

# Encyclopedia of cryotherapy



**All applications are only recommendations and should be based on specific needed range of professional treatment and it is important to be careful during the treatment by local cryotherapy to avoid burning the patient !!!**

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Recommendation 1: Recommended distance of nozzle is a distance of nozzle from the treated area of the body surface of the patient, see the manual of the device /always 100-130mm/.

Recommendation 2: avoid treating areas with open wounds on the surface of the body, only after consultation or under supervision of a physician.

Recommendation 3: In cases where the patient is suffering from severe pain and where it is clear that the type of injury or pain is clearly diagnosed, local cryotherapy may be repeated even several times a day, even in combination with ice and other treatment procedures and medication as recommended by the physician.

Recommendation 4: The encyclopedia was written to provide closer view of treatment options with anatomical insight, it is not an exact guide how to apply cryotherapy. Here it is necessary to proceed with other factors affecting each individual treatment.

For correct application, you need to come up with a manual of the device and professional practice supported by education in specialized courses and seminars.

Note: The therapist focuses during cryotherapy mainly on muscle tissue, that is located in the affected area and shortly on local cryotherapy in the area of small or large joints.

Recommendation: communicate with the treated person during cryotherapy, so the patient can continuously share his current condition with you and you can interrupt the treatment in case of unpleasant feelings of „BURNING“ or reduce the intensity of cold, see the manual of the device.

**Secure and customize the local cryotherapy treatment, so that the patient can not inhale gas or its condensate during therapy! /MANUAL OF THE DEVICE/.**

# 1 ACHILLES TENDONITIS - ANALGESIA

*Therapy parameters: Reduction of pain*

*Recommended power: set degree 2 or 2 with pulsation on the local cryotherapy device*

*Length of application* 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance of nozzle: 100 – 120 mm*

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain.

Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds without any movement. This type of application procedure is strictly non-thermal, patient should have no sensation of intensive cold - burning during the treatment. Eventually repeat the whole application procedure. ~In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note* Whole application procedure can be repeated 1 - 2 times during the day in case of severe painful sensations.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 2 ACHILLES TENDONITIS - BIOSTIMULATION

*Therapy parameters:*

*Recommended power: set degree 2 or 2 with pulsation on the local cryotherapy device*

*Length of application* 1- 2 minutes

*Frequency of sessions* 2 - 5 a week

*Number of sessions* 4 - 8

*Recommended distance of nozzle* 100 - 120 mm

*Therapy procedure* In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. During the whole procedure the patient should feel pleasant cold of the skin in the application area and warming-up after application. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note* Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

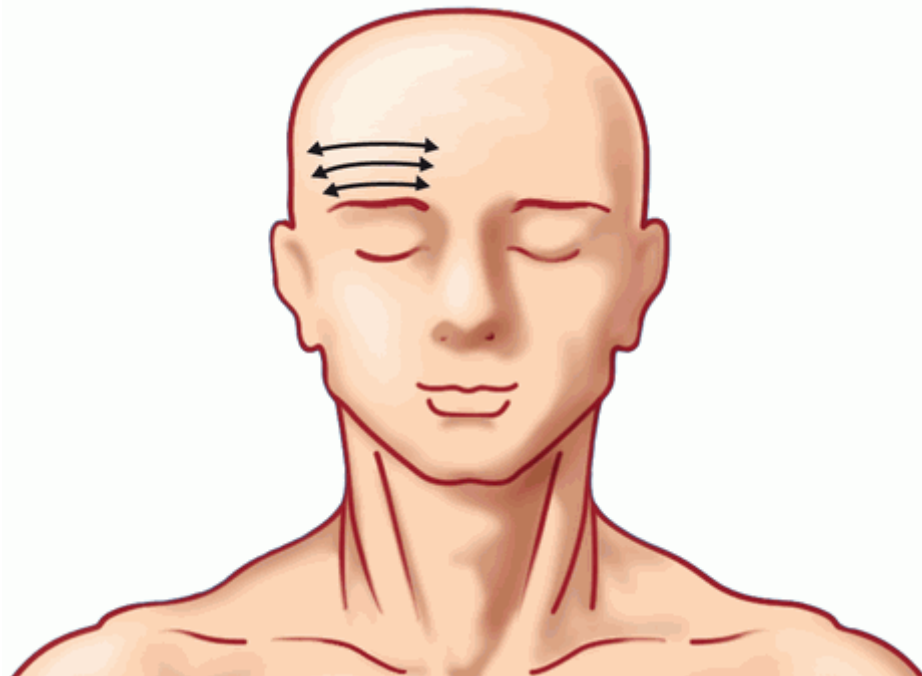
*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



### 3 ACNE - BIOSTIMULATION

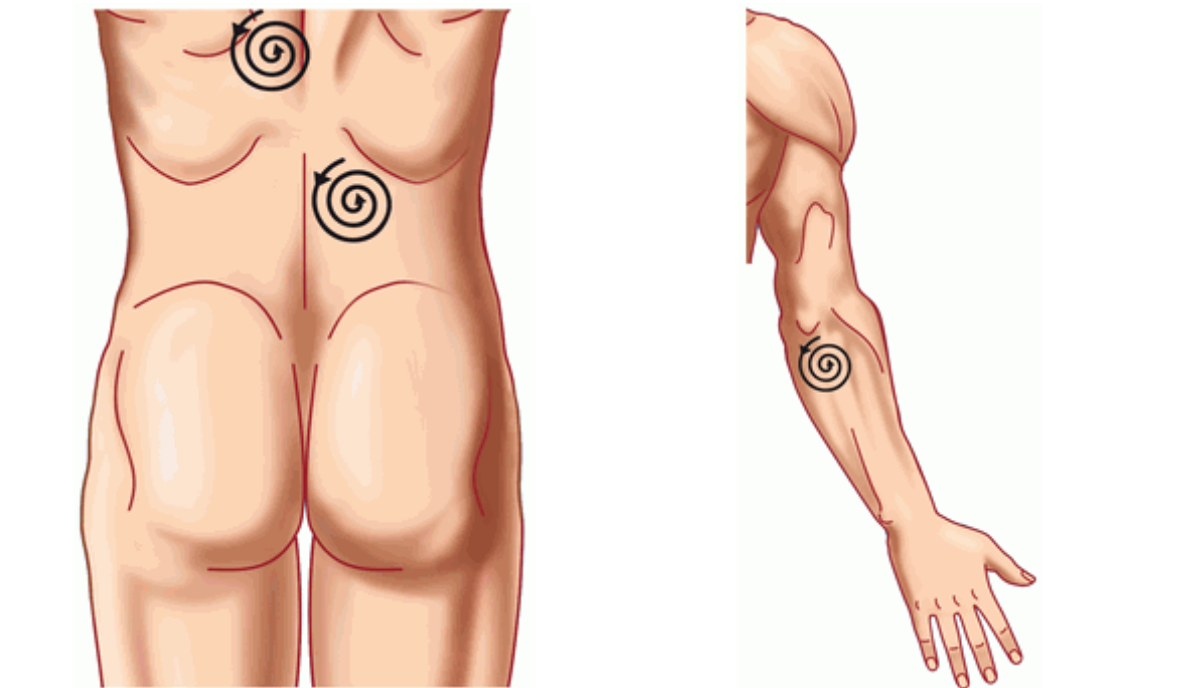
*Recommended power:* set degree 1-2 or 2 with pulsation

<i>Length of application</i>	1-2minutes
<i>Frequency of sessions</i>	daily
<i>Number of sessions</i>	2
<i>Recommended distance</i>	110-130 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application.
<i>Note</i>	Feeling of unpleasant burning from cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily. In case of facial treatment, make sure the patient does not inhale released nitrogen.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (2019)



## 4 ANALGESIA

<i>Therapy parameters:</i>	Reduction of pain
<i>Recommended power</i>	set degree 2-3 or 2 with pulsation
<i>Length of application</i>	2 - 4 minutes
<i>Frequency of sessions</i>	2 - 5 times a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance of</i>	100 -120 mm keep the minimum recommended distance
<i>Therapy procedure</i>	Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly aproximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This part of application procedure is strictly non-thermal, patient should have no sensation of intensive cold - burning during the treatment. Eventually repeat the whole application procedure.
<i>Note</i>	Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations before the treatment. Beware of lower sensitivity in this area.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 5 ARTHROSIS - ANALGESIA

