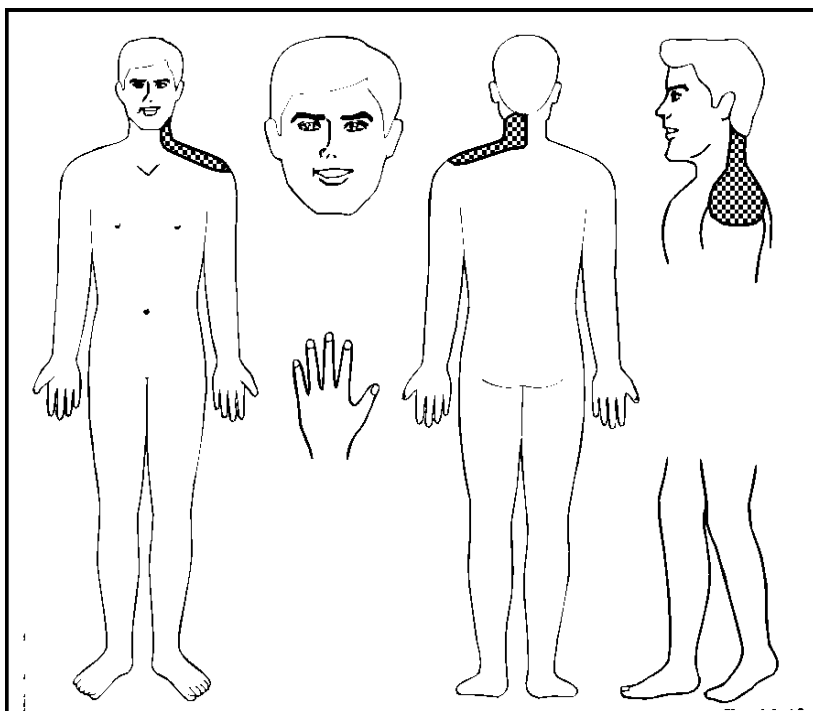
Neuropathy (neuritis), neuralgia

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Neck and collar zones	Labile with compression	Medium	Liminal level	Up to 10 times 20 min sessions
Spine and paravertebral areas	Labile-stationary with light compression	Medium	Liminal level	Up to 10 times 20 min sessions



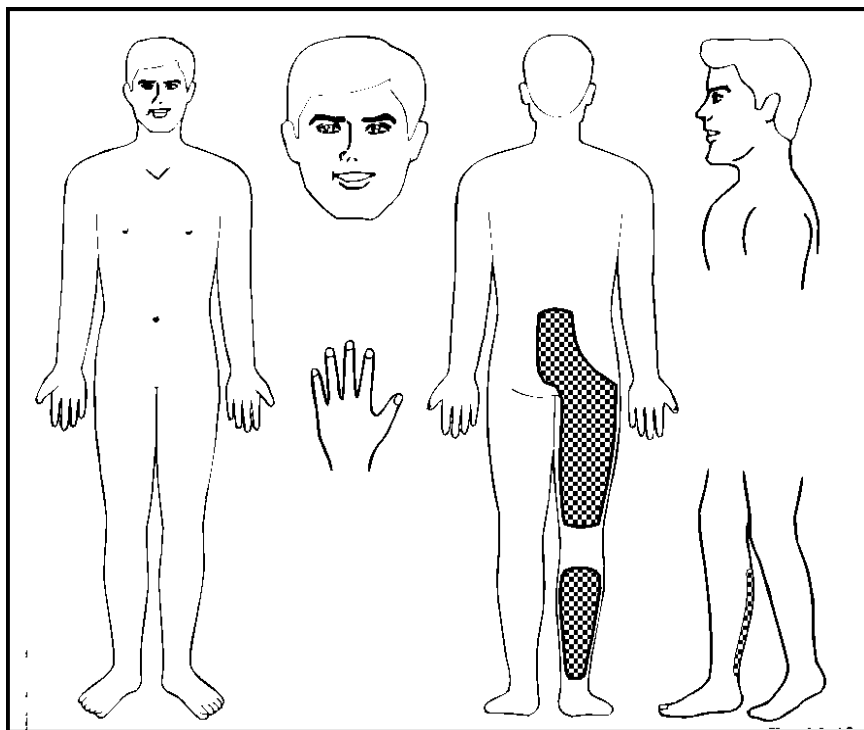
Neuromyositis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Painful areas	Labile-stationary with compression	High then Medium	Liminal level	Until a stable result is achieved. 10-20 min. sessions
Corresponding spinal segments	Labile-stationary with compression	High	Liminal level	Until a stable result is achieved. 10-20 min. sessions



