



## FREQUENCY SPECIFIC MICROCURRENT

### Patient Information and Instructions

Frequency Specific Microcurrent (FSM) is a treatment modality that uses electrical current and the resonance effects of frequencies to elicit beneficial changes in conditions and body tissues. It is a non-invasive treatment derived from frequency therapies developed by doctors in the early 1900s.

Electrical current is the flow of electrons past a point. It is measured in amperes. FSM uses microcurrent, or millionths of an ampere, the same electrical current that human cells naturally possess. Application of microcurrent has been shown to increase cellular energy production, membrane transport and waste removal. Specific conditions (e.g., pain, inflammation, scarring) are addressed by varying the frequency of the current. The current is directed to specific tissues (e.g., muscle, nerve, bone) in the same way. It is through resonance of the frequencies with conditions and tissues that healing takes place.

FSM is an adjunct therapy, useful as part of a treatment protocol based on a thorough history and examination. Accurate diagnosis of the problem source is essential to the success of FSM. Hydration, nutritional status, emotional stress, and the presence of toxins, allergies and infections may also influence the outcome. FSM is FDA approved in the category of TENS devices for pain control. In addition to reducing pain and inflammation from a variety of causes, FSM may be used to treat dysfunction in most body systems (e.g. nervous, digestive, urinary, reproductive, respiratory, endocrine). Pregnancy and presence of a pacemaker are the only known contraindications to treatment.

#### APPOINTMENTS:

Scheduled with the Treatment Center – 970-530-3060

You may be scheduled for treatment with the FSM Autocare or the Blue Box:

The Autocare is programmed with protocols (a series of frequency combinations) that have shown consistent effectiveness for specific conditions. On average, these protocols last 20 to 40 min. Your treatment plan may include more than one protocol. The cost is \$1.00 per minute with a maximum of \$75. Details will be discussed at the time of scheduling.

The Blue Box requires manual adjustment of the frequency combinations, allowing for treatment individualized to a client's specific needs. The first session typically lasts 60 min. Subsequent treatments may be 30 to 60 min. The cost is \$2.00 per minute. Details will be discussed at the time of scheduling.

Generally, 2 to 3 treatments per week, for 4 to 6 weeks are recommended. However, you may be given a more specific plan. We will monitor for changes and improvements with each session, and may alter the schedule accordingly.

PREPARATION:

Adequate hydration is essential for all FSM treatments. You must drink 1 to 2 quarts (4 to 8, 8oz glasses) of Water during the 2 hours prior to your appointment, and 1 quart of Water in the hour following. If you are not adequately hydrated, we may postpone your appointment.

Please wear comfortable, loose fitting clothing. In some cases, you may change into a gown. Treatment involves placing 2 damp towels on your body. Location of the towels depends on the body region we are treating. It is through these towels that the FSM current is conducted. You will not feel the current because it is in milliamps.

You may experience alteration/reduction in pain or new sensations during the treatment. A sense of calm or sleepiness may occur. This indicates that a frequency is resonating with its intended target. Your feedback during and following each session is very helpful. Please notify a Treatment Center staff member if at any time you experience any new, unusual or troublesome symptom(s).

For additional information on Frequency Specific Microcurrent see [www.frequency-specific.com](http://www.frequency-specific.com)