



Get better

WHITE BOOK

on the most common
pathologies



Cure



Relax



Tone







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Preface

Health professionals are in charge of monitoring patients' physical well being. For example, the physiotherapist uses a set of techniques and methods, grouped under the name of

Physiotherapy, including electrotherapy as a key component. It is a tool for pain management, muscle relaxation and stimulation.

Under no circumstances, however, is it meant to replace medical consultation, (leave this out as such,) if you have any persistent feeling of discomfort or doubt,you should consult a health professional.

You can then maximise Bluetens programs' effectively, benefitting from a specific diagnosis and optimal follow-up.





Cure

Whether acute or chronic, pain usually comes from a body damage. It should be treated as soon as possible, with an overview to prevent potential relapses. Existing treatments are changing rapidly and consumption of very powerful painkillers has become the rule to make the patients' daily life more acceptable.

Patient comfort is a real concern and new treatment protocols are constantly emerging in order to face painful episodes without side effects. Bluetens is totally in line with this line of thought. Thanks to electrotherapy, a technology that has proven its effectiveness for decades, we can very effectively relieve acute and chronic pain in a strictly physiological way, without the use of painkillers.





Relax

Stress is the body's response to pressures created by the environment. Whether the causes are job or sports-related, we must help our body to alleviate stress and tensions. Bluetens' different effects, striking, kneading, and pressure, reproduce the benefits of a manual massage and help your muscles recover their original state.





Tone

Toning is a key factor to treat a pathology in the long term. Muscle weakness mechanically forces another part of your body to take over and this is the beginning of the problems! Your muscle tone provides good protection for your joints and relieves your back from the effects of time . With Bluetens you don't neglect this problem and you really take care of yourself.





Muscle and nerve pain

PATHOLOGIES

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**Contractures - torticollis - lumbago - sciatica - cruralgia
cervico-brachial neuralgia**

OBJECTIVE

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Relieve tension and pain from the affected area.



Recommended programs

- > **Relaxing massage**
- > **Acute pain**
- > **Endorphin**

USE

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At least one pain relief session «Acute pain» and/or «Endorphin» per day according to the feeling, the «Relaxing massage» program will serve as a supplement for 1 to 2 weeks.

MEDICATION

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Muscle relaxant, pain killer



Joint pain

PATHOLOGIES

Arthrosis - arthritis - sprain

OBJECTIVE

Pain management linked to joint alteration



Recommended programs

- > **Pain relief level 1**
- > **Pain relief level 1**
- > **Acute pain**

USE

At least one pain relief session per day according to the feeling, the «Acute pain» program will serve as a supplement for 2 to 3 weeks.

MEDICATION

Non-steroidal anti-inflammatory drugs, corticoids, pain killer either orally or in localised applications.



Tendon pain

PATHOLOGIES

Tendonitis: tennis elbow - Achilles tendonitis
Wiper syndrome - Patellar tendinitis

OBJECTIVE

Pain management as a supplement of the tendon's treatment.



Recommended programs

- > **Relaxing massage** (on the effected muscle coresponding to that tendon)
- > **Acute pain** (place the electodes on the painful area)

USE

At least one pain relief session per day according to the feeling, the «Relaxing massage» program will serve as a supplement for 2 to 3 weeks.

MEDICATION

Non-steroidal anti-inflammatory drugs, corticoids, pain killer either orally or in localised applications.



Venous circulation disorders

PATHOLOGIES

Heavy legs - lower-limb oedemas

OBJECTIVE

Fighting against venous circulation disorders. Relieving heavy legs sensation and reducing swelling of the ankles and feet .



Recommended programs

- > **Heavy legs**
- > **Venous insufficiency**

USE

At least 2 to 3 times per week, according to the feeling.

MEDICATION

Veino-tonic drugs



Physical recovery

PATHOLOGIES

OBJECTIVE



USE

MEDICATION

Post-effort relaxation - Fatigue

Helping the elimination of metabolism waste after muscular work in order to optimize recovery and restart fresh the next day .
Making muscles ready in order to reduce the risk of cramps.

Recommended programs

- > **Active recovery**
- > **Relaxing massage**
- > **No-stress massage**

1 hour after the sports activity or when needed.

Muscle relaxant



Muscle strengthening

PATHOLOGIES

Post-traumatic amyotrophy - complementary to strength training

OBJECTIVE

Achieving a muscle tone in line with the level of activity.



Recommended programs

- > **Muscle wasting**
- > **Strengthening**
- > **Endurance**

USE

3 sessions per week or more based on the objectives defined.

MEDICATION

High-protein food supplement, creatine.



Cédric Ballanger
Commercial Director
cedric.ballanger@bluetens.com
06 32 88 91 76

Sébastien Espinosa
Business Developer
sebastien.espinosa@bluetens.com
06 26 07 31 57

contact@bluetens.com

Stay connected with
www.bluetens.com





Under the supervision of a health professional:

Frédéric BRIDEL

*Nurse, Physiotherapist specialized in sports physiotherapy
(25 years with professional sportsmen)*

