



Veterinary  
Instruction Manual



Did you know?

The applications from this book and others can also be found as video instructions in our app. New treatment videos are regularly uploaded there and you are able to provide feedback. Download now.



<https://novafon.com/de/app>

If you have any questions about our products or how they can be used, we would be happy to advise you personally to deal with your individual needs and concerns. Contact us by phone, email or via our social media channels.

[novafon.en/contact](https://novafon.com/en/contact)

## Foreword

At **NOVAFON**, we give people (from 6 years of age) and animals (from 3 kg) access to treatments which alleviate the symptoms of a wide range of health complaints, thus improving their quality of life. The vibrations of the **NOVAFON**, ranging from gentle to powerful, help to reduce pain, relieve muscle tension and activate the muscles.

The **NOVAFON** brand is an ambassador for local vibration therapy and represents quality and innovation. 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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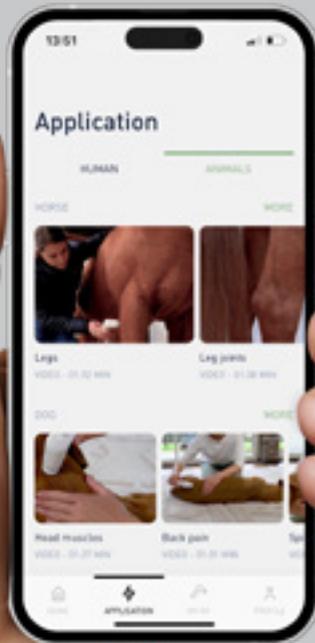
## DISCOVER THE NOVAFON APP

Treat it right:  
The **NOVAFON** treatment guide

### THE PERFECT ADDITION TO THE NOVAFON SOUND WAVE DEVICE

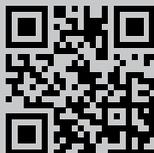
The NOVAFON treatment guide offers you the opportunity to get a better understanding of your device, and to find, understand and carry out the right treatment for you and animals.

Additionally, the app supports you in better integrating the **NOVAFON** treatment into your everyday life.



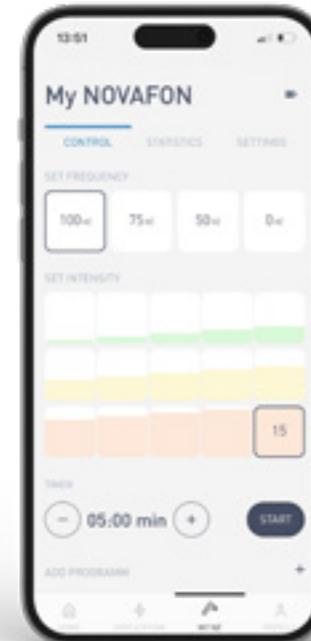
- Receive useful information about the device and how it works
- Find out what you need to know about areas of the body and backgrounds
- Let our step-by-step instructions guide you

Scan the QR code & download the app for free



## THE FUTURE IS SMART Practical Bluetooth connectivity

The direct Bluetooth connection between the **NOVAFON power 2** and the free **NOVAFON** app provide you with an even greater range of customisable settings. Immerse yourself in the smart future of local vibration therapy.



### ADJUSTABLE INTENSITY LEVELS

The large range of intensities with 3 frequencies and 15 intensity levels offers the most diverse range of settings to date, individually adaptable for all animal patients.

### CUSTOMISABLE TREATMENT

Settings for cats, dogs or horses at the touch of a button: For the most effective use, you can configure individual treatment processes. You can save these for repeated use in the practice and for your own application. This makes **THE NOVAFON power 2** an all-rounder for all uses.

### GET CREATIVE

Make THE NOVAFON power 2 your very own everyday companion and let it greet you or your pet. Select your favourite display colour.