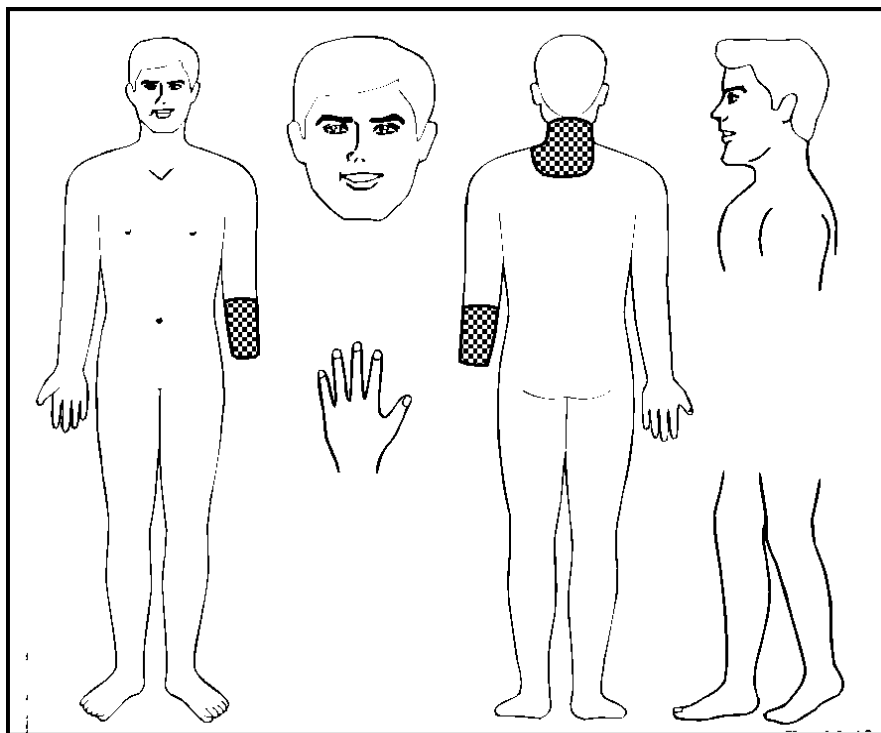
Discogenic lumbosacral radiculitis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Lumbosacral regions of the spine	Labile-stationary with compression	High then Low	Liminal level	Up to 10 times 20-30 min sessions
Painful areas along the sciatic nerve	Labile-stationary with compression	High then Low	Liminal level	Up to 10 times 30-40 min sessions



Phantom pains

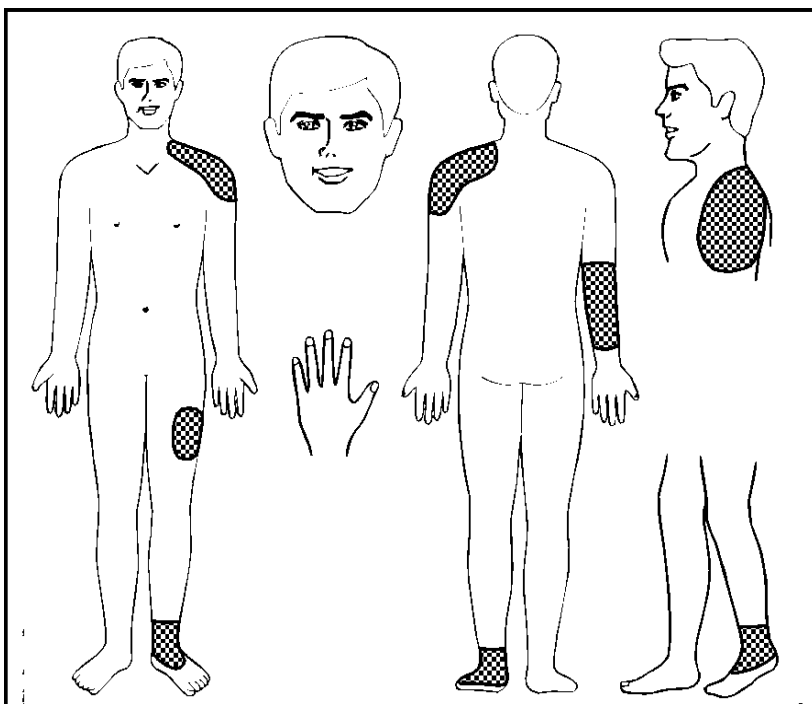
Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Stump area	Labile- stationary with compression	High then Medium	Supraliminal or liminal level	Up to 10 times 30 min sessions
Corresponding spinal segments	Labile- stationary with light compression	High	Liminal level	Up to 10 times 20-30 min sessions



SURGICAL DISEASES

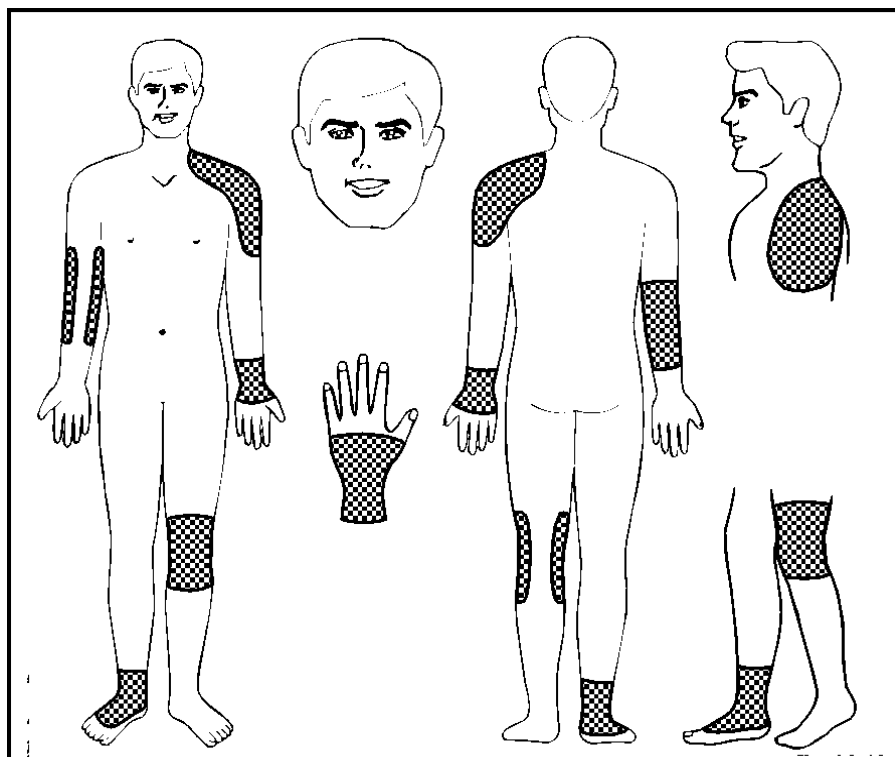
Epicondylitis, strains, contusions, infiltrations

