

Mini Massager™

User's Manual



**PINOOK USA LLC
WWW.PINOOKUSA.COM**

Before Using the Unit

Please read this section carefully for your safe and correct usage of the unit and to prevent injuries



DANGER

This unit must not be used in combination with the following medical device: internally transplanted electronic medical devices, e.g., pacemakers; electronic life support equipment, such as respirators; Electronic medical devices attached to the body, such as electrocardiographs; and/or other electronic medical devices that may cause erroneous operation of those devices.



WARNING

Persons with the following conditions must consult a physician before using the device:

- acute disease;
- malignant tumor;
- infectious disease;
- pregnancy;
- cardiac dysfunction;
- high fever;
- abnormal blood pressure;
- skin sensory disorders or skin problems; and/or
- receiving medical treatment or under a physician's care.

Do not use this unit near the heart, above the neck, on the head, around the mouth or on diseased skin as may cause discomfort or injury.

Do not use this unit simultaneously with other therapeutic devices or in combination with ointments including spray-type ointments as may cause discomfort or injury.

Do not use this unit for purposes other than as indicated in this manual as may cause discomfort or injury.

Do not insert electrode cord plugs into any place other than the electrode cord jack of the main unit as may cause an electric shock or injury.

Do not disassemble this unit as may cause fire, or injury.



CAUTION

If the unit is not functioning properly or you feel discomfort, immediately stop using the unit and consult your physician.

If you want to move an electrode pad to another region of your body during treatment, turn off the power, otherwise you may receive a strong electrical shock.

Do not attach the electrode pads to any other person during a treatment as you may receive a strong electrical shock.

Do not start treatment while wearing an electronic device as the settings and timings of the device may be affected.

Do not use the unit on infants or people not capable of communicating.

Do not use this unit in places of high humidity such as the bathroom or while taking a bath or shower, as you will receive a strong electrical shock.

Do not use the unit while sleeping as may cause discomfort or injury.

Do not use the unit while driving as you may receive a strong electrical shock or stimulation that may lead to an accident.

Do not leave the electrode pads attached to the skin after treatment as may cause irritation or discomfort.

Do not allow any metal object to come into contact with the electrode pad during treatment as you may receive a strong electrical shock.

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The product of Mini Massager provides you healthy and happy life! Your health is our wish!

Foreword:

Mini Massager is the latest generation developed by the modern micro-electronic technology with a large amount of clinical practices depending on principals of physics, bionics, bioelectronics, and meridian of traditional Chinese medicine. It is a perfect unity which successfully combines the distillation of traditional Chinese medicine with the modern micro-electronic technology.

Health means wealth and future. And health is not everything, but nothing exists without health. Mini massager is not only a "health treasure", but also a "gold key" to the health door, which is in favor of people. Persistent using of it can provide your own health treasure finally.

The advantage of Mini massager:

- The mini massager is the latest fashionable product. It is a light, mini-sized, and multi functional product designed for the market requirement.
- The adopted lithium ion battery with various power charge methods (by USB of computer, and AC-DC converter) is for long-term use and security.
- It is a convenient "doctor in your pocket and mobile intelligent family hospital", and a necessity of modern family.
- With pure natural and humanized therapy without injection or medicine can improve the immune function of human body, it is an ideal non-medication product of 21st century.
- Perfectly combined with modern science and technology and the traditional Chinese medicine, it is made to measure with its



independent intellectual property.

The treatment principal of Mini massager:

Combined the bioelectrical information with massage and acupuncture, etc. of the traditional Chinese medicine, adopted modern micro-electronic technology, computer embedded software technology and simulation by modern electrophysiological theory and the meridian theory of the traditional Chinese medicine. Mini massager is designed with various functions of cure and health protection such as massage, acupuncture, threshing, scraping, weight losing, beauty, cosmetology, hypnosis, anti-hypertension, and immune regulation, etc. It is a multi functional product with holographic auricular therapy and foot therapy function, which provide thorough treatment more and significant effect.

The cell activities of muscles, nerves, organs and tissues in human body can generate feeble electric activities, which are formed by the change of a kind of biological electron. The activities of biological electrons would generate the special bioelectricity of the organism. The whole life of human body can not last without the activities of the biological electrons, which persistently maintain the relatively balance in the imbalance. Analyze from the angle of meridian of the traditional Chinese medicine, the imbalance of bioelectricity would cause turbulence of meridian, which would cause various discomforts or pains in human body.

Mini massager uses high-tech digital technology to generate low-frequency bionic currents to directly work in the whole human body by the meridian system for local and systemic regulation and treatment. Low-frequency bionic currents work at the superficial points on the human body, which can directly stimulate

inhibiting sympathetic, enlarge blood vessels, improve blood circulation, ameliorate local blood supply and nutrition, boost tissue energy, accelerate waste metabolism and the efflux of inflammatory substances for inflammation diminishing and detumescence. The high-octane currents can cause masking effect for in-time acesodyne by cortex interference and gate mechanism. At the same time, the body fluid circulation can inspire the increase of morphine-like substance in the serumendorphin to generate and strengthen inflammation diminishing, detumescence and persistent analgesia; The high-octane currents can also stimulate nerve muscles to cause nerve excitement and the muscle shrink to generate motion effect, which can relief fatigue and treat peripheral nerve injury and paralysis, improve local micro-circulation, relax muscles, promote metabolism and the absorption of inflammation products, release the conglutination of local tissues, and relief various pains. It has good relief effect for pains of cervical spondylosis, scapulohumeral peri-arthritis, lumbar muscle strain, fascitis, and arthritis, etc.

Mini massager can be used in the prevention and treatment for the pains in neck, shoulders, waist, and legs, etc. It has the function of diminishing trauma of muscles, joints, and soft tissues, body strengthen, weight losing, cosmetology, and immunity improvement, etc. The product combines low-frequency electronic impulse with massage manipulation to form simulation treatment wave to regulate the immune function of human body to strengthen immunity. It is a multi-functional product for health protection.



Chapter One Function and Usage

Part One Main Function

1. Summarize

Pain is an obvious symptom of various diseases, and severe pain will bring great hurts to patients, which also becomes the initial reason why patients go to hospital. The analgesia by medicine is a common method, but it has great side effects, toxicity, hyper susceptibility, and addiction. The physical analgesia would not destroy body tissues nor cause dysfunction. The thousands years' treatment practices of the traditional Chinese medicine prove that the rapid and effective analgesia of acupuncture and massage can get rid of some pain syndromes quickly. The development of modern electronic and software technology makes the traditional treatment means enter family, which can not only regularly treat some pain syndromes but also provide daily health protection and care.

Mini massager mainly aims to pains of muscles, joints, soft tissues, viscera, and gynecology, etc. The product inauguratedly combine compatibility, meridian stimulation, and manipulation simulation together by rapid acesodyne. It is easy and effective without side effects. Great attention had been caused at the stage of clinical experiment.

Mini massager can resume fatigue and health obviously for those in long-term driving, working at desk, stoop, and some fixed pose, athletes, and motion fatigue patients with regular using.

Mini massager is safe, effective, economic, and convenient, and it is a necessity for the work, life, and family of modern people.

First, depending on traditional acupuncture analgesia theory, the

2. Three Analgesia Means

meridian qi can be stimulated by exciting the nerve ending receptors at the point deep for the purpose of analgesia.

Second, combining the successful experience of modern peripheral electrical nerve stimulation analgesia, use electricity to instead of acus to make meridian skin stimulation at relative analgesia points to interdict pain signal conduct access and boost pain threshold.

Third, traditional massage analgesia concept is inducted, and the manipulations of the famous are simulated, programmed and embodied in the single-chip to improve the micro-circulation, accelerate metabolism, loose conglutination, and relieve convulsion to furtherly ease pains.

Mini massager mainly cure pains caused by diseases in muscles, joints, and soft tissues, etc. It also have obvious analgesia and cure effects to pains of viscera and gynecology, etc. Treatment on points is also available wherever pains. With easy manipulation, it can take effect in 40 minutes.

3. Indications:

Mini massager is a perfect unity which successfully combines the distillation of traditional Chinese medicine with the modern micro-electronic technology. It can dredge meridians and qi blood, cure diseases, strength health, and prolong life. The main indications are mainly as follows:

- ① sub-health statement such as discomfort in body, low immunity, systematic fatigue and neurasthenic, etc.
- ② pains caused by various acute and chronic diseases such as: rheumatism, arthritis, scapulohumeral peri-arthritis, lumbar muscle strain, tummy bug, gastropathy, bellyache, neuralgia, toothache,

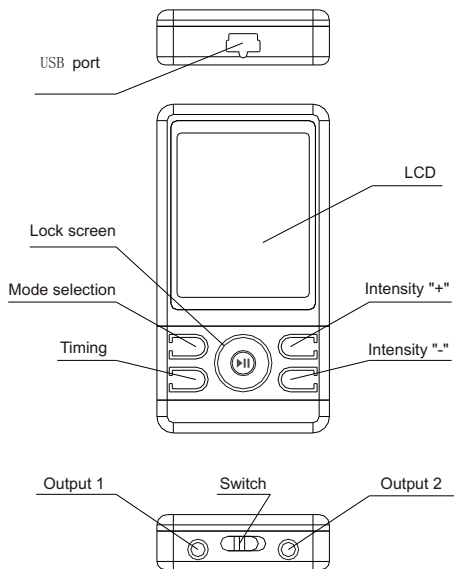
and dysmenorrhea, etc.

③ central nerve and peripheral nerve injury.

④ belly fat, fat legs, and post-partum looseness, etc.

Part Two Usage

1. Instrument Structure (See Chart as follows)



2. Functions and Features

Six functions :

- ① health protection by massage analgesia
- ② simulation therapy by acupuncture
- ③ massage by electronic knock
- ④ immune regulation
- ⑤ massage at the foot point
- ⑥ holographic auricular therapy

Six features:

- ① With LCD screen, it is a clear and beautiful, special mini exquisite product.
- ② Two output to do the massage on more treatment points at same time.
- ③ It is designed by single chip.
- ④ It adopts various power supplies with super power, long use term, convenience, and setup programm and embeded software technology. With SMD device mount technology, it has dependable capability and high integration.
- ⑤ The combination of bioelectricity simulation, simulated massage and acupuncture manipulation forms wonderful waveforms to dredge the meridians of human body. Yin and Yang are balanced by the regulation of biological chain for the purpose of cure.
- ⑥ It is for systemic protection from auricular therapy to foot massage.

3. Usage

- ① Charge: take the mini massager out, insert one end of the charge plug into the charge jack at the bottom of the massager, and insert the other end into the power output jack of the charger (for

computer users insert it into the USB jack; family and office users can insert it into the AC-DC switch jack) for charging. The new instrument is suggested to be charged for more than 10 hours after the electricity in it is used up, which is in favor of prolonging the use life of the lithium battery.

② Preparation: unfix the charge line after the charge is finished (generally after 2 hours) and put away the charger. Insert the jacket at one end of the physical therapy line into the output jack at the bottom of the massager, and button in two physical therapy films at the two poles of the other end. Tear off the protection film on the physical therapy film, and press physical therapy film at the massage treatment part solid.

③ Turn on: turn the switch at the top of the massager to left "ON", then the small flashing hand on the LCD screen will automatically points at state 1. The "TIME" will automatically choose the state of 20 minutes. Then the state and time can be chosen as you wish by "M" and "T" key on the control panel.

④ Power adjustment: to strengthen the output power, press "+" key on the control panel. One press to increase one grade; totally 20 grades. The chosen power output depends on the feeling comfort. At the precondition of acceptance, the power should be chosen as large as possible for the best effect. The output power can be reduced by pressing "-" key.