**01 Basics sub-list**

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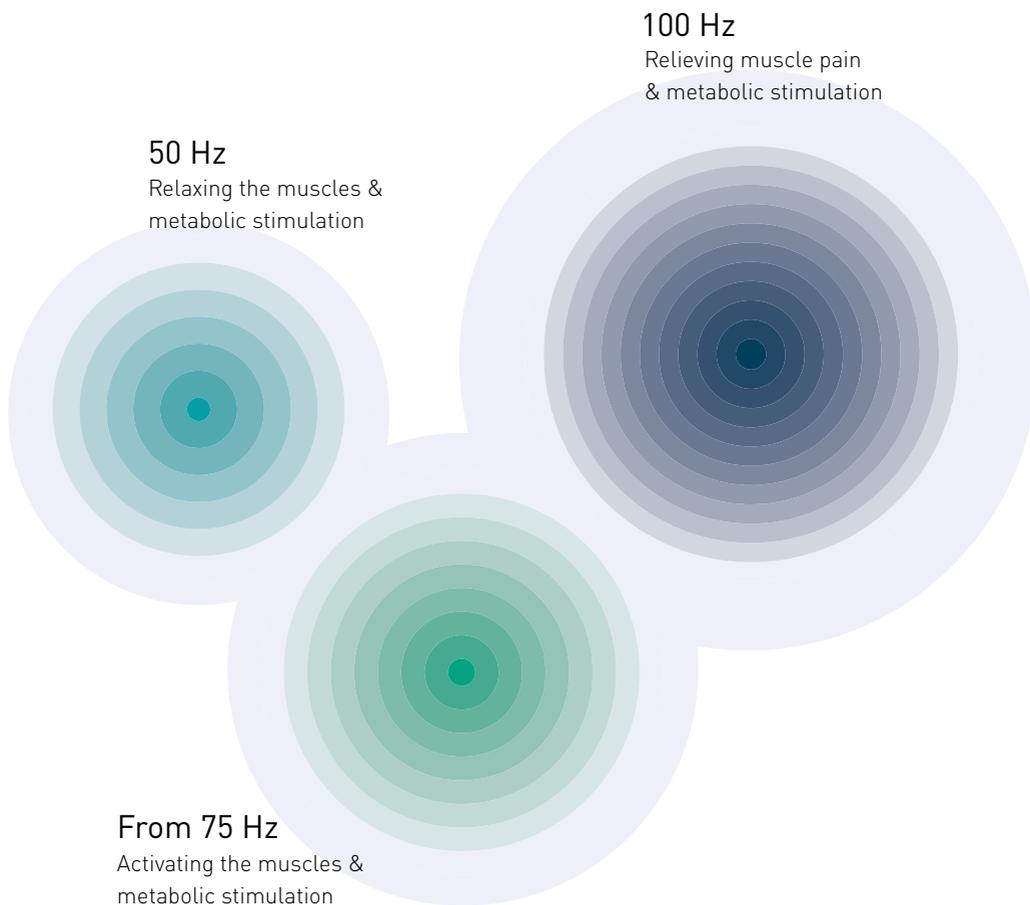
17 Movement patterns

A vibration describes an oscillation that is controlled by the variables of frequency and amplitude.

### Frequencies

Frequencies are measured in hertz (Hz), which indicate the number of vibrations per second. **THE NOVAFON** and **THE NOVAFON power** each feature two frequency settings, while **THE NOVAFON power 2** has a third additional setting.

### Amplitude (intensity)



NEW: The 75 Hz frequency helps to activate the muscles before exercising. The 75 Hz frequency is only available with the **NOVAFON power 2**.

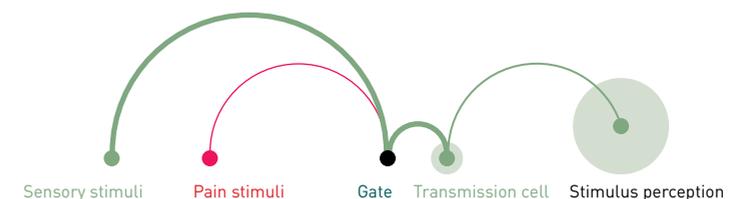
In a regular vibration curve, the amplitude is the measurement between the highest and lowest point of the curve. The higher the amplitude, the more intense the vibration or intensity of the **NOVAFON**. Using the top multi-function button, the intensity setting can be switched from low to high in 3 simple steps. With the **NOVAFON power 2**, the intensity of the 3 settings can be configured via the app and saved as an option.

### Depth of penetration

The vibrations of the **NOVAFON** penetrate up to 6 cm (2.5 Inches) beneath the skin. This has been confirmed by the Fraunhofer Institute. In this way, the vibrations also reach deep tissue treatment areas.

### Gate control theory

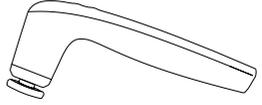
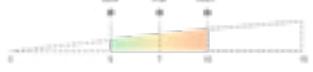
When sensory stimuli such as heat, cold, or vibrations interact with nerve fibres, the transmission of pain signals to the brain can be interrupted as the sensory stimuli superpose the pain stimuli. Through regular use, this effect can also be sustained long after treatment.<sup>2</sup>



**Comparison** Which **NOVAFON** is best for me? You can use our comparison section to find out which **NOVAFON** model is best suited to you and your needs.

For the gentler treatment of sensitive areas of the body, we recommend the **NOVAFON**. For the treatment of large, compact muscle groups, for example in athletes, the **NOVAFON power** might be the better choice thanks to its wider range of intensities, greater amplitude and more deeply penetrating effect.