Recommended treatment zones	Treatment mode	Frequ- ency	Intensity of exposure	Course of treatment
Damaged area	Labile- stationary with compression	High then Low	Liminal level	Up to 10 times 30-40 min sessions



Arthritis, osteoarthritis, injuries of the joints

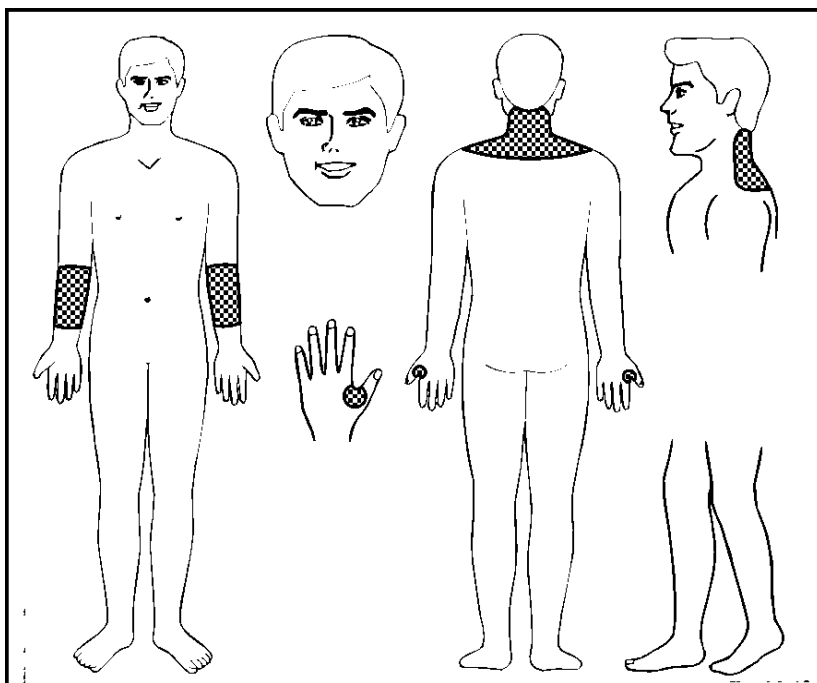
Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
In the region of the affected joints with the exception of the antecubital and popliteal fossas	Labile-stationary with compression	High then Low	Supraliminal or liminal level	Up to 10 times 30-40 min sessions



DISEASES OF BLOOD CIRCULATION ORGANS

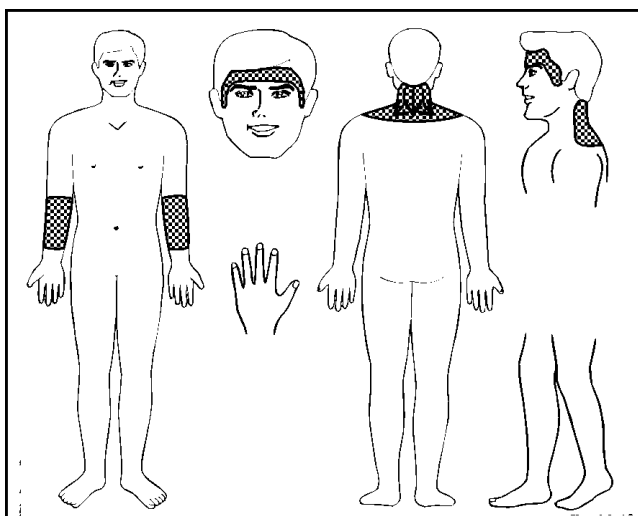
Hypertonic neurocirculatory dystonia

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Neck and collar zone	Labile with compression	Medium	Liminal level	Up to 10 times 20 min sessions
Inner surface of forearms △Attention! On the left side only if there is no hear rhythm disturbance	Labile with light compression	Medium	Subliminal level	Up to 10 times 10 min sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up to 10 times 5 min sessions



