

INTERX[®] THERAPY

A unique combination of Neurostimulation, Manual Therapy and Therapeutic Exercise



What is InterX Therapy?

The InterX is an electrical device that provides Interactive Neurostimulation. It generates electrical pulses, which stimulate the skin at the area of pain/inflammation. The stimulation communicates with the nervous system through the skin interface activating natural pain relieving mechanisms.

What is InterX used for?

- Post Surgical Rehabilitation
- Sports Injury Rehabilitation
- Chronic Neuropathic Pain
- Chronic Musculoskeletal Conditions

How does InterX work?

InterX uses high amplitude, high density stimulation to the cutaneous nerves, activating the bodies natural pain relieving mechanisms (segmental and descending inhibition).

How is InterX Therapy applied?

The design and interactive waveform allow the therapist to deliver patient specific treatments and enables an entirely different treatment approach. Treatment can be applied locally, to the dermatomes, over orthopedic metal implants and directly over the spine, the face and scalp using InterX protocols:

SCAN	- Identify optimal treatment points
TARGET	- Deliver focused, high amplitude stimulation
DYNAMIC	- Perform therapeutic exercise while treating points of pain

How many treatments do I need?

Typically, the initial course of treatment is 4 sessions. The more chronic condition, the more time it would take to achieve sustained pain relief.

What makes InterX Therapy different?

Research suggests that there are 4 principles necessary to achieve maximum benefit from neurostimulation.

1. Identifying the right place to treat
2. Using high amplitude stimulation
3. Using low and high frequencies
4. Avoiding nerve and physiological tolerance/accommodation

InterX Therapy uniquely achieves ALL 4 principles

How does InterX achieve these principles where other devices fail?

A unique combination of technology and application allows InterX Therapy to satisfy these principles:

1. SCAN (without gel) and identify the right place to treat anywhere on the body including the spine and face
 - InterX identifies points of low impedance
2. Stimulation is delivered using high amplitude, high density current
 - Amplitude = 35-60mA on skin (compared to 15-40mA with TENS)
 - Current Density = 170-220mA per square inch, (compared to 5-12mA with TENS)
3. A wide range of low and high frequencies
 - 15 - 480 pulses per second
4. Interactive, variable waveform and short treatment protocols avoids nerve and physiological tolerance/accommodation

Clinically Proven

Peer reviewed, randomized, controlled clinical trials have shown statistically significant results in the following:

- Reduced Pain
- Reduced Medication Intake
- Increased Range of Motion

Non-invasive interactive neurostimulation in the post operative recovery of patients with trochanteric fracture of the femur. Journal of Bone & Joint Surgery (Br) 2007;89-B:1488-94



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