⑤ Mode Choice: Press "M" key to change the six type massage modes. The mode 1 is massage waveforms; the mode 2 is acupuncture waveforms; the mode 3 is strike waveforms; the mode 4 is compounding waveforms; the mode 5 is foot therapy waveforms; the mode 6 is auricular therapy waveforms. Please increase the intensity because it will return to be lowest automatically when you change to a new mode.

⑥ Time set function: the auto time set of turn-on is 20 minutes, and there is display on the LCD screen. Press "T" key on the control panel to increase the time. One press to increase 10 minutes. The instrument sets time to auto turn-off, and it should be restarted if treatment is needed to be continued.

⑦ Lock screen: Long press the round key in the middle of the control panel to lock the LCD screen. And when there is a key showed on the right top on the screen, it will be no use no matter you press any key on the control panel. Long press the round key in the middle again to unlock.

⑧ Power off: when the treatment is over, turn the switch at the top of the massager to the right "OFF", then there would be no output in the instrument. Take off the physiotherapy film, cover the protection film, and put away the mini massager.

4. Regular use principle:

① Take a comfortable position and try to relax in use.

② Find the right pain point, namely the treated area.

③ The strength in use should be as great as possible within the bearable range.

④ The treated area should be changed in the turn-off state.

⑤ Patients who have acute trauma with subcutaneous hemorrhage, edema or fracture should go to hospital first and use the instrument for recover under the doctor's advice after 24 hours.

Part Three: Notice

1. Patients who have acute trauma with subcutaneous hemorrhage and edema should eliminate above symptoms first and then use this



instrument to improve recover.

2. Avoid the pole from the heart part to treatment.
3. Children and psychopaths can not use the instrument solely; patients with severe cardiopathy and pregnant women should use it under the doctor's advice;
4. The instrument is forbidden to patients with pacemakers.
5. Two films can not be contacted in treatment in case that there is no output because of short circuit.
6. Avoid skin parts with scratch, dilapidation, and ulceration when apply the film.
7. The auris point should be cleaned by water in the treatment.
8. The food therapy should be adopted on bare feet with shoes.

Part Four Maintenance

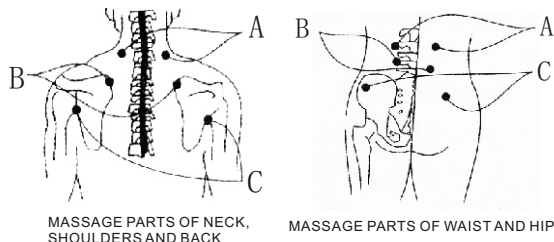
1. The pole film should be covered with protection film after use to prevent from dirt for better effect and longer use life.
2. The film can be washed by little water and be dried airing if it is dirty. Note: the washing time can not exceed thirty seconds. Wet the film by drops of water to strengthen the glutinosity. Change for the reserved film if the glutinosity is totally lost.
3. Power off the instrument after the treatment and put it in the cool and dry place.
4. Don't open the cover of engin in case damage to the instrument.
5. The pole film and the pole lead is expendable, and the reserved film and lead can be bought at the instrument shop or the producer.

Part Five Technical Parameters

1. input voltage: DC 5V
2. rated current: $\leq 60\text{mA}$
3. rated power: $\leq 0.5\text{W}$
4. pulse width: $0.1\text{ms} \pm 10\%$
5. output width (one-way): min.: $0 \sim 10\text{V}$; max: $55 \sim 75\text{V}$, the width between the min and max value is continuously adjustable ($K \Omega$ load resistance).

Chapter Two Immunoregulation

When people use the same position to work in a long time, the long-term tension of some muscles would cause ache and edema. For example, people who work in long-term bend, the computer operators, and drivers are vulnerable to cervical spondylosis and scapulohumeral periarthritis; people who work in long-term bend are vulnerable to lumbar muscle strain, etc. The regular use of this instrument can eliminate muscle fatigue, boost the tissue metabolism, improve microcirculation, regulate immunity, and relax body and mind to prevent from the occupational diseases.



Massage parts of neck, shoulders and back Massage parts of waist and hip

Film part choice of neck and health-protection scheme

See group A in Fig. for the film part. Choose mode 1 to massage for 40 minutes, and choose mode 4 to acupuncture for 20minutes; twice every day.

Film part choice of shoulders and health-protection scheme

See group B in Fig. Choose mode 1 to massage for 40 minutes,

and choose mode 4 to acupuncture for 20minutes; twice every day.

Film part choice of back and health-protection scheme

See group C in Fig. Choose mode 1 to massage for 40 minutes, and choose mode 4 to acupuncture for 20minutes; twice every day.

Film part choice of waist and health-protection scheme

See group A and B in Fig. Choose mode 1 to massage for 40 minutes, and choose mode 4 to acupuncture for 20minutes; twice every day.

Film part choice of hip and health-protection scheme

See group C in Fig. Choose mode 1 to massage for 40 minutes, and choose mode 4 to acupuncture for 20minutes; twice every day.

Chapter Three Analgesia

Pain is one of the clinical main manifestations of diseases, also the important basis for people to find the diseases. During the treatment, people usually choose analgesics to ease the pain. However, with great side effects, the analgesics is easily to cause hypersusceptibility and addiction, and damage liver and kidney.

Mini massager can effectively relax you, accelerate blood circulation and ease the pain of muscles, joints, and soft tissue. It also have obvious analgesia effects to viscera pain, neuropathic pain and dysmenorrhea.

Experiments proved that the analgesia can be realized by stimulating points and local peripheral electrical nerve receptor to improve microcirculation and metabolism, loose conglutination, relive convulsion and increase the pain threshold.

Part One Pain in Trunk and Extremities

1. Pain in trunk

Chronic strain, acute strain, injury and hyperosteogeny, etc. by

various reasons can cause inflammation, edema, pain in local tissues and limited movement, which usually happen in neck, shoulders, back, and waist, etc. See Fig. Below. The instrument has obvious analgesia effect and can improve the absorption of the inflammatory substances and the nutrition of local tissues and microcirculation to promote recovery. The point of curative effect is the choice of treated areas.

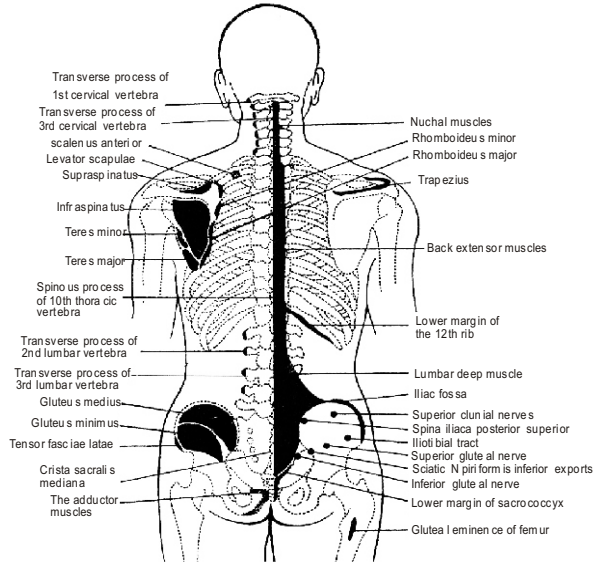


Illustration for tender point in trunk of common soft tissue strain and pain neck, shoulders, back, arms waist, sacral and legs etc.

Parts for films

There is a saying in the traditional Chinese medicine that “the pressure pain point was selected as needled point”. The very pain point is the key point and the best massage part. Find the pain point according to the Fig. and apply a physiotherapy film on. The other physiotherapy film should be applied at the symmetric point of the pain point or near the pain point (but the physiotherapy film can't be lapped). If there are several pain points, massage can be done for several times. Choose mode1 to massage for 40 minutes and use mode 2 to acupuncture for 40 minutes; twice or third every day.

2. Pain in extremities

Pain in extremities is caused by sports injury, overfatigue of soft tissues, strain, and other causes, often with achem, edema, and convulsion of muscles.

Parts for films: the two films should be applied at the two ends of painful muscles, or apply one film on the muscle, and the other on the tendon. The film location can be adjusted according to your feeling. Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 40 minutes; twice or third every day.

Part Two Pain in neck, shoulders, waist, legs and joints

1. Pain in neck

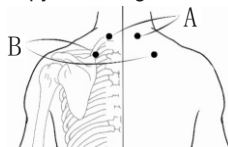
Cervical spondylosis, the acute injury, chronic strain and hyperosteoegony in the muscles of neck are the common causes of pain in neck.

【cervical spondylosis】 Supporting the head weight and great movements, the neck is easily to be strained, which can lead

hyperplasia in the cervical vertebrae hyperplasia. Once the cervical vertebrae of hyperplasia oppresses the nerve or blood vessel, pain and other symptoms would be caused. Middle-aged or old men, and workers at desk for a long time belong to the vulnerable group.

【clinical main festations】 Symptoms such as pain in neck and the neck root, inflexible movement and ankylosis of neck, and headache, hand anesthesia, or vomit desire, etc.

【treated area and therapy】 See Fig. for treated areas.



Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 40 minutes; twice or third every day.

【Notice】

- ① Except for analgesia, this instrument is suggested for long-term use to ease the neck strain to prevent from the cervical spondylosis or recurrence.
- ② The pillow for sleep should be low and soft.
- ③ Have a rest if headache appears in the treatment.

【stiff neck】 Convulsion is usually caused by the long-term over stretch of the neck side because of wrong sleep position; or by the local derangement of qi and blood and blocked meridians because of chill in the neck.

【clinical main festations】 Muscles strain, convulsion, toughness at one side of the neck, toughness in head, or the pain would become severe. Patients should decline the head toward the suffered side for compulsive position. Mild patients would recover themselves in

several days, and severe patients would recover for weeks, which would influence work and life.

【treated area and therapy】 Apply the film at the pain part. Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

【Notice】

- ① Relax the muscles of neck in the treatment.
- ② Keep warm in the neck part and avoid high pillow in sleep.

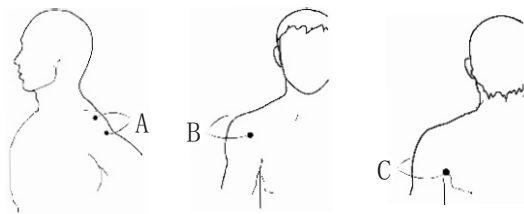
2. Pain in shoulders

Under the condition that the pain in left shoulders caused by the heart disease, and pain in right shoulders caused by the hepatobiliary disease are excluded, pain in shoulders is generally caused by scapulohumeral periarthritis and subacromial bursitis.

【scapulohumeral periarthritis】 The called “omalgia” is also named as “50rs' shoulder” because the patients are mostly 50 years old. With weak blood supply, the large amount of thin and long tendons crossing shoulders joints usually have degenerative changes as people get old. In addition, the frequent movements of shoulder joints would press the soft surrounding tissues, which would easily cause chronic strain. Consequently, chill usually cause this disease.

【clinical main festations】 The initial pain in shoulders would get severe at night, which would cause inconvenient movement, ankylosis and parital cold. The pain would spread toward collare and the upper limbs, which would cause functional disorders such as inconvenient upper lift and back bend. “Frozen shoulders” would be caused by the wide advanced conglutination of shoulder joints and the movements in shoulders would be limited with unobvious pain.

【treated area and therapy】 See Fig. for treated areas



Find the very pain part and apply the films at the anterior and posterior shoulders. Choose mode 1 to massage for 40 minutes and use mode2 to acupuncture for 40 minutes; twice or third every day.