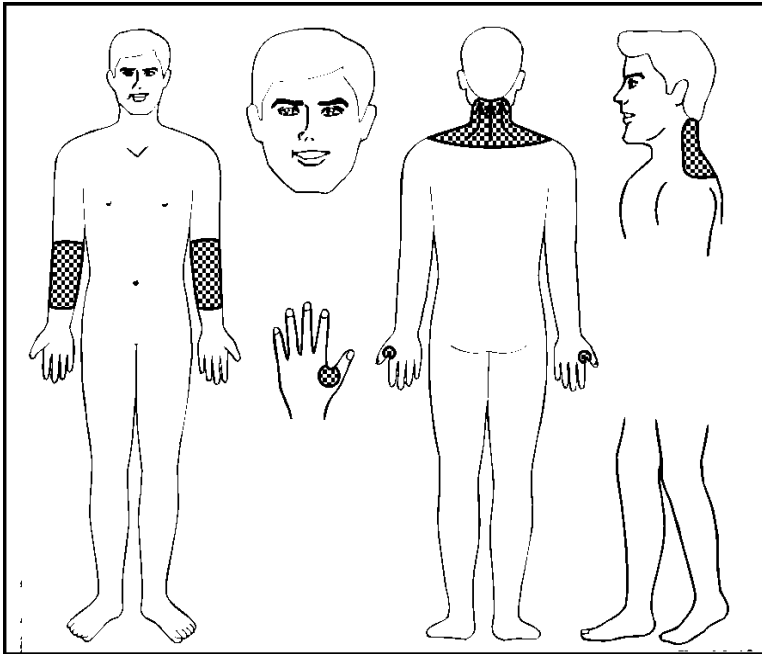
Arterial hypertension

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Neck and collar zone from the top downward along the spine and to the shoulder joints, alternating left and right sides	Labile with compression	Medium	Liminal level	Up 10 times 20 min. sessions
Inner surface of forearms △Attention! On the left side only if there is no hear rhythm disturbance	Labile with compression	Medium	Liminal level	Up 10 times 10 min. sessions
Temples △Attention! Hemispasm is possible (this zone should be excluded in case of hemispasm)	Stationary with light compression	High	Liminal level	Up 10 times 1 min. sessions
Forehead	Labile with compression	High	Liminal level	Up 10 times 5 min. sessions



Arterial hypotension

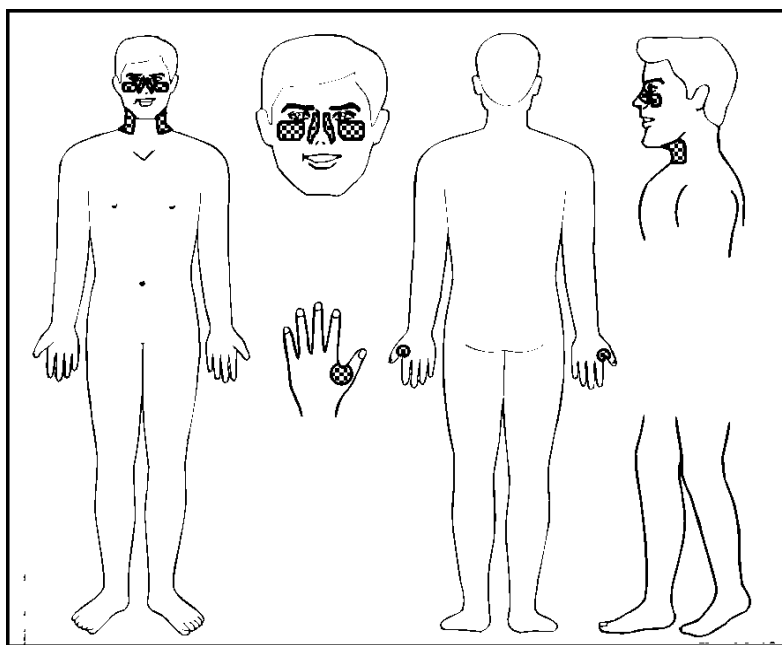
Recommended treatment zones	Treatment mode	Frequ-ency	Intensity of exposure	Course of treatment
Neck and collar zone from the bottom upwards along the spine and from shoulder joints to the lower hairline by turns	Labile with compression	Low	Liminal level	Up to 10 times 20 min sessions
Inner surface of forearms △Attention! On the left side only if there is no hear rhythm disturbance	Labile with compression	Low	Liminal level	Up to 10 times 10-15 min sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up to 10 times 5 min sessions



