

**T** **CaRe**  
OF YOUR HEALTH

## GUIDELINES FOR:

### Acute Muscle Injury

PATIENT		ACTION			AFFECTED AREAS		
See photo 4		Anti-inflammatory - Antalgic Mio-relaxing-biostimulation			muscular area (capacitive) tendon and skeletal area (resistive)		
PARAMETERS							
Phase	Type	Absorbed Power	Frequency kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	10-20	10-15000	LOW	4

### Subacute Muscle Injury

PATIENT		ACTION			AFFECTED AREAS		
See photo 4		Anti-inflammatory - Antalgic Mio-relaxing-biostimulation			muscular area (capacitive) tendon and skeletal area (resistive)		
PARAMETERS							
Phase	Type	Absorbed Power	Frequency kHz	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000-720	5	5-10000	MEDIUM-LOW	4
2	CAP	15-25%	500-720	10-15	15-20000	MEDIUM-LOW	4
3	RES	15-20%	500-720	5	5-1000	MEDIUM-LOW	4

### Chronic Muscle Inflammation

PATIENT		ACTION			AFFECTED AREAS		
See photo 4		Anti-inflammatory - Antalgic Mio-relaxing-biostimulation			muscular area (capacitive) tendon and skeletal area (resistive)		
PARAMETERS							
Phase	Type	Absorbed Power	Frequency kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	20-30%	420-500	10-15	20-25000	MEDIUM-HIGH	4
2	RES	20-30%	420-500	5-10	5-15000	MEDIUM-HIGH	4
3	CAP	10-15%	420-500	5	5000	MEDIUM-LOW	4

Photo 4





## GUIDELINES FOR:

### Acute Tendinitis

PATIENT	ACTION	AFFECTED AREAS
See Photo 3	Anti-inflammatory - Antalgic Mio-relaxing	muscular area (capacitive) tendon and skeletal area (resistive)

#### PARAMETERS

Phase	Type	Absorbed power	Frecuence kHz	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	10-15	10-15000	LOW	3
2	RES	10-15%	1000	5	5000	LOW	3
3	CAP	10-15%	1000	5	5000	LOW	3

### Subacute Tendinitis

#### CAPACITIVE-RESISTIVE

PATIENT	ACTION	AFFECTED AREAS
See photo 3	Anti-inflammatory - Antalgic Mio-relaxing	muscular area (capacitive) Tendon and skeletal area (resistive)

#### PARAMETERS

PHASE	TYPE	Absorbed Power	Frecuence kHz.	Duration min.	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	15-25%	500-720	10-15	15-20000	MEDIUM-LOW	3
2	RES	15-25%	500-720	10	10-15000	MEDIUM-LOW	3
3	CAP	15-20%	500-720	5	5-10000	MEDIUM-LOW	3

### Chronic Tendinitis

PATIENT	ACTION	AFFECTED AREAS
See Photo 3	Anti-inflammatory - Antalgic Mio-relaxing	muscular area (capacitive) Tendon and skeletal area (resistive)

#### PARAMETERS

Phase	Type	Absorbed Power	Frecuence kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	RES	20-30%	420-500	10-15	10-20000	MEDIUM-HIGH	3
2	CAP	20-30%	420-500	5-10	10-20000	MEDIUM-HIGH	3
3	CAP	10-15%	420-500	5	5000	MEDIUM-LOW	3

Photo 3





## GUIDELINES FOR:

### Knee Acute Phase

PATIENT		ACTION			AFFECTED AREAS			
Prone or seated or supine		Anti-inflammatory - Antalgic Mio-relaxing			quadr., ischiocrur., popliteus, gastrocn musculature (capacitive) Tend.rot.quadric., goose foot, B.ileotib.(resistive)			
PARAMETERS								
Phase	Type	Absorbed Power	Frequency kHz.	Duration min	Energy	TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	10	10-15000		LOW	4
2	RES	10-15%	1000	5	5000		LOW	4
3	CAP	10-15%	1000	5	5000		LOW	4

### Knee Subacute Phase

PATIENT		ACTION			AFFECTED AREAS			
Prone or seated or supine		Anti-inflammatory - Antalgic Mio-relaxing			quadr., ischiocrur., popliteus, gastrocn musculature (capacitive) Tend.rot.quadric., goose foot, B.ileotib.(resistive)			
PARAMETERS								
Phase	Type	Absorbed Power	Frequency kHz.	Duration min	Energy	TOT.J.	Temperature	plate position photo on the back
1	CAP	15-25%	500-720	10-15	15-20000		MEDIUM-LOW	4
2	RES	15-25%	500-720	5-10	5-10000		MEDIUM-LOW	4
3	CAP	15-20%	500-720	5	5-10000		MEDIUM-LOW	4