*Therapy parameters:* Reduction of pain

*Recommended power:* on the device, set degree 2-3

*Recommended dosage*

*Length of application* 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance of nozzle* 100 -120 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This part of application procedure is strictly non-thermal, patient should have no sensation of intensive burning or cold during the treatment. Eventually repeat the whole application procedure. ~In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note* Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations before the treatment.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation





## 6 ARTHROSIS - BIOSTIMULATION

*Length of application* 2 – 4 minutes

*Recommended power: on the device,*

*intensity 2 -3*

*Frequency of sessions* 2 - 5 a week

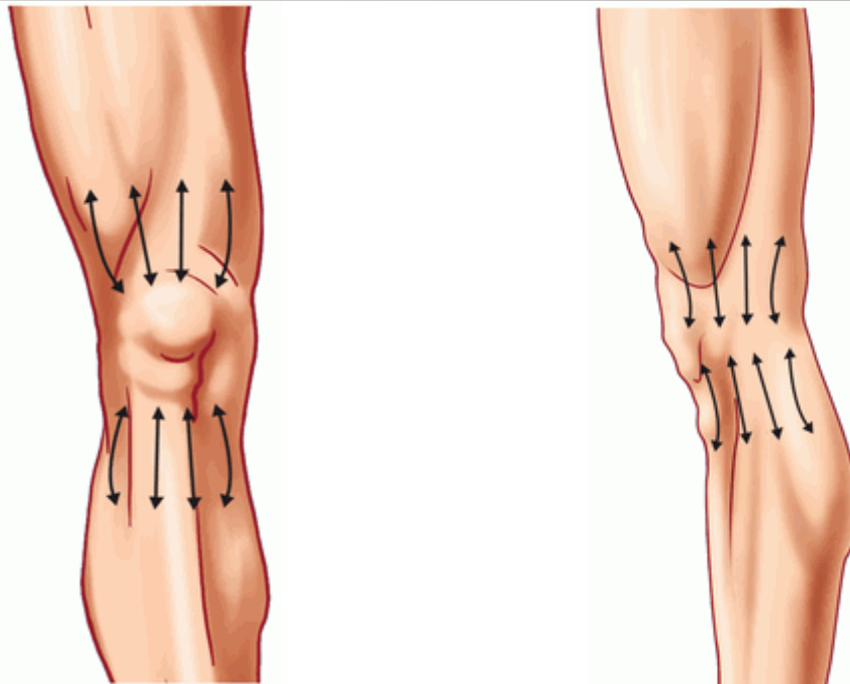
*Number of sessions* 5–10 and more

*Recommended distance of nozzle* 100 -120 mm

*Therapy procedure* In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note* Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 7 ARTHROSIS OF JOINTS OF THE HAND-ANALGESIA

<i>Program</i>	arthrosis of joints of the hand - analgesia
<i>Therapy parameters:</i>	
<i>Recommended power</i>	on the device, set degree 1-2 or 2 with pulsation
<i>Length of application</i>	2 minutes
<i>Frequency of sessions</i>	2 - 5 times a week
<i>Number of sessions</i>	3 - 6
<i>Recommended distance trysky</i>	100-120 mm
<i>Therapy procedure</i>	Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly aproximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of intensive cold burning during the treatment. Eventually repeat the whole application procedure. ~In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".
<i>Note</i>	Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations after the treatment.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1898)



## 8 ARTHROSIS OF JOINTS OF THE HAND - BIOSTIMULATION

*Program*

arthrosis of joints of the hand - biostimulation

*Therapy parameters:*

*Recommended power*

on the device, set degree 1-2 or 2 with pulsation

*Length of application*

2 minutes

*Frequency of sessions*

2 - 5 a week

*Number of sessions*

4 - 8

*Recommended distance*

100-120 mm

*Therapy procedure*

In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note*

Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied several times a day.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1899)



## 9 ARTHROSIS OF HIP JOINT - ANALGESIA

<i>Program</i>	arthrosis of hip joint - analgesia
<i>Therapy parameters:</i>	
<i>Recommended power</i>	set degree of intensity 2-3
<i>Length of application</i>	2 - 3 minutes
<i>Frequency of sessions</i>	2 - 5 times a week
<i>Number of sessions</i>	5 - 10
<i>Recommended distance</i>	100-120 mm
<i>Therapy procedure</i>	Start the treatment in the distance of about 7-10 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".
<i>Note</i>	Whole application procedure can be repeated 1 - 2 times during the day in case of severe painful sensations.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



# 10 ARTHROSIS OF HIP JOINT - BIO STIMULATION

*Program*

arthrosis of hip joint - biostimulation

*Therapy parameters:*

*Recommended power*

set degree of intensity 2-3

*Length of application*

2 – 4 minutes

*Frequency of sessions*

2 - 5 a week

*Number of sessions*

5 - 10

*Recommended distance*

100 -120 mm

*Therapy procedure*

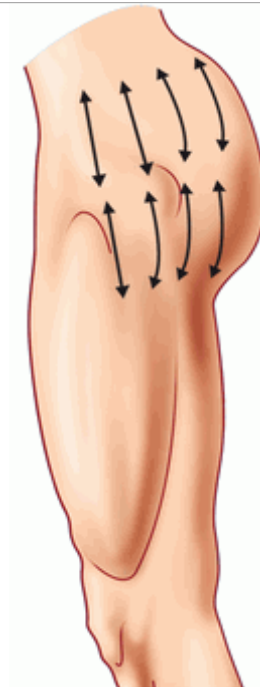
In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. During the whole procedure patient should have no sensation of extreme cold - burning of skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note*

Feeling of unpleasant burning from cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications*

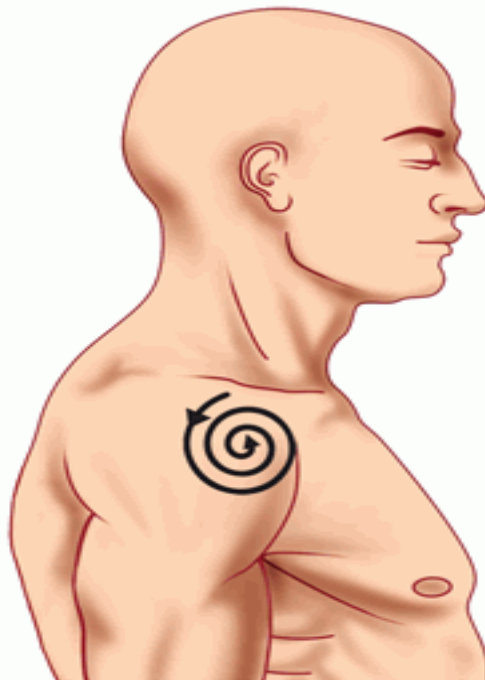
Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



# 11 PAINFUL SHOULDER - ANALGESIA

## A

<i>Program</i>	painful shoulder - analgesia
<i>Therapy parameters:</i>	
<i>Recommended power</i>	set degree 2-3
<hr/>	
<i>Length of application</i>	1 - 3 minutes
<i>Frequency of sessions</i>	2 - 5 times a week
<i>Number of sessions</i>	3 - 6
<i>Recommended distance</i>	100 -120 mm
<i>Therapy procedure</i>	Start the treatment in the distance of about 5 - 10 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".
<i>Note</i>	Whole application procedure can be repeated 1 - 2 times during the day in case of severe painful sensations before the treatment.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 12 PAINFUL SHOULDER - BIOSTIMULATION

*Program*

painful shoulder - biostimulation

*Therapy parameters:*

*Recommended power* set degree of intensity 2-3

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*Length of application* 2 – 4 minutes

*Frequency of sessions* 2 - 5 a week

*Number of sessions* 4 - 8

*Recommended distance* 100-120 mm

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*Therapy procedure*

In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. During the whole procedure the patient should feel pleasant cooling of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