RESPIROTORY DISEASES

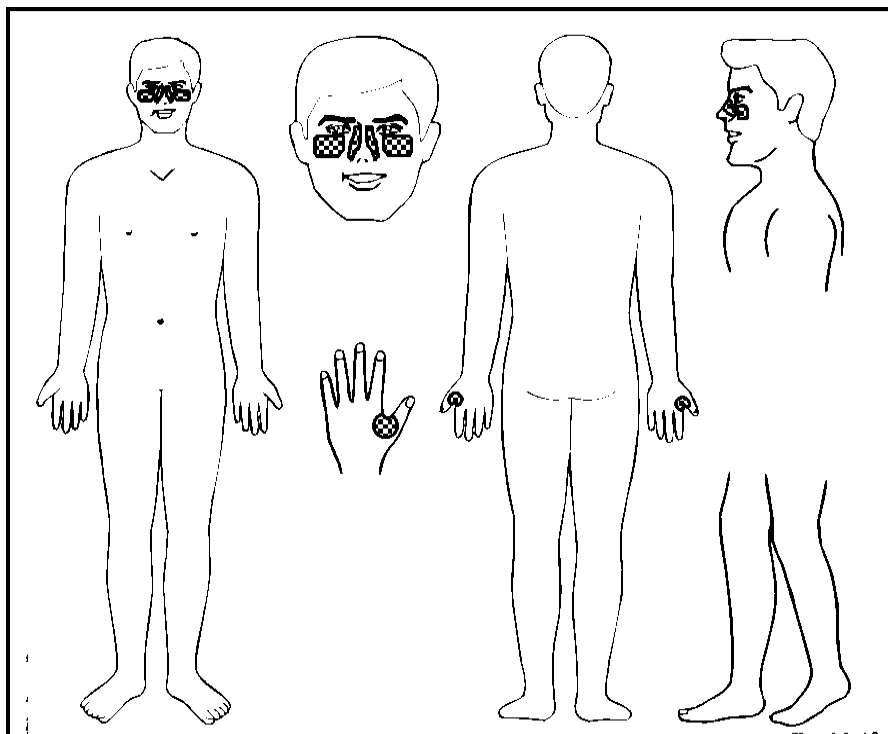
Acute respiratory diseases

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Wings of nose and sinuses regions △Attention! Some short-term reddening is possible	Stationary with light compression	High then Medium	Liminal level	Up to 5 times 10-15 min sessions
Anterolateral surface of neck △Attention! Only if there are no thyroid gland abnormalities	Labile with light compression	High then Medium	Liminal level	Up to 5 times 5 min sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up to 5 times 5 min sessions



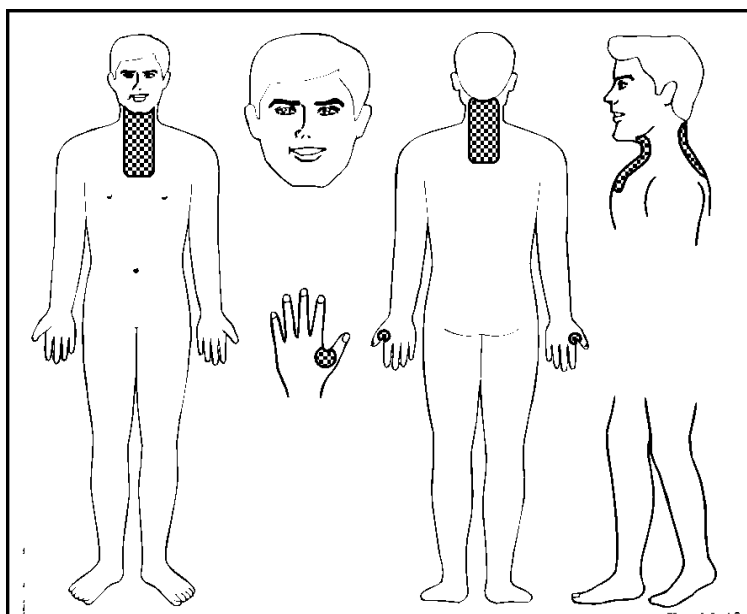
Rhinitis, including allergic rhinitis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Wings of nose and sinuses regions △Attention! Some short-term reddening is possible	Stationary with light compression	High then Medium	Liminal level	Up to 10 times 10-15 min sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up to 10 times 5 min sessions



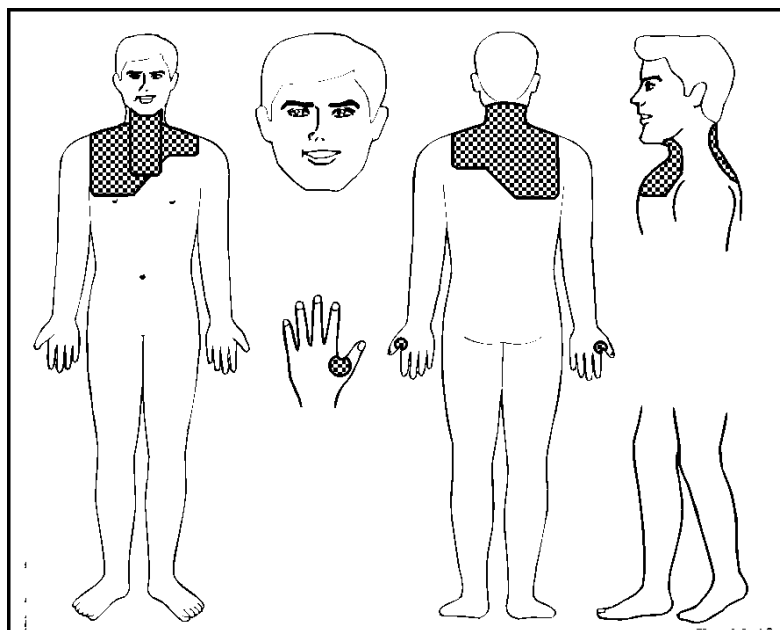
Tracheitis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Cervical and suprathoracic parts of the spinal column	Labile with compression	High then Medium	Liminal level	Up to 6 times 20 min sessions
Anterolateral surface of neck and breast bone △Attention! Only if there are no thyroid gland abnormalities	Labile with light compression	High then Medium	Liminal level	Up to 6 times 20 min sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up to 6 times 5 min sessions



