



Instructions for Application



Did you know?

Videos for the instructions in this book can also be found online at NOVAFON.de/anwendungen

01 Preface

Here at NOVAFON, we give many people access to treatment which alleviates the symptoms of a wide range of health complaints, improves quality of life, and helps to better cope with everyday life. The gentle vibrations of the NOVAFON help to reduce pain and alleviate the effects of a stroke.¹

The NOVAFON brand is an ambassador for quality and reliability in local vibration therapy. Our tried and tested therapeutic devices are “Made in Germany”. As a manufacturer of medical devices, our quality management process is certified in accordance with DIN ISO 13485 and our products are governed by strict safety regulations for the safety and well-being of our customers.

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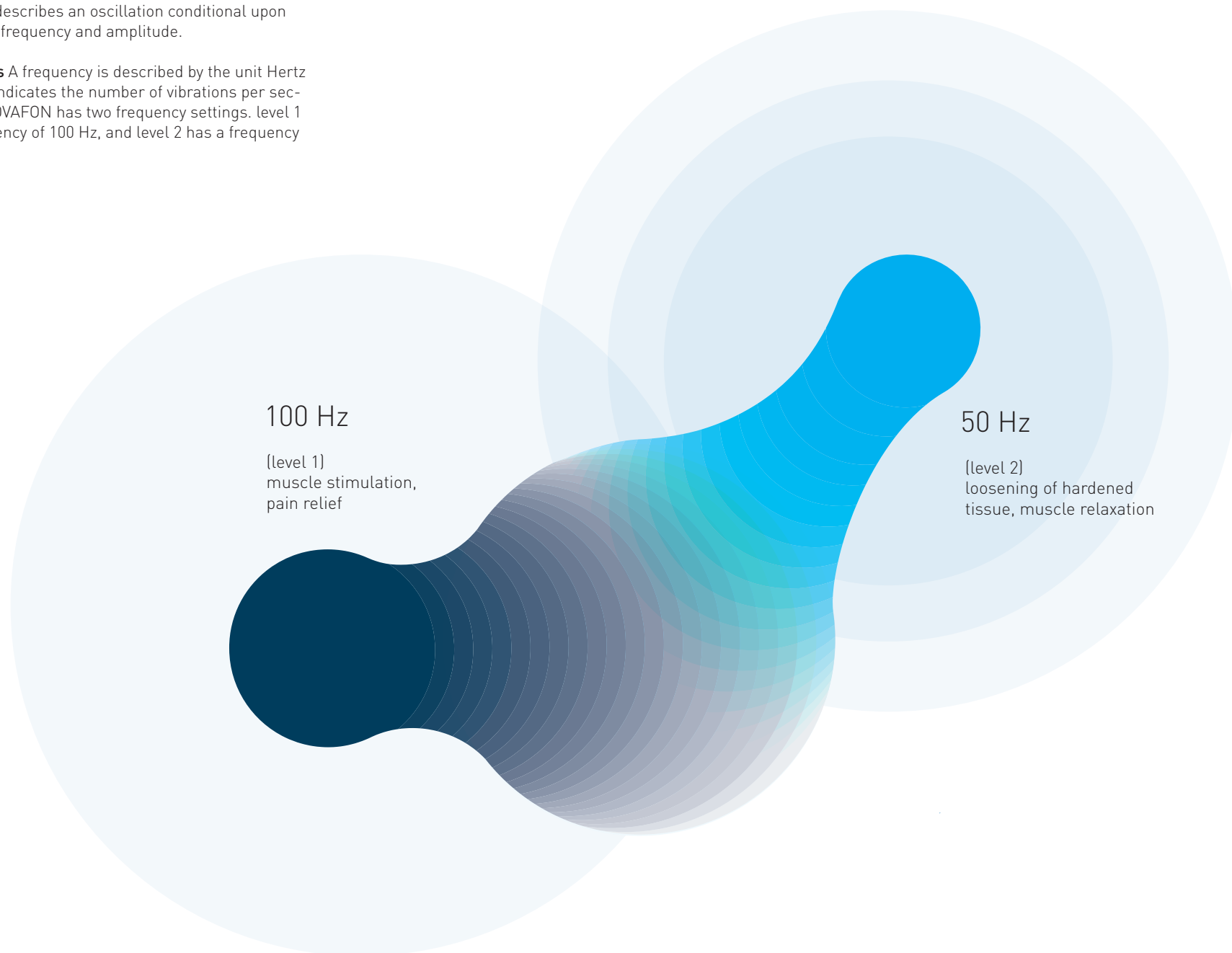
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03 Functionality



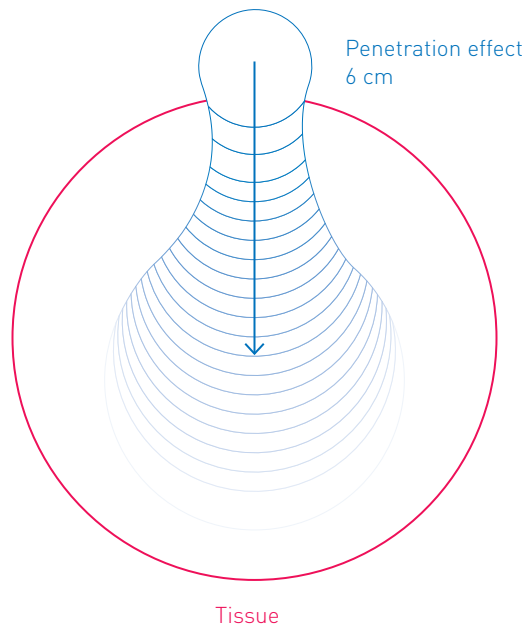
A vibration describes an oscillation conditional upon variables of frequency and amplitude.

Frequencies A frequency is described by the unit Hertz (Hz) which indicates the number of vibrations per second. The NOVAFON has two frequency settings. level 1 has a frequency of 100 Hz, and level 2 has a frequency of 50 Hz.



Amplitude (Intensity) In a regular vibration curve, amplitude describes the maximum measurement between the highest and the lowest swing of the curve. The higher the amplitude, the more intense the vibration or intensity of the NOVAFON. Using the upper multi-function button, the intensity setting can be switched from low to high in 3 steps.

Penetration Effect The NOVAFON guides marked vibrations into the skin up to 6cm deep. This has been confirmed by the Fraunhofer Institute. In this way, the vibrations also reach deep tissue treatment areas.



Gate Control Theory When sensory stimuli such as heat, cold, or vibrations interact with nerve fibres, the transmission of pain signals to the brain can be broken as the sensory stimuli superpose the pain stimuli. Through regular use, this effect can also be sustained long after treatment.²

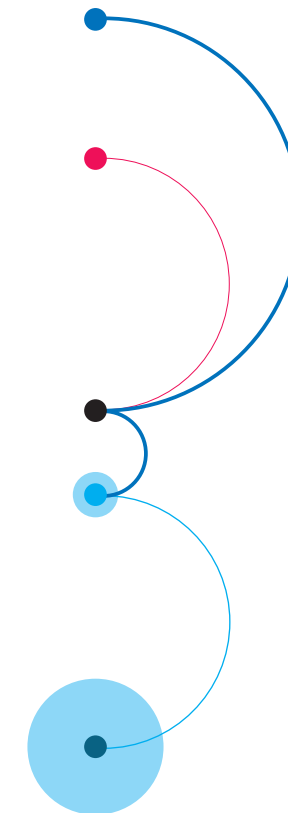
Sensory stimuli
e.g. vibrations, heat, cold
on thick nerve fibres

Pain stimuli
on fine nerve fibres (are
superposed by sensory
stimuli)

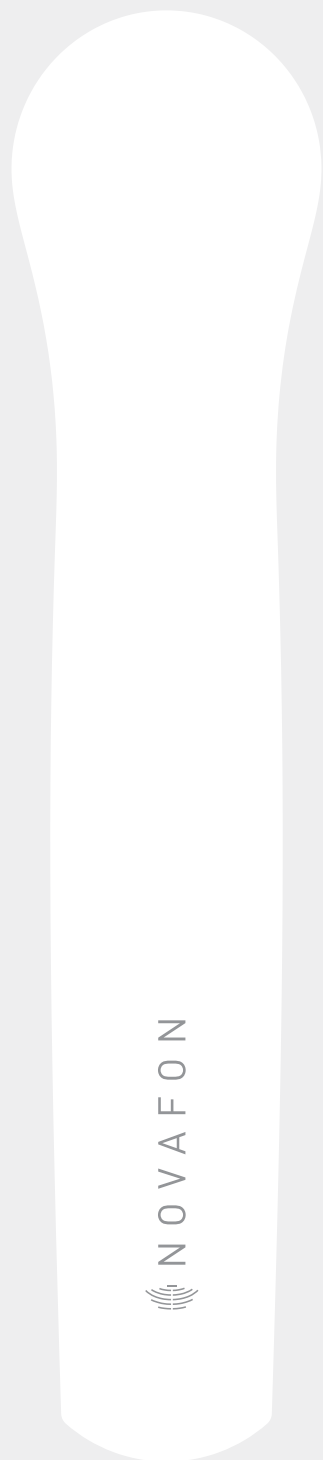
Gate (determined)

Transmission Cell
(communicated)
filtered information trans-
mission (sensory stimuli
is relayed to the brain)

Stimulus perception



Result:
Sensory stimuli predominate and are perceived,
the pain stimulus is no longer perceived



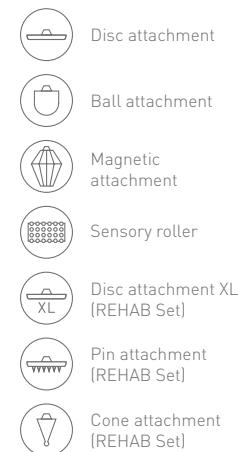
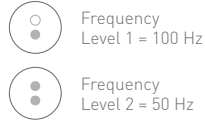
04 Basis for Use

1. Turning on/off Fully charge the device prior to initial start-up. Press the ON/OFF button once to turn on the NOVAFON. To turn the device off, press this button three times in total.

2. Settings The device is set at 100 Hz (Level 1) when the ON/OFF button is pressed once. Level 2 (50 Hz) is activated by pressing this button again. The current frequency selection is indicated on the LED display below the multi-function button (Frequencies). You can regulate the intensity by repeatedly pressing the "Intensity Setting" button. Here you can choose from three intensity levels: low, medium, and high. The intensity selection is indicated on the LED display above the multi-function button (Intensity). The device always starts on the lowest intensity level. **TIP** Not yet familiar with the device? Then start on the lowest intensity setting and increase it as required during treatment.

3. Charging without a charging stand: Connect the charger cable to the device and finally to the mains power supply unit. Then, insert the mains power supply unit into the socket. With a charging stand: Place the device on the charging stand. Connect the charger cable to the charging stand and finally to the mains power supply unit. Then, insert the mains power supply unit into the socket.

4. Treatment The suggested duration of treatment is up to 20 minutes. Treatment can be repeated several times per day (up to three times) as required. Longer or more frequent treatment offers not further benefit. Please note that NOVAFON sound wave devices only alleviate symptoms and do not treat the underlying disease or act as a replacement for visiting a doctor. Despite their safe, simple, and non-invasive application, we suggest that you ideally discuss the treatment with your treating doctor or therapist. Should symptoms worsen, please seek medical advice.



5. Contraindications Local vibration therapy is a simple, safe, and effective therapeutic method. However, please note the following contraindications and information regarding side effects. Use of the NOVAFON is not permitted with:

- Open wounds/eczema (in the body region being treated)
- Arteriosclerosis (in the body region being treated)
- Current episodes of epilepsy
- Pregnancy
- Implants (in the body region being treated)
- Heart pacemakers
- Thromboses (in the body region being treated)
- Brain pacemakers
- Cardiac arrhythmia
- Tumours
- Acute inflammations (in the body region being treated)
- Acute episodes of inflammatory diseases

6. Side effects Please note that in rare cases the following side effects may occur:

- Intensification of pain/unpleasant sensations
- Discomfort/dizziness
- Skin irritation
- Reflex/involuntary muscle contractions

Please cease treatment immediately if one of this side effects occurs. Note that, especially with pain management, an initial worsening of the complaint may occur before you notice an improvement. Please note that slight reddening and warming of the skin do not represent a cause for concern. This is a desired effect of local vibration therapy, resulting in increased blood flow.

7. Attachments The NOVAFON has an intelligent system for connecting attachments. Planar treatments are performed using the disk attachment, the pin attachment, or the sensory roller; spot treatments with the magnetic, ball, or cone attachments.

8. Changing attachments All attachments can be easily connected/disconnected by rotating them one quarter turn. Attachments should only be exchanged once the

device has been turned off. Attachments have been properly connected once the brackets on the device and attachment lie flush on top of each other.

9. Additional products To avoid liquid ingress into the device, do not use creams or gels. These can shorten the service life of the device.

10. Clothing Treatment can be applied directly to the skin and through clothing or a towel. The intended effect is guaranteed in all cases.