**THE NOVAFON power 2** combines the treatment areas of all previous models in one device and is the best choice if you need to treat multiple areas. With the **NOVAFON power 2** and its choice of 3 frequencies, each with 15 intensity levels, you can cover all areas of the body and treatments.

	DAS NOVAFON POWER 2	DAS NOVAFON POWER	DAS NOVAFON
			
USER GROUPS	For personal and professional use. For people & animals – all areas of the body	For personal and professional use. For people & animals – all areas of the body	For personal and professional use. For people & animals – especially sensitive areas of the body
INTENSITY LEVELS			
AREAS OF APPLICATION	Pain, tension, sports injuries, scars, CMD, joint pain/arthrosis, logopaedic & neurological symptoms and regeneration	Pain, tension, sports injuries, scars, logopaedic & neurological symptoms and regeneration	Pain, mild tension, sports injuries, scars, CMD, joint pain/arthrosis, logopaedic & neurological symptoms
TECHNICAL SPECIFICATIONS*			
Frequencies	100 Hz   75 Hz   50 Hz	100 Hz   50 Hz	100 Hz   50 Hz
Amplitude	0.3 – 4 mm	0.5 – 4 mm	0.3 – 3.5 mm
Water resistance	IP44 - Splash-proof	IP22 - Drip-proof	IP22 - Drip-proof
Dimensions	83 x 187 x 38 mm (W x H x D)	83 x 187 x 38 mm (W x H x D)	83 x 187 x 38 mm (W x H x D)
App connectivity	2.4 GHz	-	-
App	Settings & display customisation	-	-
	course of treatment tracking	Treatment videos possible on the app	Treatment videos possible on the app
	default settings optimisation	-	-

\*Detailed technical information can be found in the product data sheets in the download area of our website <https://novafon.com/en/downloads>

### 1. Switching on and off

Fully charge the device prior to switching it on for the first time. Press the ON/OFF button once to switch the **NOVAFON** on. To turn off, press this button three times or until you see “Standby [0 Hz]” (**THE NOVAFON power 2**). **THE NOVAFON power 2** is locked upon delivery and must first be unlocked. Unlock the device by pressing and holding down the ON/OFF button for 3 seconds. Further details can be found in the operating instructions.

### 2. General Settings

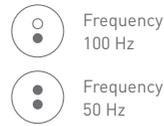
The device is set at 100 Hz when the ON/OFF button is pressed once. By continuing to press this button, the frequency of the device can be reduced to 75 Hz or 50 Hz. You can see the current frequency setting in the **NOVAFON power 2** on the display directly and on the LED display beneath the multi-function button (frequencies) on the two other models. 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 display above the multi-function button (Intensity) and on the outer ring of the display with the **NOVAFON power 2**. You can also set up to 15 intensity levels using the app. The device always starts on the lowest intensity level. Choose from 5 intensity levels per frequency with the **NOVAFON power 2** app.

### 3. Charging

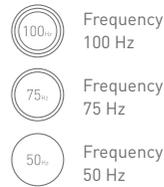
Without the charging stand: Connect the charger cable to the device and the mains power supply unit. Then plug the mains power supply unit into the socket.

With the charging stand: Place the device on the charging stand. Connect the charger cable to the charging stand and the mains power supply unit. Then, insert the mains power supply unit into the socket.

#### THE NOVAFON THE NOVAFON power



#### THE NOVAFON power 2



TIP Not yet familiar with the device?  
Then start on the lowest intensity setting and increase it as required during treatment.

Note: important anatomically related instructions for use can be found on our website under Contraindications

### 4. Security

Before use, please carefully read and observe the instruction manual for your **NOVAFON** sound wave device and its accessories.

### 5. treatment

The suggested duration of treatment is up to 20 minutes per area. Treatment can be repeated several times per day (up to three times) as required. Longer or more frequent treatment offers no further benefit. Please note that **NOVAFON** sound wave devices only alleviate symptoms. They do not treat the underlying cause and are not a substitute for visiting a veterinary surgeon. Despite their safe, simple and non-invasive application, we suggest that you discuss the treatment with your treating veterinary surgeon or therapist. Should symptoms worsen, please seek veterinary advice.

### 6. 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 and thromboses (in the body region being treated)
- Current episodes of epilepsy
- Pregnancy/gestation
- Implants  
(in the body region being treated)
- Cardiac/brain pacemaker
- Cardiac arrhythmia
- Tumours (cancerous and benign)
- Acute inflammations  
(in the body region being treated)
- Acute episodes of inflammatory diseases
- Pain or swelling from an unknown cause

## 7. Side effects

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

- Temporary unsteadiness of gait
- Temporary intensification of pain/unpleasant sensations
- Discomfort/dizziness
- Skin irritation
- Reflex/involuntary muscle contractions

Please cease treatment immediately if any of these side effects occur. 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 from the increased blood flow.