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*Note*

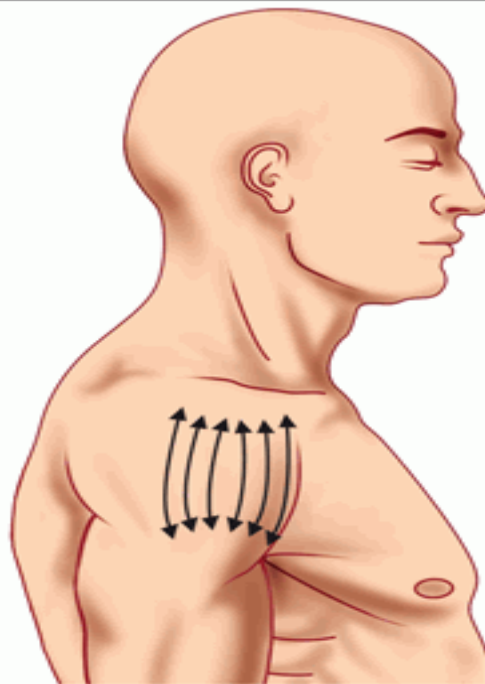
Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

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*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1877)

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## 13 BURSITIS - ANALGESIA

Program

bursitis - analgesia

Therapy parameters:

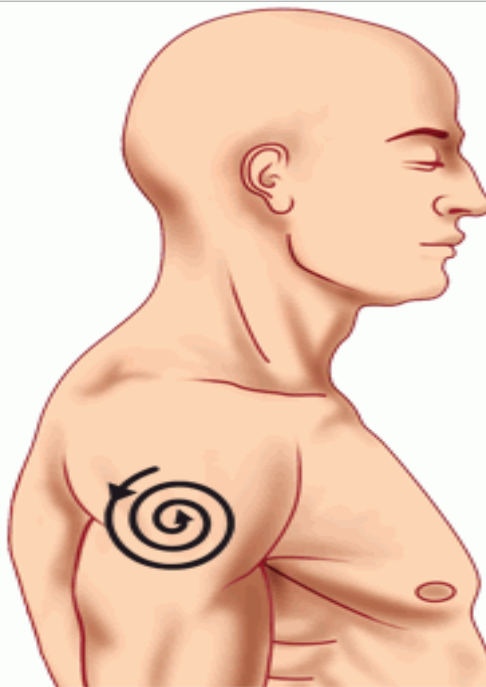
Recommended power: set degree 2-3

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<i>Length of application</i>	2 - 4 minutes
<i>Frequency of sessions</i>	2 - 5 times a week
<i>Number of sessions</i>	3 - 6
<i>Recommended distance</i>	100-120 mm
<i>Therapy procedure</i>	Start the treatment in the distance of about 5 - 10 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This part of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".
<i>Note</i>	Whole application procedure can be repeated 1 - 2 times during the day in case of severe painful sensations before the treatment.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation

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## 14 BURSITIS - BIOSTIMULATION

*Program*

bursitis - biostimulation

*Therapy parameters:*

*Recommended power* set degree of intensity 2-3

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*Length of application* 2 - 3 minutes

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*Frequency of sessions* 2 - 5 a week

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*Number of sessions* 4 - 8

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*Recommended distance* 110 - 130 mm

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*Therapy procedure* In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

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*Note*

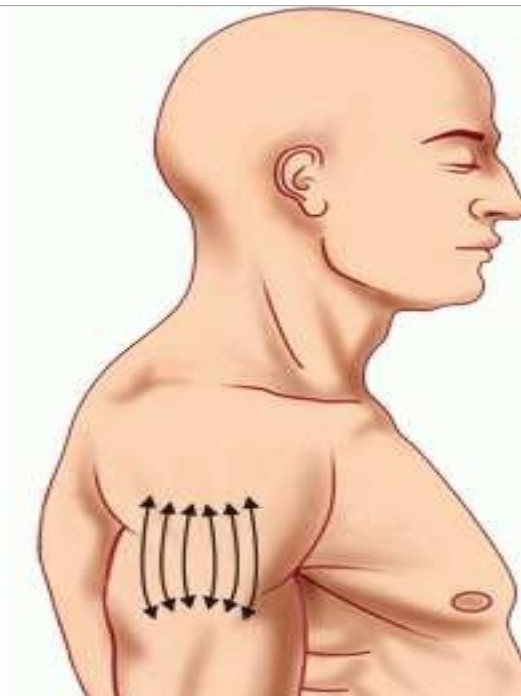
Feeling of unpleasant cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

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*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation

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## 15 CERVICALGI - ANALGESIA A/NECK PAIN

cervicalgia - analgesia

*Therapy parameters:*

*Recommended power* on the device, set degree 1-2 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 - 4 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance* 100-120 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note* Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 16 CERVICALGIA/NECK PAIN- BIOSTIMULATION

*Program*

cervicalgia - biostimulation

*Therapy parameters:*

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*Recommended power*

on the device, set degree 1-2 or 2 with pulsation

*Length of application*

2 - 4 minutes

*Frequency of sessions*

2 - 5 a week

*Number of sessions*

4 - 8

*Recommended distance of nozzle*

100 -120 mm

*Therapy procedure*

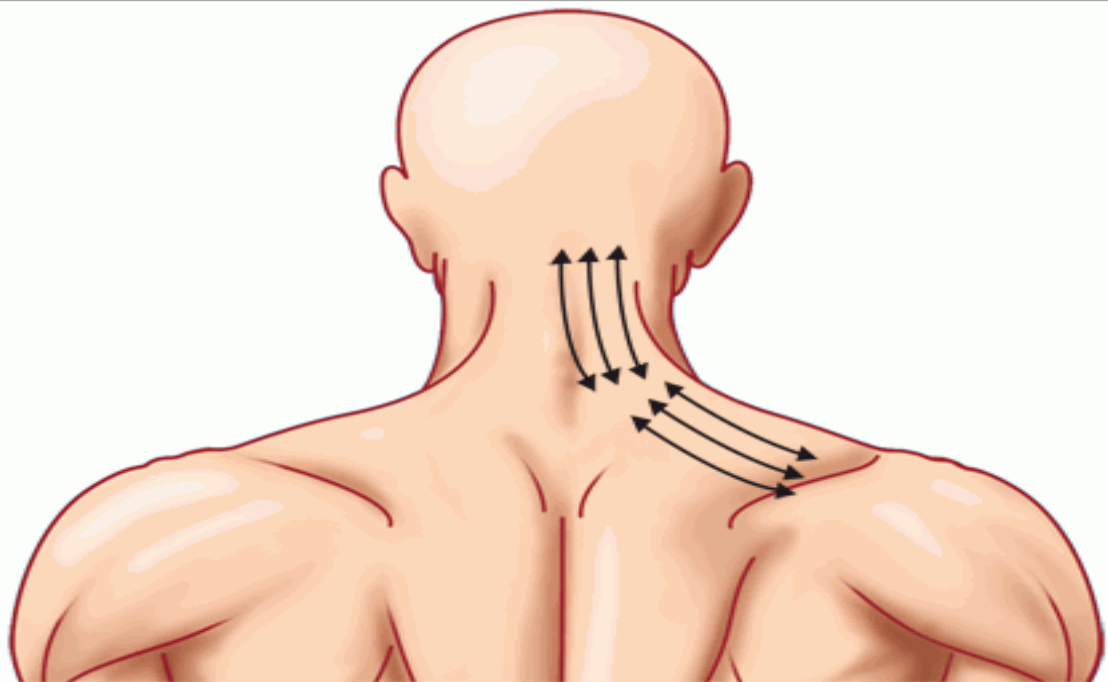
In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note*

Feeling of unpleasant cold - burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 17 DISTORTION - ANALGESIA

Program

distortion - analgesia

Therapy parameters:

Recommended power set the degree 2 or 2 with pulsation

Length of application 2 minutes

Frequency of sessions 2 - 5 times a week

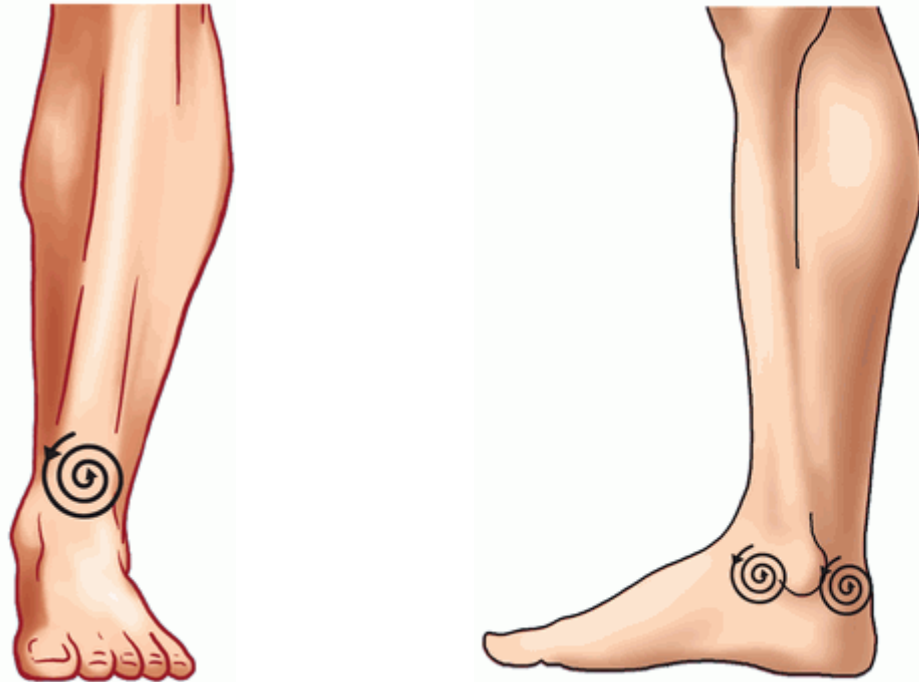
Number of sessions 5 - 10

Recommended distance of nozzle 100-130 mm

**Therapy procedure** Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

**Note** Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations.

**Contraindications** Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (2014)



## 18 DISTORTION - BIOSTIMULATION

Program

distortion - biostimulation

Therapy parameters:

Recommended power on the device, set degree 1-2 or 2 with pulsation

Length of application 2 - 3 minutes

Frequency of sessions 2 - 5 times a week

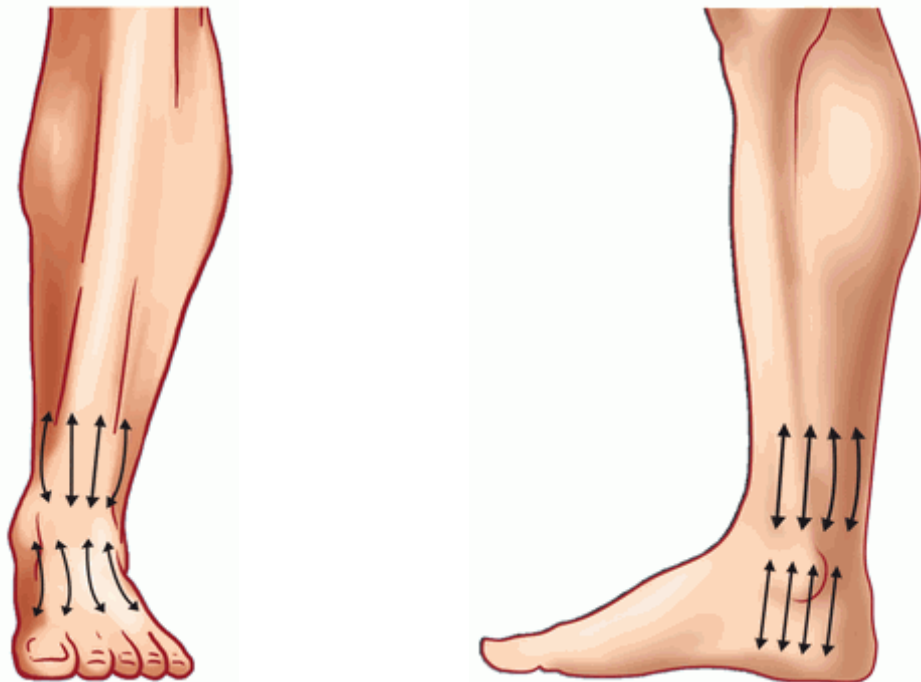
Number of sessions 5 - 10

Recommended distance of nozzle 100 mm

**Therapy procedure** In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

**Note** Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

**Contraindications** Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 19 ANKLE DISTORTION -

## ANALGESIA

*Program*

ankle distortion - analgesia

*Therapy parameters:*

*Recommended power* set degree 2-3

*Length of application* 2 - 3 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance* 100 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations before the treatment. Ask the patient about his feelings during cryotherapy!!!

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1880)



## 20 ANKLE DISTORTION - BIOSTIMULATION

<i>Program</i>	ankle distortion - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	set degree of intensity 2-3
<i>Recommended dosage</i>	
<i>Length of application</i>	2 minutes
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance of nozzle</i>	100-120 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant cold - burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 21 KNEE JOINT DISTORTION -

## ANALGESIA

*Program* \_\_\_\_\_ knee joint distortion - analgesia \_\_\_\_\_

*Therapy parameters:*

*Recommended power* set degree 2-3

*Recommended dosage*

*Length of application* 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance* 100-120 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note* Ask the patient about possible feelings of burning from cold during cryotherapy.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1878)





## 22 KNEE JOINT DISTORTION - BIOS TIMITATION

*Program* knee joint distortion - biostimulation

*Therapy parameters:*

*Recommended power* set degree 2 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 -3 minutes

*Frequency of sessions* 2 - 5 a week

*Number of sessions* 4 – 8

*Recommended distance of nozzle* 100-120 mm

*Therapy procedure* In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note* Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily. *Always treat parts with less muscle within shorter interval.*

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 23 DORSALGI - ANALGESIA

*Program* dorsalgia - analgesia

*Therapy parameters:*

*Recommended power* intensity 2-3

*Length of application* 2 - 4 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance of nozzle* 100 - 120 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note* Whole application procedure can be repeated 1 - 2 times during the day in case of severe painful sensations before the treatment.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 24 DORSALGI - BIOSTIMULATION

*Program* dorsalgia – biostimulation therapeutic

*Therapy parameters:*

*Recommended power*

*Length of application* 2 - 3 minutes

*Frequency of sessions* 2 - 5 a week

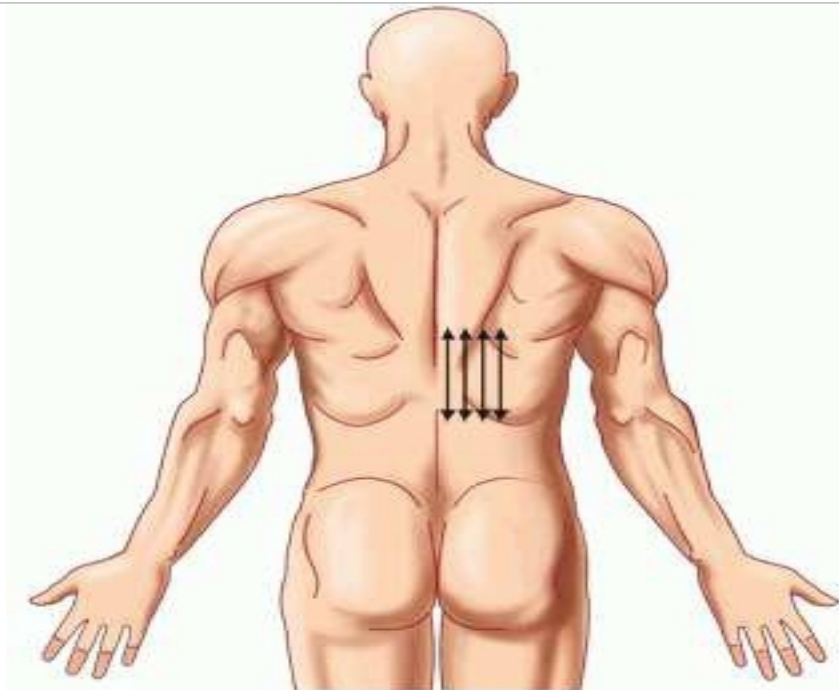
*Number of sessions* 4 - 8

*Recommended distance of nozzle* 100 -120 mm

*Therapy procedure* In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol. Warning, reduced sensitivity in back area.