11. Movement patterns Place the device onto the area to be treated. You can use the device in a planar or spot-treating fashion. In doing so, you can execute the following movements:



Linear stroke



Continuous gentle circular motion



Gentle circular motion



Spot-treat



05 Applications

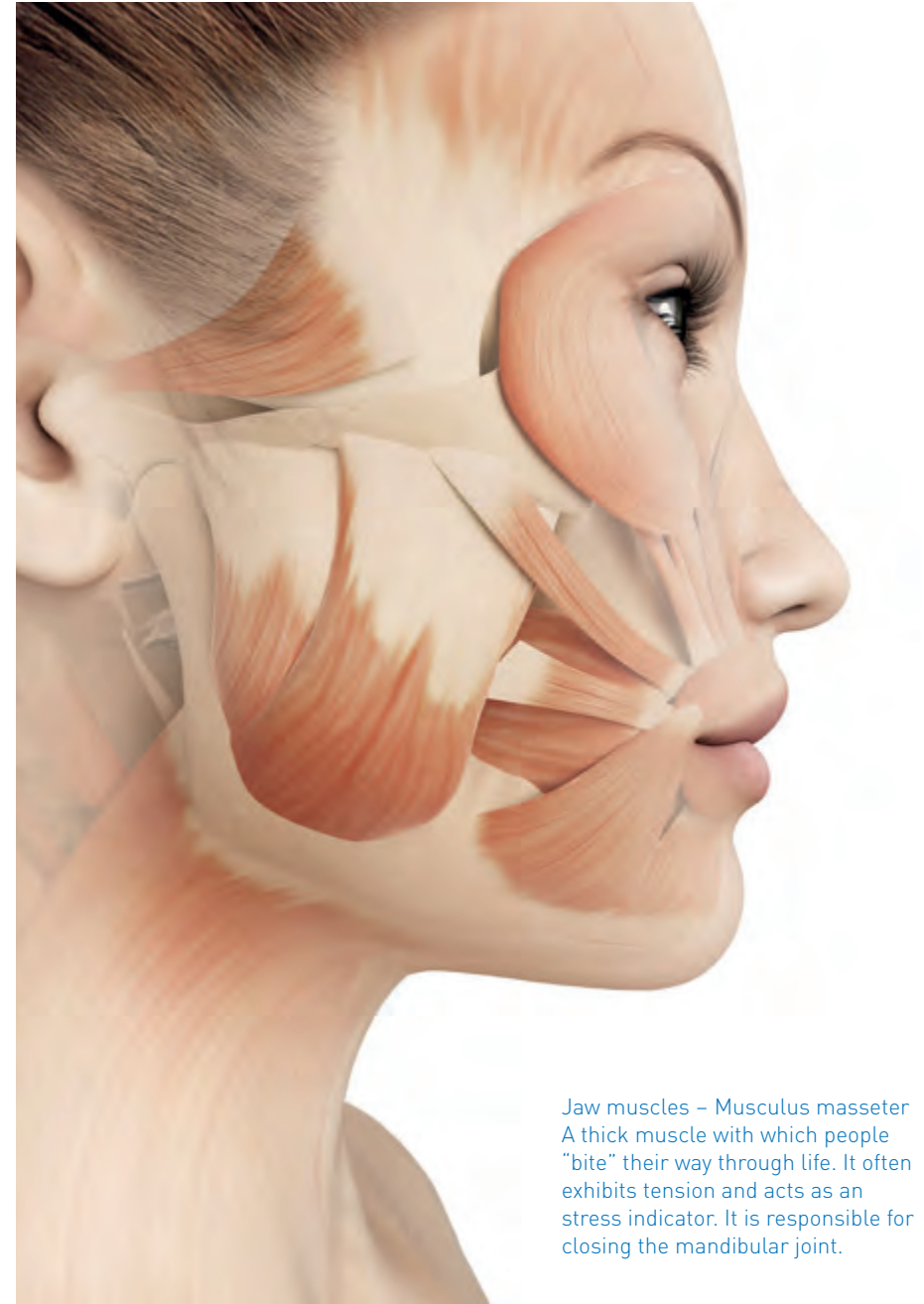


Treating the jaw

Useful background knowledge Many patients have increased muscle tension in the lower jaw area which can be accompanied by pain in the jaw muscles. Often, there are also mandibular joint sounds such as cracking and problems opening and closing the mouth. Many people also grate their teeth, especially during the night, or they press them together. Especially under stress, those affected “bite” their way through life. Loosening and relaxation exercises can help reduce unnecessary stress. The NOVAFON can help relax the muscles.

NOTE

Prior to starting treatment, discuss the symptoms with your dentist or orthodontist and get a clear diagnosis.



Jaw muscles – Musculus masseter
A thick muscle with which people “bite” their way through life. It often exhibits tension and acts as an stress indicator. It is responsible for closing the mandibular joint.

» Easy and pleasant to use. So far I've used it to treat my very tense jaw muscles (I grind my teeth). It's very comfortable and relaxing! (...) I use it regularly; it's great! «^{3,4}

User S., 15/02/2017, NOVAFON power



Using the NOVAFON on the jaw

The NOVAFON can be used for the regulation of muscle tone and treating sore areas of the jaw muscles (musculus masseter). Total treatment duration with the NOVAFON should be 10–15 minutes and can be repeated up to three times a day.

Before you begin, ensure you are sitting comfortably on a chair. Perform the treatment on the affected side; on both sides if required. Make sure to follow the two steps outlined here precisely.



Disc attachment

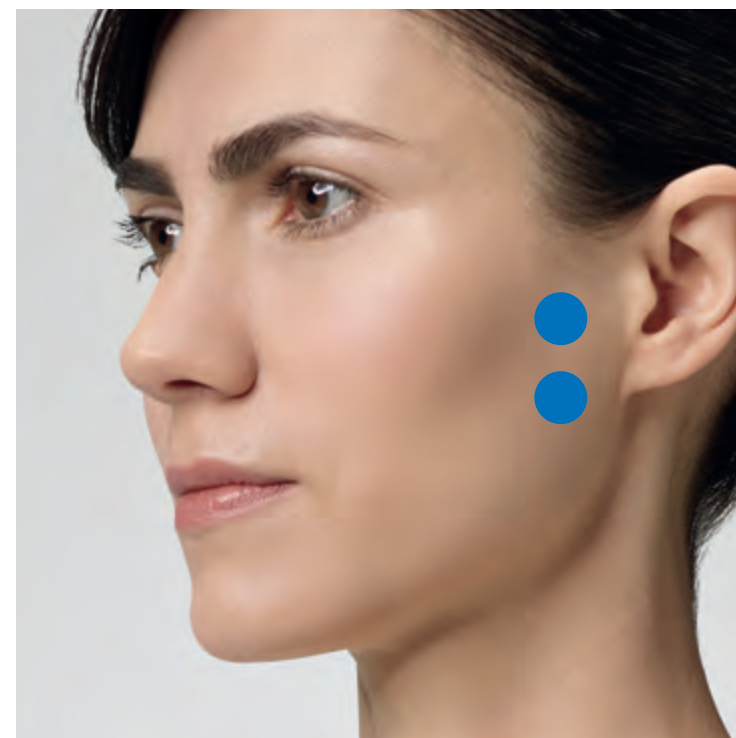
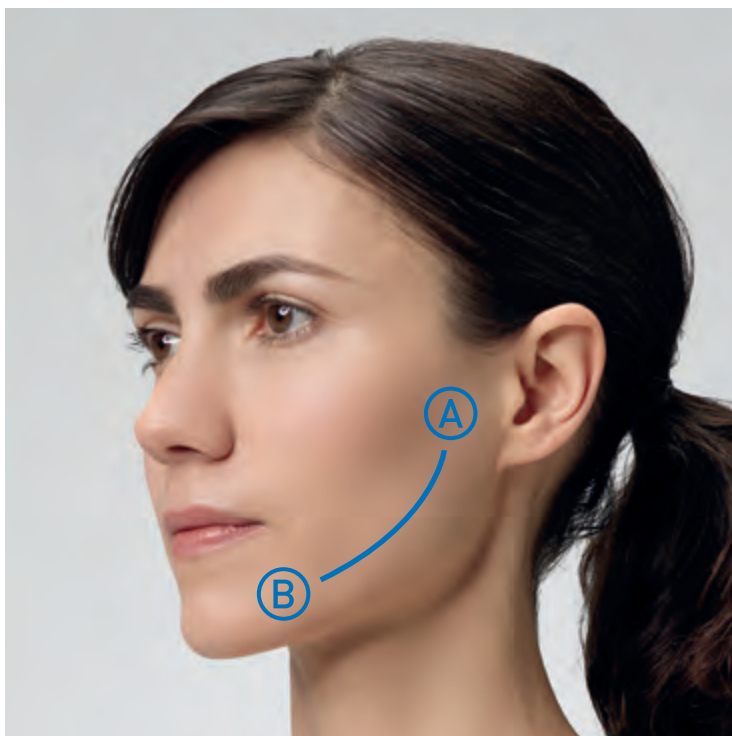


Sensory roller

Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Stroking the jaw muscles In step 1, the jaw muscles are stroked. Use the disc attachment for this. Select level 2, and set the intensity so it feels comfortable for you. Start stroking the jaw muscles from the ear down to the chin [A-B]. You can also stroke from the chin up to the ear [B-A]. Treat each side of the face for 2–3 minutes. During the treatment you can also slowly open and close the mouth. Then, proceed to step 2. TIP To optimise treatment, use a sensory roller of your choice in place of the disc attachment.



Ball attachment

Cone attachment
(REHAB Set)Frequency
Level 1 = 100 HzGentle circular
motion

Spot-treat

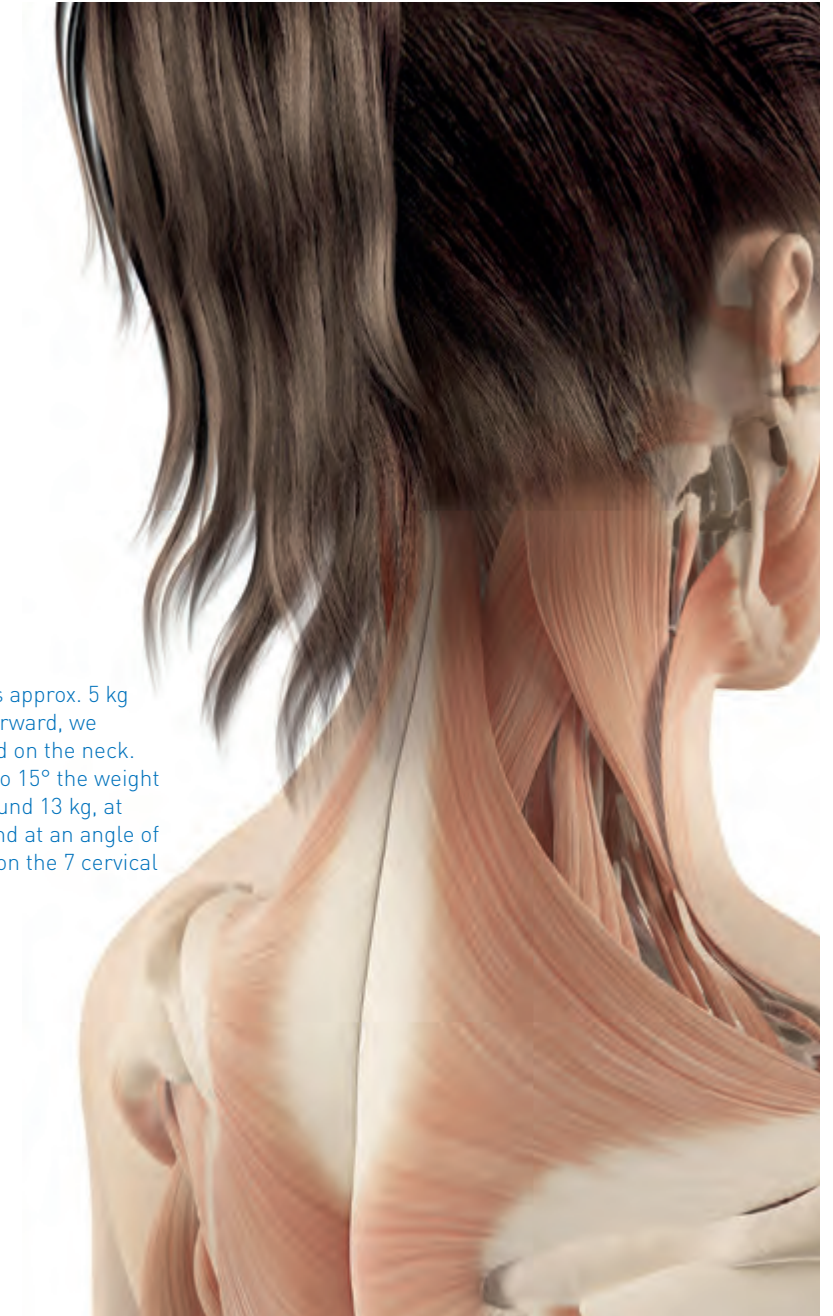
Step 2 Treating the sore areas In step 2, the sore areas are treated. While opening and closing the mouth, use your fingertips to find the location of the jaw joint. It is located at the level of the ear. Strained areas are usually situated below the jaw. There may be several actively sore areas. To treat these areas, connect the ball attachment, select level 1, and adjust the intensity accordingly. Treat the sore area for approx. 1–2 minutes either in a stationary manner, or with small, gentle circular motions. After this, treat the next sore area. TIP To optimise treatment, use the cone attachment from the REHAB Set in place of the ball attachment.

Treating the neck

Useful background knowledge Everyone has experienced wrenching, sharp pains in the region of the shoulders and neck. The most common causes are a lack of exercise, poor posture, and weak back muscles. While driving and at the desk, “we’re on the ropes”, and increased amounts of time spent staring at mobile phones and tablets can strain the neck. It’s time to act! Stand up, move around. Stretching and strengthening exercises help. Moreover, the NOVAFON can help alleviate pain.

NOTE
Prior to starting treatment, discuss the symptoms with your doctor and get a clear diagnosis.

The head weighs approx. 5 kg
– when we tilt forward, we increase the load on the neck. When tilting up to 15° the weight increases to around 13 kg, at 30° it is 20 kg, and at an angle of 45° 24 kg press on the 7 cervical vertebrae.



»After being treated with a similar device by a physiotherapist, my father wouldn't stop talking about it. We then bought him one for his birthday. It's now used almost everyday – by the entire family. I myself was surprised at how comfortably and quickly it relieves tension. I can only recommend it! «^{1, 3} User S., 13/10/2016, NOVAFON power

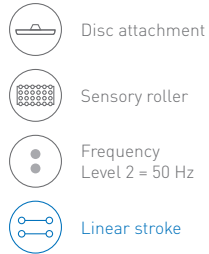


Using the NOVAFON on the neck

The NOVAFON can be used for the regulation of muscle tone and treating sore areas of the shoulder and neck muscles. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably on a chair. If your movement is restricted, ask a second person to help you. While treating, remember not to work on the spinous process of the spine, rather to the left and right of it. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



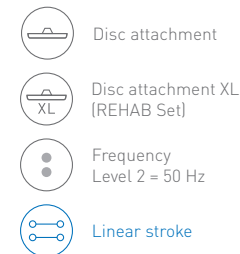
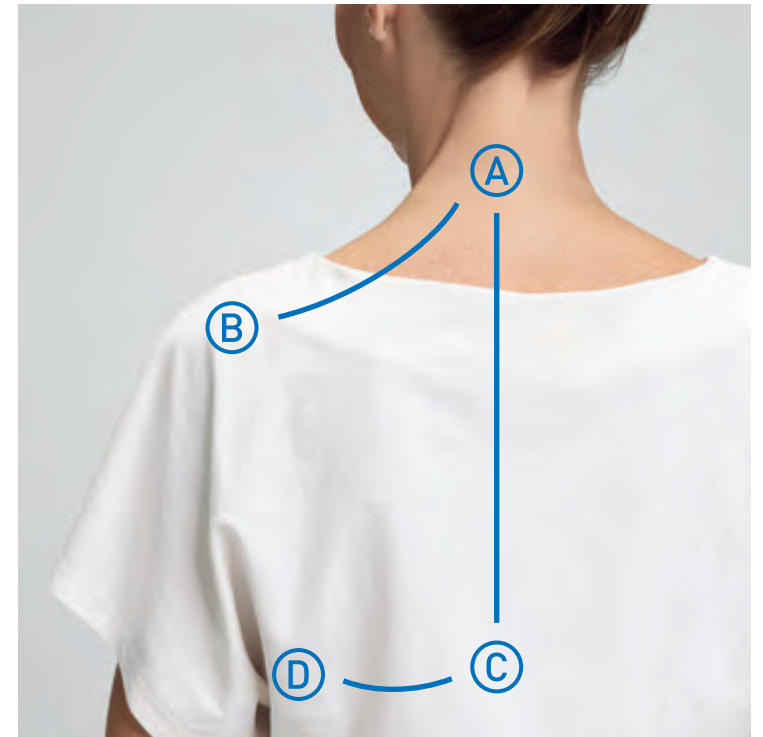


Step 1 Planar stroking of the shoulder and neck muscles

In step 1, the shoulder and neck muscle areas are stroked in a planar fashion. Use the disc attachment for this, select level 2, and set the intensity so that you can relax. Using your fingertips, initially press on the bones behind the ear on the affected side, the so-called mastoid bone (processus mastoideus). Draw an imaginary line, approx. 3–4 finger's width, downwards along the midline of the back from this bony crest.