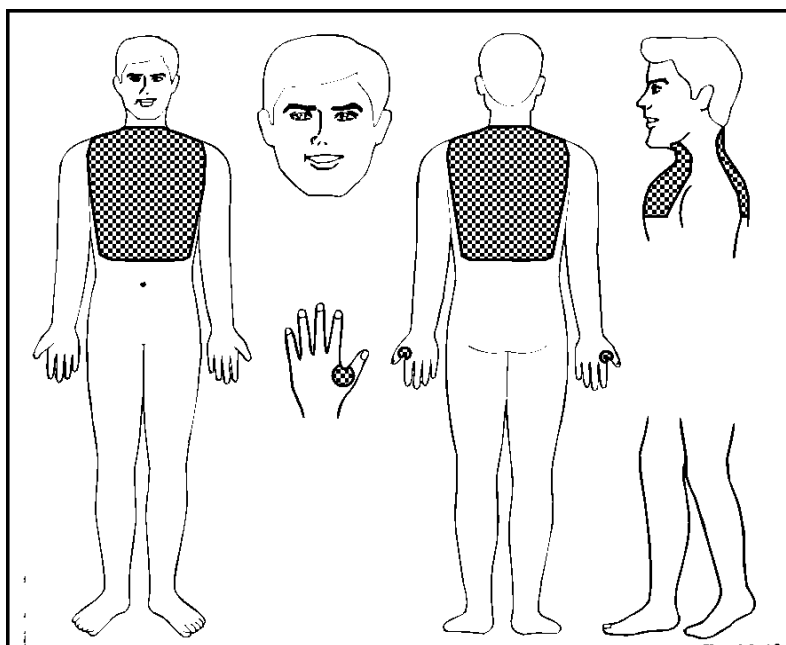
Bronchitis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Neck and collar zone	Labile with compression	High then Medium	Liminal level	Up 10 times 20 min. sessions
Anterolateral surface of neck ⚠Attention! Only if there are no thyroid gland abnormalities and the chest	Labile-stationary with light compression	High then Medium	Liminal level	Up 10 times 20 min. sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up 10 times 5 min. sessions



Pneumonia, bronchial spasm

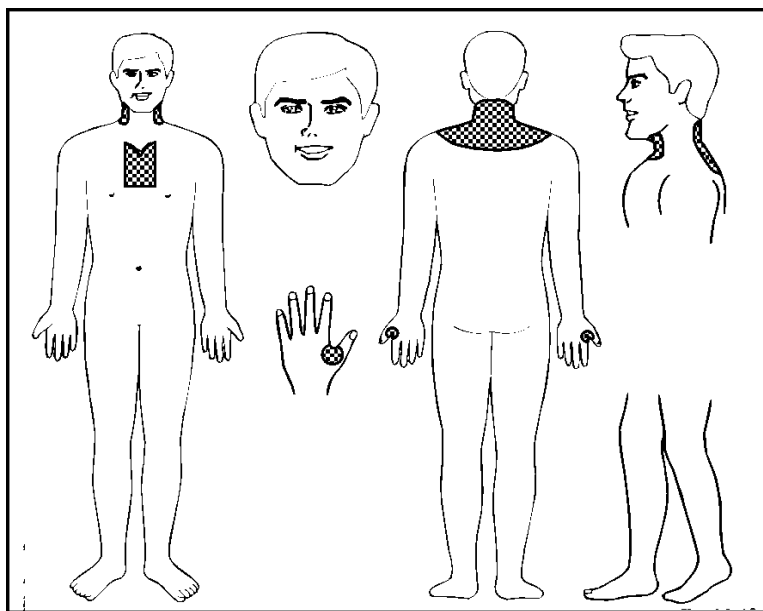
Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Neck and collar zone and back of the chest	Labile with compression	High then Medium	Liminal level	Up 10 times 30 min. sessions
Front of the chest and breast bone △Attention! The heart region should be excluded	Labile with light compression	High then Medium	Liminal level	Up 10 times 20 min. sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up 10 times 5 min. sessions



RESPIRATORY DISEASES

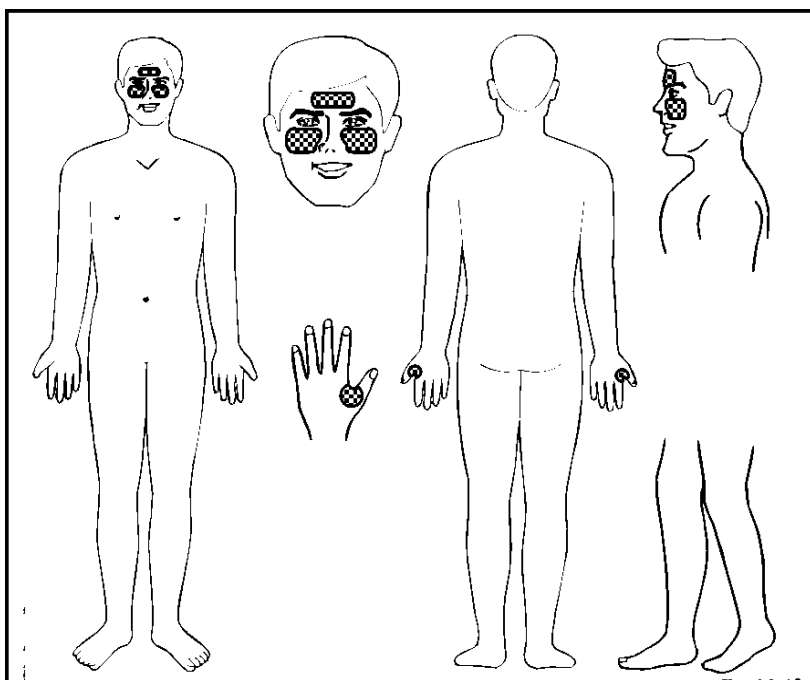
Laryngitis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Neck and collar zone	Labile with compression	High then Low	Liminal level	Up 10 times 20 min. sessions
Anterolateral surface of neck and breast bone △Attention! Only if there are no thyroid gland abnormalities	Labile – stationary with light compression	Medium then Low	Liminal level	Up 10 times 20 min. sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up 10 times 5 min. sessions



