

# Frequency-Specific Microcurrent (FSM)

## **Conditions to be treated: nerves, joints, discs, muscles**

- Arthritis and other joint related pains including rheumatoid arthritis
- Acute and chronic nerve pain
- Diabetic neuropathies, idiopathic neuropathies
- Muscular pain
- Headaches
- Fibromyalgia
- Neuromas (overgrowth/scarring of a nerve after an injury)
- Pain from tendons
- Visceral pain (from organs)
- Plantar fasciitis (pain in the heel and foot)

## **How does it work?**

Frequency-Specific Microcurrent (FSM) is a very mild electrical current (one millionth of an ampere) that is delivered to different body parts. Specific currents target different tissues/organs. Different tissues respond to different currents. The currents reduce inflammation or irritation and reduce pain. The precise mechanism of actions is not completely understood. FSM potentially increases the production of ATP (major source of energy in the body) in damaged cells up to 500%. This might greatly support the healing process.

## **Prior to visit patient should know:**

- Drink 1 quart WATER (not coffee or other beverages) in the 2 hours prior to the visit (unless patient is not allowed additional fluids by the primary care provider)
- Wear comfortable clothes that potentially can get moist by "conduction-towel"
- Bring something to read (treatment alone takes up to 60 minutes)
- Use restroom prior to visit
- Be in office 15 minutes early to fill out paperwork

**Exclusion criteria:**

- Pacemaker, implanted defibrillator
- Pregnancy, uncontrolled seizures
- Current infection, encapsulated infection
- Narrow spinal canal or foraminal narrowing at the side of the spine
- Recent trauma to the cervical (neck) spine
- Implanted pumps (insulin, pain medication, Baclofen)

**Frequency Specific Microcurrents can be used with the following:**

Stents, pins, plates, artificial joints

**What does patient feel if the microcurrent is applied?**

Most patients don't feel anything. Some patients might feel softening of tissues or warmth. Often patients are more relaxed after the treatment.

**How is frequency-specific microcurrent applied?**

The current is typically applied through a moistened towel or through small skin patches.

**How long is the treatment?**

Generally 60 minutes, sometimes 90.

**How can patient optimize the treatment outcome?**

Drink plenty of water in the 2 (- 4) hours upfront (1-2 quarts - if approved by your primary care physician).

**How long does the effects of frequency-specific microcurrent last:**

The effect can last several days depending on the severity and chronicity of the pain. Lasting relief can be achieved as well for more acute conditions.

## **What are the risks with the treatment?**

Side effects are rare and mild. Patient could potentially get a headache, have dizziness or feel slightly nauseated (sick to the stomach).

## **References:**

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