*Note* Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 25 EPICONDYLITIS - ANALGESIA

*Program* \_\_\_\_\_ epicondylitis – analgesia relief from pain \_\_\_\_\_

*Therapy parameters:*

*Recommended power*    *set degree 2 or 2 with pulsation on the local cryotherapy device*

---

*Length of application*            2 minutes

*Frequency of sessions*            2 - 5 times a week

*Number of sessions*                3 - 6

*Recommended distance of nozzle* 100 -120 mm

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*Therapy procedure*                Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*                                        Whole application procedure can be repeated 1 - 2 times during the day in case of severe painful sensations after the treatment.

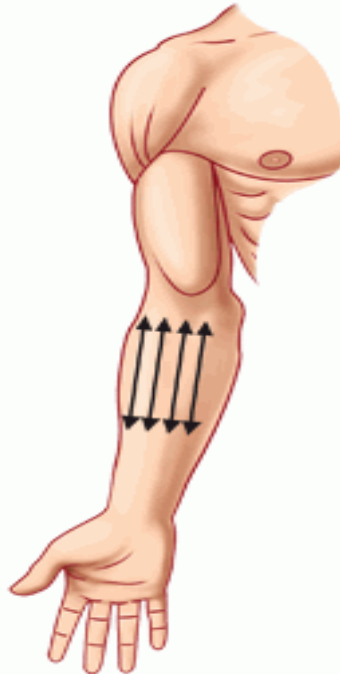
*Contraindications*                 Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation  
(1882)

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## 26 EPICONDYLITIS - BIOSTIMULATION

<i>Program</i>	epicondylitis – biostimulation therapeutic
<i>Therapy parameters:</i>	
<i>Recommended power</i>	set degree 2 or 2 with pulsation on the local cryotherapy device
<i>Length of application</i>	2 minutes
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance of nozzle</i>	100 - 120 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1883)



## 27 KNEE JOINT ARTHROSIS - ANALGESIA

*Program* knee joint arthrosis – analgesia relief from pain

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

*Length of application* 2 - 4 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance* 100-120 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note* Whole application procedure can be repeated 1 - 2 times during the day in case of severe painful sensations. Treatment of areas with muscle mass.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1900)



## 28 KNEE JOINT ARTHROSIS - BIOSTIMULATION

<i>Program</i>	knee joint arthrosis – biostimulation therapeutic
<i>Therapy parameters:</i>	
<i>Recommended power</i>	set degree 2-3 or 2 with pulsation
<hr/>	
<i>Length of application</i>	2 – 3 minutes
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance</i>	100 -130 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1901)

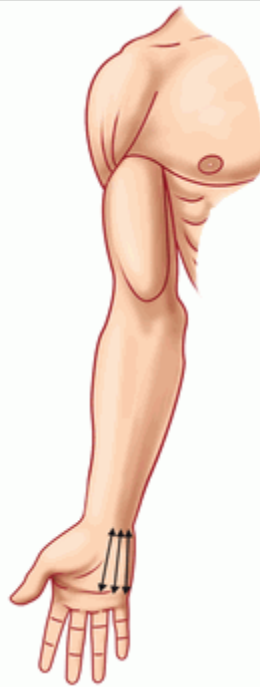






## SCAR CHRONIC - BIOSTIMULATION

<i>Program</i>	scar chronic – biostimulation therapeutic
<i>Therapy parameters:</i>	
<i>Recommended power</i>	on the device, set degree 1-2 or 2 with pulsation
<i>Recommended dosage</i>	
<i>Length of application</i>	2 minutes
<i>Frequency of sessions</i>	every 2 - 3 days
<i>Number of sessions</i>	5
<i>Recommended distance</i>	100 -120 mm ideal range of cold with temperatures -130 až -115°C
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application.
<i>Note</i>	Feeling of unpleasant burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



# ER - ANALGESIA

## IMPINGEMENT SYNDROM / FROZEN SHOULDER

### Program

impingement syndrom / frozen shoulder – analgesia /relief from pain/

### Therapy parameters:

*Recommended power* set degree 2-3 or 2 with pulsation

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### Recommended dosage

*Length of application* 2 - 3 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 6 - 10

*Recommended distance* 100 -130 mm ideal range of cold with temperatures -130 až -110°C

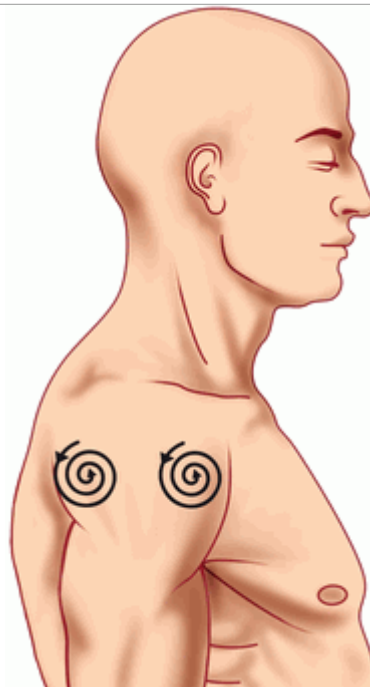
**Therapy procedure** Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

### Note

Whole application procedure can be repeated 1 - 2 times daily in case of severe painful sensations.

### Contraindications

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



# ER - BIOSTIMULATION

## IMPINGEMENT SYNDROM / FROZEN SHOULDER

*Program*

impingement syndrom / frozen shoulder – biostimulation /healing/

*Therapy parameters:*

*Recommended power:* degree 2 or 2 with pulsation

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*Length of application* 2 - 4 minutes

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*Frequency of sessions* 5 a week

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*Number of sessions* 6 - 10

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*Recommended distance:* 100-120mm

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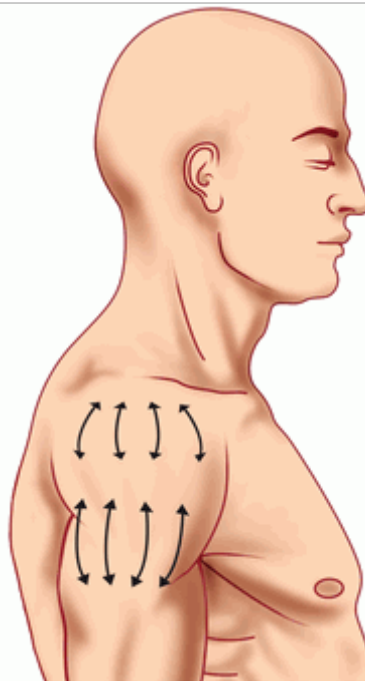
*Therapy procedure* In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

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*Note* Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

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*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



### 33 LUMBOSACRAL PAIN - ANALGESI A

*Program* lumbosacral pain - analgesia

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 - 4 minutes

*Frequency of sessions* 2 - 5 times a week

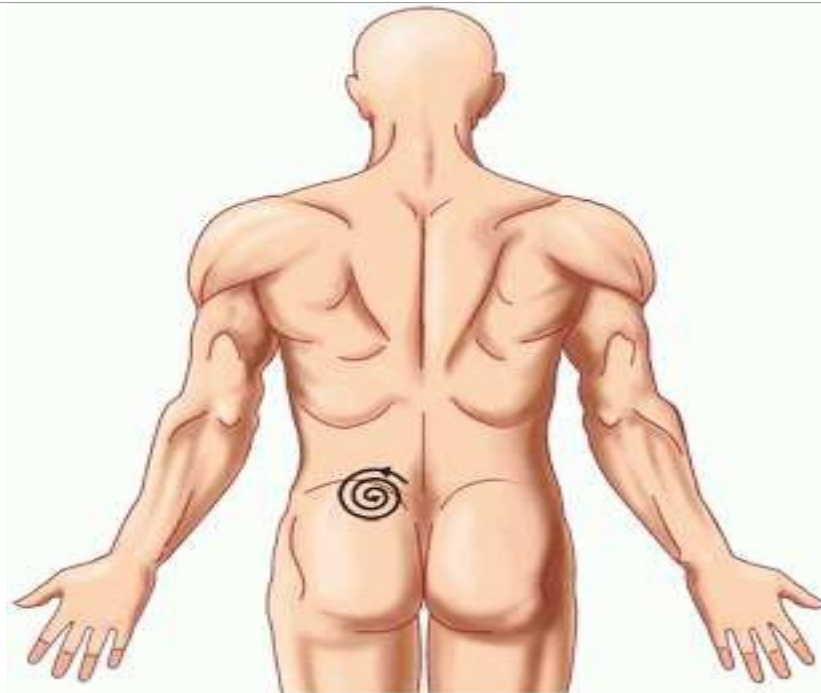
*Number of sessions* 3 - 6

*Recommended distance of nozzle* 100 – 130 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