Now stroke the area in a planar fashion from this line across the neck up to the shoulder (A–B). Repeat each smoothed track three to four times (A–B, B–A).

TIP To optimise treatment, use a sensory roller of your choice in place of the disc attachment.



Step 2 Treating the upper back and shoulder blades

In step 2, you treat the upper back and shoulder blades.

Now start to stroke the upper half of the shoulder blade from the spine towards the shoulder (A–B) for 2–3 minutes with the disc attachment on level 2, and with a comfortable intensity setting. Be sure not to treat the spine, rather place the device next to it. Next, stroke repeatedly between the shoulder blade and the spine from top to bottom (A–C) and circle around the shoulder blade up to the underarm area (C–D). Position yourself for the full movement pattern as shown in the figure. Then, proceed to step 3. TIP To optimise treatment, use the disc attachment XL from the REHAB Set in place of the disc attachment.



Ball attachment



Magnetic attachment

Frequency
Level 1 = 100 Hz

Gentle circular motion



Spot-treat

Step 3 Treating sore areas Following the planar treatment in steps 1 and 2, the sore areas will now be treated. Here, switch to the ball attachment and level 1 on the device and once again set the right intensity for you. Now, using gentle circular motions, move the device over the sore areas for 30–60 seconds per area. Alternatively, you can also simply hold the device over the area(s). To locate sore areas, position yourself as shown in the figure. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



Did you know?

If you have questions about applications or NOVAFON products, we will be happy to advise you personally and respond to your needs and questions in detail. Contact us via phone, email, or via our social media channels.
novafon.com/en/your-NOVAFON-contact

Treating the shoulder

Useful background knowledge Most shoulder complaints are related to an issue with the rotator cuff. The rotator cuff is made up of a group of four muscles whose tendons form a tendon capsule which includes the shoulder joint. It pulls from the shoulder blade to the humerus. The most important functions of the rotator cuff are stabilising the shoulder joint and centring the humerus in the joint socket. The four muscles are responsible for internal and external rotation as well as the lateral elevation of the arms. Most people suffer from shoulder pain at least once in their lives. Often shoulder pain occurs from overloading or a fall. Pains can likewise result from regularly working overhead. Both strengthening and relaxation exercises can help. The NOVAFON can help relax the muscles. Should pains persist for longer or completely restrict your movement, you should consult a orthopaedic specialist.

NOTE

Here, a medical diagnosis is extremely important for ruling out ruptures, calcareous deposits, degenerative diseases and other differential diagnoses.

The shoulder joint is the most flexible joint in our bodies. Consequently, the arm can be turned in all directions. It can be swung forward and backward (anteversion and retroversion), moved toward and away (abduction and adduction) as well as turned internally and externally (internal and external rotation). However, this mobility has a cost: The ball joint is not as stable as other bodily joints.



»I use it almost every day to treat the tension in my shoulder – the magnetic attachment particularly helped me with a trigger point. But also for strained jaw and neck muscles. Loosening and relaxing – I'm quite happy! «^{1, 3}

User A., 02/03/2017, NOVAFON power



Using the NOVAFON on the shoulders

The NOVAFON can be used for the regulation of muscle tone and treating sore areas of the shoulder muscles. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably on a chair. If your movement is restricted, ask a second person to help you. Perform the treatment on the affected side; on both sides if required. Make sure to follow the four steps outlined here precisely.

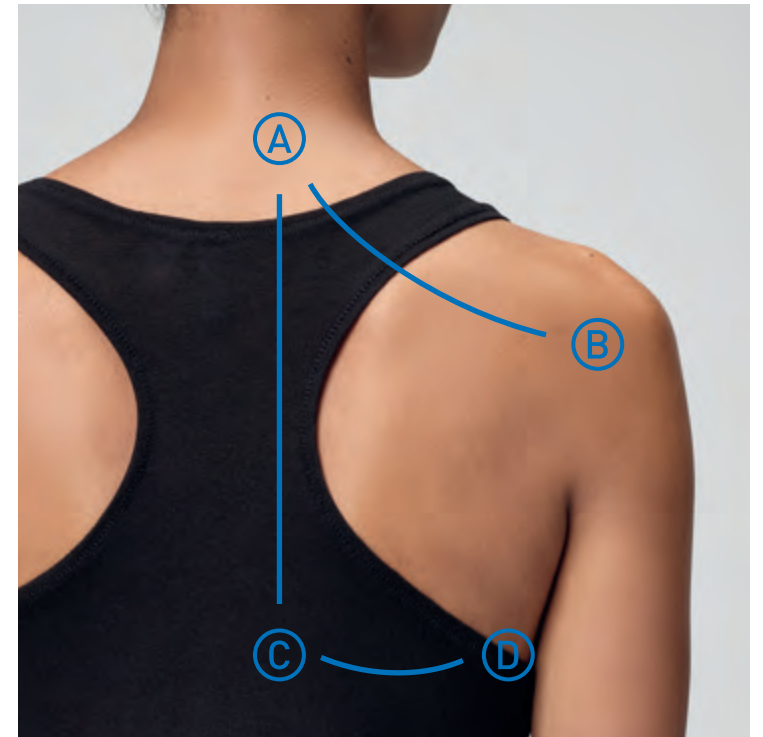
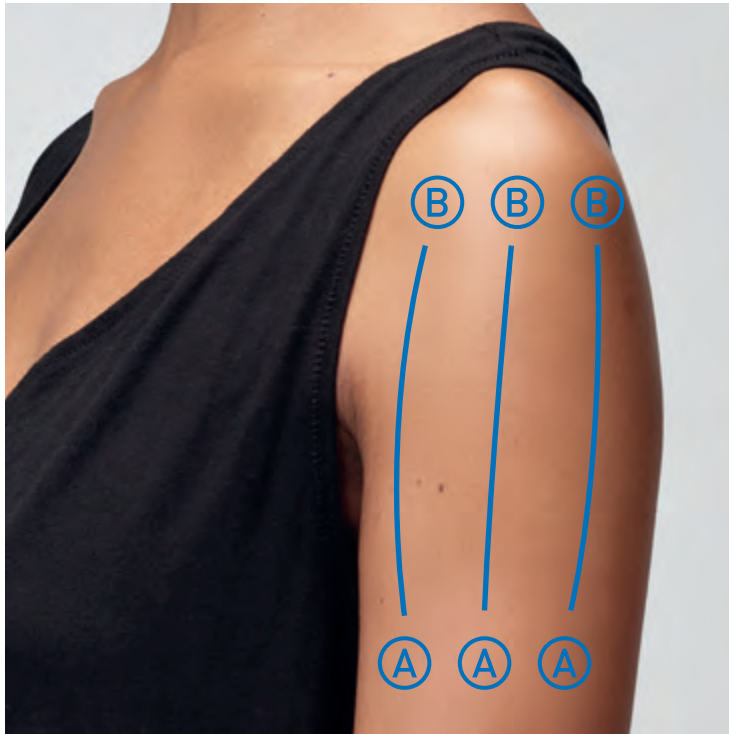


Disc attachment

Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Treating the shoulder from the front In step 1, the shoulder is stroked in a planar fashion from the front. Initially use the disc attachment for this. Select level 2 and a comfortable intensity with which you can relax, but also feel the vibrations. Let the arm of the affect shoulder hang freely so that the palms face the body. Now, using the disc attachment, stroke the area in long tracks from the middle of the humerus up to the acromion (A – B). Then, repeat the same procedure with the arm turned so that the palms face away from the body. Repeat the movement for 2–3 minutes. Position yourself for the full movement pattern as shown in the figure.



Disc attachment

Disc attachment XL
(REHAB Set)Pin attachment
(REHAB Set)Frequency
Level 2 = 50 Hz

Linear stroke

Step 2 Treating the shoulder blade In step 2, you treat the upper back and shoulder blades. With the disc attachment on level 2, begin stroking the upper half of the shoulder blade with a comfortable intensity setting from the spine towards the shoulder (A–B). Be sure not to treat the spine, rather place the device next to it. Then, stroke repeatedly between the shoulder blade and the spine from top to bottom (A–C) and circle around the shoulder blade up to the underarm area (C–D). Position yourself for the full movement pattern as shown in the figure. Then, proceed to step 3.

TIP To optimise treatment, use the disc attachment XL in place of the disc attachment, or the pin attachment from the REHAB Set.



Ball attachment



Magnetic attachment

Frequency
Level 1 = 100 Hz

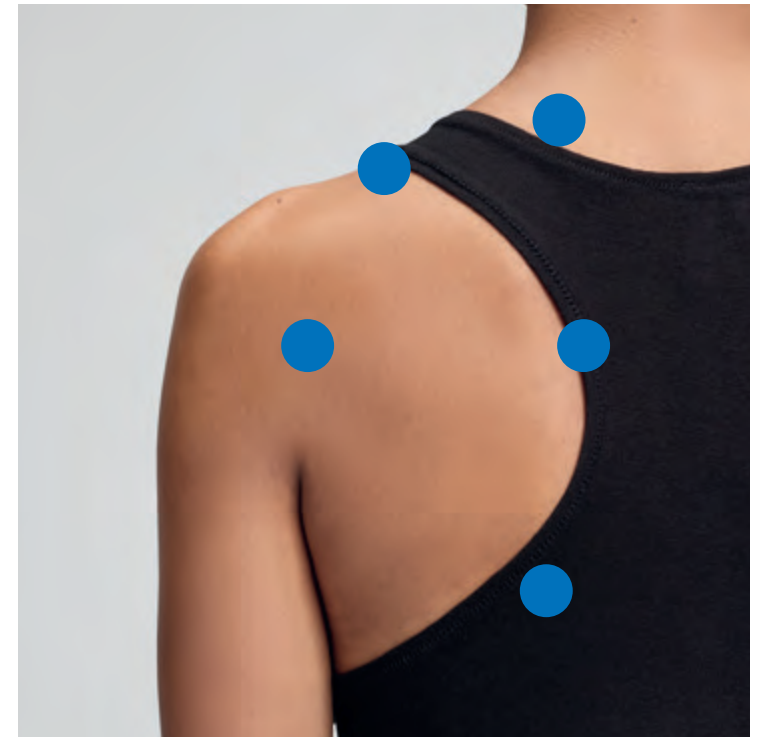
Gentle circular motion



Spot-treat

Step 3 Treating the sore areas of the anterior shoulder

Did you noticed any sore areas while stroking? Then switch from the disc to the ball attachment and treat each sore area for 30-60 seconds on level 1. You can also make gentle circular motions or hold the device over the area. Sore areas are mainly located in the upper third of the humerus. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



Ball attachment



Magnetic attachment

Frequency
Level 1 = 100 Hz

Gentle circular motion



Spot-treat

Step 4 Treating the sore areas of the shoulder blade

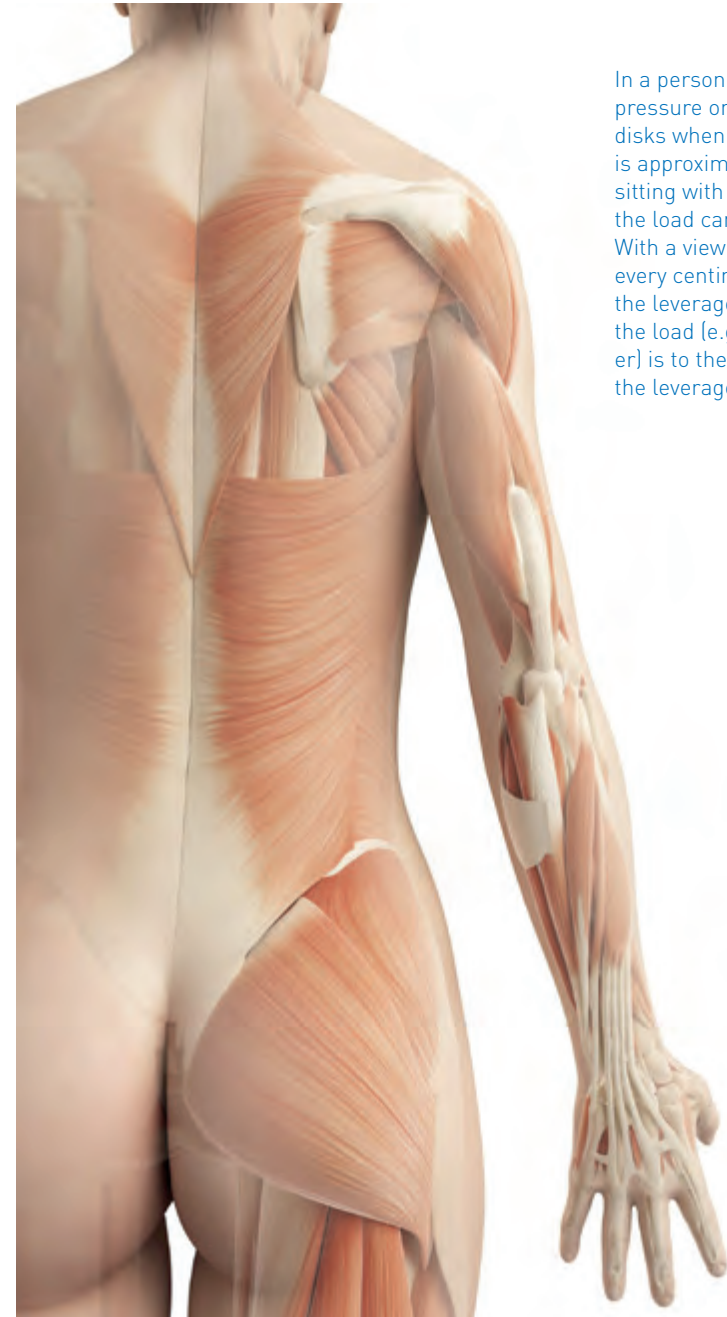
For sore areas of the shoulder blade, similarly treat the individual areas for 30-60 seconds with the ball attachment and set on level 1. Sore areas may arise individually or in the areas displayed. You can also make gentle circular motions or hold the device over the area. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.