### Knee Chronic Pathology

PATIENT		ACTION			AFFECTED AREAS			
Prone or seated or supine		Anti-inflammatory - Antalgic Mio-relaxing			quadr., ischiocrur., popliteus, gastrocn musculature (capacitive) Tend.rot.quadric., goose foot, B.ileotib.(resistive)			
PARAMETERS								
Phase	Type	Absorbed Power	Frequency kHz.	Duration min	Energy	TOT.J.	Temperature	plate position photo on the back
1	RES	20-30%	420-500	10	10-20000		MEDIUM-HIGH	4
2	CAP	20-30%	420-500	10	15-20000		MEDIUM-HIGH	4
3	CAP	15-20%	420-500	5	5-10000		MEDIUM-LOW	4

Photo 4





## GUIDELINES FOR:

### Shoulder Acute Phase

PATIENT	ACTION		AFFECTED AREAS				
Prone or seated or supine	Anti-inflammatory - Antalgic Mio-relaxing		Deltoides, cuff, trapezium, paravertebral muscles el.scapula,scom, pectoral, CLB (capacitive) cuff, acromion-clav., coracoid (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequence kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	10	10-15000	LOW	5
2	RES	10-15%	1000	5	5000	LOW	5
3	CAP	10-15%	1000	5	5000	LOW	5

### Shoulder Subacute Phase

PATIENT	ACTION		AFFECTED AREAS				
Prone or seated or supine	Anti-inflammatory - Antalgic Mio-relaxing		Deltoides, cuff, trapezium, paravertebral muscles el.scapula,scom, pectoral, CLB (capacitive) cuff, acromion-clav., coracoid (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequence kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	15-25%	500-720	10-15	15-20000	MEDIUM-LOW	5
2	RES	15-25%	500-720	10-15	5-10000	MEDIUM-LOW	5
3	CAP	15-20%	500-720	5	5000	MEDIUM-LOW	5

### Shoulder Chronic Pathology

PATIENT	ACTION		AFFECTED AREAS				
Prone or seated or supine	Anti-inflammatory - Antalgic Mio-relaxing		Deltoides, cuff, trapezium, paravertebral muscles el.scapula,scom, pectoral, CLB (capacitive) cuff, acromion-clav., coracoid (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequence kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	RES	20-30%	420-500	10	10-20000	MEDIUM-HIGH	5
2	CAP	20-30%	420-500	10	15-20000	MEDIUM-HIGH	5
3	CAP	15-20%	420-500	5	5000	MEDIUM-LOW	5



Photo 5



## GUIDELINES FOR:

### Acute Back Pain

PATIENT	ACTION		AFFECTED AREAS				
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral, rhomboid, trapezius and multifidi muscles g.dorsal (capacitive) Transverse Severe pain (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequence kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	15	15-20000	LOW	2
2	RES	10-15%	1000	10-15	5000	LOW	2
3	CAP	10-15%	1000	5	5-10000	LOW	2

### Subacute Back Pain

PATIENT	ACTION		AFFECTED AREAS				
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral, rhomboid, trapezius and multifidi muscles g.dorsal (capacitive) Transverse Severe pain (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequence kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	15-25%	500-720	10-15	15-20000	MEDIUM-LOW	2
2	RES	15-25%	500-720	10-15	10-15000	MEDIUM-LOW	2
3	CAP	15-20%	500-720	5	5-10000	MEDIUM-LOW	2

### Chronic Back Pain

PATIENT	ACTION		AFFECTED AREAS				
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral, rhomboid, trapezius and multifidi muscles g.dorsal (capacitive) Transverse Severe pain (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequence kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	RES	25-30%	420-500	10-15	20-30000	MEDIUM-HIGH	2
2	CAP	25-35%	420-500	10	30-35000	MEDIUM-HIGH	2
3	CAP	15-20%	420-500	5	5-10000	MEDIUM-LOW	2

Photo 2





## GUIDELINES FOR:

### Acute Low Back Pain

PATIENT	ACTION		AFFECTED AREAS				
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral muscles- on lower back gluteus (capacitive) Severe pain (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequency kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	15	15-20000	LOW	1
2	RES	10-15%	1000	5-10	5000	LOW	1
3	CAP	10-15%	1000	5	5-10000	LOW	1

### Subacute Low Back Pain

PATIENT	ACTION		AFFECTED AREAS				
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral muscles- on lower back gluteus (capacitive) Severe pain (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequency kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	15-25%	500-720	10-15	15-20000	MEDIUM-LOW	1
2	RES	15-25%	500-720	10-15	10-15000	MEDIUM-LOW	1
3	CAP	15-20%	500-720	5	5-10000	MEDIUM-LOW	1

### Chronic Low Back Pain

PATIENT	ACTION		AFFECTED AREAS				
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral muscles- on lower back gluteus (capacitive) Severe pain (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Frequency kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	RES	25-30%	420-500	10-15	20-30000	MEDIUM-HIGH	1
2	CAP	25-35%	420-500	10	30-35000	MEDIUM-HIGH	1
3	CAP	15-20%	420-500	5	5-10000	MEDIUM-LOW	1