【Notice】

- ① The strength in use should be as great as possible within the bearable range. The feeling of mild pain is the best to relief joint conglutination.
- ② Good curative effect of the scapulohumeral periarthritis which have long-term course can be gained by
- ③ Do functional practice at shoulders in perseverance and proper sequence.

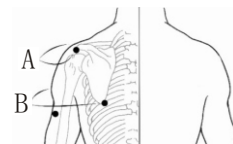
【Subacromial bursitis】 There are many synovial bursas around the shoulder joints which can reduce the scrubs between the joints and muscles. After 40 years old, the synovial bursas are easily degenerated to cause chronic bursitis. In addition, the outside force would also cause the injury of synovial bursas and acute injured bursitis.

【clinical main festations】 deep pain in the outside of shoulders, severe pain in the abduction and adduction of the upper limbs. The movement limite is mild initially, dysfunction would appear in the middle phase, and muscle atrophy would be caused in the late phase.

【treated area and therapy】 See Fig. for treated areas

Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 40 minutes; twice or third every day.

【Notice】 Pay attention to warm keeping in local parts. Avoid forceful movement in the suffered shoulders. Gental movements are advisable in the initial stage and proper functional practices should be done in middle and late phases.



3. Pain in back

Fascitis of back is the main cause of pain in back.

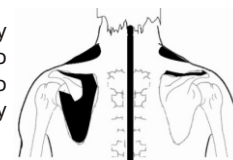
【fascitis of back】 long-term work at desk and little movement of back are the main causes of static muscle tension in back, which weakens the partial microcirculation and causes hypoxia, thus a large amount of metabolites can not be discharged, and aseptic inflammation would appear to cause ache, bulge swell and pain.

【clinical main festations】 Distending pain and ache in shoulder back, pain in pressed muscles, severed pain in head rising, hand lifting and turning over, which are usually caused by cold and tiredness. Severe pain appears when getting up in the morning and it becomes mild with movements or knocking, or would become severer in fatigue.

【treated area and therapy】

Find some pain points in back to apply films respectively. Choose mode 1 to massage for 40 minutes and use mode3 to knock for 40 minutes; twice or third every day.

【Notice】



① Avoid working in the same position in the initial phase and change the position at times.

② Keep warm at local part. Workers who work at desk for a long time should usually use this instrument as daily health protection.

4. Pain in waist

Lumbar disc herniation, acute psoas muscle sprain, chronic lumbar muscle strain and hyperosteogeny can cause pain in waist.

【lumbar disc herniation】 Without blood circulations, the intervertebral disc has weak repair capacity, which would be extruded and extended by load and spinal column movement, easily causing degenerations such as atrophy, break, and weakened elasticity, which is the internal cause of this disease, while wound and cold are the external causes of this disease.

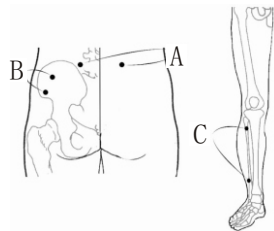
【clinical main festations】 Pain in waist with radioactive pain in the lower limbs. Turning over and sitting would be influenced when it is severe, and it would ease after a rest. Cough or force in the stool would make the pain grave. Patients with long-term course have anaesthesia in legs and feet. Many patients feel cold in the suffered limbs.

【treated area and therapy】 See Fig. for treated areas
Choose mode 1 to massage A,C for 40 minutes and use mode 3 to knock B for 40 minutes; twice or third every day.

【Notice】

① Sleep in the plank bed during the treatment period and pay attention to keep warm of the waist.

② Except for using analgesia instrument to ease the pain, traction



treatment should be companied according to the state of disease.

③ Long-term sitters can use this instrument for daily health protection in waist.

【acute psoas muscle sprain】 Supporting the upper part of human body, the waist is one of the parts which have the most movements. Without the protection of bone structure, it is also the most vulnerable part. This disease is usually caused by heavy loads, violent impact, and the over anteflexion and posterior extension of the waist.

【clinical main festations】 Pain in waist after injured, inconvenient movement, even difficult sitting and lying, severe pain when cough and deep breath. There are also some patients who have mild pain initially after injured and grave symptoms would appear after several hours or days.

【treated area and therapy】 Apply films at any two pain points in waist. Choose mode 1 to massage for 40 minutes and use mode3 to knock for 40 minutes; twice or third every day.

【chronic lumbar muscle strain】 Long-term unbalanced position in working which causes fatigue of soft tissues can cause this disease. Delayed treatment to the acute injury in waist would cause fibrillary which would become scar tissue to oppress the nerves, causing this disease.

【clinical main festations】 long-term pain in waist, light or grave, with wide and unobvious tenderness. The pain would become grave after fatigue and ease after a rest, and it is relative with the climate change.

【treated area and therapy】 Find any two pain points in waist and apply films respectively. Choose mode 1 to massage for 40 minutes and use mode3 to knock for 40 minutes; twice or third every day.

【Notice】

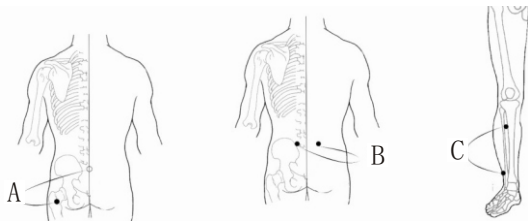
① Sleep in plank bed and strengthen the practices on muscles in waist.

② Try to change posture in work and pay attention to the habitual bad position.

【sciatica】 Sciatica can be caused by local pathological changes such as cold, infection, or lumbar disc herniation, spondylarthritis, and intraspinal tumor, etc. This disease belongs to the category of “articular pain” in the traditional Chinese medicine.

【 clinical main festations】 Radioactive pain appears along the waist, stern, waist, hip, posterior thighs, outer legs to posterior feet or little toe where the sciatic nerves passes by. The pain is just like the feeling of burnt or cut. Walking, waist bent or squat usually aggravate this pain.

【treated area and therapy】 See Fig. for treated areas



Apply films according to the Fig. Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 20 minutes; twice or third every day.

【 lumbar hyperosteogeny 】 hyperosteogeny is a kind of degenerative disease which appear as ages, and rheumatism and osteoporosis would accelerate the process. A series of symptom

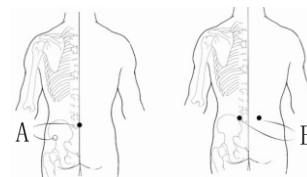
would appear when the spurs oppersses nerves.

【 clinical main festations】 long-term pain in waist, mild and severe, with wild and deep tenderness. The pain would become grave after fatigue and ease after a rest, and it is relative with the climate change.

【 treated area and therapy】

See Fig. for treated areas

For the two groups, choose mode 1 to massage for 40 minutes and use mode 3 to knock for 20 minutes; twice or third every day.



【 injury of superior cluneal nerves】 The fibre direction of

waist back fascia is different from that of hip fascia. When the body suddenly spins left to right, the fibres of this part are easily injure to influence the superior cluneal nerves, causing pain. If it is not treated in time, the would superior cluneal nerves have pathological changes because of influenced blood supply caused by congestion in the veins.

【 clinical main festations】 Most patients have the history of twist and strain in waist and hip, the twinging of one side, ache, tearing pain, limited waist bending, and difficulty in standing up and sitting down.

【 treated area and therapy】 Find any two pain points in waist and apply films respectively. Choose mode 1 to massage for 40 minutes and use mode3 to knock for 20 minutes; twice or third every day.

【 Notice】 Local hot apply is acceptable in this instrument physiotherapy, but not too hot.

5. Pain in joints

Acute injury, chronic injury, hyperosteoegeny, rheumatism and rheumatoid disease, etc. would cause pain in joints of elbow, wrist, coxa, knee, ankle, and feet, etc.

【pain in elbow】 Pain in elbow is generally caused by acute wrench or chronic strain, regular stimulation to tendons by nodes formed by conglutination, calcification and hyperosteoegeny of local tissues. Pain in elbow mainly manifests as external humeral epicondylitis, (tennis elbow), internal humeral epicondylitis (student elbow), and olecranon bursitis (miner elbow) etc., which mostly appear in the middle-aged

【clinical main festations】 (take the tennis elbow as the example) pain in elbow would aggravate in the movements. Patients are incapable of holding and palms can not bear things downright to lift on a level.

【treated area and therapy】 See Fig. for treated areas.

Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

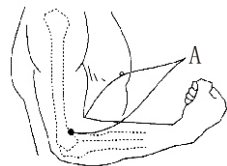
【Notice】

① Keep warm in local parts and avoid cold stimulation.

② Backward stretching of the waist is inadvisable during the treatment.

【wrench in wrist joints and pain in the wrist pain】 wrist joints move a lot with wide range. The wrench is caused by sudden back stretch, palm on earth when tumble or be cautiousless when lift things.

【clinical main festations】 Unobvious pain and edema, which would be sensed when wrist joints move widely. There are feelings of lack



of energy and flexibility in wrist joints.

【treated area and therapy】 Apply films in symmetry at the two sides of wrist, internally or externally.

Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

【Notice】

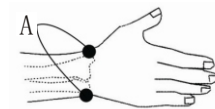
① Other pains in the wrist pain such as the carpal tunnel syndrome, wrist tendons inflammation, tenosynovitis and ganglion, etc. The manipulations of choosing point and treatment are the same as above.

② Keep warm of local parts and avoid the cold stimulation. Use cuff to protect the parts during the physiotherapy.

【mouse wrist】 This disease is relative to occupation, which are common in patients with frequent wrist and palm movements, such as IT workers, plan designers, Internet users and computer games lovers.

【clinical main festations】 The disease comes on slowly. Local ache appears in wrist early distending pain and then the pain aggravates. Severe pain can emit from the wrist to finger and forearms.

【treated area and therapy】 Apply films on the internal and external side of wrist in symmetry.



Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

【Notice】

① Use analgesia instrument for regular treatment nursing.

② Adolescents should deny themselves to computer games.

【hip osteoarthritis】 Hip joint is the deepest joint of the whole body and the predilection site of osteoarthritis. The cause is chronic strain, which mostly appear after the middle age.

【clinical main manifestations】 The disease comes on slowly without symptom of the whole body. The joints feel a little inconvenient at the early phase and pain appears in movement after the disease course is prolonged. The spurs of hyperplasia in late phase stimulate the surrounding tissues to cause traumatic inflammation, durative pain and movement disorder.

【treated area and therapy】 See Fig.

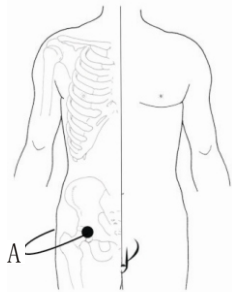
Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

【Notice】

Others that may cause pain in coxa are coxa plana, snapping hip and hip joint bursitis. The physiotherapy parts and therapy are the same as the above; owing to the deep location of coxa joints, use great force in the treatment; pay attention to warm keep in local parts and do proper exercise.

【pain in chest】 This is a kind of pain in chest caused by the twist of chest trunk which hurt thoracic joints owing to wrong gestures. Pain would aggravate when the patient breaths, so the breath should be reduced to decrease the effective ventilation volume. The stuffiness and expansion in chest is just like the air gathers at the turnoff.

【clinical main manifestations】 This pain is different from that caused by



the pleurisy, which would not have the systematic symptoms such as high fever, etc. This disease is caused by trauma and pain in chest at one side would appear after the trauma. Pain would aggravate when the patient breaths even severer when coughs. Pain would involve the back and wide implicit pain would appear sometimes. Patient usually can not locate the pain position.