Maxillary sinusitis, frontal sinusitis

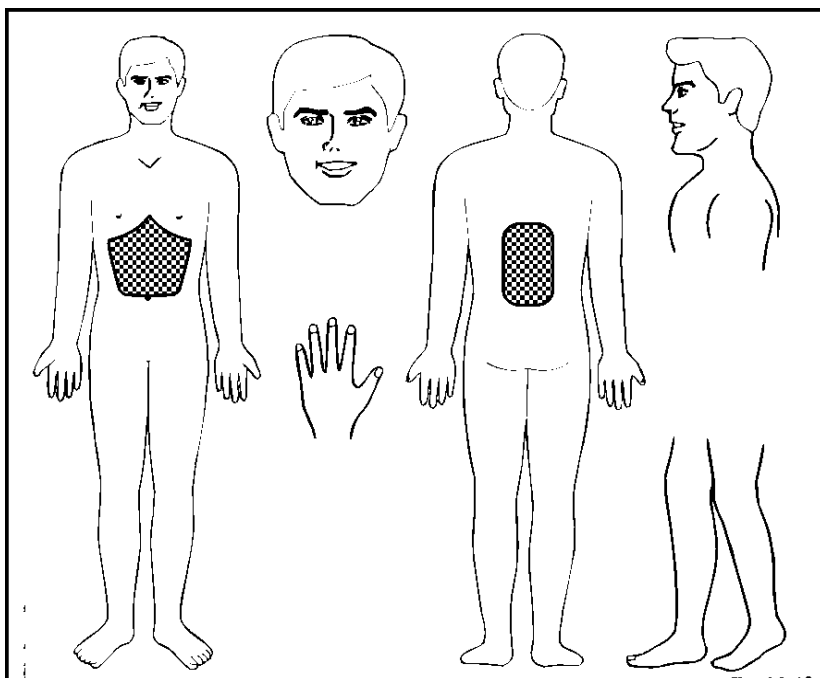
Recommended treatment zones	Treatment mode	Frequ-ency	Intensity of exposure	Course of treatment
The region of sinuses	Stationary with light compression	High then Low	Liminal level	Up 10 times 20 min. sessions
Back of the hand between the thumb and forefinger	Stationary with light compression	High	Liminal level	Up 10 times 5 min. sessions



DISEASES OF DIGESTION ORGANS

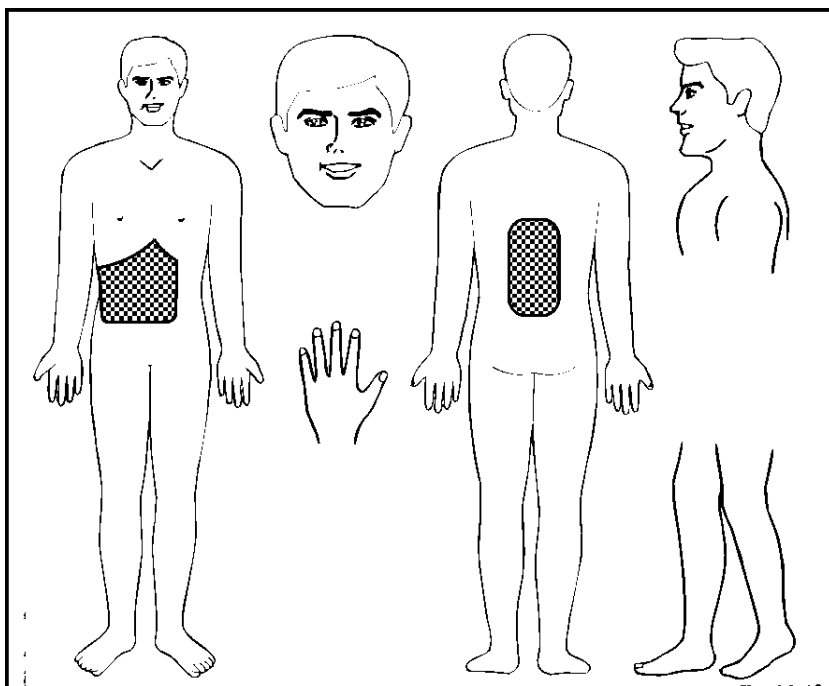
Gastritis, gastric and duodenal ulcers, gastroduodenitis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Epigastric areas	Labile- stationary with light compression	High then Low	Liminal level	Up 10 times 15 min. sessions
Areas of pain and discomfort	Labile- stationary with light compression	High then Low	Liminal level	Up 10 times 10 min. sessions
Corresponding spinal segments	Labile- stationary with light compression	High	Liminal level	Up 10 times 15-20 min. sessions