Treating the back

Useful background knowledge Back pain is one of the most common complaints in industrialised nations. Causes mainly include a lack of exercise, obesity, stress, poor posture, or unilateral strain. With regards to treatment, the spine is divided into the cervical, thoracic, and lumbar vertebrae (CS, TS, LS).

NOTE

If back pain arises, it must always be medically examined to rule out vertebral issues and further differential diagnoses. Besides treatment with the NOVAFON, back-strengthening and mobilisation exercises should still be performed. Please consult your doctor or physiotherapist about this.



In a person weighing 75 kg, the pressure on the lower vertebral disks when standing upright is approximately 100 kg. When sitting with a hunched back, the load can be up to 180 kg. With a view to increasing loads, every centimetre counts due to the leverage effect. The closer the load (e.g. a water container) is to the body (the spine), the leverage effect is reduced.

»[...] comfortable handling. I use it on my shoulder and neck area, and for severe sciatic pains. Very satisfied, I tried the device in rehab.«^{1, 3}

User U., 25/03/2017, NOVAFON pro

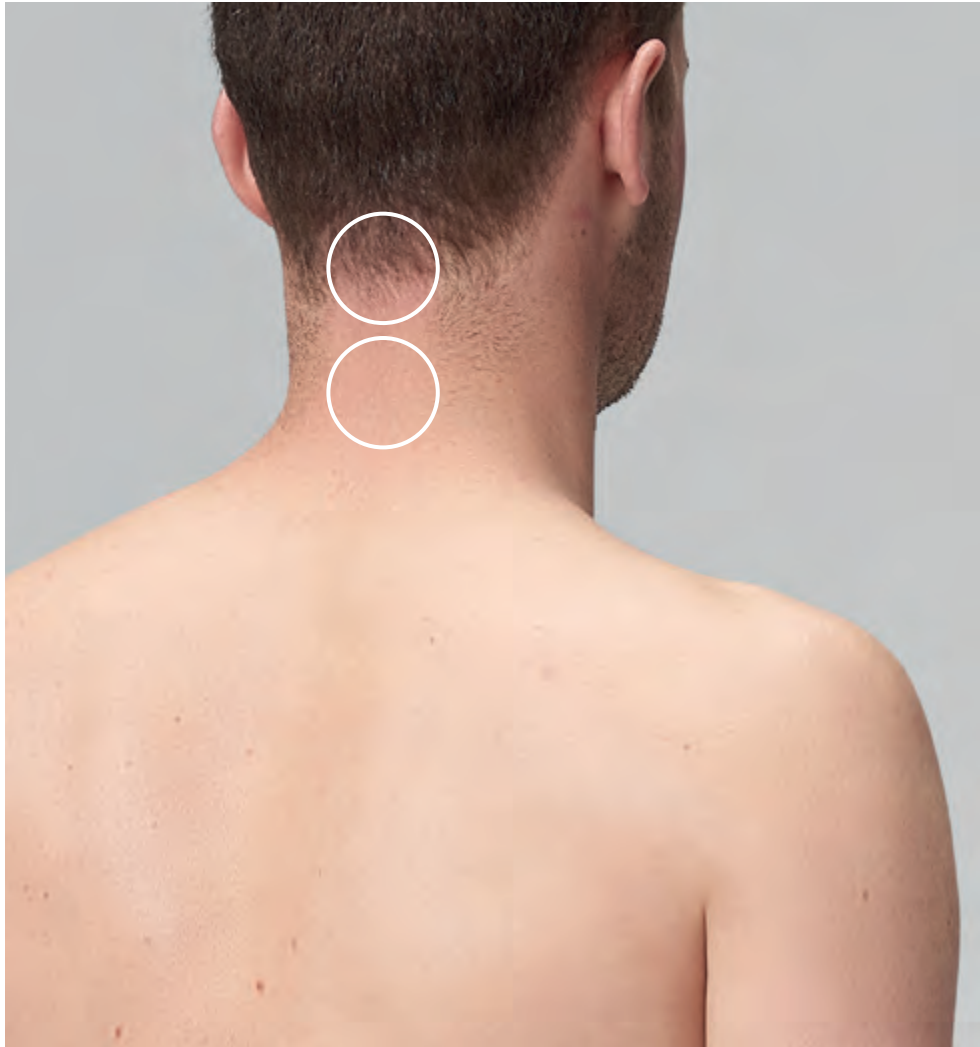






Using the NOVAFON on the back

The NOVAFON can be used for the regulation of muscle tone and treating sore areas of the back muscles. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably on a chair. If your movement is restricted, ask a second person to help you. When treating, remember not to work on the spinous process of the spine, rather to the left and right of it. Perform the treatment on the affected side; on both sides if required. Make sure to follow the steps outlined here precisely.

The cervical spine is the upper and most flexible section of the spine. This is because the head, with its main sensory organs, the eyes and ears, requires the greatest possible flexibility for perfect orientation in space.



-  Disc attachment
-  Sensory roller
-  Frequency
Level 2 = 50 Hz
-  Linear stroke



Step 1 Planar stroking of the neck and shoulder muscles

In step 1, the shoulder and neck muscle area is stroked in a planar fashion. Use the disc attachment for this, select level 2, and set the intensity so that you can relax. Using your fingertips, initially press on the bones behind the ear on the affected side, the so-called mastoid bone (processus mastoideus). Draw an imaginary line, approx. 3–4 finger's width, along the midline of the back from this bony crest up to the centre (spine). Now stroke the area in a planar fashion from this line across the neck up to the shoulder (A–B). Repeat each smoothed track three to four times (A–B, B–A).

TIP To optimise treatment, use a sensory roller of your choice in place of the disc attachment.

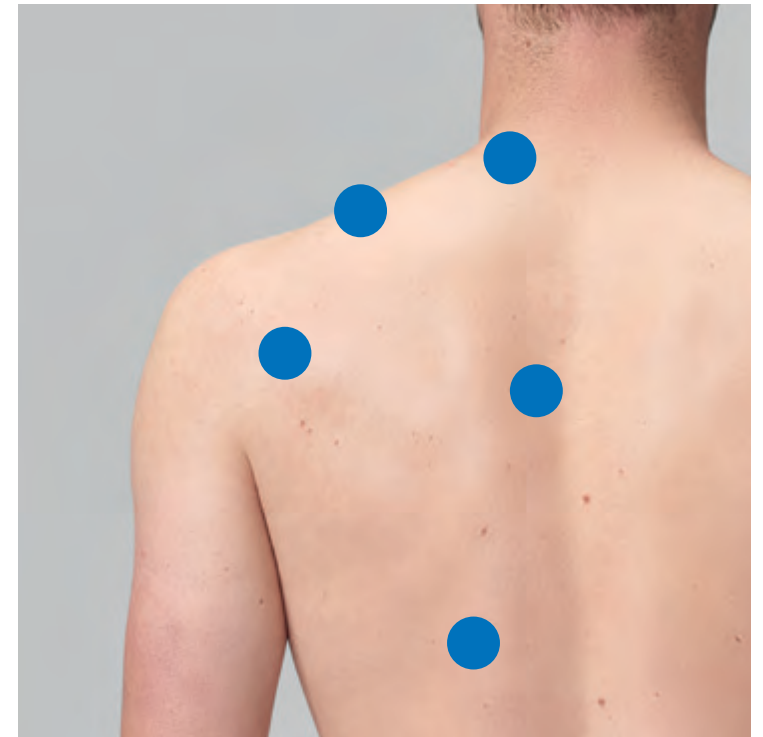
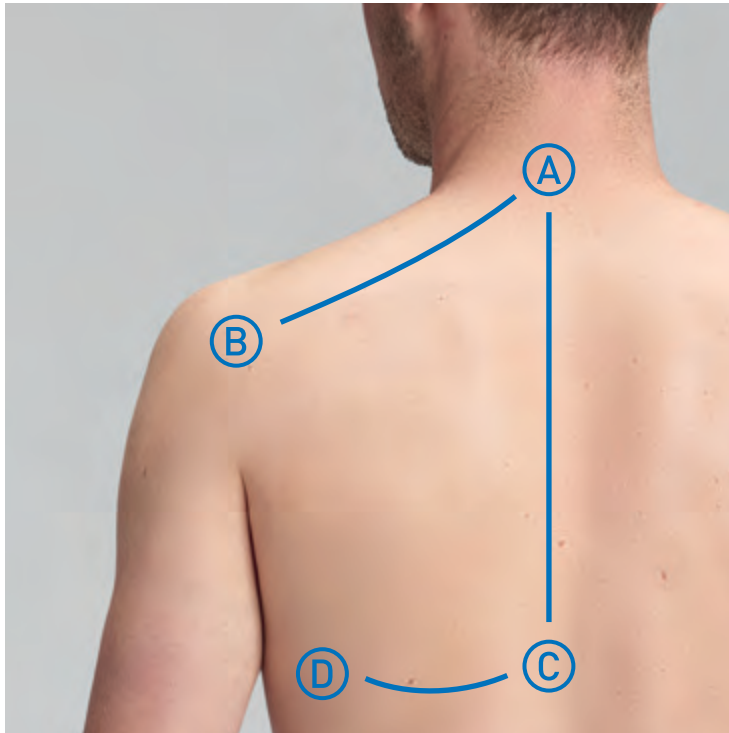


Disc attachment

Disc attachment XL
(REHAB Set)Frequency
Level 2 = 50 Hz

Linear stroke

Step 2 Treating the upper back and shoulder blades In step 2, you treat the upper back and shoulder blades. With the disc attachment on level 2, start to stroke the upper half of the shoulder blade with a comfortable intensity setting from the spine towards the shoulder (A-B). Be sure not to treat the spine, rather place the device next to it. Then, stroke repeatedly between the shoulder blade and the spine from top to bottom (A-C) and circle around the shoulder blade up to the under-arm area (C-D) for 2-3 minutes. Position yourself for the full movement pattern as shown in the figure. Then, proceed to step 3. **TIP** To optimise treatment, use the disc attachment XL from the REHAB Set in place of the disc attachment.



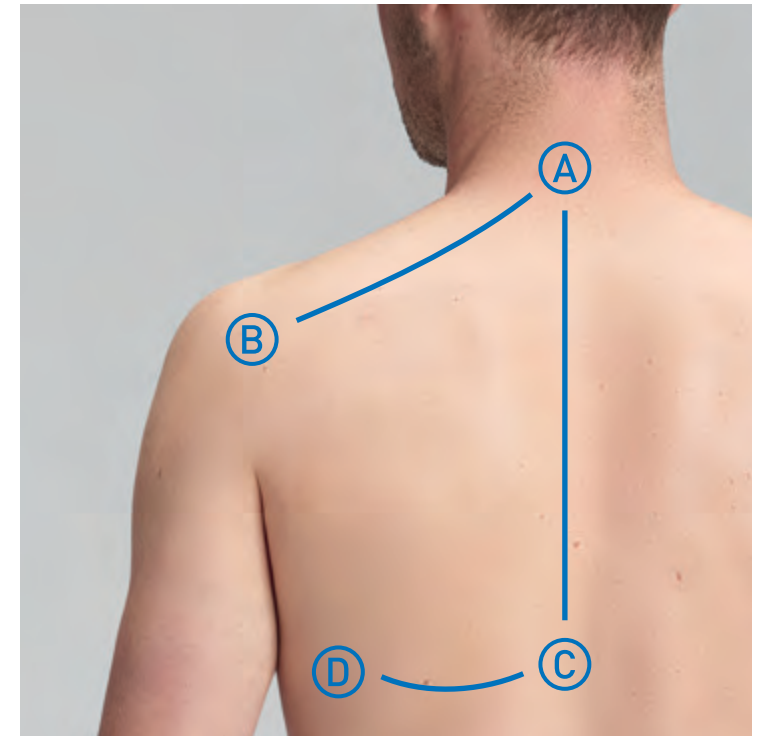
Ball attachment





Magnetic
attachmentFrequency
Level 1 = 100 HzGentle circular
motion

Spot-treat

Step 3 Treating sore areas Following the planar treatment in steps 1 and 2, the sore areas will now be treated. Here, use the ball attachment, level 1 on the device, and once again set the right intensity for you. Now, using gentle circular motions, move the device over the sore areas for 30-60 seconds per area. Alternatively, you can also simply hold the device over the area(s). To locate sore areas, position yourself as shown in the figure. **TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.

The thoracic spine has articulated connections to the ribs. As a result, pain is mostly associated with movement and breathing. TS pains are often dull, pressing pains which can also be perceived as belt-shaped with radiance into the chest. When treating the TS, it is important to also include the shoulder areas.



-  Disc attachment
-  Disc attachment XL (REHAB Set)
-  Frequency Level 2 = 50 Hz
-  Linear stroke

Step 1 Treating the upper back and shoulder blades

In step 1, you will treat the upper back and shoulder blades. With the disc attachment on level 2, start to stroke the upper half of the shoulder blade with a comfortable intensity setting from the spine towards the shoulder (A-B). Be sure not to treat the spine, rather place the device next to it. Then, stroke repeatedly between the shoulder blade and the spine from top to bottom (A-C) and circle around the shoulder blade up to the underarm area (C-D) for 2-3 minutes. Position yourself for the full movement pattern as shown in the figure. Then, proceed to step 2. **TIP** To optimise treatment, use the disc attachment XL from the REHAB Set in place of the disc attachment.