Photo 1





## GUIDELINES FOR:

### Acute Ankle Sprain

PATIENT	ACTION		AFFECTED AREAS				
Prone or sup.	Anti-inflammatory - Antalgic Mio-relaxing		Popliteus muscle, triceps.surae, peroneus.t.ant. and post. Intrinsic muscles (capacitive) Capsular Ligaments and Achilles tendon (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	10-15	10-15000	LOW	6
2	RES	10-15%	1000	5	5000	LOW	6
3	CAP	10-15%	1000	5	5000	LOW	6

### SubAcute Ankle Sprain

PATIENT	ACTION		AFFECTED AREAS				
Prone or sup.	Anti-inflammatory - Antalgic Mio-relaxing		Popliteus muscle, triceps.surae, peroneus.t.ant. and post. Intrinsic muscles (capacitive) Capsular Ligaments and Achilles tendon (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	15-25%	500-720	10-15	15-20000	MEDIUM-LOW	6
2	RES	15-25%	500-720	10	10-15000	MEDIUM-LOW	6
3	CAP	15-20%	500-720	5	5-10000	MEDIUM-LOW	6

### Chronic Ankle Pathology

PATIENT	ACTION		AFFECTED AREAS				
Prone or sup.	Anti-inflammatory - Antalgic Mio-relaxing		Popliteus muscle, triceps.surae, peroneus.t.ant. and post. Intrinsic muscles (capacitive) Capsular Ligaments and Achilles tendon (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	RES	20-30%	420-500	10-15	10-20000	MEDIUM-HIGH	6
2	CAP	20-30%	420-500	5-10	10-20000	MEDIUM-HIGH	6
3	CAP	10-15%	420-500	5	5000	MEDIUM-LOW	6

Photo 6





## GUIDELINES FOR:

### Outcomes of hand in Acute Phase

PATIENT	ACTION		AFFECTED AREAS				
seated or supine	Anti-inflammatory - Antalgic Mio-relaxing		Intrinsic muscles of the hand (capacitive) Joint capsule, hand ligaments and bones (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	10-15	10-15000	LOW	7
2	RES	10-15%	1000	5	5000	LOW	7
3	CAP	10-15%	1000	5	5000	LOW	7

### Subacute Phase

PATIENT	ACTION		AFFECTED AREAS				
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Intrinsic muscles of the hand (capacitive) Joint capsule, hand ligaments and bones (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	500-720	10-15	15000-20000	MEDIUM-LOW	7
2	RES	15-25%	500-720	10	10-15000	MEDIUM-LOW	7
3	CAP	10-15%	500-720	5	5000	MEDIUM-LOW	7

### Chronic Pathology

PATIENT	ACTION		AFFECTED AREAS				
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Intrinsic muscles of the hand (capacitive) Joint capsule, hand ligaments and bones (resistive)				
PARAMETERS							
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy TOT.J.	Temperature	plate position photo on the back
1	RES	15-20%	420-500	10-15	15-20000	MEDIUM-HIGH	7
2	CAP	15-20%	420-500	5-10	10-15000	MEDIUM-HIGH	7
3	CAP	10-15%	420-500	5	5-10000	MEDIUM-LOW	7



Photo 7



## GUIDELINES FOR:

### Chronic Neck Pain

PATIENT	ACTION		AFFECTED AREAS					
seated or prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral muscles- Trapezius-el.scapula and deltoides (capacitive) Transverse spinous processes (resistive)					
PARAMETERS								
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy	TOT.J.	Temperature	plate position photo on the back
1	CAP	10-15%	1000	10-15	10-15000		LOW	1 or 2
2	RES	10-15%	1000	5	5000		LOW	1 or 2
3	CAP	10-15%	1000	5	5000		LOW	1 or 2

### Subacute Neck Pain

PATIENT	ACTION		AFFECTED AREAS					
seated or prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral muscles- Trapezius-el.scapula and deltoides (capacitive) Transverse spinous processes (resistive)					
PARAMETERS								
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy	TOT.J.	Temperature	plate position photo on the back
1	CAP	15-25%	500-720	10-15	15-20000		MEDIUM-LOW	1 or 2
2	RES	15-25%	500-720	10	10-15000		MEDIUM-LOW	1 or 2
3	CAP	15-20%	500-720	5	5-10000		MEDIUM-LOW	1 or 2

### Chronic Neck Pain

PATIENT	ACTION		AFFECTED AREAS					
Prone	Anti-inflammatory - Antalgic Mio-relaxing		Paravertebral muscles- Trapezius-el.scapula and deltoides (capacitive) Transverse spinous processes (resistive)					
PARAMETERS								
Phase	Type	Absorbed Power	Freq. kHz.	Duration min	Energy	TOT.J.	Temperature	plate position photo on the back
1	RES	20-30%	420-500	10-15	15-25000		MEDIUM-HIGH	1 or 2
2	CAP	20-30%	420-500	5-10	5-15000		MEDIUM-HIGH	1 or 2
3	CAP	10-15%	420-500	5	5-10000		MEDIUM-LOW	1 or 2

Photo 1



Photo 2



# T CaRe

OF YOUR HEALTH



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