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, if you have any persistent feeling of discomfort or doubt, you should consult a health professional.

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

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

Relieve tension and pain from the affected area.

Recommended programs
> Relaxing massage
> Acute pain
> Endorphin

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.

Muscle relaxant, pain killer
Joint pain

Arthrosis - arthritis - sprain

Pain management linked to joint alteration

Recommended programs
> Pain relief level 1
> Pain relief level 1
> Acute pain

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.

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

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

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

Recommended programs
> **Relaxing massage** (on the effected muscle corresponding to that tendon)
> **Acute pain** (place the electodes on the painful area)

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.

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

**PATHOLOGIES**

**Objective**

Venous circulation disorders

**Use**

- Heavy legs - lower-limb oedemas
  - Fighting against venous circulation disorders. Relieving heavy legs sensation and reducing swelling of the ankles and feet.
  - Recommended programs
    - Heavy legs
    - Venous insufficiency
  - At least 2 to 3 times per week, according to the feeling.

**Medication**

- Veino- tonic drugs
Physical recovery

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

Post-traumatic amyotrophy - complementary to strength training

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

Recommended programs
- Muscle wasting
- Strengthening
- Endurance

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

High-protein food supplement, creatine.
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