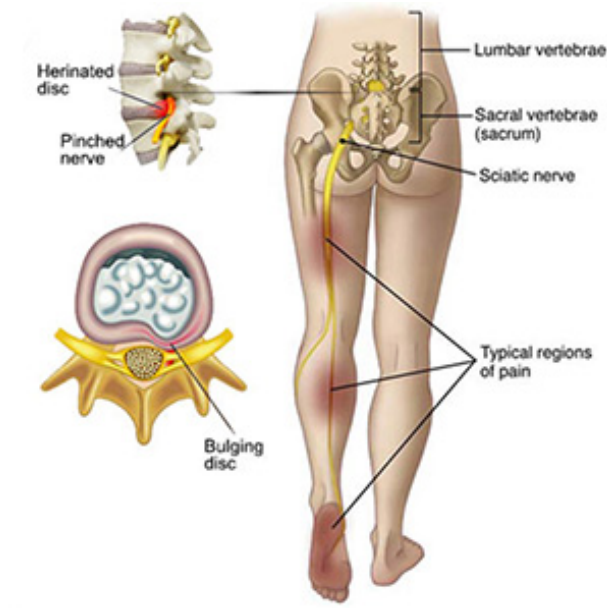


Ideal Treatment plan using ENAR, Pads/Leads, Posture-Pillow and Infrabed

The sciatic nerve is formed when a collection of spinal nerve fibres from the L4-S3, connect together to form one large nerve about the size of your thumb! This bundled nerve exits the pelvis through the greater sciatic foramen, crosses over the piriformis and runs down the back of the leg.

Sciatica means that this collective nerve bundle is experiencing pain usually as a result of compression and subsequent irritation of the sciatic nerve at some area throughout its pathway often at the level of the spine.

Ideal equipment: ENAR plus 4-way leads, Infrabed and Posture Pillow



Treatment:

1. Treat the neck and upper shoulder are as illustrated on Page 27 of the 'How To' Manual. Do this two to three times a week.
2. If possible have someone do the three pathways and 6 points twice a week using basic setting and comfortable power.
3. If no one is available or you wish to self treat at other times do the following;
 - a. Brush the centre of your spine from just below the ribs down to the coccyx twice. On the second sweep if any part feels tender or 'sticky' massage into these points for 15 seconds or so.
 - b. Then repeat the process on the left hand side of the spine about two centimetres away from the spine itself and brushing from just below the ribs, parallel to the spine, down and onto the buttocks. Again, when you find any tender or 'sticky' points use the device to massage into those for 15 – 45 seconds. N.B. You may find it easier to self-treat if you lie down on your right side to do this.
 - c. Then repeat the process on the right hand side of the spine about two centimetres away from the spine. N.B. You may find it easier to self-treat if you lie down on your left side to do this.

N.B. For 2 and 3, if you find tender or 'sticky' points on the left and right hand side sections (Para-spinal) then brush horizontally to the sides of the body and down to the junction of the buttocks and ham-strings. Use the ENAR™ to massage into these.

4. In this step you can self treat.

Use your ENAR™ on FM and massage into any area of the buttocks that feel tender or are sticky for 1 – 2 minutes. Then brush down the backs of the leg from the hips to the knee and over the locations affected by nerve pain.

5. Use of Adhesive Pads and 2-way leads

Place one pad on the stickiest point on the back closest to the ribs and about 2cm away from the spine. Place the second pad on the stickiest point on the buttocks or sacroiliac joint.

Keep the pads on during exercise, while sleeping or at rest. Use 320Hz plus AM or AM plus FM. They can stay on for up to an hour and can be used every 3-4 hours.

Note: If you develop a deep ache in any area that has been treated massage the area with the ENAR on 14Hz plus AM for a few minutes. Go through your exercises with this setting on.

Finally, at all times you need to feel a comfortable tingle from the device.

Use of Far Infrared with the Posture Pillow and Infrabed

The spine as a whole acts as a spring and is designed to absorb shocks to the body dissipating external forces. When one section is out of alignment the other sections absorb more pressure and over a period of time these will degenerate.

Today many of us have poor posture and our neck spine (cervical) is no longer correctly aligned. This puts undue pressure on the lumbar spine. Assisting the neck spine to re-establish its correct curvature can be a very effective way of relieving lower back pain including sciatica.

The Posture Pillow is designed to support the ideal curve of the neck with natural traction and far infrared to aid circulation and reduce inflammation.

Combined with the Infrabed heated to 40 -45°C for 10- 15 minutes and then increasing the temperature to 60-65°C for 10-15 minutes completes the treatment. The Infrabed at 40 -45°C reduces overall inflammation and improves circulation whereas 60-65°C is excellent for treating joint inflammation. You can roll onto your side or bring the knees up to improve contact with the lower back as you use the higher temperatures.

As always with Infrabed treatment drink water before and after your session

Set the timer or an alarm when using the Infrabed at high temperatures. You can sleep on the Infrabed, but only at the lower temperature of 30-37°C.

Treating Sciatica with 2-way or 4-Way leads and Pads

Prior to placing the pads brush from about 2cm away from the spine L3 down to the coccyx, parallel to the spine, noting which side of the spine is sticky and micro-massage to clear. Then brush over the buttocks down the back length of the thighs to the painful parts on the rest of the leg. Brush these on 320HZ and then 120HZ.

Then using either 2-way or 4-way lead place the adhesive pads as suggested below and set your ENAR on AM plus FM.

Using the 2-way lead

1. Press in gently along the outside area of the spine from L3 - L5 and place a large pad over the area of greatest sensitivity **even if it is on the opposite side of the spine to the sciatic pain.**
2. Now press in over buttocks to find the most sensitive locations and place another pad there.

Using the 4-way lead

Repeat 1 and 2 above, but place the third pad on the back opposite the first pad and then the last pad can go on the next most painful spot determined by feel or most sticky.

Try to move through your ROM (Range of Movement) while the pads are on -- even sitting and driving. You can lean forward against a wall and press your leg backwards and move the butt and back pad to where the most pain is and continue with movements.

Note: you may need to tape the pads onto the skin with paper tape if you use the ENAR while moving around.

Always have your ENAR on a comfortable power setting. You should feel a pleasant tingle.

Summary-overall application

Step 1: Brush as suggested under treatment. 10-15 minutes

Step 2: Use Posture Pillow and Infrabed combined. 20-30 minutes

Step 3: Use pads and leads if busy or sitting/driving. As required