Disc attachment

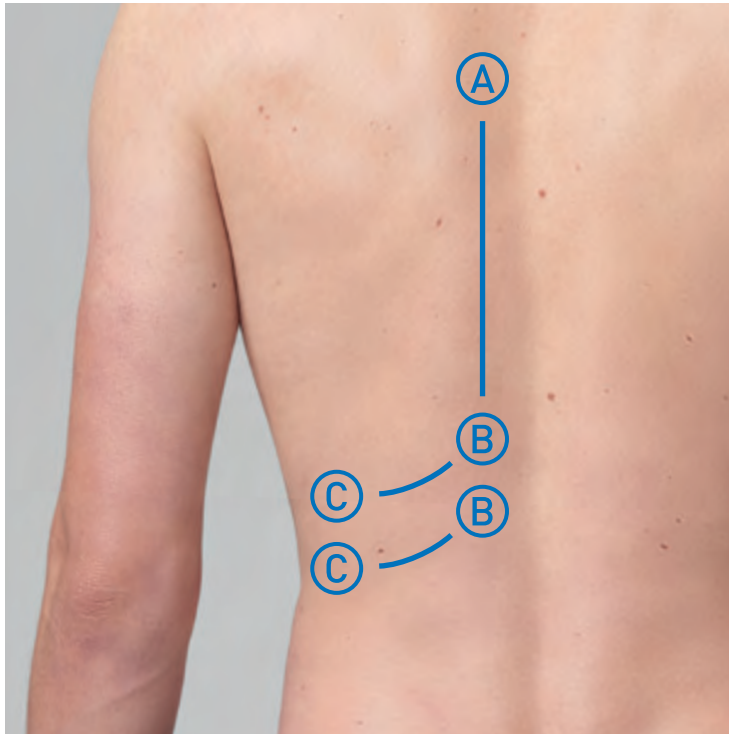


Sensory roller

Frequency
Level 2 = 50 Hz

Linear stroke

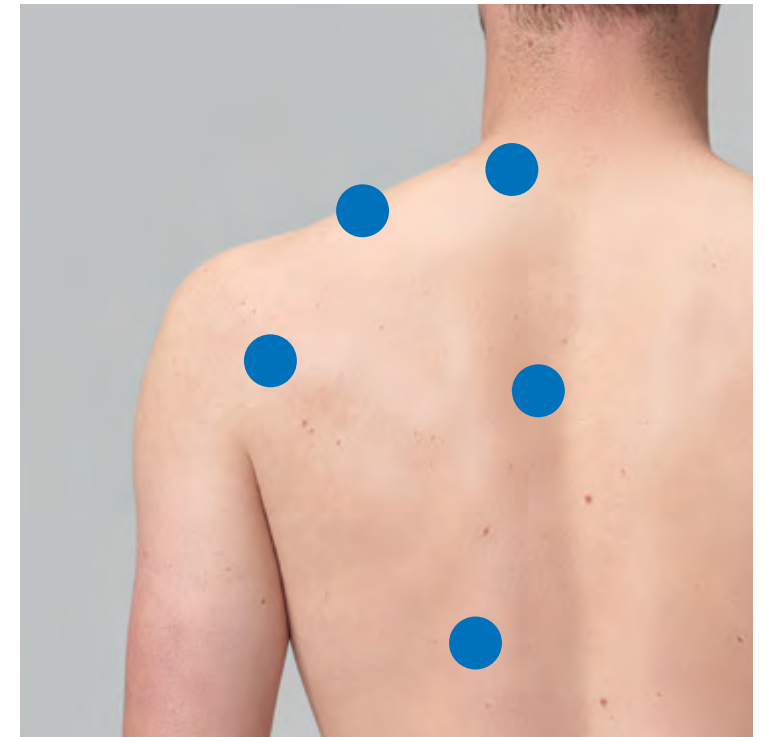
Step 2 Treating the thoracic spine In step 2, the muscles both to the left and right of the spine are treated in long tracks using the disc attachment and level 2. In doing so, stroke the entire area between the spine and the shoulder blades from top to bottom (A–B), and also from bottom to top (B–A). Then, stroke the entire area along the ribs diagonally from the spine to the flanks (B–C). You can also breath in and out deeply; this increases the effect. Repeat the procedure 2–3 minutes on each side. **TIP** To optimise treatment, use a sensory roller of you choice in place of the disc attachment.



Ball attachment

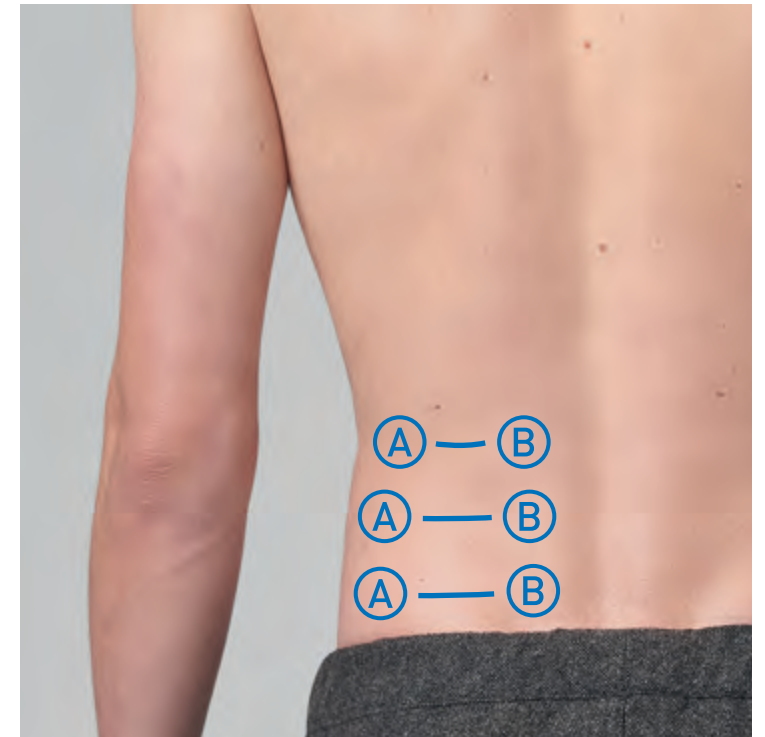
Magnetic
attachmentFrequency
Level 1 = 100 HzGentle circular
motion





Spot-treat



Step 3 Treating sore areas Following the planar treatment in steps 1 and 2, the sore areas will now be treated. Here, change to the ball attachment, level 1 on the device, and once again set the right intensity for you. Now, using gentle circular motions, move the device over the sore areas for 30–60 seconds per area. Alternatively, you can also simply hold the device over the area(s). Sore areas can arise individually or in the areas shown. **TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.

The lumbar spine is the most common area of the back affected by pain. The LS carries the entire weight of the body. Over the course of the day, the vertebrae, which serve as a buffer and suspension, lose a portion of their fluid and shrink. Overnight, this fluid is once again replenished. However, the extent of this “replenishment” reduces with advanced aging. Consequently, this results in diminished muscle tension, the back becomes arched, and the pressure load increases.



-  Disc attachment
-  Sensory roller
-  Frequency Level 2 = 50 Hz
-  Linear stroke

Step 1 Treating the lumbar spine In step 1, the area of the lumbar spine is stroked in a planar fashion. Use the disc attachment for this, select level 2, and set the intensity that is comfortable for you. Now stroke the areas between the ribs and the back in a planar fashion in both directions left and right of the spine (A-B, B-A). Repeat the movement for 2–3 minutes. Position yourself for the full movement pattern as shown in the figure. **TIP** To optimise treatment, use a sensory roller of your choice in place of the disc attachment.



Disc attachment



Sensory roller

Frequency
Level 2 = 50 Hz

Linear stroke

Step 2 Treating the back Now, work the areas of the back and buttock muscles. Keep the settings from step 1 and treat the entire area up to the gluteal fold for 2–3 minutes (A–B). Repeat the movement on the other buttock. Position yourself for the full movement pattern as shown in the figure. **TIP** To optimise treatment, use a sensory roller of your choice in place of the disc attachment.



Ball attachment

Magnetic
attachmentFrequency
Level 1 = 100 HzGentle circular
motion

Spot-treat

Step 3 Treating the sore areas Did you notice any sore areas during steps 1 or 2? Then, in the last step, switch from the disc attachment to the ball attachment, and from levels 2 to 1. Once again set an intensity which is comfortable for you. Now, using gentle circular motions, move the device over the sore areas for 30–60 seconds per area.

Alternatively, you can also simply hold the device over the area(s). To locate sore areas, position yourself as shown in the figure. **TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.

Treating the elbow

Useful background knowledge Through repeatedly carrying heavy loads, or through frequent repeated movement of the hand and forearm, pain in the area of elbow can occur. In this case, you should immediately reduce and avoid pain-triggering movements. It can be helpful to perform forearm strengthening and stretching exercises. The NOVAFON can help you relax the muscles and alleviate pain. If pains persist, you should consult an orthopaedic specialist.

NOTE
Prior to starting treatment with the NOVAFON, clarify the symptoms and get a clear diagnosis.

The elbow joint connects the humerus to the two forearm bones: the ulna and radius. The angular cusp at the back, called the olecranon, is actually part of the ulna, and the two smaller, equally tactile inner and outer bony protrusions are connection points for the tendons and form the distinctive key features of the joint. The result is a joint with a high range of movement: The forearm can elongate up to 10°, flex up to 140°, and turn 90° inward and outward.



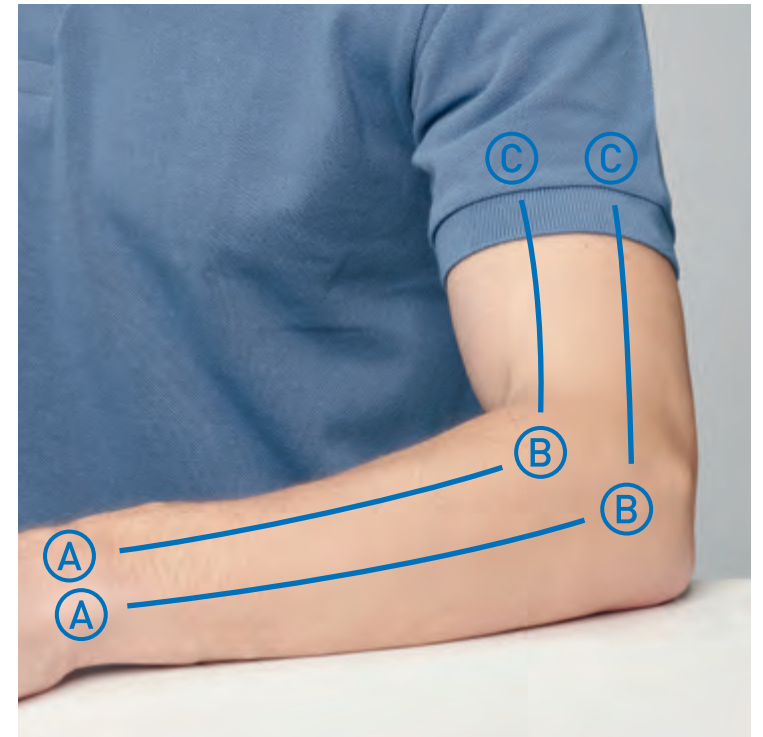
»A friend recommended the NOVAFON to me for my persistent tendonitis in the elbow area. I get enormous pain relief from it, whether it will go away completely with it, I do not know just yet. «^{1,3}




User C., 15/03/2018, NOVAFON pro



Using the NOVAFON on the elbows

The NOVAFON can be used for the regulation of muscle tone and treating sore areas of the elbow. The total treatment duration with the NOVAFON should be 10-15 minutes per side and can be repeated up to three times daily. Before you begin, ensure you are sitting comfortably on a chair and put your arm down. Perform the treatment on the affected side; on both sides if required. Make sure to follow the steps outlined here precisely.



-  Disc attachment
-  Frequency
Level 2 = 50 Hz
-  Linear stroke

Step 1 Stroking the outer side of the arms In step 1, the outer side of the arm is treated. Use the disc attachment for this, select level 2, and set the intensity that feels comfortable to you. Initially stroke the area between the wrist and elbow in long tracks (A-B, B-A). Then, treat from the elbow up to the middle of the upper arm (B-C, C-B). Repeat this procedure 2 - 3 minutes. Then, proceed to step 2.



Ball attachment



Magnetic attachment

Frequency
Level 1 = 100 Hz

Gentle circular motion



Spot-treat

Step 2 Treating sore areas on the outer side of the arm

Following the planar treatment in step 1, the sore areas will now be treated. Here, change to the ball attachment, level 1 on the device, and once again set the right intensity for you. To locate sore areas, press the area concerned with your thumb. Now treat the sore areas. In most cases, a main area of soreness is located in the crook of the elbow. You can intensively treat this sore area for up to 3 minutes. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



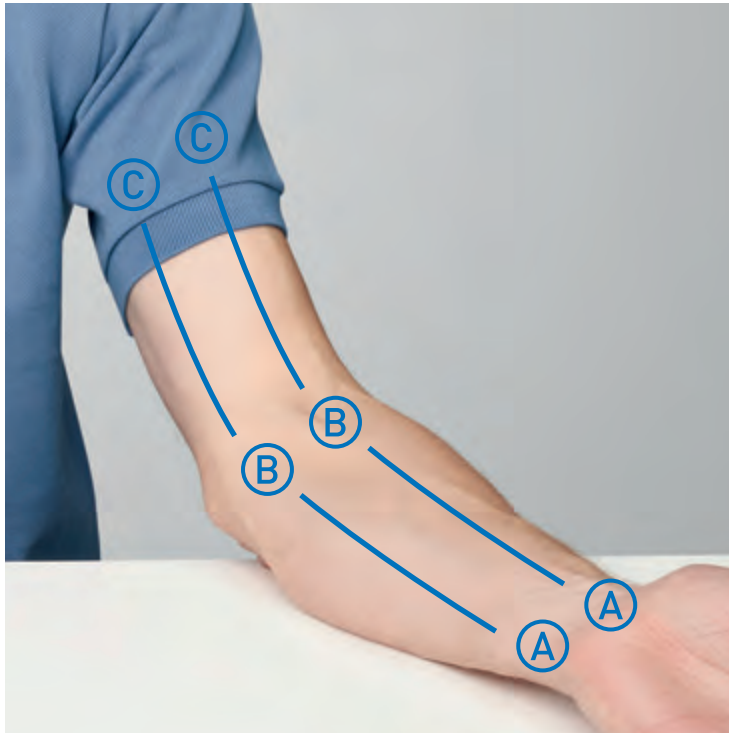


Disc attachment

Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Stroking the inner side of the arm In step 1 of the treatment, the inner side of the arm is initially stroked. Use the disc attachment for this, select level 2, and set the intensity that feels comfortable to you. Stroke the area between the wrist and the crook of the arm in long tracks (A – B, B – A). Then, treat from the crook of the arm up to the middle of the upper arm (B – C, C – B). Repeat this procedure 2 – 3 minutes.