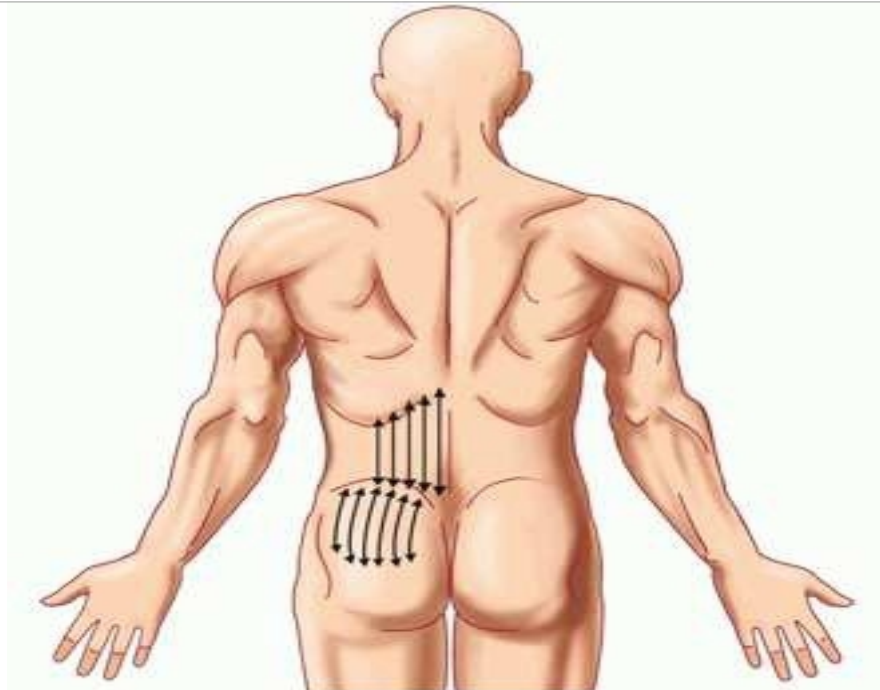
*Note* Whole application procedure can be repeated 1 - 2 times daily in case of severe painful sensations. Area with decreased receptor sensitivity.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1896)



## 3 4 LUMBOSACRAL PAIN - BIOSTIMULATION

<i>Program</i>	lumbosacral pain - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	set degree 2-3 or 2 with pulsation
<i>Recommended dosage</i>	
<i>Length of application</i>	2 – 5 minutes
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance</i>	100-130 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant burning from cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily. Communicate with the client about his feelings of cold during application.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 35 NERVE REGENERATION - ANALGESIA

### A

*Program*

nerve regeneration - analgesia

*Therapy parameters:*

*Recommended power*

degree 2 or 2 with pulsation

*Recommended dosage*

*Length of application*

2 minutes

*Frequency of sessions*

2 - 5 times a week

*Number of sessions*

10 - 15

*Recommended distance of nozzle*

100 – 110 mm

*Therapy procedure*

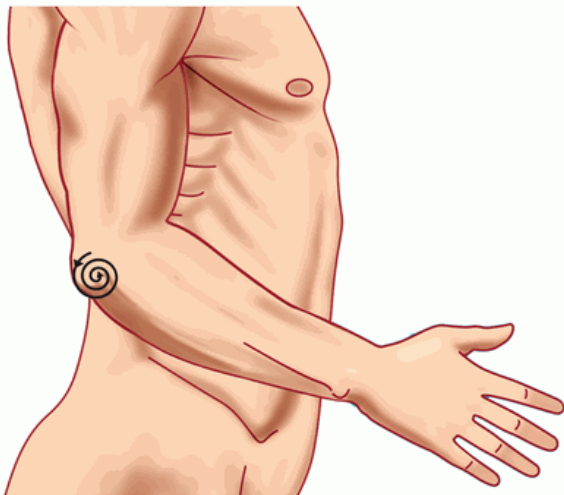
Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times during the day in case of severe painful sensations before the treatment.

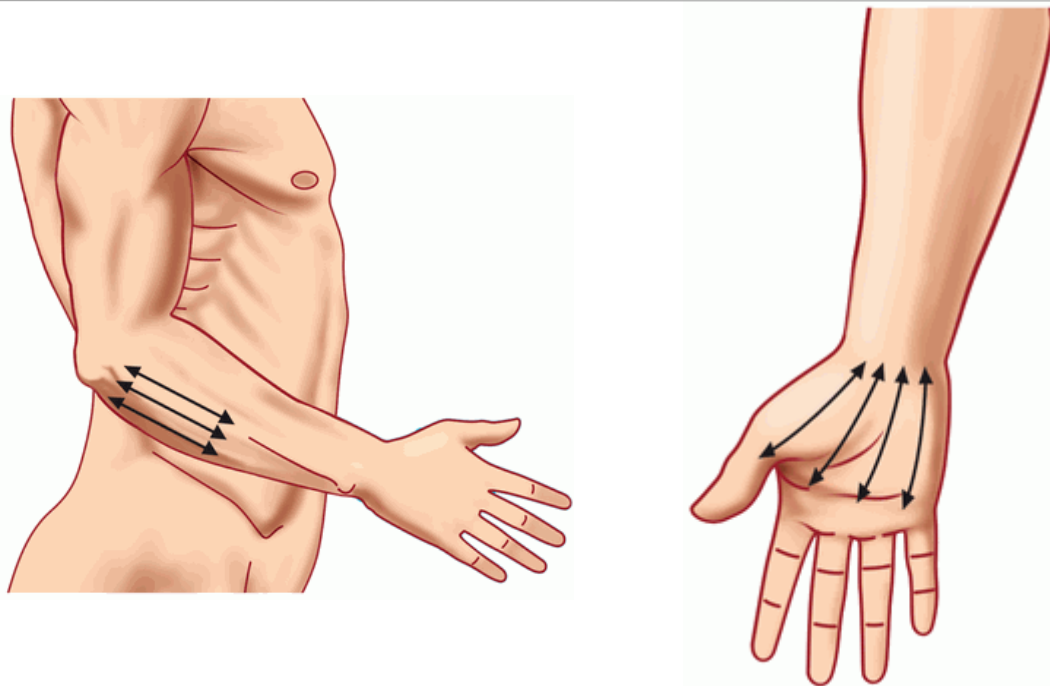
*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 36 NERVE REGENERATION - BIOSTIMULATION

<i>Program</i>	nerve regeneration - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	<i>degree 2 or 2 with pulsation</i>
<i>Recommended dosage</i>	
<i>Length of application</i>	2 – 3 minutes
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	10 - 15
<i>Recommended distance</i>	100-120 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (2001)



## 37 FACIAL NERVE PARESIS - ANALGESIA

*Program*

facial nerve paresis - analgesia

*Therapy parameters:*

*Recommended power* degree 1-2 or 2 with pulsation

*Recommended dosage*

*Length of application* 1- 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 10 - 15

*Recommended distance of nozzle* 110 - 130 mm

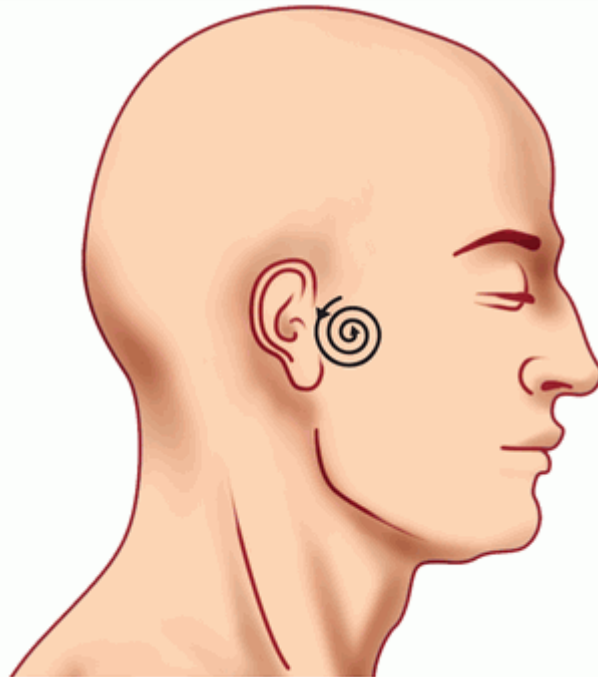
*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation". Keep the cold vapor flow so the client cannot breathe it in!

