

What should I expect from treatment?

InterX therapy is a comfortable treatment. The procedure will involve applying the hand held device directly to the skin on or outside the injured or painful area.

The sensation of the electrical impulse will resemble a tingling or vibrating sensation. Your therapist will adjust the sensation as needed throughout the treatment.

Typical treatment sessions will last from 20 to 30 minutes depending on the complexity of the condition. The number of treatment sessions required will be determined by your practitioner.

Generally a course of treatments is recommended over several weeks for optimal results. It is essential to complete the entire treatment course to experience the full benefits of InterX.

InterX treatment activates the nerve endings which may cause a temporary aggravation of symptoms, light-headedness or tiredness. It is not unusual to experience improved sleeping patterns following treatment.

The full effect of a single treatment is generally experienced within a couple of hours and is often sustained for up to two days or longer. The cumulative effects of more than one treatment may enhance these results.



INTERX[®]

Patient Information Leaflet



The contents of this brochure are for informational purposes only. Questions and medical concerns should be directed to your therapist.

Non-invasive
treatment for acute,
chronic and neuropathic pain

InterX Therapy may be used effectively on its own, or in conjunction with physiotherapy, occupational or other therapy.

Rehacare
www.rehacare.com.au

What is InterX Therapy?

InterX therapy is the targeted application of Interactive Neurostimulation to manage and relieve the symptoms of pain and injury.

InterX therapy is applied using a hand-held device which delivers gentle dynamic electrical impulses and stimulates the skin at the area of pain or inflammation.



What are the benefits?

- Non-drug pain relief
- Non-invasive application
- Comfortable treatment
- Effective results



Application

- InterX Therapy is electrical stimulation which is delivered to the skin. Therapy can be applied by using a hand held device to scan an area of injury, locate optimal treatment points and target stimulation specifically to these points. It can also be applied using an array of electrodes placed on or near the point of pain. Dynamic function exercises can also be included in treatment protocols.
- The sensation of the stimulation will resemble a strong but comfortable tingling as the nerve fibers in your skin react to the electrical stimulation. The effect of stimulation on these nerve fibers helps to activate the body's natural pain relieving mechanisms, releasing endorphins which help to promote pain relief.
- The interactive waveform of InterX will adjust automatically as it reacts the changes of impedance in your skin and the variation in waveform and frequency helps to avoid the body's natural tendency to accommodate to electrical stimulation and allows for a better effect from treatment.
- The interactive waveform and design of InterX, allow for treatment applications which optimize the effects of stimulation. InterX has been scientifically proven to be more powerful than TENS.

Who can be treated?

InterX therapy—is effective across a wide range of acute and chronic conditions.

Most people can be treated using InterX therapy. It is particularly effective in the reduction and management of pain and the resulting increase in range of motion.

Caution should be taken when using any electrical impulse devices as they may interfere with other electrical medical products.

Your therapist may advise against treatment if:

- You have a pacemaker, insulin pump or other implanted functioning devices
- You are pregnant or breast feeding
- You have active cancerous tissue or are undergoing chemotherapy
- You have a history of epilepsy or other seizures

InterX is a safe and effective treatment for adults and children.

InterX technology is TGA approved, 510(k) cleared by the US FDA for pain relief and pain management and carries the European CE mark.