Ball attachment

Magnetic
attachmentFrequency
Level 1 = 100 HzGentle circular
motion

Spot-treat

Step 2 Treating sore areas in the crook of the arm

Following the planar treatment, the sore areas will now be treated. To locate sore areas, press the area concerned with your thumb. Then, switch to the ball attachment and level 1, and treat each sore area for 30 – 60 seconds. The main area of soreness is located either towards the shoulder, behind the palpable bones at the crook of the arm, or before it towards the wrist. You can intensively treat this sore area for up to 3 minutes. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.

Treating the wrist

Useful background knowledge Wrist pains are common and can be very different. Aside from sporting injuries, they are often provoked by being under continuous load or chronic conditions. Should you suffer from persistent wrist pain, consult a doctor about the symptoms. The NOVAFON can help you relax the muscles and alleviate pain.

NOTE
Prior to starting treatment with the NOVAFON, clarify the symptoms and get a clear diagnosis.



The hand is constructed in a very slender and complex manner. 8 carpal bones, 5 metacarpal bones, and 14 finger bones are flexibly connected by joints with their capsules and ligaments. The muscles and joints of the hand therefore have great diversity of movement and precision. The right and left hand are each controlled by the opposite hemisphere of the brain. Usually, one hand is preferred for fine, intricate sequences of movement – here, we refer to right and left-handers.

»I heard about NOVAFON from my occupational therapist and I'm really happy with the device. My hand was stiff and now I can almost write normally again.«^{3, 5, 6}

User C., 03/01/2018, NOVAFON classic



Using the NOVAFON on the wrists

The NOVAFON can be used for the regulation of muscle tone and treating sore wrist areas. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, ensure you are sitting comfortably on a chair and put your arm down. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.

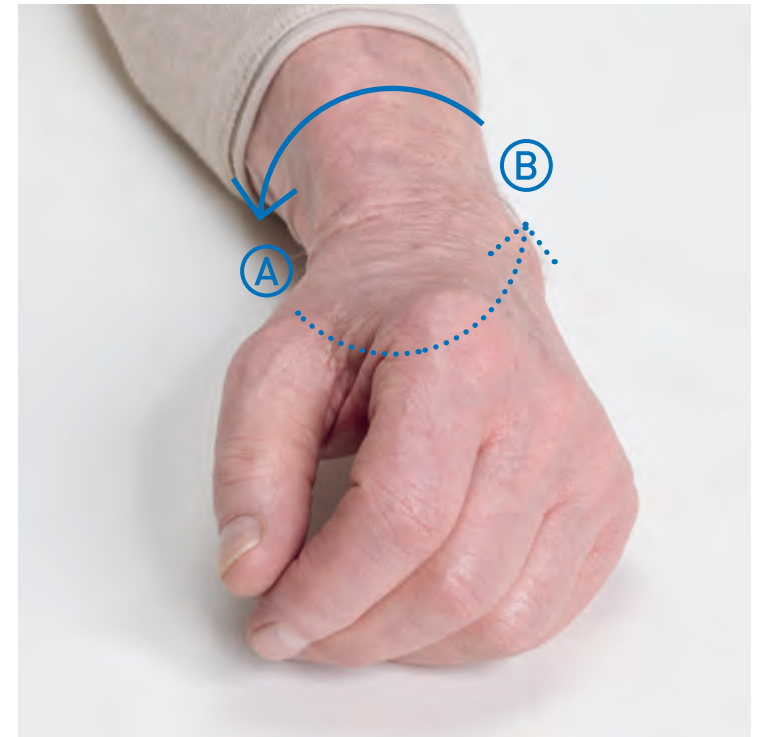
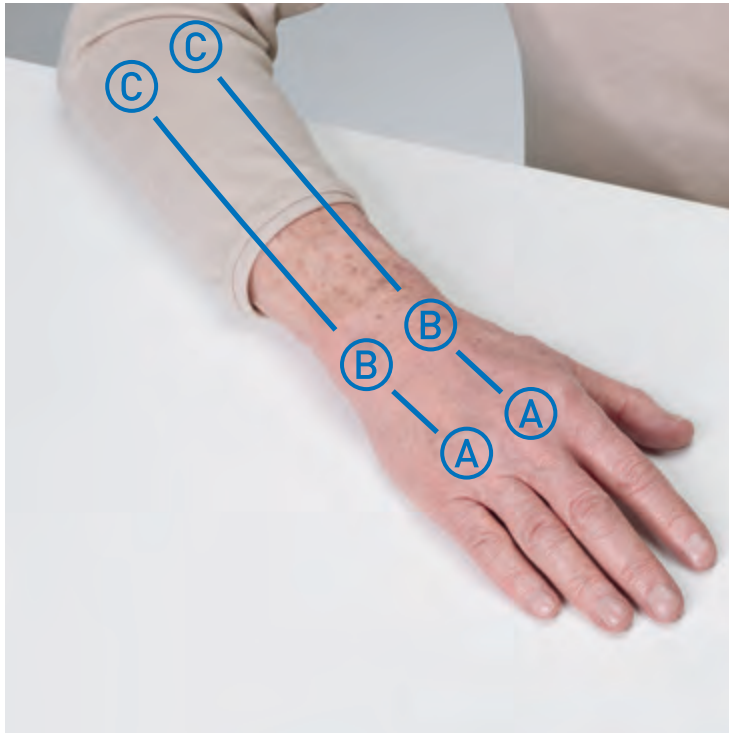


Disc attachment

Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Treating the hands and the inner and outer forearms In step 1 of treating the wrist, both the hand and forearm are treated. Use the disc attachment for this, select level 2, and set the intensity that feels comfortable to you. Work on the outer side of the hand for 2–3 minutes (A–B, B–A). Move along the forearm between the wrist and elbow (B–C, C–B), and then along the outer side of the hand (B–A, A–B). Repeat the same procedure for 2–3 minutes on the inner side of the forearm and hand.



Disc attachment

Frequency
Level 2 = 50 HzContinuous gentle
circular motion

Step 2 Circling the wrist After stroking the hand and forearm, now orbit the wrist using the same settings from step 1 (A–B, B–A). Be sure to treat it from all sides. Perform this movement for 2–3 minutes.



Ball attachment



Magnetic attachment



Cone attachment (REHAB Set)



Frequency Level 1 = 100 Hz

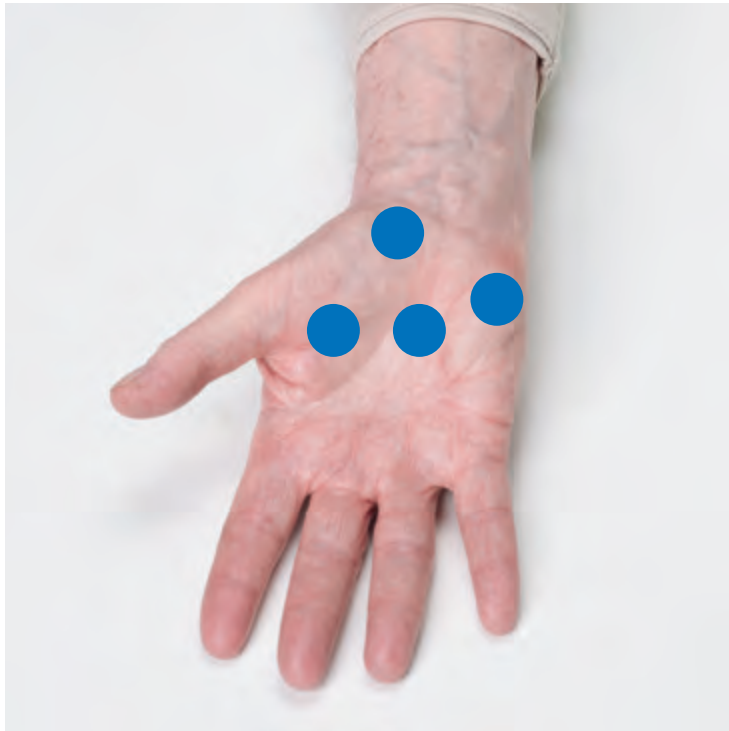


Gentle circular motion



Spot-treat

Step 3 Treating the sore areas To treat sore areas, change to the ball attachment, and level 1, and set an intensity that is comfortable for you. Sore areas can arise in varied places. Palpating the wrist and hand often helps, or perhaps you may have clearly felt the sore areas during steps 1 and 2. A method for locating sore areas is shown in the image. Treat the individual sore areas for 30–60 seconds. TIP To optimise treatment, use the magnetic attachment or the cone attachment from the REHAB Set in place of the ball attachment.



Did you know?

A range of different vibration transmission attachments can be fitted to all NOVAFON devices. The disc attachment and the ball attachment are included with each device on delivery. In our range of products, you can find additional attachment types which make some treatments even more effective. novafon.com/en/products

Treating the fingers

Useful background knowledge Our hands are one of the most slender body parts and perform very precise movements. Finger joint pain often results from inflammation or overloading. The smallest movements are painful and intricate handwork, lifting items, or typing on a keyboard can be difficult. The NOVAFON can help alleviate pains in the hand and improve mobility.

NOTE
Before starting treatment, discuss the symptoms with your orthopaedist or GP and get a clear diagnosis.

The finger tips are a particular masterpiece of our body. They can sense tiny elevations of just 0.006 millimetres. One point of braille print is 167 times larger. This fine sensory quality is owing to our skin of many sensory cells which, like surface sensors, relay stimuli to the spinal cord. Through the sensors in our skin, we can sense whether something is hot or cold; whether we are injured; whether something is pressing, rubbing, or whether it feels rather nice.



»I'm very happy with the device. It was used in an occupational health office for the arthritis in my fingers and I found the treatment to be very pleasant. I can move my fingers much better after using it.«^{1, 6}

User E., 19/07/2017, NOVAFON classic



Using the NOVAFON on fingers

The NOVAFON can be used for the regulation of muscle tone and treating sore finger joint areas. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, ensure you are sitting comfortably on a chair and put your arm down. Perform the treatment on the affected hand; on both hands if required. Make sure to follow the two steps outlined here precisely.



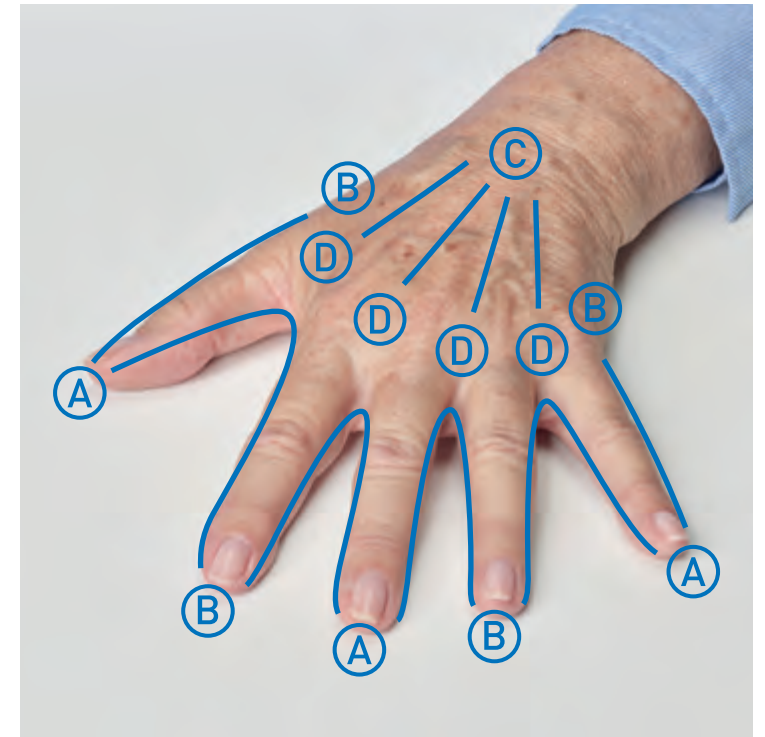
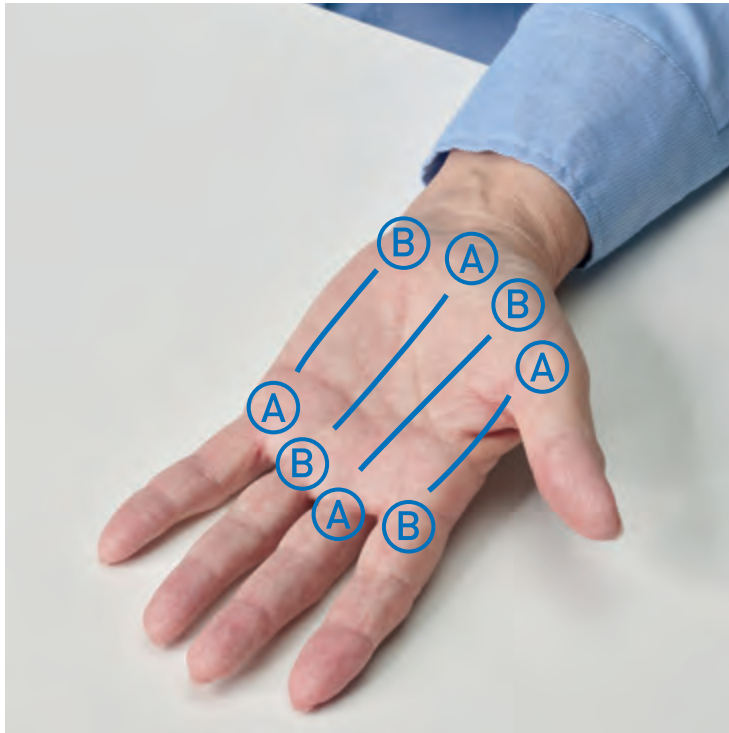
Disc attachment

Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Relaxing the palm area and back of the hand

To begin treating the finger joints, the palm and back of the hand will be initially relaxed. Use the disc attachment for this, select level 2, and set the intensity that feels comfortable to you. In a planar fashion, work on the palm area for 2–3 minutes. Then, repeat the same procedure for 2–3 minutes on the back of the hand. Position yourself for the full movement pattern in the figure [A–B].



