

What should I expect from treatment?

The InterX is applied to the skin, typically at the site of pain/inflammation. It is often applied along the spinal column to stimulate the nerve roots of the spinal nerves. The patient feels a *comfortable* prickling sensation. In cases of very pronounced pain the sensation can be stronger.

The area of the treatment has to be uncovered as the InterX requires contact with the skin.

Typically pain lessens immediately after the treatment although there may be some residual pain. As pain relief is achieved through the release of the body's own endorphins and other neuropeptides, the full effect from the treatment is expected within the following couple of hours and lasts sometimes for two days.

Very often as a result of the stimulation reaching the central nervous system, you may feel sleepy. Allow the body to rest as it promotes the healing process.



The patient must watch and monitor the changes in their body.

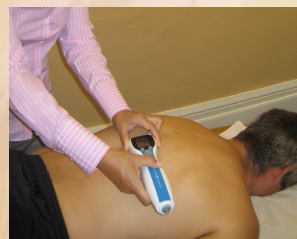
These changes are important and help to guide a therapist through the treatment process.

After treatment the pain localises in the area where the InterX should be applied next and this area can ache at night. This is a common and good reaction and must be reported to the therapist.

In general, the outcome of the treatment is that the patient feels less pain, 'grounded', warm, and with a sense of well being.

InterX therapy is...

- Safe
- Non-invasive
- Reduction in medication
- Easy to use
- Speeds up recovery
- Portable
- Suitable for elderly and children
- Combines with exercise and physiotherapy



Therapy Goal:

- Decrease Pain
- Increase Function
- Accelerate return to full function

Clinical Trials have shown:

- Reduced Pain
- Increased Range of Motion (function)
- Reduced Oedema (swelling)
- Improved tissue healing

UK +44 (0) 1242 210 954

www.interxclinic.com

InterX Clinic +

Non-Invasive Interactive Neurostimulation therapy

InterX device



Treatment & Rehabilitation from Acute and Chronic Pain

Life without pain and drugs

What is InterX therapy?

The InterX is an electrical device that provides Inter-active Neurostimulation. It generates electrical pulses, which stimulate the skin at the area of pain/inflammation.

This stimulation is of *interactive* nature: each consequent signal from the device communicate with the nervous system through the skin.



InterX works on pain:

- **sport injuries** (acute and chronic) - sprained ankle, rotator cuff injury, shoulder impingement, tennis elbow, carpal tunnel, piriformis syndrome, muscular and ligament strains, patellar-femur syndrome, brachial plexitis, Shlatter's, Ileo-tibial band overuse syndrome, Achilles tendon injuries, shin splits (MTSS), groin pain, etc;
- **workplace related injuries:** (acute and chronic) neck and lower back pain, disc problems, frozen shoulder, sciatica, repetitive strain injuries
- **arthritis of the joints;**
- **many others:** headaches, migraines, Irritable Bowel syndrome (IBS), period pains, trigeminal neuralgia, fibromyalgia, complex regional pain syndrome (CRPS)

How Does it work?

The InterX sends pulses working through the skin at the area of damage/trauma and stimulates the variety of nerve endings to pass the information to the central nervous system, where all the regulatory processes are taking place.

By releasing the body's own biochemicals (like endorphin, dopamine, etc, they are powerful natural painkillers) the body continues to work on pain and repairs the injury.

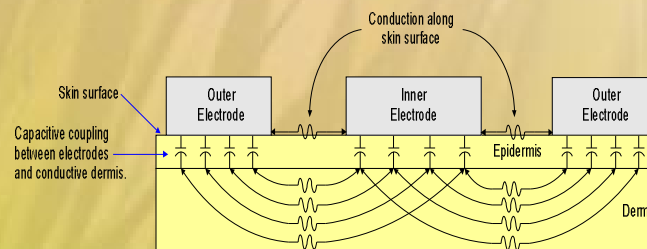
As a result of this stimulation local microcirculation is improved bringing more molecules of Oxygen and nutrients to damaged cells and removing waste products, which suggests how accelerated healing may take place.

In general, InterX therapy is a pain relief that is achieved naturally, without side effects and has a profound long-term effect.

How does it compare to TENS devices

The InterX is a neural stimulator which generates electrical pulses. The stimulation is only limited to the skin and does not penetrate skin. It is safe to use the InterX on the replaced knee or hip, with *metal implants* immediately or long after the surgery.

Other difference from TENS is that the waveform constantly changes in response to the change in skin impedance, making the therapy interactive. Constantly changing *waveform* helps to prevent accommodation to the therapy.

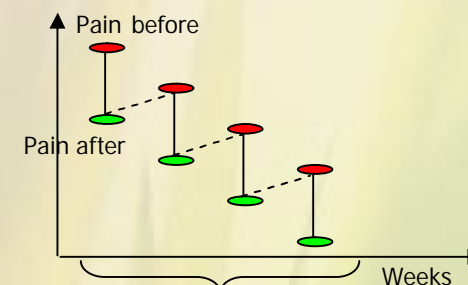


How long is the treatment?

Typically 20-30 minutes, but even 10 minutes could be sufficient to provide a pain relief effect in case of acute trauma.

The course of treatments varies from 1 treatment to many. It is very important to have treatment sessions close to each other. Typically the course of treatments is 4 – 8 sessions within 2 to 3 weeks.

In case of chronic pain the patient should expect gradual pain reduction over a period of time, often with temporary aggravations. The more chronic condition, the more time it would take to achieve *sustained* pain relief.



Who can be treated?

Caution should be taken in case you have:

- a pacemaker, insulin pump or other implanted functioning devices
- you are pregnant or breastfeeding
- active cancerous tumour
- you are undergoing chemotherapy
- a history of epilepsy/seizures.

InterX is a safe and effective treatment for *adults and children*.