【treated area and therapy】 Apply films on any two pain points of the chest respectively. Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

【Notice】

① The pain can disappear or obviously be dispelled after the treatment of this instrument. Over force is inadvisable within a week and right gesture should be taken in the movement.

② Sleep in the plank bed during the treatment period.

【pain in knees】 Traumatic bursitis of the knees is the common cause of pain in knees. Knee joints have the most abundant bursae of the whole body. Owing to trauma or over strain, the injured bursae produces a large amount of effusions which would be fibrotic in long-term accumulation, causing incrustation of the bursae and joint conglutination, and the caused pain would influence movements.

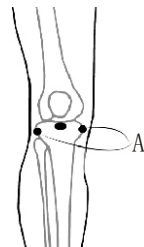
【clinical main manifestations】 knee joints edema, pain, lack of force, engraved pain in bending.

【treated area and therapy】 See Fig.

Choose mode 1 to massage for 40 minutes and use mode3 to knock for 40 minutes; twice or third every day.

【Notice】

① Patients who have joint conglutination should



enforce the strength of treatment.

② The affected limb is inadvisable to hyperactivity to avoid the cold stimulation.

③ Other causes of pain in knees are injury of meniscus and collateral ligament, etc. The manipulation is the same as that of the physiotherapy part.

【strain of infrapatellar fat pad】 It is the common disease in knees, and the infrapatellar fat pad is filled between the joints, playing an effect of lubricating. The trauma or strain of knees can cause the hypermia and hypertrophy of the fat pad, causing aseptic inflammation to stimulate the pain of cutaneous nerve. Conglutination of fat pad and ligament would appear without in-time treatment, which would limit movements of knees.

【clinical main festations】 Pain in knees would engravate when the knee joints totally unbend. Edema is mild at the two sides of knee joints and the pain can spread downward. Little extravasate of joints would appear in the late phase.

【treated area and therapy】 See Fig

Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 40 minutes; twice or third every day.

【 Notice】 The affected limb is inadvisable to hyperactivity to avoid the cold stimulation.

【 ankle sprain】 Ankle sprain happens at any age, which takes over 80% of the systemic sprain. This instrument can quickly relieve pain to recover.

【 clinical main festations】 Obvious edemapain appears in the ankle, which makes the foot can not touch the land. There are obvious tenderness at the wound with local subcutaneous gore.



【 treated area and therapy】 See Fig. for treated areas. The films can also be applied at any pain points on the ankle..

Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 40 minutes; twice or third every day.

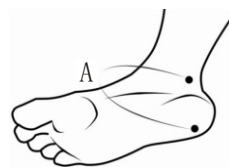
【Notice】

① This instrument is inadvisable to be used in the acute period of injury, let alone the hot compress. Use this instrument after 24 hours to promote the elimination of gore and edema. Greater strength of treatment should be used in the recovery period to prevent from the conglutination.

② The affected part can be flexibly fixed by the bandage. Lift the affected limb to avoid walking

【pain in heels】 Pain in heels is a common disease of the middle-aged and old men. The aseptic inflammation of the heel spurs and fat pad under the heels are the main cause of the pain in heels.

【 clinical main festations】 Pain in heels appears in walking and it would relieve after a rest or in warm, or it would engravate in cold. If it is caused by spurs, the degree of pain has great relationship with the direction of spurs.



【 treated area and therapy】 Apply the films on the internal and external side of the heels.

Choose mode 1 to massage for 40 minutes and use mode3 to knock for 40 minutes; twice or third every day.

【 Notice】 Put back mats in the shoes

and immerse feet in hot water for 30 minutes every day.

【rheumatoid disease】 It is a kind of systemic chronic disease. With unclear cause, it belongs to the bi syndrome of bone of the traditional Chinese medicine. Patients have migratory joints pain and dysfunction in the early phase, which is also called as "pain in running". And the joints would become stiff, deformed, and dysfunctional in the late phase. This disease is common in the youngsters and the rate of women is 3 times of men.

【 Clinical main festations】 This disease comes on slowly. Symptoms such as fatigue, anaesthesia of hands and feet, etc. would appear in the early phase. Then a joint pains and swells. Fever and rubeosis appears in skin, followed by migratory pain. As the swell of joints and the movement limit, the muscles around joints gradually become atrophic, stiff, and the patient need daily help.

【treated area and therapy】 Apply the films at any two pain points. Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 40 minutes; twice or third every day.

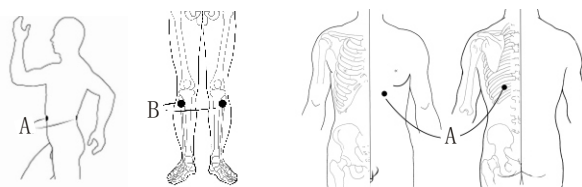
【Notice】

- ① It is kind of stubborn chronic disease, which has better prognosis if it is treated early. At the same time of using this instrument to relief pain and eliminate edema, the patient should follow the doctor's advice with the treatment of rheumatism drugs.
- ② Pay attention to warm keeping and nutrition. Avoid cold food and overfatigue.

【Gout】 There is a substance named as purin in human body, and gout would be caused by its metabolic disorder. Patients are mostly the middle-aged or older. Gout can be caused by bibulosity, surfeit, fatigue, and inflammation, etc.

【 clinical main festations】 Pain in joints is a kind of common

symptom, which usually acutely comes on at night. Fever and rubeosis appears in the pathologically changed joints and soft surrounding tissues. Some patients have symptoms such as high fever, headache, hypodynamia and anorexia. It would reoccur in most patients in two years and become more frequent and severer, which would evolve as the chronic gouty arthritis.



【Treated area and therapy】 Apply the films at any two pain points. Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 40 minutes; twice or third every day.

【Notice】

- ① Take the medicines under the doctor's advice to avoid damage to the hepatic and renal function.
- ② Avoid meat, the preserved salty food, wine and strong tea.
- ③ Persist in using this instrument for physiotherapy.

Part Three Common Pain in Organs

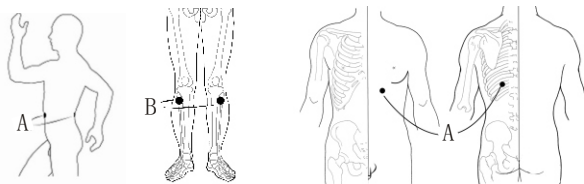
This instrument have obvious analgesia effect to the qi expansion pain, dragging pain, and radicular pain, etc. At the same time of relieving patient's pain, it can generally regulating qi and activate blood flow. The long-term use of this instrument can assistantly treat

some diseases of organs.

【stomachache】 Stomachache, the upper abdominal pain, is a common symptom caused by gastricism, ulcer inflammation, stomach convulsion and biliary diseases. The traditional Chinese medicine holds that although pain causes are different, all can be classified into disorder of visceral qi, which ensues pain.

【clinical main festations】 The expansion or pain of stomach involves two ribs. With cold stomach, constipation or loose stool and vomit sometimes, the pain would relieve after the vomit.

【treated area and therapy】 See Fig.



Choose mode 1 to massage A for 40 minutes and use mode 3 to knock B for 40 minutes; twice or third every day.

【Notice】

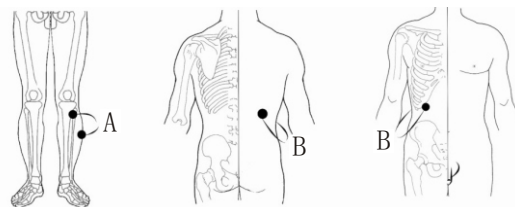
- ① Forbidden to patients with gastric ulcer in the hemorrhage period.
- ② Pay attention to diet regulation and avoid overfatigue.

【pain in liver】 It is the distending pain and dull pain in liver, chest and flank which is caused by hepatosplenomegaly of the patients with acute and chronic hepatitis which involves surrounding tissues and nerves, or stiffness caused by liver qi.

【clinical main festations】 Most patients with hepatitis can recover after the acute period, while some can not be healed turn into the chronic period. There are no conscious symptoms in the chronic

hepatitis and the symptoms in action are the same as that of the acute hepatitis in the early phase, such as anorexia, nausea hypodynamia, discomfort in midsection or pain in liver, etc.

【treated area and therapy】 See Fig.



Choose mode 3 to knock A for 40 minutes and use mode 1 to massage B for 40 minutes; twice or third every day.

【Notice】

- ① Pay attention to rest during the treatment period of acute hepatitis and the active period of chronic hepatitis. Avoid oil food and no wine at all.
- ② Lay and stretch in the treatment of this instrument to lead the liver qi.

【gallstone pain】 The movement of gallstone in the gallbladder or bile duct causes the temporary obstruction of the cystic duct or the common bile duct. Immobile or incarcerated gallstone would not cause typical biliary colic. After an oily dish, the strong shrink of gallbladder smooth muscle usually cause biliary colic and the cholecystitis companies with the gallstone.

【clinical main festations】 When the gallstone blocks the biliary tract or have secondary infection, the normal secretion, storage and release of the bile would be influenced, and the excretion of bile

would be in normal. The gallbladder smooth muscles strongly shrink with rhythm, causing the blast of angina on the right upper abdomen or upper abdomen, which can emit toward the right scapular area and the back.

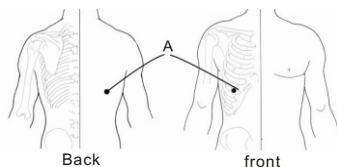
〔treated area and therapy〕

See Fig. for points

Choose mode 1 to massage A for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

See Fig. for auricular therapy points

Nip the ear clip at B of the ear (put the conductive electrode at the side of inner ear), and choose mode 6 of the instrument for auricular therapy for 40 minutes, twice or third every day. The auricular therapy can not only relieve pain, but also can promote the lithagogue.



〔Notice〕

① Gallstone is relative to diet and sports. Avoid oily food and do more exercises.

② Go to hospital for surgery if necessary.

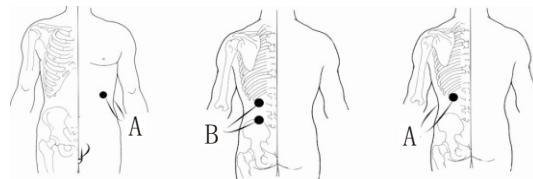
【renal lithiasis pain】 Renal lithiasis is usually caused by urinary tract infection, urine retention, and the increased urine calcium, which would directly injure membrane, causing obstruction and infection. The oppress, rub or gravitation of the lithiasis usually cause the dull pain of the renal part

or the midsection.

〔clinical main festations〕 Pain is the main symptom of the renal lithiasis, which would severe in violent movement or complicated

with infection. The calculi stimulates the renal pelvis and cause the convulsion of smooth muscle and sudden severe renal colic. The pain is paroxysmal and like knife cutting, which usually starts from the renal part and radiates toward the lower abdomen and inner side of the thigh. It generally lasts for several minutes, sometimes several hours.

〔treated area and therapy〕 See Fig.



Choose mode 1 to massage A for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

Choose mode 1 to massage ab for 40 minutes and use mode 3 to knock for 20 minutes; twice or third every day.

〔Notice〕

① This instrument relieve renal lithiasis pain by the convulsion relief therapy, which also have good effect to lithagogue. Go to hospital for treatment if severe pain appears.

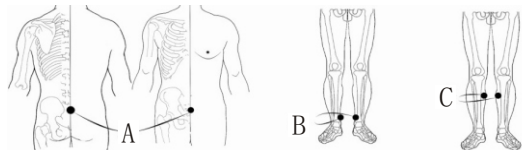
② Drink water as much as possible to increase urine volume. Do more exercises to promote the eduction of calculi.