Ball attachment

Cone attachment
(REHAB Set)Frequency
Level 1 = 100 Hz

Linear stroke



Spot-treat

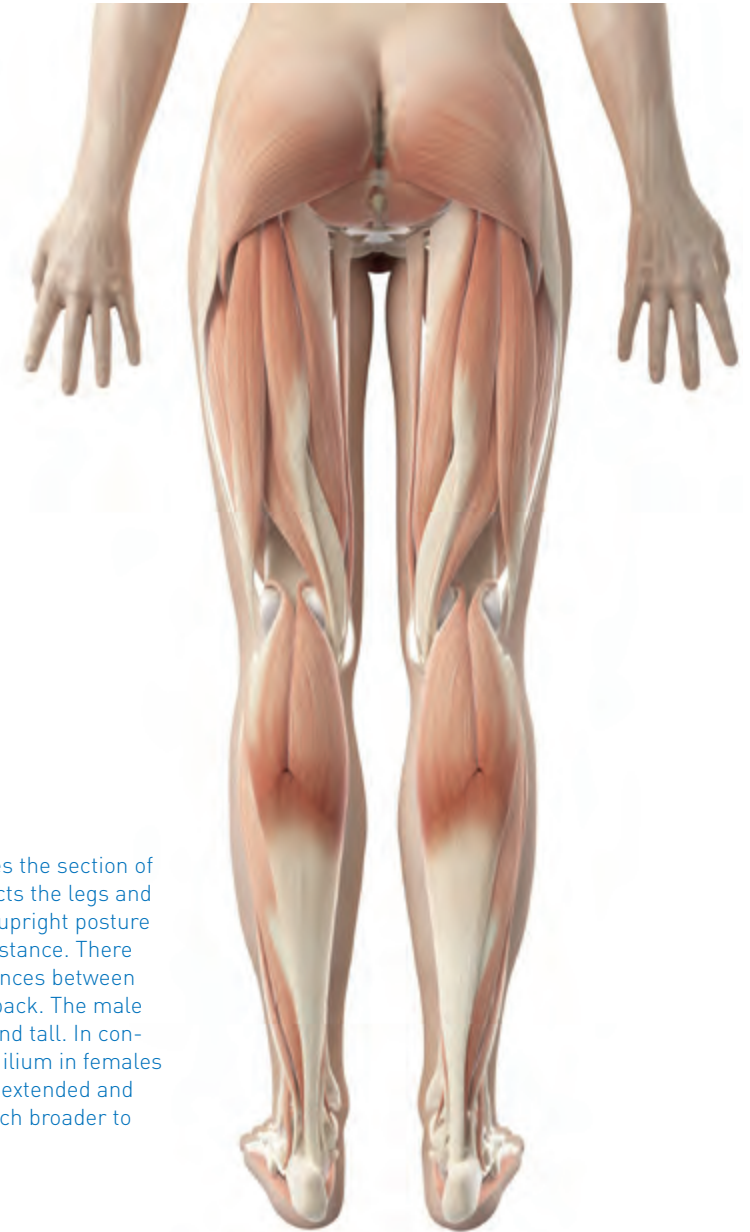
Step 2 Treating the finger In step 2, you will now treat the finger itself. Select the ball attachment, switch to level 1, and set an intensity which it comfortable for you. Work slowly between you fingers; along all the spaces between the fingers [A–B, B–A]. Should you experience more intense pain in a specific finger, hold the device there for 20–30 seconds and allow the ball attachment to move laterally over the joint several times. Next, run the ball attachment over the back of the hand for 2–3 minutes on the areas between the extensor tendons. The areas between the extensor tendons can be easily seen by lifting your finger. **TIP** To optimise treatment, use the cone attachment from the REHAB Set in place of the ball attachment.

Treating the pelvis and buttocks

Useful background knowledge Doctors term continued sitting “static overloading”. In fact, considerable weight comes into play here. When sitting, the weight of the entire upper body, including the head and arms, is borne by the lumbar spine and back – one and half times more than while standing. Through excessive sitting and a lack of movement, many people complain of pain in the area of the buttocks which can extend from the back of the thighs to the knees, and even to the calves. The NOVAFON can help relax the muscles.

NOTE

As these symptoms are often comparable to that of a slipped disc, a correct medical diagnosis must be made.



The back encompasses the section of the body which connects the legs and torso. It supports our upright posture and enables a secure stance. There are anatomical differences between the male and female back. The male back is narrow, slim and tall. In contrast, the wings of the ilium in females are significantly more extended and the pelvic outlet is much broader to enable childbirth.

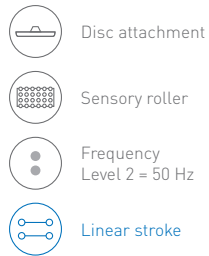
»I play a lot of sport, particularly table tennis, so I always have major problems with muscle tension. The new NOVAFON pro is a great help for loosening my tense muscles. I use it almost every day.«^{1, 3} User

U., 07/03/2018, NOVAFON pro

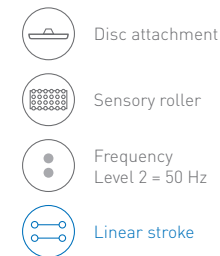
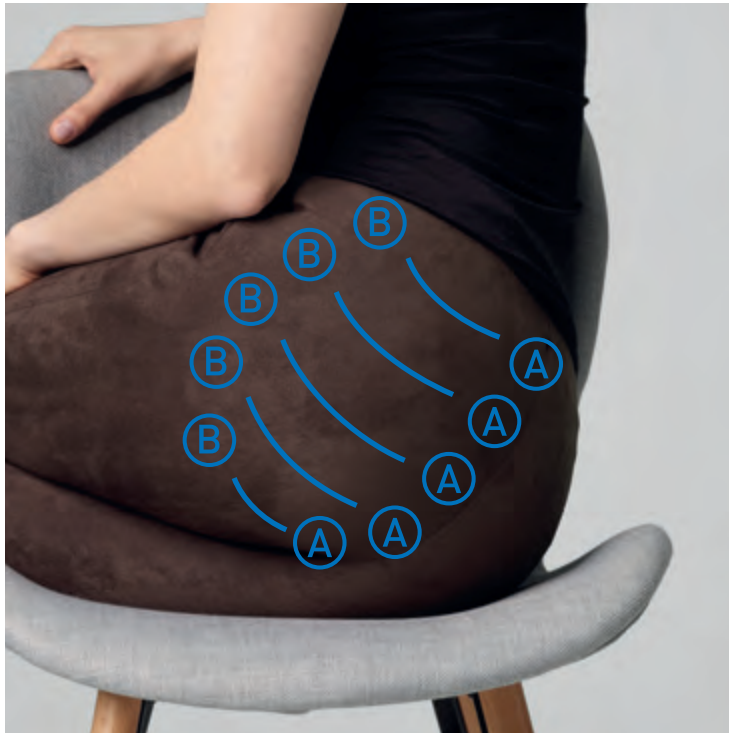


Using the NOVAFON on the pelvis and buttocks

The NOVAFON can be used for the regulation of muscle tone and treating sore back and buttock areas. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, lay on your side. If your movement is restricted, ask a second person to help you. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



Step 1 Treating the back and buttock muscles In step 1, the back and buttock muscles are treated. For this, select the disc attachment and level 2. Set the intensity so that it is comfortable for you. Initially work the area of the back and buttock muscles respectively. In long tracks, treat from the region of the hip up to the gluteal fold. Position yourself for the full movement pattern shown in the figure (A–B). Repeat this movement for 2–3 minutes. TIP To optimise treatment, use a sensory roller of your choice in place of the disc attachment.



Step 2 Treating the thigh In step 2, the back of the thigh is treated. For this, apply the setting from step 1. Stroke the entire area between the buttock and the hollow of the knee in both directions for 2–3 minutes respectively (A–B). Once you have treated the back of the thigh, repeat the same procedure on the outer side of the thigh: Treat the area from the region of the hip up to the outer side of the knee (C–D) for 2–3 minutes respectively. Then, proceed to step 3. TIP To optimise treatment, use a sensory roller of your choice in place of the disc attachment.



Ball attachment



Magnetic attachment

Frequency
Level 1 = 100 Hz

Gentle circular motion



Spot-treat

Step 3 Treating the sore areas of the back In steps 1 or 2, did you notice any sore areas? Then to treat the sore areas of the back, change to the ball attachment, and level 1, and set an intensity that is comfortable for you. Treat the individual sore areas for 30–60 seconds. You can also make gentle circular motions or hold the device over the area. A method for locating sore areas is also shown in the image. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



Did you know?

The effective treatment of complaints in animals is also possible. Many of the complaints of dogs and horses, as well as cats, can be alleviated in this manner. Additionally, animals can in doing so feel good and relaxed. The device enjoys fast growing popularity amongst veterinary and pet owner therapies. novafon.com/en/professional-user/veterinary-medicine

Treating the hip

Useful background knowledge Hip pain mainly impacts the groin; in the crease between the lower abdomen and the thigh. It also often radiate to the legs. Hip joint pains are varied and can have very different causes. Restrictions on movement also occur often with persistent symptoms and can result in a loss of strength. Consult a specialist immediately about your symptoms. The NOVAFON can help relax the muscles

NOTE

Seek a clear medical diagnosis before you start treatment with the NOVAFON. Consult a specialist for this.

The hip joint is the connection between the back and the thighbone. It enables leg movement and stabilises the body when walking. The hip joint is the second largest and most heavily loaded joint. With a body weight of around 65 kg, pressure loads of more than double the body weight are experienced in the hips when walking.



»(...) My husband also used the device for his hip. He had osteoarthritis and needed a hip replacement. After daily treatment with the NOVAFON, he clearly had less pain. We also bought another attachment and the box. I've already recommended the device to several pain patients. «^{1,3}

User U., 04/08/2019, NOVAFON pro



Using the NOVAFON on the hips

The NOVAFON can be used for the regulation of muscle tone and treating sore areas in the hip region. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, lay on your side. If your movement is restricted, ask a second person to help you. Perform the treatment on the affected side; on both sides if required. Make sure to follow the two steps outlined here precisely.



Disc attachment

Disc attachment XL
(REHAB Set)Pin attachment
(REHAB Set)Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Treating the hip region Lay on your side to begin treating the hip region. The affected side should be on top with the knee flexed. The lower leg should be extended. You can support both your head and flexed leg with a pillow. Use the disc attachment, select level 2, and set the intensity that feels comfortable to you. Using long tracks, move from the back to the knee (A–B) and over the hip area using shorter tracks (A–C) for 2–3 minutes respectively. **TIP** To optimise treatment, use the disc attachment XL in place of the disc attachment, or the pin attachment from the REHAB Set.



Ball attachment

Magnetic
attachmentFrequency
Level 1 = 100 HzGentle circular
motion

Spot-treat

Step 2 Treating the sore areas of the hip To treat the sore areas in the hip region, switch to the ball attachment. Select level 1 and once again set an intensity which is comfortable for you. Treat the individual sore areas for 30–60 seconds. You can also make gentle circular motions or hold the device over the area. A method for locating sore areas is also shown in the image. **TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.

Treating the knee

Useful background knowledge Knee pain is no rarity; especially in athletes. Most attribute the cause to overloading due to improper stresses or intensive training. Knee pain is also no rarity with advancing age. Loss of strength and/or movement restrictions can occur, as well as swelling. With existing knee pain, the symptoms should in any case be medically diagnosed in order to receive the appropriate therapy. The NOVAFON can help relax the muscles.

NOTE
Seek a clear medical diagnosis before you start treatment with the NOVAFON. Consult a specialist for this.



The knee and the knee joint – known as the articulatio genus – is the largest joint in the human body. It links together the thigh bone, the knee cap, and the tibia. The knee joint is a hinge joint. It enables the flexing and extension of the legs as well as a slight inward and outward rotation when flexed. As a consequence, the knee joint is secured and stabilised by an intricate series of ligaments comprising tendons and muscles, the knee joint capsule, knee joint cartilage, and menisci.

»I used the device every day. I had intense pains my foot. After about 3 days there was clear improvement and now I'm virtually pain-free again. I use it daily on my knee (swelling and movement restrictions following an operation). Both of these improved and my movement is much better. «³

User M., 16/02/2018, NOVAFON classic



Using the NOVAFON on the knees

The NOVAFON can be used for the regulation of muscle tone and treating sore areas of the knee. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, ensure you are sitting comfortably. Perform the treatment on the affected side; on both sides if required. Make sure to follow the five steps outlined here precisely.



Disc attachment

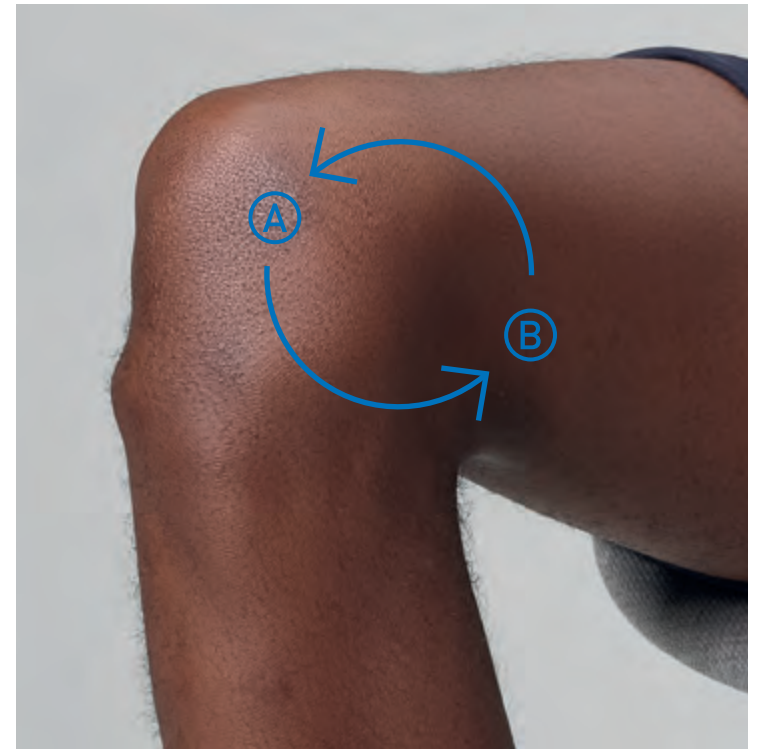


Sensory roller

Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Stroking the upper knee muscles In step 1, the upper knee muscles are smoothed/stroked. Use the disc attachment for this, select level 2, and set the intensity that feels comfortable to you. Work the upper knee muscles on the anterior aspect of the thigh muscle. In doing so, treat the entire area of the inner side up to the outer side of the thigh for 2–3 minutes (A–B). **TIP** To optimise treatment, use a sensory roller of you choice in place of the disc attachment.



Disc attachment



Sensory roller

Frequency
Level 2 = 50 Hz

Linear stroke

Step 2 Circling the lateral knee joint Then, circle around the lateral knee joint. Continue to apply the setting from step 1. Treat the inner and outer sides of the knee joint. Draw an imaginary line up to the area where the knee flexes. Treat for 2–3 minutes along this circle. Position yourself for the full movement in the figured treatment pattern (A – B, B – A). Then, proceed to step 3.



