



NEWSLETTER

Summer 2002



Fractures, sprains, and cartilage injuries can end a season and cause pain or disability for life.

New Orthopedic Answers

Many doctors have been treating orthopedic injuries and surgeries with the Infratonic™, and reporting remarkable results. This includes bone fractures, cartilage injuries, muscle sprains, and ligament injuries, with reports of reduced pain, accelerated recovery, and reduced residual problems.



Dr. Richard Everett and Dr. Barbara Swalve, partners of the Princeton Chiropractic Center, in Princeton Illinois, have been in practice for over 22 years. During this time, they have been physicians for their local sports teams, treating a wide variety of orthopedic and sports injuries. Then, last September, they got their first Infratonic. I'll let them tell their story.

-Richard

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Accelerated Recovery For Sports Injuries

by Dr. Barbara J. Swalve, D.C.

Two years ago, a leading player on our local football team suffered a severe contusion to the quadriceps. The player's thigh pad had slid up on his leg, and he sustained a direct blow from a helmet to the muscle. The leg swelled severely, and the patient was unable to walk as he could no longer lift the weight of his leg. The patient was examined at the emergency room, and treated, then released.

For two weeks, the patient was on crutches and still could not lift his leg. We began care, to try to rehabilitate the leg. We used ultrasound, electrical muscle stimulation, diathermy, whirlpool, and stretching, with rehabilitative exercises. All showed improvement, but the rate was very slow, and the atrophy was significant. Although the patient regained the use of his leg, he was never able to return to play for the entire season of his senior year of football.

This year, I had been reviewing the literature that I had received on the Infratonic therapy equipment, when we had another football player sustain a similar injury. I knew that if we did not try something new, he would not return for the season. I immediately ordered the Infratonic machine, and had it sent express mail. We began sessions as soon as it arrived. To our great satisfaction, the patient began to show significant and rapid improvement. He only missed 1 game after the injury, and returned to full play 10 days after starting the Infratonic treatments. We padded the area for extra protection, but he suffered no loss of muscle mass, and had an outstanding season.

Dr. Everett and I have both worked at hospitals as physical therapy technicians prior to graduating from Chiropractic school. Therefore, we have a strong background in rehabilitative therapies and treatments. We first tried the Infratonic treatments in our

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sports injuries, as they were acute in nature, and usually involved sprain-strain complexes, cartilage injuries, muscles spasms, and fractures. We felt that this would be our first "testing ground" for the equipment, so as to compare it's progress with our established form of care.

Quite frankly, we did not expect to see this significant level of improve-

ment, but progress was minimal. We then started with 10 minute sessions of the Infratonic machine, and began to see more improvement. The game was 2 days away, and we needed a "quick fix". I sent the Infratonic machine home with the player, with complete instructions in it's use. We prescribed the patient to use it for 2 half-hour sessions per day. He returned to the

our other patients, that we decided to bring it home and "give it a try". While he was studying, we would put the Infratonic transducer on his knee (top, side, and back) for 30 minutes, 2 times per day. Now, after several weeks of treatment, he is running as he did before his injury, and he is no longer taking pain medications. In the beginning, we tried 10 to 20 minute treatment sessions, but when we increased the time to 20 to 30 minutes per treatment, we saw even more rapid improvement and increased mobility. As a parent and a doctor, our satisfaction with this "new" therapy could not have been greater.

Sprains: Serious ankle sprains can take our athletes out for several games.

In one case, a key player had a huge amount of swelling in the ankle, and was not expected to play. In fact, the coach had announced that he would not play on his radio interview. We sent the Infratonic home with him for half-hour treatments 2 times per day, and 3 days later he was back in action. This astounded the radio announcer who attributed the remarkable recovery to "the box that Dr. Everett has". The coach was telling everyone about "the box's" amazing results, and other injured athletes began to request it's use over the other forms of therapy treatment.

Fractures: My son dislocated and fractured his finger in basketball, so we were expecting to see the associated major swelling and pain. We treated it with the Infratonic, and the pain as well as the swelling were reduced immediately, and he also got his mobility back rapidly. With this sort of injury we often see the knuckle swollen for weeks or months, but with early treatment, we saw no long term swelling, or reduced range of motion.

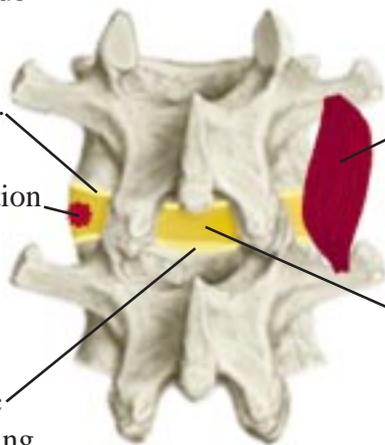
A therapist on my staff fractured the radial head on his left arm as a result of a fall. He wore a cast for 5 weeks, but after it was removed, he still had pain

Treat Inflammation & Scar Tissue at the Heart of the Joint Injury.

Healthy synovial tissue increases Hyaluronic Acid production for improved lubrication.

Decreased inflammation reduces swelling and pain, and normalizes synovial tissue.

Increased Hyaluronic Acid assists the melting of scar tissue, and accelerates healing.



Relaxes muscle spasms to reduce pressure on the vertebrae, and facilitate adjustment.

The rippling motion of the signal improves circulation to remove waste bi-products, and improve nutrition.

ment, and such rapid reduction in pain in these athletic injuries. We soon began to see, as our sports injuries presented themselves into our office, that we had found a new avenue of care for numerous types of injuries.

