



SETUP

Select Preset

Select the acute or chronic icon, and the appropriate preset stimulation pattern based upon assessment of the injury or condition.

	Acute	480*s
	Sub Acute	180
	Chronic	60
	Hypersensitive	15

Set Stimulation Intensity (%)

Place the electrodes firmly on the skin, set the stimulation at a comfortable tingling sensation.

Note : It is not necessary to set the stimulation at an uncomfortable intensity level. Routinely reconfirm with the patient that the Intensity level is comfortable during treatment. Sensitivity is often greater with complex conditions.

TREATMENT

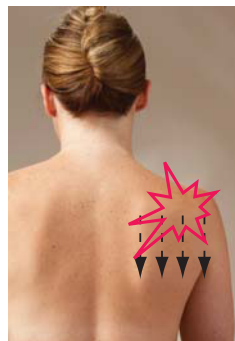
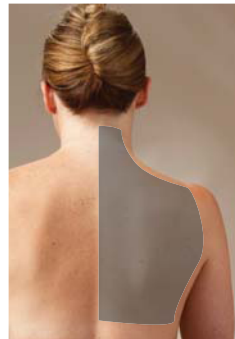
STEP 1 SCAN for Active Sites

Active Sites are areas or points of low impedance which will require additional targeted treatment and can be located by sliding the InterX slowly over the area to SCAN the skin for changes. Active Sites may or may not be located at the point of injury or greatest pain. Turn page over to learn how to scan using Activity Reading (AR).

- Slide the InterX slowly, with firm pressure
- Scan each column 3 or 4 times
- Continue until the whole area is scanned
- Identify all Active Sites in the treatment area

Active Sites are evident where the:

- 1) Electrode drags more
- 2) Stimulation feels stronger
- 3) The sound of the device gets quieter



STEP 2 TARGET Treatment on Active Sites

Apply a Point-stim and slide in 4 directions on each Active Site. Remove the device from skin after each Point-stim. (Typically 5 - 7 active sites may be treated)

Place and Hold Device on Active Site



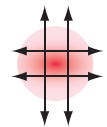
Point-stim Complete



Point-stim value appears, and device beeps



Slide device in 4 directions (30 seconds)



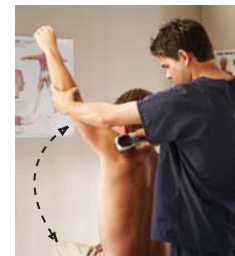
Primary Active Site = Highest Point-stim. Repeat the Point-stim and 4 directional sliding to the Primary Active Site.

STEP 3 Finish Treatment with DYNAMIC Technique

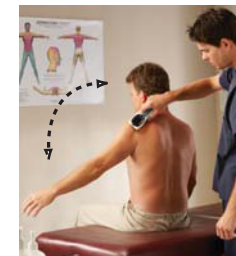
Passive, Active, Resisted motion and/or Stretch

Caution: Use clinical judgment for safety when considering DYNAMIC techniques

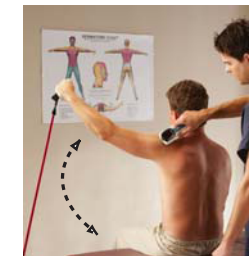
Change Preset under acute or chronic. Use flex array or use the device for continuous stim choice, dampen skin, and set intensity higher than the pain. Elicit pain by position or motion. Target treatment for 10 reps or 30 seconds and assess if pain moves, repeat on new site of pain. If pain does not decrease then do not continue dynamic treatment with this session. Try again on the next treatment session.



Passive



Active







Resistive

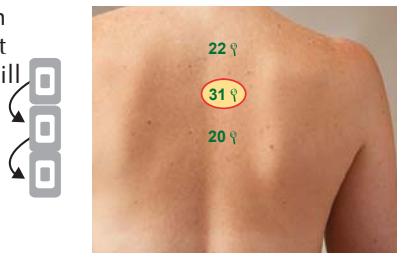
Step 1: SCAN


Activity Reading (AR)

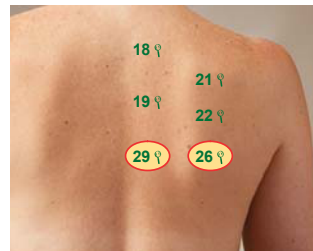
ACTIVITY READING

Activity Reading  (AR) is an objective measurement of the effect that skin impedance has on the waveform and is used to provide a relative measure of tissue impedance between different points on the skin. Higher  (AR) will indicate where treatment should be applied.

To take Activity Readings  (AR), place the device on the skin looking for areas of low impedance (highest green number). Do NOT slide the device. The AR will display after 1 second of skin contact. Take 3 or 4 readings at a time and TARGET the point with the highest  (AR). Point-stim wait for yellow number then slide in 4 directions.

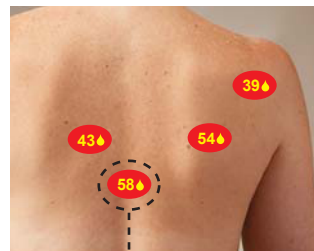


Once you have treated the Active Site in the first column, move on to SCAN the next. Take 3 or 4 readings and again TARGET the point with the highest  (AR).



Continue to SCAN and TARGET until the whole area has been treated.

In general, the highest AR readings are the neck, upper trap, T8-T10 and the sacrum- check left and right sides.



Primary Active Site = Highest Point-stim.

Apply a Point-stim and slide in 4 directions on each Active Site. Repeat the Point-stim and 4 directional sliding to the Primary Active Site.

Primary Active Site

INTERX THERAPY

GENERAL GUIDELINES

- Dampen the skin with water to increase conduction
- Do NOT use conductive electrode gel
- Wipe away any excess perspiration before applying InterX
- Observe patient responses and "Listen" to the patient for identification of additional treatment areas
- It is safe to treat over the spine
- Vary Stimulation Preset and treatment options to reduce nerve accommodations work from high to low settings
- Incorporate DYNAMIC movement whenever safe

PRESEST GUIDELINES:

	Scan/Target	Dynamic	Unattended
Acute	480*S or 480*	90-360	CYC1
Sub Acute	360* or 180	90-360	CYC1
Chronic	60	30-120	CYC2
Hypersensitive Chronic	15	15-60	CYC3
Chronic not responding	240*	30-120	CYC2

This is a general guideline for the use of presets.

USE WITH OTHER MODALITIES

Ice: Treat with InterX first. Alternate InterX & ice allowing time for impaired sensation from the ice to subside prior to InterX application.

Heat: Alternate InterX & heat applications allowing time for erythema from the heat to disperse prior to InterX application.

Manipulation: Use InterX prior to manipulation when the area is painful or to relax tense tissues. Use the InterX after manipulation for residual tenderness.

Massage: Use InterX to prepare the area for deep friction or after to remove point tenderness. Lubrication changes tissue properties, in particular impedance, affecting the ability to locate active sites.

Acupuncture: Apply a Point Stim to acupuncture points, trigger points, etc.

Ultrasound/Laser: First use InterX to locate & treat the primary Active Site. Ultrasound/Laser this point to enhance the repair process further.

Other E-stim for Pain Relief: Do not apply immediately either side of InterX.