*Note*

Whole application procedure can be repeated 1 - 2 times daily in case of severe painful sensations before the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation





## 38 FACIAL NERVE PARESIS - BIOSTIMULATION

*Program*

facial nerve paresis - biostimulation

*Therapy parameters:*

*Recommended power* intensity 1 or 2 with pulsation in the acute phase, degree 2 in chronic phase

*Recommended dosage*

*Length of application* 1- 2 minutes

*Frequency of sessions* 2 - 5 a week

*Number of sessions* 10 - 15

*Recommended distance of nozzle* 100-130 mm

*Therapy procedure*

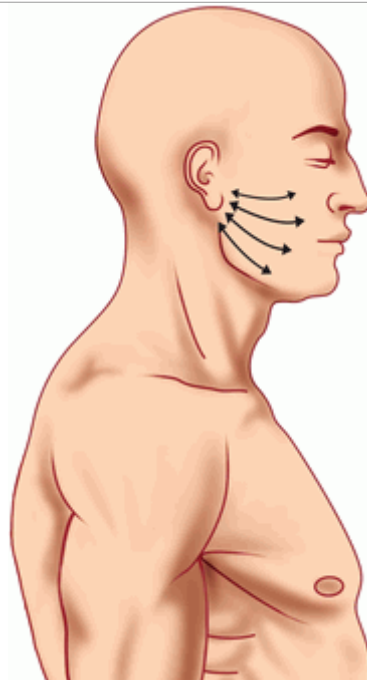
In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note*

Feeling of unpleasant cold burning must be avoided! Keep the cold vapor flow so the client cannot breathe it in! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation





## 40 OSGOOD-SCHLATTER SYNDROME - ANALGESIA

*Program*

osgood-schlatter syndrome - analgesia

*Therapy parameters:*

*Recommended power*

degree 2 or 2 with pulsation

*Length of application*

2 minutes

*Frequency of sessions*

2 - 5 times a week

*Number of sessions*

3 - 6

*Recommended distance*

100 – 130 mm

*Therapy procedure*

Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times daily in case of severe painful sensations before the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1906)



## 41 OSGOOD-SCHLATTER SYNDROME - BIOSTIMULATION

*Program*

osgood-schlatter syndrome - biostimulation

*Therapy parameters:*

*Recommended power* degree 2

*Recommended dosage*

*Length of application* 2 - 3 minutes

*Frequency of sessions* 2 - 5 a week

*Number of sessions* 4 - 8

*Recommended distance* 100 - 120 mm

*Therapy procedure*

In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note*

Feeling of unpleasant burning from cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

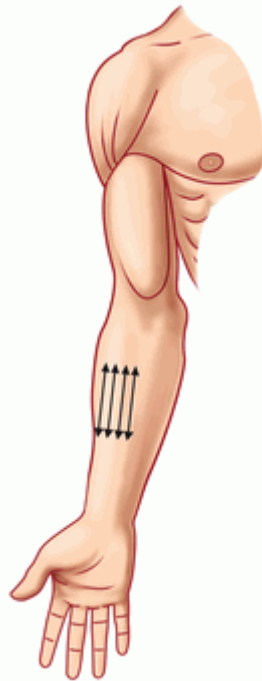
*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1907)



## 42 OPEN WOUND - BIOSTIMULATION

<i>Program</i>	open wound - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	degree 2 or 2 with pulsation
<i>Recommended dosage</i>	
<i>Length of application</i>	1-2minutes
<i>Frequency of sessions</i>	daily
<i>Number of sessions</i>	10 - 15
<i>Recommended distance</i>	120 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the arae of scar and close surroundings with dynamic application (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application.
	<b>Do not apply in any case- do not enter with application to the wound, only surroundings of the wound!!! Consult with a doctor!</b>
<i>Note</i>	Feeling of unpleasant burning from cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 43 PATELLAR TENDINOPATHY - ANALGESIA

*Program*

patellar tendinopathy - analgesia

*Therapy parameters:*

*Recommended power* degree 2 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance* 110 – 130 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations before the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1904)



## 44 PATELLAR TENDINOPATHY - BIOSTIMULATION

*Program*

patellar tendinopathy - biostimulation

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

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*Length of application* 2 minutes

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*Frequency of sessions* 2 - 5 a week

---

*Number of sessions* 4 - 8

---

*Recommended distance od trysky* 100 - 130 mm

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*Therapy procedure* In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

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*Note* Feeling of unpleasant burning from cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

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*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation

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## 45 PLANTAR FASCIITIS/HEEL SPUR - ANALGESIA

*Program*

plantar fasciitis / heel spur - analgesia

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

---

*Length of application* 1-2 minutes

*Frequency of sessions* 2 - 5 a week

*Number of sessions* 3 - 6

*Recommended distance* 100 -130 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note* Whole application procedure can be repeated 1 - 2 times daily in case of severe painful sensations before the treatment.

*Contraindications* Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation





## 46 PLANTAR FASCIITIS/HEEL SPUR -BIOSTIMULATION

*Program*

plantar fasciitis / heel spur - biostimulation

*Therapy parameters:*

*Recommended power*

set degree 2-3 or 2 with pulsation

*Recommended dosage*

*Length of application*

1 - 2 minutes

*Frequency of sessions*

2 - 5 a week

*Number of sessions*

4 - 8

*Recommended distance of nozzle*

100 -130 mm

*Therapy procedure*

In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note*

Feeling of unpleasant burning from cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 47 SCAR SUBACUTE - BIOSTIMULATION

*Program*

scar subacute - biostimulation

*Therapy parameters:*

*Recommended power* degree 1-2 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 minutes

*Frequency of sessions* daily

*Number of sessions* 10 - 15

*Recommended distance of nozzle* 100 -110 mm

*Therapy procedure*

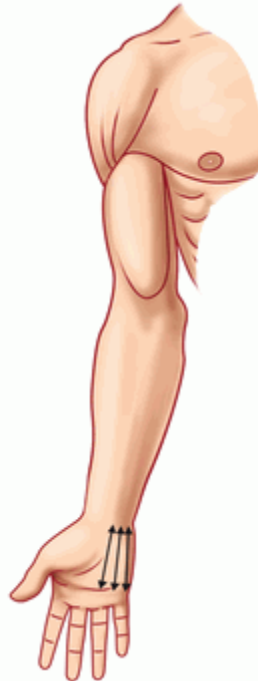
In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application.