Part Four Common Gynecological Pain

【dysmenorrhea】 Around the period of women, pain in the lower abdomen appears, which is called as dysmenorrhea. Blocked qi blood is the main cause of dysmenorrhea. The menstrual blood is generated by blood which goes with the qi. If the qi causes blood stasis or deficiency of qi and blood appears, it would cause impeded discharge of menses and pain.

【clinical main festations】 It commonly appears in the unmarried women and occurs with the period. The pain in the lower abdomen pain even becomes too severe to bear with pale face, cold hands and feet, and nausea and vomit, etc.

【treated area and therapy】 See Fig.



Choose mode 1 to massage A for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day. Choose mode 1 to massage B and C for 40 minutes and use mode 3 to knock for 20 minutes; twice or third every day.

【 Notice】 Pay attention to sanitation, keep warm and have enough rest in the period. Persist in treatment out of the period.

【 breast hyperplasia pain】 Breast hyperplasia is a common disease in women, which kills over a million of women in the world. Effective treatment of breast hyperplasia and other breast diseases is the key to the cure of breast cancer.

【 clinical main festations】 Distending pain, twinging or causalgia usually company with breast hyperplasia, or no reaction sometimes,

which appears at one or both breasts. For some severe patients, the uneven pain does not change with the period. It is common in 30 to 50 years old women. There are one or more nodules with different sizes in the breasts, shaped strip or dispersed canister. The small cyst is hard and the big is soft, fluctuating.

【 treated area and therapy】 Apply the films at any two pain points on the breasts. Avoid the electrode from the nipples. Choose mode 1 to massage for 40 minutes twice or third every day, with proper force.

Part Five Headache and Facial Pain

As a kind of symptom, headache appears in various acute and chronic diseases. It is the pain caused by cerebral organic lesion, which does not belong to the application range of this instrument. Besides, this instrument can relieve all headaches, with obvious analgesia effects to migraine, muscular contraction headache, headache of cold, vascular headache and hypertension complicated headache especially.

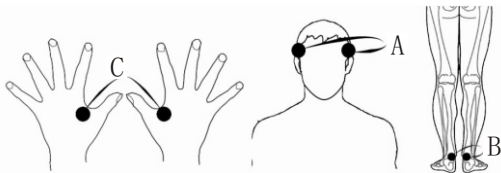
Except for the recommended parts, the apply location can be any part where pains.

【 migraine】 Migraine belongs to the constitution disease, which is usually relative to the inheritance. Fatigue, tension, or period can also cause it. The pain locates at one side of the head, mostly in the youngsters.

【 clinical main festations】 Most patients have symptoms such as nausea, vomit, afraid of light in eyes, or diarrhea. For patients with vascular headache, the enlarged bloods of head causes pulsatile headache. The migraine usually reaches summit after one to two

hours and gradually relieve later.

【treated area and therapy】 See Fig.



Choose mode 1 to massage A (the temple) for 40 minutes with mild force and use mode 3 to knock B (shenmai) for 40 minutes; Choose mode 2 to acupuncture C (aitani) for 40 minutes with mild to great force; twice or third every day.

【Notice】

- ① Try to change the life habite. Avoid fatigue and ferment food to reduce disease chance. No anodyne at all.
- ② The above parts and physiotherapy are also applicable to wandering headache, muscular contraction headache, headache of cold, vascular headache headache and hypertension complicated headache.

【trigeminal neuralgia】 wind chill, mental stimulation, oral disease or local tumor can cause trigeminal neuralgia, which is common in the middle-aged and the old.

【clinical main festations】 It is the most obvious in the face, maxillary and mandible, causalgia or twinging.

【treated area and therapy】 See the above Fig. for B and C. Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 20 minutes; twice or third every day.

【Notice】 If the trigeminal neuralgia is caused by space occupying

lesion, surgery should be taken in time.

【toothache】 Toothache is usually caused by the pulpitis. The form of main tooth body cavity which causes pulp infection provides entrance for bacilli. Besides, the retrograde infection of the periodontium can also cause pulpitis. It comes on various ages in the predilection site of molar.

【clinical main festations】 The pain is severe in acute outbreak at night. Cole or hot stimulation can aggravate the pain which can not be located by the patients. When the pulp festers, the cold stimulation can relieve pain.

【treated area and therapy】 See the above Fig. for C. Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 20 minutes; twice or third every day.

【Notice】

- ① The chosen part and therapy of this disease is also applicable in the toothaches caused by the periapicalitis and periodontitis.
- ② The above parts should be used in turn.

Chapter Four Rehabilitation Therapy

Part One Peripheral Nerve Injury

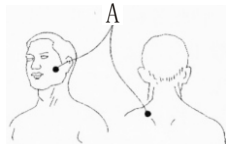
Peripheral nervous system is the general name of systemic nerves and nerve nodes, including 12 pairs of cranial nerves, 31 pairs of spinal nerves and autonomic nerves.

Peripheral nerve dominates normal functional movements of body. Once injured, the extremity movement function would partially or totally lose. So try to be treated as early as possible after injured to gain the best recovery of the nerve function. Pay attention to the

recovery of joints and muscles function at the same time. Patients with peripheral nerve injury that is applicable for non-surgery and post-surgery recovery can be treated by this instrument.

【facial nerve paralysis (facial paralysis)】

〔clinical main festations〕 peripheral facial injury of one side causes the facial paralysis, the action loss of expression muscle, the drop of angulus oris and askew face, which can not puck up cheek or whistle.



〔treated area and therapy〕 See Fig. Apply two pole films at A according to the Fig. Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes; twice or third every day.

〔Notice〕

- ① Follow regular treatment principle.
- ② Avoid too much stimulation by the degree with twitch in the facial muscle.
- ③ Pole films should be applied at the suffered side.
- ④ Take early treatment after the disease comes on.

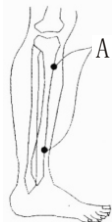
【peroneal paralysis】

〔clinical main festations〕 It manifests as foot drop and varus, with steps in walking and muscles atrophy at the ventro-leg.

〔treated area and therapy〕 See Fig. 2

Apply two pole films at A according to the Fig. Choose mode 1 to massage for 40 minutes and use mode 3 to knock for 40 minutes; twice or third every day.

〔Notice〕



- ① Follow regular treatment principle.
- ② Take early treatment after the disease comes on.
- ③ The stimulation is proper when the muscles contracts or the foot back bends.

【radial nerve injury】

〔clinical main festations〕 disorder of hand drop, wrist and finger stretch, or disable supination.

〔treated area and therapy〕 See Fig.

Apply two pole films at A. Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes;.

〔Notice〕

- ① Follow regular treatment principle.
- ② Take early treatment after the disease comes on.
- ③ The stimulation is proper when the wrist stretches.

【injury of median nerve and median nerve、ulnar nerve injury】

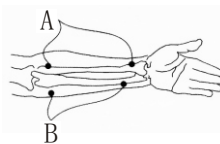
〔clinical main festations〕 median nerve injury mainly manifests as difficulty in forearm revolving, unbending thumb and index finger, nipping disability, and greater thenal muscle atrophy; ulnar nerveinjury mainly manifests as the weakened ability of wrist flexion, unbending fourth finger and little finger, and 屈曲, hypothenar muscle atrophy.

〔treated area and therapy〕 See Fig.

Apply two pole films at A and B respectively. Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes;

〔Notice〕

- ① Take early treatment after the disease comes on.



② The stimulation of median nerve injury is proper when anesthesia and expansion of the thumb and the index finger appears; the stimulation of ulnar nerve injury is proper when wrist bends.

Part Two Apoplectic Hemiplegia

【Clinical main festations】 Apoplectic hemiplegia is the one-side limb paralysis caused by cerebral haemorrhage, cerebral embolism, and cerebral thrombosis. Limb movement obstacle, myasthenia, and flaccid paralysis mainly manifest in the early phase (withine 3 weeks) of these patients. Initiative movement of the suffered limb appears in the following recovery phase, not the normal movement, but the convulsion flaccid paralysis.

【treated area and therapy】

① Early phase (period of flaccid paralysis): with steady vital signs and clear consciousness, under the doctor's advice, the patients can begin the therapy of group A till the affected limb can initiatively move.

② Recovery phase (convulsion paralysis): once the affected limb can initiatively move, the patient can begin the therapy of group B.

Pole film position of group A

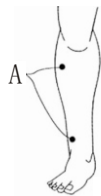
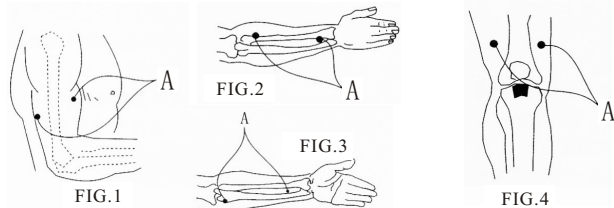


FIG.5

Apply the pole films at the muscle belly of biceps and thirdps according to Fig. (1). Choose mode 1 to massage for 40 minutes and use mode mode 2 to acupuncture for 20 minutes;

Apply the pole films at the forearm extensors according to Fig. (2). Choose mode 1 to massage for 40 minutes, twice or third every day.

Apply the pole films at the flexors of the forearm according to Fig. (3). Choose mode 1 to massage for 40 minutes, twice or third every day.

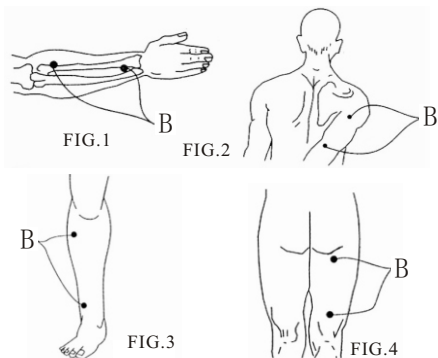
Apply the pole films at the inner and outer head of the quadriceps femoris according to Fig. (4). Choose mode 1 to massage for 40 minutes, and use mode 3 to knock for 20 minutes, twice or third every day.

Apply the pole films at the tibialis anterior muscle according to Fig. (5). Choose mode 1 to massage for 40 minutes, and use mode 3 to knock for 20 minutes, twice or third every day.

【Notice】

- ① Follow regular treatment principle.
- ② The treatment should be taken when the patients have steady vital sign and recovered consciousness.
- ③ The treatment force is proper when effective contract of all muscle groups appear.
- ④ Observe the patients as much as possible.
- ⑤ This therapy is only fit for patients in the period of flaccid paralysis (no independent movement in the affected limb)
- ⑥ Other therapies during the treatment should be kept.
- ⑦ Patients with epilepsy history should be cautious to this therapy.

Pole film position of group B



Apply the pole films at the forearm extensors according to Fig. (1). Choose mode 1 to massage for 40 minutes, twice or third every day. Apply the pole films at the thirdps according to Fig. Choose mode 1 to massage for 40 minutes, and use mode 3 to knock for 20 minutes, twice or third every day.

Apply the pole films at the tibialis anterior muscle according to Fig. (3). Choose mode 1 to massage for 40 minutes, and use mode 3 to knock for 20 minutes, twice or third every day.

Apply the pole films at the biceps femoris according to Fig. (4). Choose mode 1 to massage for 40 minutes, and use mode 3 to knock for 20 minutes, twice or third every day.

【Notice】

- ① Follow regular treatment principle.
- ② The treatment force is proper when effective contract of all muscle groups appear.

- ③ The stimulation to flexor groups of upper limb and the the extensor group of lower limb is forbidden.
- ④ Other therapies during the treatment should be kept.
- ⑤ Patients with epilepsy should be cautious to this therapy.