Hepatocholecystitis

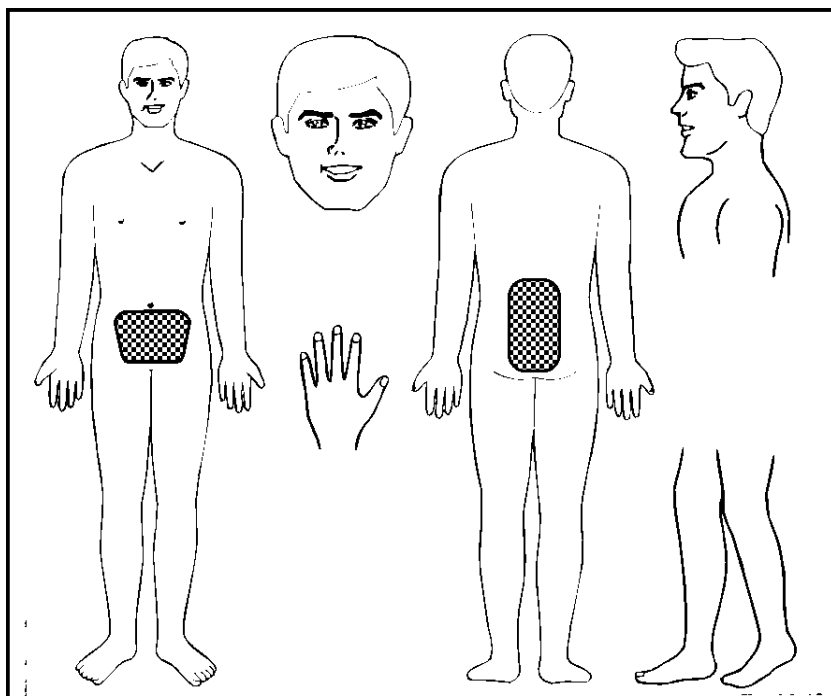
Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Epigastric and mesogastric areas	Labile-stationary with light compression	High then Low	Liminal level	Up 10 times 15 min. sessions
Painful areas	Labile-stationary with light compression	High then Low (if necessary)	Liminal level	Up 10 times 15 min. sessions
Corresponding spinal segments	Labile-stationary with compression	High	Liminal level	Up 10 times 20-30 min. sessions



DISEASES OF THE UROGENITAL SYSTEM

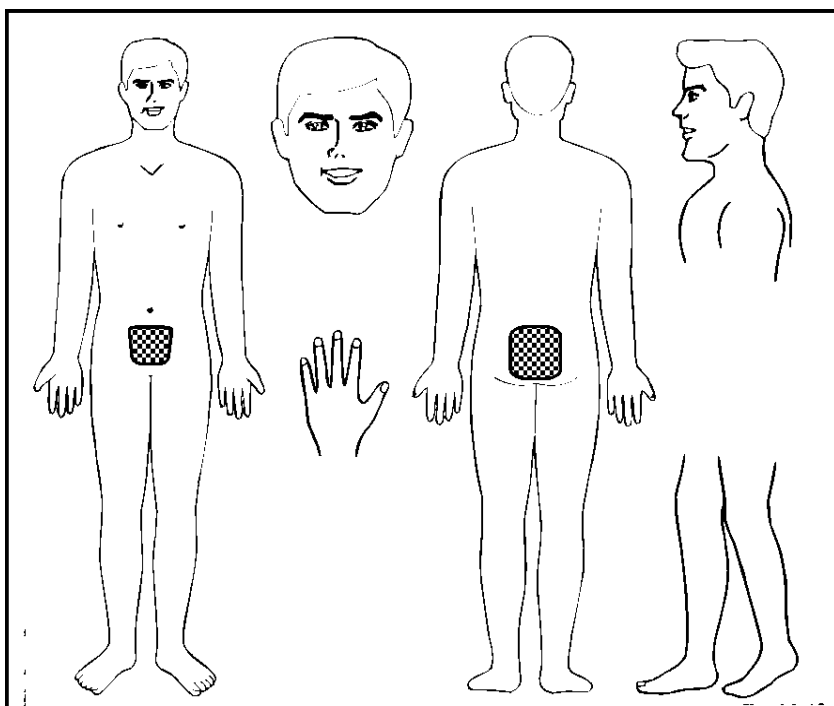
Cystalgia, cystitis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Suprapubic area up to the navel	Labile-stationary with light compression	High then Low	Liminal level	Up 10 times 20-30 min. sessions
Corresponding spinal segments	Labile – stationary with compression	High	Liminal level	Up 10 times 20 min. sessions



Prostatitis

Recommended treatment zones	Treatment mode	Frequency	Intensity of exposure	Course of treatment
Suprapubic area	Labile with light compression	High then Low	Liminal level	Up 10 times 20-30 min. sessions
Coccyx area	Labile – stationary with compression	High	Liminal level	Up 10 times 20 min. sessions



Adnexitis and painful menstruation

Recommended treatment zones	Treatment mode	Frequ-ency	Intensity of exposure	Course of treatment
Suprapubic area and the projection of uterine appendages	Labile – stationary with light compression	High then Low	Liminal level	Up 10 times 20-30 min. sessions
Corresponding spinal segments	Labile – stationary with compression	High	Liminal level	Up 10 times 20 min. sessions