*Note*

Feeling of unpleasant extreme cold must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 48 MUSCLE RELAXATION / TRIGGER POINT S-ANALGESIA

*Program*

muscle relaxation / trigger points - analgesia

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 - 4 minutes

*Frequency of sessions* 2 - 3 times a week

*Number of sessions* 5

*Recommended distance* 100-120 mm

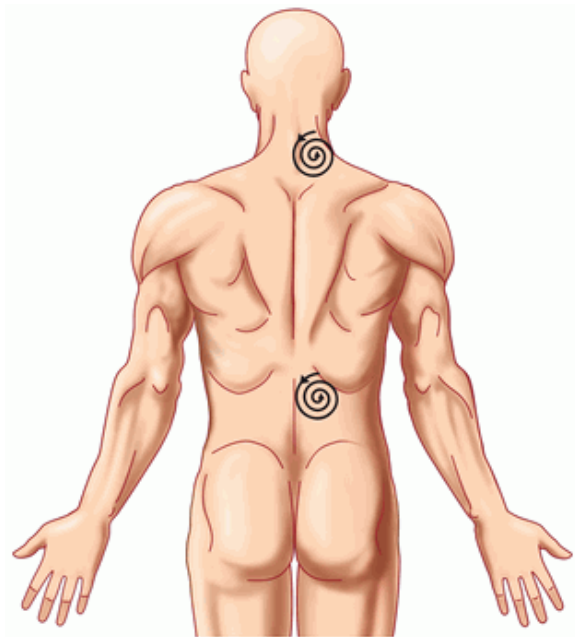
*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations before the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 49 MUSCLE RELAXATION / TRIGGER POINTS - BIOSTIMULATION

*Program*

muscle relaxation / trigger points - biostimulation

*Therapy parameters:*

*Recommended power*

degree 1-2 or 2 with pulsation

*Length of application*

2 - 3 minutes

*Frequency of sessions*

2 - 3 times a week

*Number of sessions*

5 and more

*Recommended distance of nozzle*

100 -110 mm

*Therapy procedure*

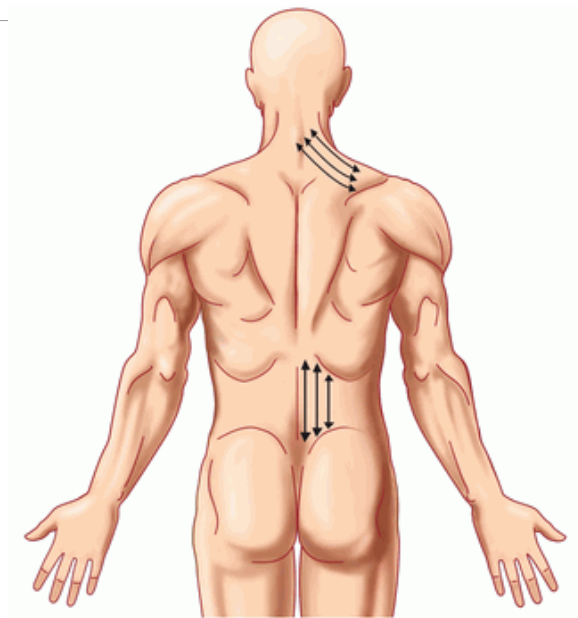
In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note*

Feeling of unpleasant burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 50 MUSCLE STRAIN - ANALGESIA

*Program*

muscle strain - analgesia

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 - 4 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 – 6 and more

*Recommended distance of nozzle* 100 – 120 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times daily in case of severe painful sensations after the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (1874)



## 51 MUSCLE STRAIN - BIOSTIMULATION

<i>Program</i>	muscle strain - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	set degree 2-3 or 2 with pulsation
<i>Recommended dosage</i>	
<i>Length of application</i>	2 - 4 minutes
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance</i>	100 -130 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant cold of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 52 CARPAL TUNNEL SYNDROME - ANALGESIA

*Program*

carpal tunnel syndrome - analgesia

*Therapy parameters:*

*Recommended power* degree 2 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 9

*Recommended distance* 110 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of burning from during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations before the treatment.

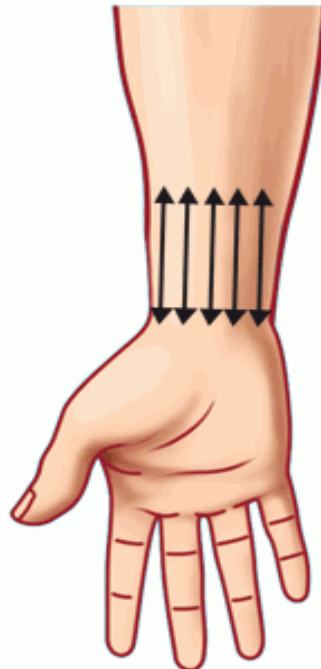
*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation  
(1888)



## 53 CARPAL TUNNEL SYNDROME - BI OSTIMULATION

<i>Program</i>	carpal tunnel syndrome - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	degree 2 or 2 with pulsation
<i>Recommended dosage</i>	
<i>Length of application</i>	2 minuty
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	4 – 8
<i>Recommended distance</i>	100 -120 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation





## 54 ANTERIOR TIBIAL SYNDROME - ANALGESIA

*Program*

anterior tibial syndrome - analgesia

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance* 100 – 130 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations after the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 55 ANTERIOR TIBIAL SYNDROME - BIOSTIMULATION

*Program*

anterior tibial syndrome - biostimulation

*Therapy parameters:*

*Recommended power*

degree 2 or 2 with pulsation

*Recommended dosage*

*Length of application*

2 minutes

*Frequency of sessions*

2 - 5 a week

*Number of sessions*

4 - 8

*Recommended distance*

110 -130 mm

*Therapy procedure*

In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.

*Note*

Feeling of unpleasant burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 56 TARSAL TUNNEL SYNDROME - ANALGESIA

*Program*

tarsal tunnel syndrome - analgesia

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 - 4 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance of nozzle* 100 -120 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations before the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 57 TARSAL TUNNEL SYNDROME - BI OSTIMULATION

<i>Program</i>	tarsal tunnel syndrome - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	degree 1-2 or 2 with pulsation
<i>Recommended dosage</i>	
<i>Length of application</i>	2 -3 minutes
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance of nozzle</i>	100 – 120 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 58 TENDINOPATHY - ANALGESIA

*Program*

tendinopathy - analgesia

*Therapy parameters:*

*Recommended power* set degree 2-3 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 3 - 6

*Recommended distance* 100 - 130 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times daily in case of severe painful sensations before the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 59 TENDINOPATHY - BIOSTIMULATION

<i>Program</i>	tendinopathy - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	degree 2 or 2 with pulsation
<i>Recommended dosage</i>	
<i>Length of application</i>	2 - 3 minutes
<i>Frequency of sessions</i>	2 - 5 a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance</i>	100 - 120 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant cold or burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation



## 60 TENDOVAGINITIS - ANALGESIA

*Program*

tendovaginitis - analgesia

*Therapy parameters:*

*Recommended power* degree 2 or 2 with pulsation

*Recommended dosage*

*Length of application* 2 minutes

*Frequency of sessions* 2 - 5 times a week

*Number of sessions* 4 - 8

*Recommended distance* 100-120 mm

*Therapy procedure* Start the treatment in the distance of about 5 - 7 cm from the point of greatest pain. Slowly approximate to the painful spot using continuous circular movement (see attached picture). Finally when you reach the spot of the pain, remain above it for about 2 - 3 seconds. This type of application procedure is strictly non-thermal, patient should have no sensation of extreme cold or burning during the treatment. Eventually repeat the whole application procedure. ~ In subacute and chronic conditions continue with the relevant clinical protocol for "biostimulation".

*Note*

Whole application procedure can be repeated 1 - 2 times in case of severe painful sensations after the treatment.

*Contraindications*

Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation (2010)



## 61 TENDOVAGINITIS - BIOSTIMULATION

<i>Program</i>	tendovaginitis - biostimulation
<i>Therapy parameters:</i>	
<i>Recommended power</i>	degree 2 or 2 with pulsation
<i>Recommended dosage</i>	
<i>Length of application</i>	2 - 3 minutes
<i>Frequency of sessions</i>	2 - 5 times a week
<i>Number of sessions</i>	4 - 8
<i>Recommended distance</i>	100-120 mm
<i>Therapy procedure</i>	In this part of the treatment, protocol only the area of the pathology and close surroundings is treated. After the whole procedure the patient should feel pleasant warming-up of the skin in the application area. ~Treat the whole pathologic area and its surroundings using continuous movement (see attached picture). Succesively treat entire area in paralel lines, respecting the direction of the muscle fibers in the region of the application. ~In subacute and chronic conditions "biostimulation" part of the treatment should be preceded with analgesic protocol.
<i>Note</i>	Feeling of unpleasant burning must be avoided! For maximum biostimulative and anti-inflammatory effect cryotherapy can be applied daily.
<i>Contraindications</i>	Application in the area of eye~Application above endocrine glands~Epilepsy~Pregnancy~Tumorous diseases~Febrile conditions~Menstruation