Ball attachment



Magnetic attachment

Frequency
Level 1 = 100 Hz

Gentle circular motion



Spot-treat

Step 3 Circling the knee cap After circling the knee joint, attach the ball attachment, select level 1, and set the intensity that is comfortable for you. Move around the knee cap with the NOVAFON for 2–3 minutes (A – B, B – A). Position yourself for the full movement pattern as shown in the figure. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



Ball attachment



Magnetic attachment

Frequency
Level 1 = 100 Hz

Gentle circular motion



Spot-treat

Step 4 Treating the sore areas Depending on the symptoms, sore areas can be located in completely different places. You will certainly have noticed sore areas in steps 1–3 which you should now intensively treat this final step. Treat the individual areas with the ball attachment on level 1 for 30–60 seconds in a circular motion, or hold the device over the area. Sore areas are mainly located in the upper half of the knee and no further away than a hand's width. With knee cap issues there is usually a sore area just below the knee cap and above the tibia. To locate sore areas, position yourself as shown in the figure. Please see step 5 on the next page. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.

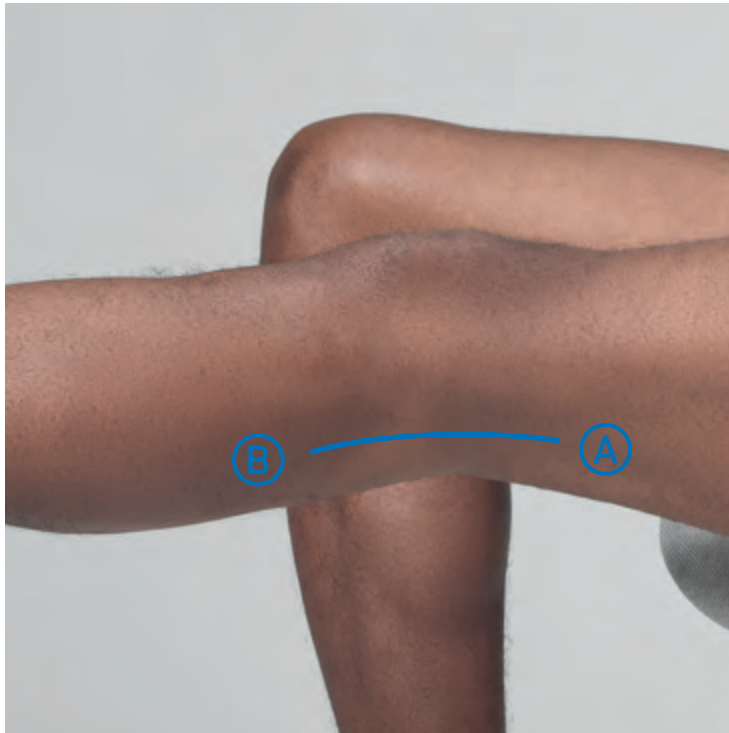


Disc attachment

Frequency
Level 2 = 50 Hz

Linear stroke

Step 5 (OPTIONAL) Treating the back of the knee In this optional step, the back of the knee is also involved, in case you have pain in this area. Often, e.g. following surgery, this is very sensitive and it can even be difficult to completely extend the knee. Following consultation with your doctor or therapist, it is recommended to treat the back of the knee as well. Use the disc attachment for this, select level 2, and set the intensity that feels comfortable to you. Stroke the back of the knee in both directions for 2–3 minutes. Position yourself for the full movement pattern in the figure (A – B).



Did you know?

The NOVAFON has been used for many purposes for decades. An early form of the device was tested in 1930 by doctors in many different areas of application. Vibration therapy is mainly used today in pain therapy as an alternative to medication as the common side effects of medication do not manifest themselves.

novafon.com/en/professional-user

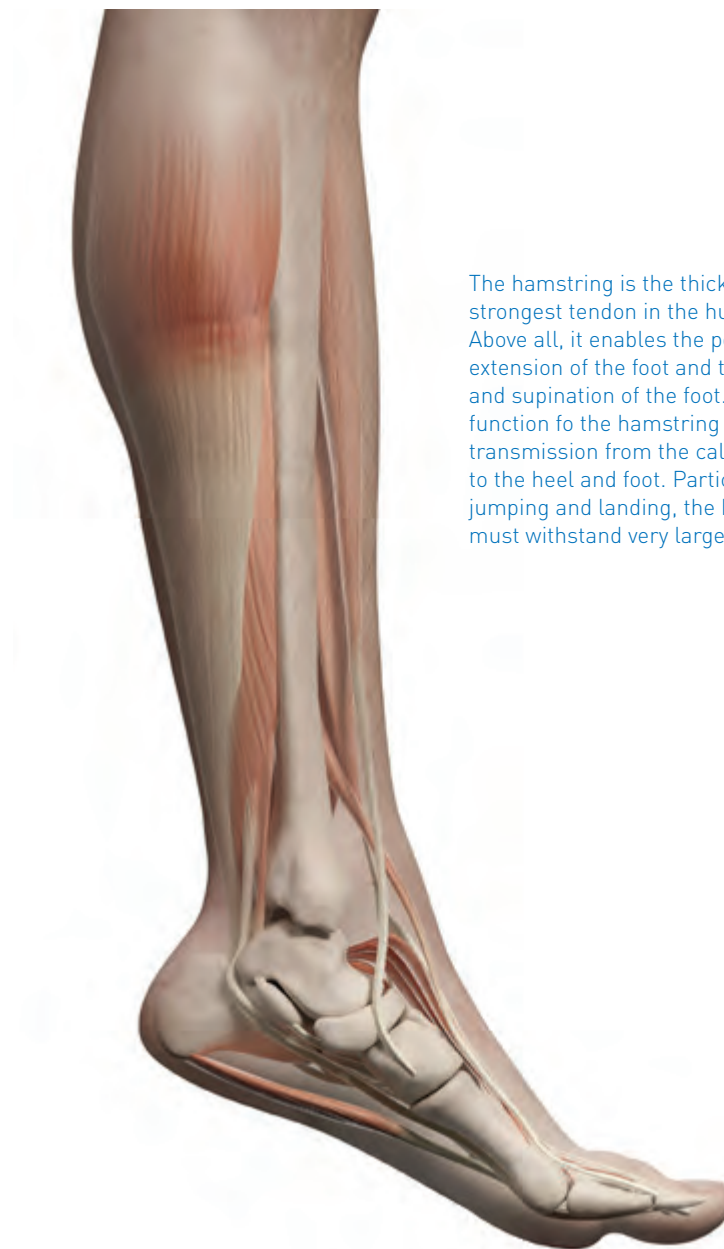
novafon.com/en/self-user

Treating the calf and hamstring

Useful background knowledge Particularly for runners, hamstring pain is a known issue. The calf muscle consists of three parts. These parts meet in the lower area of the calf at the hamstring, which is attached to the heel bone at the back. The hamstring transfers the entire contractility of the calf muscle to the bony structures; the foot in particular. Consequently, the connection of the hamstring to the foot and to the heel respectively is one of the most heavily loaded areas of the human body. Complaints usually result from overloading. Symptoms of overloading often originate from unilateral strain, incorrect movement patterns, or external factors such as, for example, a hard floor covering, intensive training, incorrect footwear, or obesity. Consult a specialist for an exact diagnosis. The NOVAFON can help relax the muscles

NOTE

Seek a clear medical diagnosis before you start treatment with the NOVAFON. Consult a specialist for this.



The hamstring is the thickest and strongest tendon in the human body. Above all, it enables the powerful extension of the foot and the inversion and supination of the foot. The main function of the hamstring is power transmission from the calf muscles to the heel and foot. Particularly when jumping and landing, the hamstring must withstand very large forces.

»I use the device to relieve muscle tension in my lower leg, to treat knee problems, and my hamstring. In 3 weeks, my symptoms have reduced by half. I'm going to keep using it.«³

User G., 29/05/2017, NOVAFON power



Using the NOVAFON on calves and hamstrings

The NOVAFON can be used for the regulation of muscle tone and treating sore areas on the calf and hamstring. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



Disc attachment



Sensory roller

Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Stroking the calf muscles In step 1, the calf muscles are treated. Use the disc attachment for this, select level 2, and set the intensity that feels comfortable to you. Stroke the area between the back of the knee and the heel for 2–3 minutes. Ensure that you work both the inner and outer aspects of the calf as well as its central region (A–B, B–A). TIP To optimise treatment, use a sensory roller of your choice in place of the disc attachment.

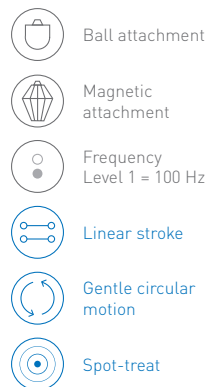


Ball attachment

Magnetic
attachmentFrequency
Level 1 = 100 HzGentle circular
motion

Spot-treat

Step 2 Sore areas of the calf Now treat the sore areas of the calf. You will have almost certainly felt these areas when stroking. Here, change to the ball attachment and select level 1. Set the intensity so that it is comfortable for you. Treat the individual areas for 30–60 seconds in a circular motion or hold the device over the area. Sore areas are often located on the outer aspect of the calf or its central region. A method for locating sore areas is shown in the image. Then, proceed to step 3. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



Step 3 Treating the hamstring In step 3, the hamstring is treated. The hamstring can be easily seen and palpated. Continue to apply the treatment settings from step 2. Treat the hamstring from all three sides for 2–3 minutes. Start from the back and move slowly onto and away from the hamstring. Should you experience more intense pain in a specific area, you can hold the device there for approx. 30 seconds. Repeat the same process on the inner and outer aspects of the hamstring (A–B, B–A). TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



Did you know?

The NOVAFON has long been established for therapeutic purposes in practices and rehabilitation centres, and has authorisation as a medical device. This also means that its efficacy has been proven through studies. In most cases, a continuation of therapy with the NOVAFON at home is recommended following therapeutic treatment.

novafon.com/en/professional-user
novafon.com/en/self-user

Treating the heel

Useful background knowledge In mammals, the heel, or the calcaneus, is the protrusion at the rear of the foot. Its contour is shaped by the heel bone, the overlying fatty tissue, and the skin. The heel is the point of connection for the hamstring and the skin on either side of it dips in slightly. As humans walk upright, the heel takes on a much more complex function than simply forming the leverage arm of the hamstring. In humans, the tarsal bones are therefore shaped very specifically. The gait pattern emerges from the interaction of the heel and the forefoot. Many people suffer from heel pain and this is often associated with morning warm-up pain.

NOTE

Seek a clear medical diagnosis before you start treatment with the NOVAFON. Consult a specialist for this.



The human foot comprises 7 tarsal bones, 5 metatarsal bones, and 14 phalanges. These bones are connected by more than 33 joints, stabilised by 20 muscles and 114 ligaments, and kept in motion. Of the entire musculoskeletal system, the feet are subjected to the greatest daily burden as they carry a person's entire weight. In obese persons, the burden is particularly large.

»I bought the device 3 weeks ago to treat my heel spur. Since then, I've already used it a lot and it's getting slowly better. I found that using it daily on my feet is too strenuous and I've switched to 2–3 times a week now. I can handle that well. (...) I'd recommend the device any time.«³ User B., 27/08/2019, NOVAFON pro



Using the NOVAFON on the heels

The NOVAFON can be used for the regulation of muscle tone and treating sore areas of the foot muscles. Total treatment duration with the NOVAFON should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



Disc attachment



Sensory roller

Frequency
Level 2 = 50 Hz

Linear stroke

Step 1 Stroking the calf muscles In step 1 of treating the heel, the calf muscles are stroked. As the calf muscles also play an important role in heel pain, these should be treated first. Use the disc attachment for this, select level 2, and set the intensity that feels comfortable to you. Stroke the area between the back of the knee and the heel for 2–3 minutes. Ensure that you work both the inner and outer aspects of the calf as well as its central region [A–B, B–A]. TIP To optimise treatment, use a sensory roller of your choice in place of the disc attachment.



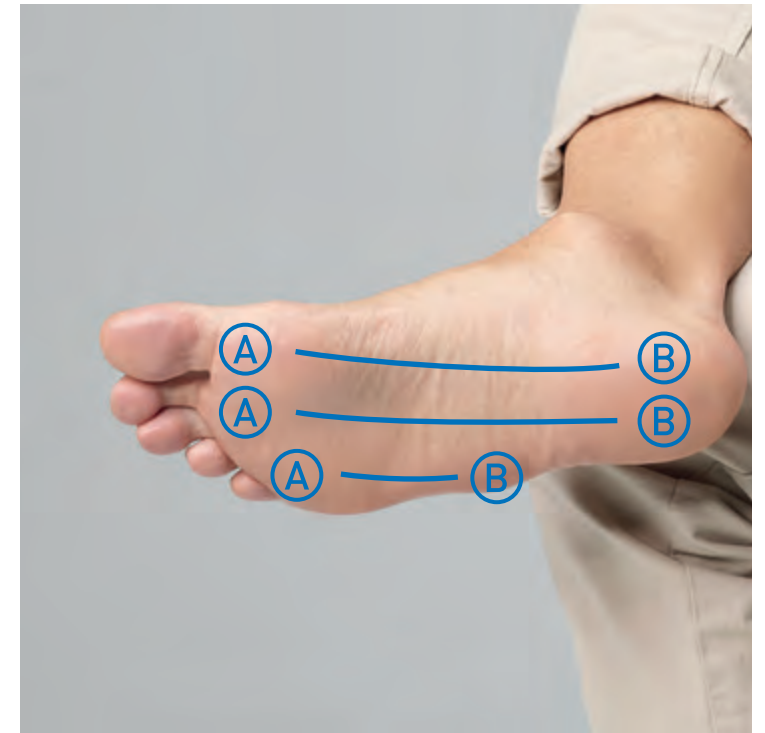
Disc attachment



Sensory roller

Frequency
Level 2 = 50 Hz

Linear stroke



Step 2 Stroking the foot muscles Now, the foot muscles are stroked. Continue to apply the setting from step 1. Now work on the sole of the foot in a planar fashion. Stroke the entire region of the heel up to the toes for 2–3 minutes [A–B, B–A]. Then, proceed to step 3.



Ball attachment



Magnetic attachment

Frequency
Level 1 = 100 Hz

Gentle circular motion



Spot-treat

Step 3 Treating the sore areas In the final step, treat the sore areas of the heel. For this, change to the ball attachment, select level 1, and set the intensity that feels comfortable to you. Treat the individual areas for 30–60 seconds in a circular motion or hold the device over the area. In most cases, the main area of soreness is located on the outer edge of the heel towards the toes. Further sore areas can be located to the left and right of it or also between the balls of the foot and the heel. TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



The new NOVAFON:

Our rechargeable device.

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