Chapter Five Prevention for Common Diseases

Diseases	Point Choice	Therapy Mode	Duration	Period of Treatment
arrhythmia	neiguan shenmen	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	10 days as a course of treatment
coronary heart disease	neiguan xinshu	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	10 days as a course of treatment
tracheitis	feishu, xinshu, geshu, tiantu, shenque	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	7 days as a course of treatment
asthma	guanyuan, thenar, st 36, vertebra magna	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	7 days as a course of treatment
hiccup	Neiguan, st 36, zhongwan, liangmen, taiyuan, taixi	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	7 days as a course of treatment
vomit	tianshu, neiguan, st 36, xiawan, qihai	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	treat in outbreak

gastroenteritis	st 36, tianshu, colorectal pivot; add neiguan for nausea and vomiting; distending pain; add zhongwan for distending pain of heart and mouth	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	7 days as a course of treatment
diarrhea	Tianshu, colorectal pivot, st 37; choose shenque and guanyuan for cold-damp; choose hegu, xiajuxu for damp-heat; choose pishu and st 36 for spleen deficiency.	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	10 times as a course of treatment
insomnia	Shenmen, neiguan, and anmian. Choose xinshu and pishu for deficiency of both heart and spleen; choose xinshu and shenshu for disharmony of the heart and kidney; choose xinshu and danshu for asthenic qi of the heart and gallbladder; choose zhongwan and neiguan for phlegm-heat; choose pishu for spleen-stomach weakness and incompatible allogeneic of gastric qi.	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	7 days as a course of treatment

cholecystitis	qimen, zhangmen, juque, ganshu, danshu.	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	7 days as a course of treatment
acute bellyache	st 36, neiguan, waiguan, jianjing.	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	treat in outbreak
lumbarhyperostegeny	philtrum; choose weizhoong, gunlun, and zhiyin for pain in the back side of lower limb; choose yanglingquan, juegu for pain emitting to the outer lower limb; choose st 36 for disabled lower limb.	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	10 days as a course of treatment
menoxenia	guanyuan and qihai; choose st 36 for qi deficiency; choose neiguan and taiwei for yin deficiency; choose xuehai for excess heat; choose point sp 6 for blood stasis.	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	7 days as a course of treatment

climacteric syndrome	guanyuan, shenshu, and point sp 6; choose taiyang and hegu for headache; choose bilateral neiguan for chest pain; choose zhongwan and qihai for abdomen distention; choose lingquan for waist and leg ache; choose zhigou for constipation; choose yongquan for hypertension.	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	7 days as a course of treatment
male infertility	shenshu, guanyuan and qichong; choose st 36 and taixi for impotence; choose point sp 6, taichong, and yanglingquan for ejaculatory incompetence; choose st 36, taixi, taichong, and mingmen for dysspermia.	mode 1, 2, 3	20 to 30 minutes each time, twice every day.	10 days as a course of treatment

Chapter Six Statically Lose Weight

The fast evolution of civilization produces a kind of civil disease obesity, which composes the greatest threaten to the human health of the new century. Statistically, the fat hoarding of waist and belly and the figure destruction caused by the long-term sitting of the office workers form a great anxiety of the city white collars. Those workers at desk for a long time are more puzzled and helpless. And the incidence of heart disease, hypertension, diabetes, stroke, and hyperlipidemia of the people with obesity is 3 times of those with normal weight. At the same time, the enterogastric dysfunction owing to long-term sitting causes delayed eduction of wastes and toxins in body, which causes 1.6 times higher incidence of the colorectal cancer than the normal group.

The life expectancy of Chinese office workers is only 58 years old according to the investigation, while the expected life at the same term is nearly 75 years old. Another data reveals that in Beijing, the life expectancy of the intellectual drops from 58 to 59 years old 10 years ago to 53 to 54 years old, which is over 20 years old lower than the life expectancy 78.5 years of Beijing citizens. At the same time, the enterogastric dysfunction owing to long-term sitting causes delayed eduction of wastes and toxins in body, which causes 1.6 times higher incidence of the colorectal cancer than the normal group. Thus we can find that the health condition of the office workers is very bad.

Causes of obesity:

- ① Obesity and heredity: obesity can be inherited and some genetic

metabolic syndromes are accompanied by obesity, while the quantity of patients is quite few, only 1% of the total obesity number. Over 99% of the obesity cases are simple obesity.

② Obesity and neuroendocrine diseases: neuroendocrine diseases can cause obesity. It is mainly caused by the hypersecretion of cortisol, mainly the abdominal obesity, i.e. the fats mainly centralize in the trunks, while the limb fats are relatively less. Hypothalamic obesity: owing to the regulation function of the hypothalamus to the eating central, including the hunger sense central and the full sense central, the disease of hypothalamus can influence these centrals, causing bloat.

③ The relationship of obesity and material metabolism: the material metabolism of obesity patients is obviously different from the normal people. Under the same diet condition, the anabolism of obesity patients is more hyperfunctional than the normal, especially that the fat synthesis increases and the lipolysis decreases.

④ The relationship of obesity and diet: from the angle of diet, the more taking in, the less consumption. No matter it is the fat, glucide, or protein is taken in, after a series of consumption and absorption, the final generated extra energies would be stored in body in the form of fats, which make people gradually fat.

Mechanism

Whatever the cause of obesity, it is finally oversynthesized by fat and stored in body. Consequently, the radical resolution of obesity should be the decomposition of redundant fats in the obesity patients.

The mini massager outputs biological electric signal for acupuncture

and massage, which can make muscles initiative and regularly move to consume and decompose fats nearby, really lose weight statically.

The research proves that the mechanism of acupuncture treating obesity is as follows: firstly, the regulation of the nervous system can decrease the gastric activity level, prolong the gastric emptying after meals, restrain the gastric hyperchlorhydria, and correct abnormal appetite. In addition, the changes of neurotransmitter release caused by acupuncture can also influence appetite. Secondly, on the aspect of endocrine system, by regulating the two systems of "hypothalamus--pituitary--adrenal cortex" and "sympathetic--adrenal cortex", the acupuncture can correct the endocrine disorder. Thirdly, the peroxide value of the obesity patients is higher than the normal. And the regulation of acupuncture on lipid metabolism process can decrease the lipid peroxide contents and increase the lipolysis.

【abdominal weight losing】

The abdominal obesity is caused by various reasons, such as fat accumulation, the long-term storage of sputum, damp, silt, and toxin, etc. Diseases of channels and viscera all over the body can influence the abdominal. The abdomen is just a collection part, not the root. Many people fails in the weight losing is caused by this. Thus the abdominal weight losing not only needs not only local fat elimination, but also the systemic regulation.

【treated area and therapy】 Apply the films at the illustrated points.



Choose mode 1 to massage for 40 minutes and use mode 2 to acupuncture for 20 minutes; for twice or third every day.

【 suggestions】 Drink 300cc hot water before the massage and then take the

recommended exercises after the massage for better effect.

【gymnastics for abdominal weight losing】

Lay on the bed with legs lifted and bend to a right angle. Put hands behind the neck and lift shoulders and turn right, making the elbow of left hand touch the right knee. Then back to the middle position and turn left, making the elbow of right hand touch the left knee. Then directly turn left and right fast. Do it according to the body condition, for 10 to 20 times.

【weight losing on waist】

The curve of waist decides the beauty of body. One of the key parts of losing weight is the waist. So we should persist in creating our own little waist.



【gymnastics for waist】

Stand straight, unbend and detach the legs by the same width with the pelvis. Put hands at the waist or stretch towards both sides. Keep the pelvis still and move the upper body right and return back. Then move left and directly move right and left without returning to the original position, gradually forming a circle movement.

【weight losing on hips】

Hips are one of the important parts which constitute the normal body curve and that with much fat. The hips that do not easily droop

【 treated area and therapy】 Apply the films at the illustrated points.

Choose mode 1 to massage for 40 minutes, and use mode 2 to acupuncture for 40 minutes, twice or third every day.

【 suggestions】 Drink 300cc hot water before the massage and then take the recommended gymnastics after the massage for better effect.

would severely destroy the figure. Only the tight exquisite hips can make beautiful figure.

【 treated area and therapy】 Apply the films at the illustrated points.

Choose mode 1 to massage for 40 minutes, Drink 300cc hot water before the massage and then take and use mode 2 to acupuncture for 40 minutes, twice or third every day.

【 suggestions】 Take the recommended gymnastics after the massage for better effect.

【gymnastics for hips】

Lay on the back, bend knees, stand on tiptoe, and press hips close to the body flatwise. Lift the right leg and extend it forth with tiptoes ahead. Try to straighten the right leg upward. After a while, return to the level stretch of the leg and revert. Repeat for 10 times. Change to the left leg by the same method.

【weight losing on legs】

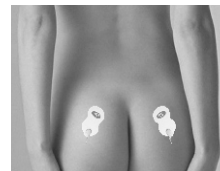


The two legs are the support of body, and the beauty of legs is the key to the "grace" and physical beauty of women. The long spindle-shape legs in symmetry can provide the beauty of body, as well as the graceful and steady pace.

【 treated area and therapy】 Apply the films at the illustrated points.

Choose mode 1 to massage for 40 minutes, and use mode 2 acupuncture for 40minutes, twice or third every day.

【 Suggestions】 Take the recommended



gymnastics after the massage for better effect.

〔gymnastics for legs〕

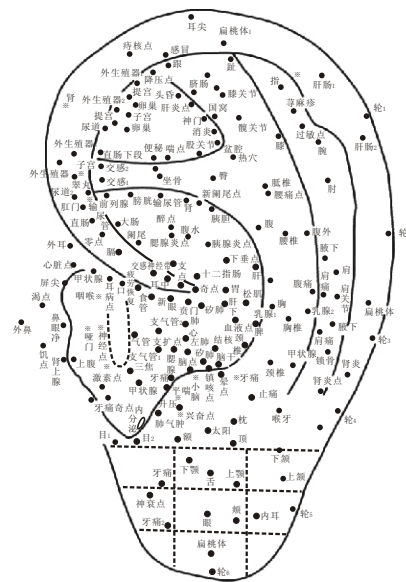
Anterior leg: stand straight, with right leg ahead, and left leg backward. Slightly bend the left knee and squat. Pay attention to balance keeping. Repeat for 3 groups, totally 20 times on each side.

Posterior leg: hold two legs together and stand straight with hands holding the chair back. Lift the left leg back above, enforce when feeling the muscles of the back leg. Repeat for 3 groups, totally 20 times.

Inner leg: lay with back tightly close to the floor. Hold the legs and lift them upwards, forming a right angle with the upper body. Divide the two legs with the max width and fold. Repeat for 3 groups, totally 30 times.

Chapter Seven Holographic Auricular Therapy

Bio-holographic therapy holds that organism is composed by various holographic embryos, and each holographic embryo contains all information of the biology. The ear is also one of the important holographic embryo with the form of a headstand embryo. Different ear parts relate to different visceras, apparatuses, limbs, and skeletons. On the other side, nearly all channels of the human body gather in the ear, totally more than 300 points. See Fig.



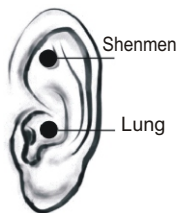
When abnormality appears in the bowels or body, there are local reactions appearing at some position of the auricle such as tenderness, nodules, change of color or conduction capability, etc. Stimulation on these reaction points (auricular points) can act on the organs to regulate the qi-blood and Yin-Yang of the human body and dredge the channels. The long-term use of the electro auris nip can really prevent diseases and effect a permanent cure!

The application of auricular points has a long history in the traditional Chinese medicine. It has been developed fast in recent years, which have formed a comparatively complete medical branch system. With obvious health-protection effect, the therapy of auricular points has been widely used in the clinic, such as the smoking cessation, decompression and cosmetology by auricular points, etc.