Some of the injuries we have now treated are as follows:

Cartilage: The quarterback was twisted severely as he was tackled, and this pulled his intercoastal cartilage. When he twisted his body, he would feel a "pop" and a stabbing pain. The fear of the pain and the restricted movement severely inhibited his game. We started with electrical stimulation,

game with no restrictions, and no pain. Maximum improvement in a minimal time period.

Our son had a serious football injury that included a fracture and dislocation of the patella. He also had pieces of cartilage that were torn off from the bottom of the kneecap. After two years of rehab, he still could not run easily, and had significant pain, even though he was taking Vioxx on a daily basis. We went to a specialist who was talking about a cartilage transplant, and indicated that it would probably end his athletic career. We had seen such great improvement with the Infratonic with

and a "popping" in his wrist. X-rays still showed a fracture line. With Infratonic treatment, we saw rapid improvement and post x-rays taken just 2 weeks later showed that the fracture line had diminished substantially. The full use of his wrist was returning with no more "popping", and there was minimal discomfort. He now says that his arm is just like "new", and that his golf swing has not been affected.

Plantar Fasciitis: We have always had great success with treating plantar fasciitis with manipulation, electrical stimulation, and ultrasound. Now we have added the Infratonic treatment, and cut our treatment time in half on our patients with this debilitating condition. Some patients have seen results after one session.

Protocol: In all of these athletic injuries, we like to apply the Infratonic machine for 30 minutes. Most of the treatment time is spent directly on the

Ultrasound or Infratonic?

The Infratonic has been used in our office on an increasing basis. Previously, our patients have had ultrasound used for their therapies, and now are seeing improved results when we switch them over to Infratonic sessions. Ultrasound is a high frequency vibration that is compared to a microwave or radio wave frequency that penetrates 1 to 2 inches into the tissue. The Infratonic is a lower frequency level that vibrates at the alpha wave length. This reduces muscle spasms and reduces swelling. The Infratonic seems to leave the tissue more resilient, and we have seen less restriction from scar tissue formation within the injured area. The frequency that it pulses at has produced much quicker results for our patients, whether it has been an acute or chronic condition.

-Dr. Barbara Swalve

point of pain or injury, as well as spending 5 minutes on the related trigger points. We also will work around the entire joint that is involved in the injury, and if a radiculitis is involved, we will work the associated dorsal nerve root along the paraspinal muscles.

Residuals: With sport injuries, we always worry about scar tissue formation, or hyper or hypo flexion of the tendons and ligaments involved in the injuries. With the Infratonic treatments, we are finding that they have less swelling and less atrophy to the surrounding area. With less permanent injury to the tissue, and

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Infrasound 8™ - for Orthopedic & Sports Injury

The new **Infrasound 8** is just like the **Infratonic 8**, except that it is white. While the three healing signals are identical, the labels are listed as **1, 2, and 3**, instead of **Body, Mind, and Spirit**. This new look will fit right into the hospital environment.

For doctors using the Infrasound 8 in orthopedic applications, we have prepared a new perspective on how the different signals are best utilized to accelerate recovery and relieve pain.

- 1. Structural:** Cell Damage - to accelerate the recovery of bone, tendon, and muscle cells which get damaged from fractures, tears, and overwork, this is the most effective signal.
- 2. Biochemical:** Abnormal Cellular Response - when cells are shocked by external stimuli and become conditioned to function abnormally, usually with inappropriate inflammation or effusion, or with excess or deficient production of biochemicals, the cell has become operatively conditioned by the trauma. The second signal reduces this abnormal conditioning and restores normal cellular functioning.
- 3. Psychosomatic:** Healing inhibited by stress - where nervous stress or worry cause abnormal activity of the cells, and either impede healing or create chronic health problems in the physical body, the third signal is most effective at creating a mental/emotional sense of well being, which frees the cells to pursue normal healing.



\$ 995⁰⁰

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Try the new **Infrasound 8**
Risk-Free for 30 days
1-800-743-5608

less tissue breakdown, we feel they will be less likely to re-injure these areas. Improved range of motion equals improved function.

While it may be difficult to determine the effectiveness of a new therapy modality, I feel that we have seen major changes in patients that we have treated with the Infraconic machine. We are now planning on incorporating this "new" therapy into our regular practice, and have great expectations for the patients with lumbar disc herniation. We started with 1 machine, and rapidly went to 3, as the results and improvements demanded that we continue and increase it's use in our practice. No one talked us into it's use or it's effectiveness. The results were all we needed to see. The Infraconic machine has given our therapy department of 22 years a new form of care that offers great expectations for a faster and improved return to health.

What is Infraconic Therapy?

Infraconic Therapy™ is a therapeutic massage method involving infusion of damaged or abnormal tissue with high and low frequency signals in several forms, mechanical massage, acoustical, and magnetic. The low frequency signal includes bands of randomly varying frequency, predominantly in the range of the brain's alpha rhythm while excluding the ranges of theta and low beta. The high frequency signal is also random and rides on the low frequency signal increasing the randomness and making the low frequency signal unpredictable by the body tissue, therefore more penetrating and more effective.

There is a small component of low frequency sound produced by all massagers, but the principal energy delivered is the massage action. The Infraconic differs from typical massagers because its signal varies randomly in frequency within a specific frequency range. Patents are pending on this technology.



Sports Injury Edition



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OUR MISSION:

We are dedicated to educating healthcare providers about the importance of human vital energy in health and patient recovery.

We believe an understanding of the energetic nature of healing will reduce side effects and medical costs.

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