【smoking cessation】 Smoking is bad for health and the cause of various diseases. In modern society, smoking is deemed as a uncivilized behavior in many locations. Smoking cessation needs some perseverances even proper methods. WHO classified the smoking cessation as the No.1 indication of the auricular therapy.

〔treated area and therapy〕

See Fig. for the auricular points therapy



Clip the auris nip for treatment at the ear part, insert the lead plug in the output hole of the instrument. Choose mode 6 for auricular therapy for 40minutes, twice or third every day.

See Fig. for the body points therapy

-point for smoking cessatio -yingxiang point
Choose mode 1 to massage for 40minutes, and use mode 2 to acupuncture for 20minutes, twice or third every day.

The body points therapy and the auricular points therapy can be traded off or combinedly used with comfortable force.

〔Notice〕



① The above parts should be traded off.

② Persist in using mini massager for physiotherapy.

【decompression】 Hypertension is one of the common diseases of modern society, which can cause a series of cordis and cerebral accidents. Hypertension can be classified as the primary and the secondary. The secondary hypertension is a symptom which is caused by other diseases, not an individual disease. While the primary hypertension is also called as the hypertension, which has the main clinical characteristics of increasing blood pressure of systemic circulation, accompanying by systemic diseases such as the pathological change in blood vessels, heart and brain, and kidney, etc. WHO regulates that mild hypertension can be defined if the systolic pressure is 140 to 159mm/Hg and the diastolic pressure is 90 to 99mm/Hg. Owing that hypertension is one of the important causes of various cordis and cerebral accidents, patients pay great attention of the disease control. The current main artifice of controlling blood pressure is the oral taken of hypotensors which have good effects but great side effects. The dosage would increase much in the long-term use. The decompression by physiotherapy can reduce the dosage of hypotensors and prolong the taking time, which can greatly decrease the side effects of the hypotensors.

In China, the acupuncture doctors usually acupuncture on some points for antihypertensive effect. This therapy is proved to effectively change the substances in body such as the angiotensin to regulate the blood pressure normal.

〔treated area and therapy〕

mini massager specially designs the function for lowering blood pressure for antihypertensive effect. This therapy is proved to effectively change the substances in body such as the angiotensin to regulate the blood pressure normal.

See Fig. 13 A for antihypertensive therapy on auricular points:

Antihypertensive therapy on auricular points is to clip the auris nip for treatment at the ear part A, and insert the lead plug in the output hole of the instrument. Choose mode 6 for auricular therapy for 40minutes, twice or third every day. with comfortable force



Antihypertensive therapy on body points: apply films on the left st 36 and left neiguan, and right st 36 and neiguan respectively. Choose mode 1 for auricular therapy for 40 minutes, and use mode 2 to acupuncture for 20 minutes, twice or third every day.

The body points therapy and the auricular points therapy can be traded off or combinedly used with comfortable force.

【Notice】 Use the antihypertensive therapy on body points first and then the antihypertensive therapy on auricular points. Once every morning and evening, stop for day every seven days of a course of treatment. Take a seat in the treatment and relax the body and mood. Persist in the hypotensors for preventing the bounce of blood pressure. After two courses of treatment by this instrument, gradually reduce the dosage of hypotensors according to the situation, and resume the dosage if discomfort in body appears.

【Cosmetology】 Chloasma and acne are the most common clinical diseases of cosmetology, which not only bring physiological discomfort but also influence beauty, causing negative mental influences. Auricular therapy can promote the auricular blood circulation, dredge channels, regulate Yin-Yang balance of the body, rectify incretion disorder, improve sleep, unobstructed stool, dispelling heat and toxins.

【treated area and therapy】

See Fig. for auricular points therapy

Insert the lead plug in the output hole of the instrument. Choose mode 6 for auricular therapy for 40minutes, twice or third every day with comfortable force.

Cosmetology therapy on body points: apply films on the left quchi and left hegu, then right quchi and right hegu. Choose mode 1 to massage for 40 minutes, and use mode 2 to acupuncture for 20 minutes, twice or third every day.

The body points therapy and the auricular points therapy can be traded off or combinedly used with comfortable force.

【Notice】

- ① Have insipid diet and avoid spicy and oily food, take more vegetables and fruits during the treatment.
- ② Use for a long time and have reasonable work and rest habit. Trade off the points.



Chapter Eight Foot Point Therapy

Foot therapy is a exotic flowers in the traditional Chinese medical health care. Relative legends had appeared in the Chinese ancestors at the Yinshang time 1000 years B.C. Feet are the lowest part of human body, but they support the whole weight and bear the standing and walking task. They are far away from the heart and are the other end of the body, farthest of the brain. The worst blood circulation and nutrition, and lowest temperature here makes the stored toxines that cause disease can not be discharged from the

body in time and become the origin of disease. Thus there are sayings that “cold starts from the feet” and “feet get old first”.

There are six important channels at feet: liver, gallbladder, spleen, stomach and bladder. In addition, as the creation of biological holographic theory, the systemic viscera and organs are proved to have relative reflection area in the feet. Massage on relative points of the feet reflection area can dredge channels, activate blood circulation and dissipate blood stasis to regulate the function of viscera and organs for the treatment of diseases and life prolong.

The foot therapy has unexpected magic effect to gynecological diseases, he strain and leg turgescence, chronic fatigue syndrome, sub-health statement, menoxenia, climacteric syndrome, diabetes, insomnia, hyperlipidemia, hypertension, apoplectic sequela, colitis.

As the door of qi-blood circulation, feet are one of the parts that have the most centralized channels and acupoints. Thereinto six channels start or end at feet. They effectively stimulate relative points of feet under the theory direction of channels, which can dredge channels, regulate qi and blood, and balance Yin and Yang. mini massager specially designed feet massage wave-mode 5. Users are suggested to buy professional feet therapy shoes at the instrument shop.

〔treatment principle of foot therapy〕

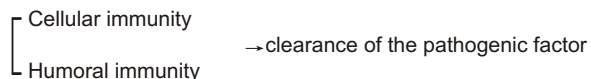
1. Improve blood circulation

The feet are the farthest away from the heart. With bad blood circulation, the metabolized wastes in the blood such as calcium salt and lactic acid micrystal are easily deposited. These sediments can not only furtherly block blood supply, but also cause some diseases. Treatment on feet can dispel these sediments and dredge the blood circulation. Then bring the wastes back to the kidney by blood circulation and discharge them out of the body by emunctory

to improve the blood supply and exhausting toxins.

2. Immunoregulation

The modern medicine proves that feet can improve the immunity of human body, with the functions as follows: stimulate the reflection of feet → nerve receptor→ spinal cord→ brain→ hypothalamus pituitary→hormone→neuropeptides →

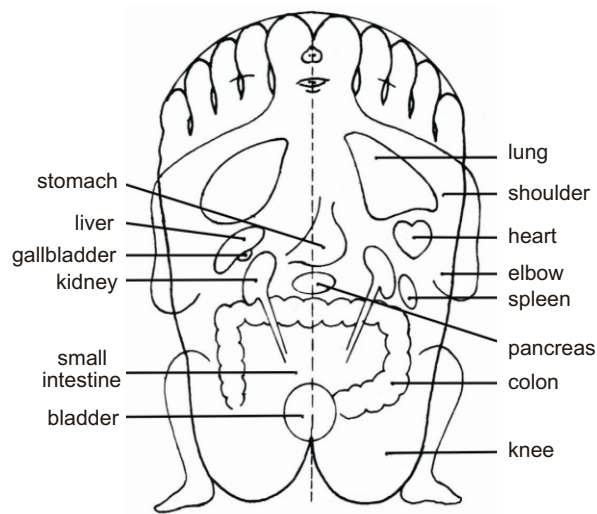


3. nerve theory

Modern medicine proved that feet can effectively activate some functions of spinal cord and brain and regulate the viscera function by nerve or improving secretion of relative substances (e.g. hormone). For example: the urinary function of kidney, the gastrointestinal absorption function, and improving the water and salt metabolism and glucose metabolism; improving growth, development and reproductive function; regulating spirit of human body and the sleep function, etc.

4. Bio-holographic theory

Bio-holographic theory holds that organism is composed by various holographic embryos. When the feet hold together, the viscera in the relative area of feet, namely apposing the reflection area of feet, just like seeing a man hunkering by bending legs and bowing front (Fig.):



holographic illustration of feet

We can see all information of the systemic viscera and organs from the Fig. For example, the thumbs are equal to the head, including cerebra, cerebellum, and pituitary; the combined foot arches are equal to the spine. The anterior thenar (except for tiptoes) is equal to the cavity, including lung and heart in; the middle part of thenar is equal to the midsection, including liver, gallbladder, spleen, kidney, pancreas, and kidney, etc. On the outer side of feet are shoulders, elbow, and the relative area of knees, etc. Stimulate on relative

reflection area eustress formed by massage, apply and immersing feet in the traditional Chinese medicine can regular and improve the systemic functional movements of relative viscera and organs, with the function of curing diseases, strengthening constitution, improving intelligence and anti-aging

〔effect of foot therapy shoes〕

The effect mechanism of foot therapy shoes is founded on the basis of the channel theory and the Yin-Yang balance theory of the traditional Chinese medicine. It adopts the bioelectricity therapy, magnetotherapy, and the physical pressing therapy of the modern medicine. The effect lies in the collection of various therapies to make all-direction painless effective regulation to the important partsfeet without wounds, which can dredge channels, regulate Yin-Yang balance of the body, rectify incretion, improve functions of viscera, strengthen immunity and constitution, and prolong life.

〔Usage of foot therapy shoes〕

Method one

Buckle the two button-typed electrodes of the physiotherapy lead into the two snap fasteners of the foot therapy shoes (or insert the two needle-typed electrode bars into the back holes of the foot therapy shoes), insert the other plug into the output hole of the host. Put on the shoes with bare feet and press down. Turn on the instrument and choose mode 5 to foot therapy for 40 minutes, twice or third every day, with comfortable force.

Method two

Put on the foot therapy shoes according to above method, and put the feet and shoes in two basins with hot water respectively, and the water should be higher than the feet surface (the effect would be better with some salt put in). Turn on the instrument and choose

mode 5 to foot therapy for 40 minutes, twice or third every day, with comfortable force.

Note: method two is proper for using in winter because the hot water can prevent from the cold of feet. Pay attention to the temperature of water. Add some hot water if it gets cold.

【notice in use】

- ① The beginning force should not be too great. Gradually enforce it after adapting.
- ② When the therapy in seat is taken, stamp intentionally to increase the effect of physical pressure.
- ③ Drink 200ml water before using.
- ④ Patients with severe heart disease and hypertension should use it under the doctor's advice.
- ⑤ It is forbidden to the patients with pacemaker or other artificial organs.

【syndrome of chronic fatigue】

The patients are mainly brainworkers (white collars) pursuing computer software development, secretary, financial personnel, etc. The great force of brainwork, social pressure, mental pressure, work pressure, life pressure, high-strength rapid work and life, the complicated modern society, interpersonal relationship and fierce competition make them exhausted in body and mind; providing them sense of urgency, pressure, anxiety, and indifference, causing various bad emotions such as anxiety, irritancy, melancholy, inferiority, and low spirit, etc. It manifests as the unchained fatigue caused by physical strength or mental burden, muscle atony without definite reasons, insomnia, dreaminess, early weaken; distending feeling in head, dizziness, or headache; distraction, loss of memory; loss of appetite; discomfort in shoulders back, contraction in breast, or pain in waist back, uncleared pain in muscles and joints,

rheumatism or trauma; gloomy mood, anxiety, tense, dread; interest lost; weakened sexual function; low-fever, dry throat, angina or laryngeal contraction.

【suggestions】

- ① Rest more.
- ② Drink more water and fresh vegetables.

【sub-health statement】

Sub-health statement is a low mental disordered statement with degeneration of body structure and physiological function without clinical symptoms, signs, or clinical examined evidence, but with information of potential disease tendency.

According to the health conception of quaternity from WHO, the Sub-health can be classified as:

- ① Body sub-health mainly manifests as physical fatigue, weak, systemic discomfort, weakened sexual function, and menses disorder without clear reasons or disease reasons, etc;
- ② Mental Sub-health mainly manifests as brain fatigue, affective disorder, thought disorder, panic, anxiety, inferiority, neuroticism, indifference, lonely, reckless, even suicide idea without clear reasons;
- ③ Sub-health of social adaptability mainly manifests as the inadapt to the environment of work, life, and study, ect. Incorrespondant to the personal relationship, namely the misplaced roles and maladjustment;
- ④ Moral sub-health of mainly manifests as the obvious damaging warp to the world view, outlook on life, and values.

【suggestions】

- ① Regulate life order, strike a proper balance between work and rest, and sleep enough.
- ② Increase outdoor exercises and guarantee proper practices every

day.

③ Adjust the psychological statement and keep positive and optimistic.

④ Guarantee reasonable diet and balanced nutrition.

【menoxenia】

Menoxenia is a common disease of gynecology which is the general name of various diseases characterized by the change of menstrual cycle, menstrual amount, menstrual color, and menstrual quantity or some symptoms which appear around the period. The causes may be organic lesion or dysfunction. Menoxenia caused by organic lesion is beyond the treatment range of this instrument. It is the periodic bleeding of uterine cavity by the regulation of hormone secreted by anterior pituitary and the ovary. The imbalance of the dynamic relationship of hypothalamuspituitaryovary causes the dysfunction and menoxenia. Besides, pressure, abnormal emotion, cold, dieting and addiction to smoking and wine can also cause menoxenia.

【suggestions】

① Be cautious to medicine use and take it reasonably.

② Avoid crude and cold fruits and drinks.

③ Keep peaceful emotion, regular life order, and strike a proper balance between work and rest.

【menopause syndrome】

The dysfunction of the ovary, the hyperfunction of pituitary, and the over-secreted of gonadotropin cause the vegetative nerve functional disturbance of climacteric women, which cause a series of symptoms at various levels such as menoxenia, flushing of face, palpitation, insomnia, hypodynamia, depression, unsteady emotion, irritative, agitative, and distracting, etc. which is called as the menopause syndrome.

【suggestions】

① Treat and dispel the menopause syndrome.

② Regulate life order, strike a proper balance between work and rest and guarantee enough sleep.

③ Guarantee reasonable diet and balanced nutrition.

【diabetes】

Diabetes is a group of metabolic diseases characterized by chronic increase of blood glucose level. As a common disease, the main characters are hyperglycemia, glucosuria, diuresis, polydipsia, polyphagia, emaciation and fatigue. Owing to comprehensive factors such as angiopathy, neuropathy, and infection, etc., the late diabetes would cause lesions such as pain in feet, deep ulcer in skin, and acromelic gangrene, etc. which is called as diabetes feet. Amputation may need to save life, with the amputation rate of 40%. Patients should guard against the diabetes feet for early diagnosis and treatment. Foot massage is one of the effective artifices for the prevention of diabetes. (This instrument can only be used for the prevention of complications such as diabetes feet, etc. but can not decrease blood glucose.)

【suggestions】

① Attach enough importance inwardly.

② Actively control blood glucose.

③ Keep a good habit of feet sanitation.

Chapter Nine Q&A

1. What is the main effect of different waves?

- ① massage wave: accelerate microcirculation, loose conglutination and smooth joints.
- ② acupuncture wave: relax muscles, relieve fatigue, accelerate microcirculation, and analgesia.
- ③ knock wave: analgesia, accelerate microcirculation and acusector.
- ④ auricular therapywave: systemic adjustment, relax muscles and relieve fatigue.
- ⑤ foot therapy wave: improve the immunity, accelerate microcirculation and relieve fatigue.

2. How long will effect appear?

- ① It depends (the difference of pain sorts, state of disease, length of disease course).
- ② 10 days as a course of treatment; once to third every day; 20 to 60minutes each time. Try great force in use. The treatment duration of using mini massager is pretty much the same as go to hospital for the treatment by massage doctor.
- ③ The effects of treatment on neck, shoulders, waist, legs, and jointspain are generally good.

3. Can patients with heart disease or hypertension use it?

- ① It is forbidden to patients with pacemaker.
- ② Use it on the points according to the direction. It has some assistant treatment effect to heart disease or hypertension.
- ③ There is no problem to use it on the limbs, joints and waist.
- ④ The beginning force should be mild and then gradually increases with comfortable force..

4. Why the two electrodes have different forces in use?

① Because the self-contract forces of the two muscles are different. The stronger the contract force, the stronger feeling.

② Because the impedance of the skins are different, the ddegrees are different. The smaller resistance is, the stronger feeling is.

③ One of the electrode may not be completely applied.

5. Where should the pole film be applied in the treatment?

① Firstly apply the pole film on the "pain" point.

② If the part with strongest stimulation is not the most painful position at peacetime, change the part in time.

③ No matter how many times are, choose the stimulation point on the most most painful point at peacetime.

6. Why the effect becomes less obvious after a period of time?

① Because the massage position is not chosen properly. Find the right pain point.

② Because the massage force is not enough. Gradually increase to the greatest durable force .

③ Because the massage duration is not enough. Twice to third every day, and 40 to 60 minutes each time. 10 days as a course of treatment.

7. Why should apply the painful position ?

① Because the pain in neck, shoulders, back, waist, legs, and joints is mainly caused by injury of local soft tissues.

② There is a saying in the traditional Chinese medicine that "takes the pain for acupoint", the acupoint is the treated area or point.

③ There is a saying in the west medicine that "the pain point is the position where disease in". That is to say, where the pain is, where the massage position should be.

8. Can the cure aim be reached without medicines?

The treatment principle of mini massager is founded on the the massage of traditional Chinese medicine and the physiotherapy of

the west medicine. You would not be confused once you learn about this point. These pain in neck, shoulders, back, waist, legs, and joints caused by acute injury, chronic strain and hyperosteo-geny, etc, should: firstly, eliminate aseptic inflammation; secondly, loose soft tissues conglutination; thirdly, relive muscle strain caused by the pain; fourthly, fast analgesia. These four points are the four functions of the mini massager. That is to say, the mini massager just does this.

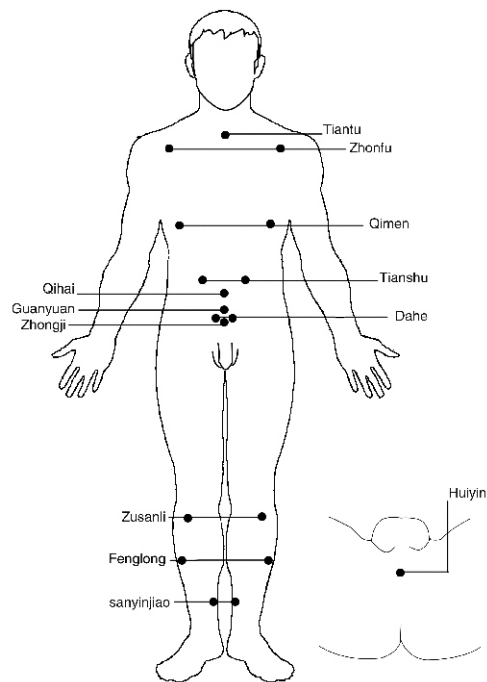
9. Why mini massager is famed as the instrument for health-protection treatment?

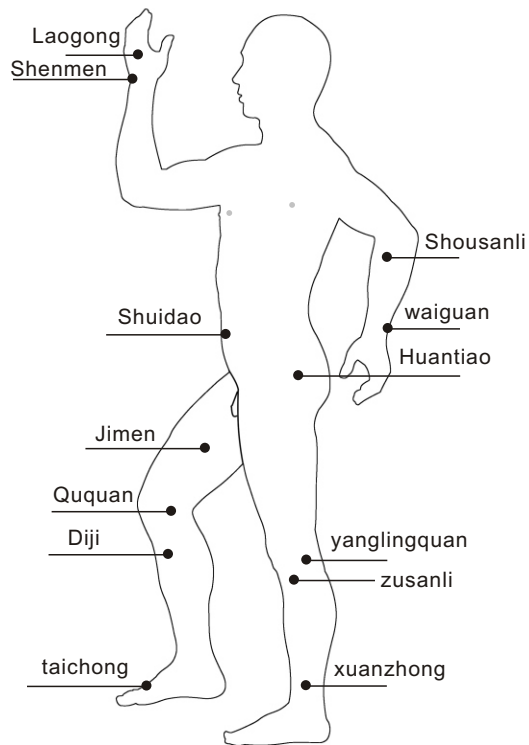
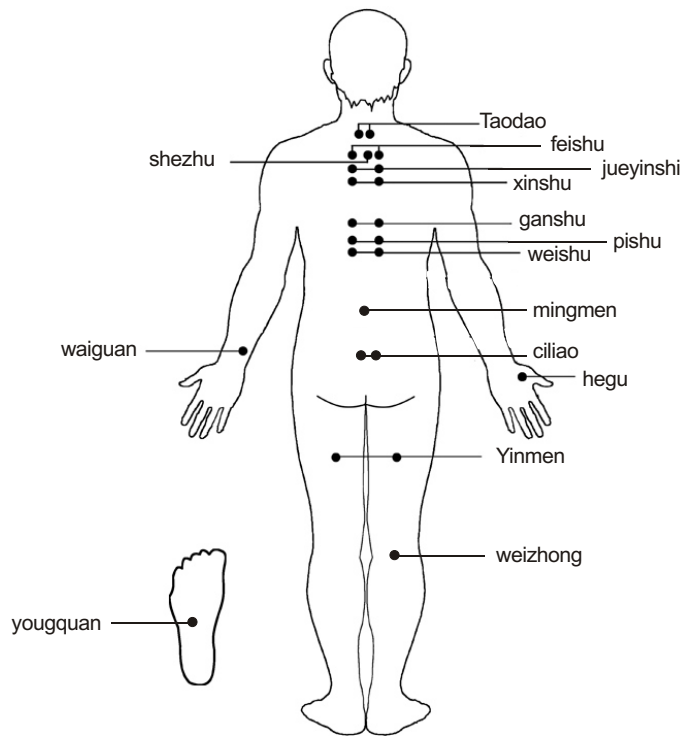
① The theory basis of mini massager is the perfect combination of the massage of traditional Chinese medicine and the physiotherapy of the west medicine.

② The clinical function of mini massager is to eliminate aseptic inflammation, loose conglutination, relieve muscle convulsion and analgesia.

③ mini massager won the registered certificate for medical treatment instrument by State Administration of Traditional Chinese Medicine of the People's Republic of China.

Attachment One: Common Point Chart





Attachment Two: Packing List

Mini Massager Host	1
Physiotherapy Wires (buckle typed)	2
USB connecting Line	1
Physiotherapy pads	2
Travel adaptor	1
Plastic piece	1
Manual	1
Common point chart and main function of main points chart	1
Handbag	1
Warranty card	1
Optional fittings:	
Physiotherapy slipper	1 pair
Physiotherapy line (needle-shaped)	1
Ear clip for auricular therapy	1