## 8. Attachments

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

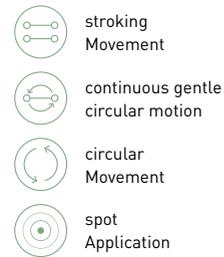
Deeper or stimulative treatments (such as fascia treatments) are carried out using the Physio or Modular set.

## 9. Changing the attachment

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.

## 10th Additional products

Only use creams and gels if you can ensure that no liquid will enter the device. This can shorten the service life of the device.

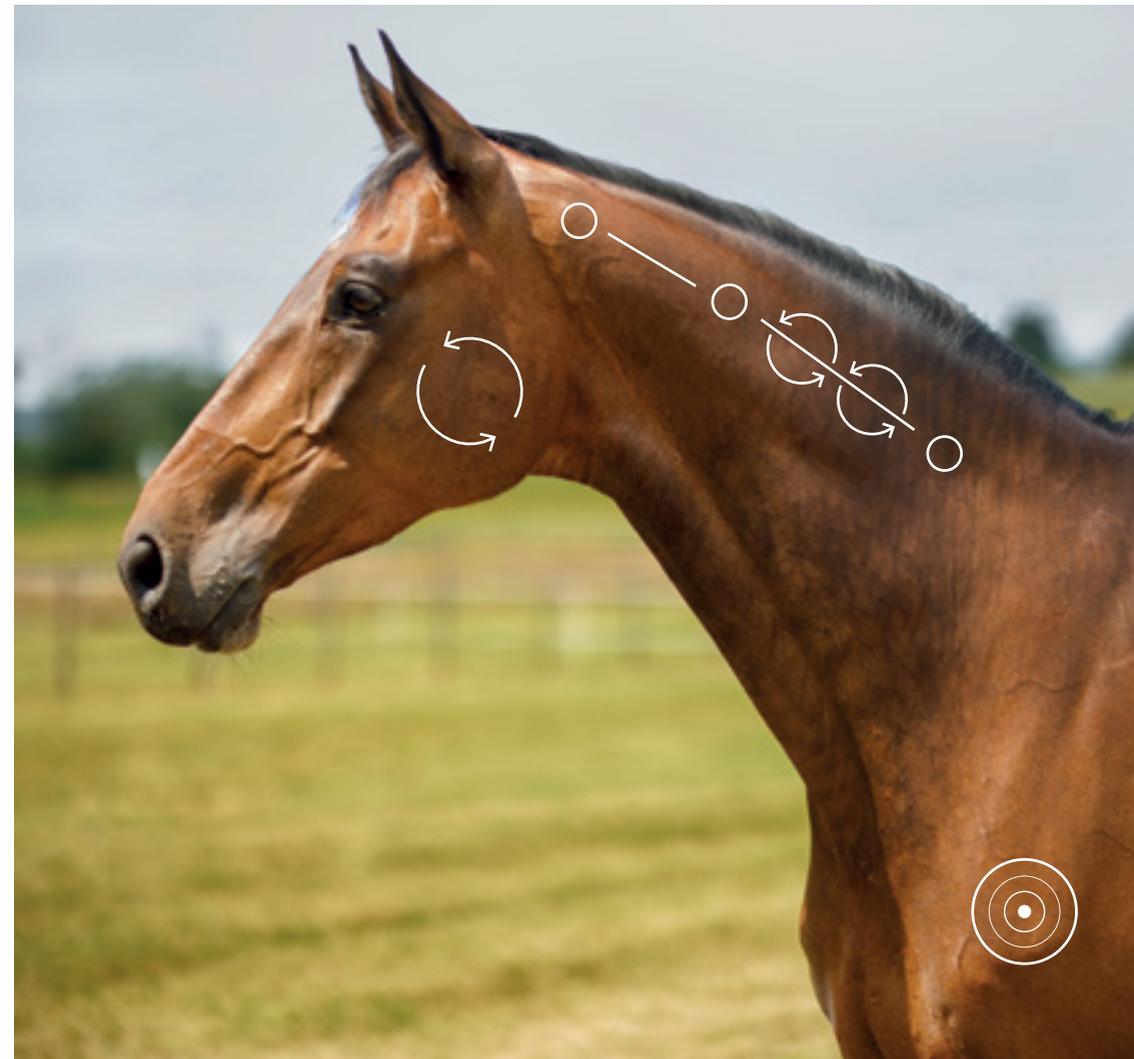


## 11. Using on fur

With short fur, stroke the affected areas as normal. In the case of long fur, it is advisable to part the fur on the affected areas if necessary.

## 12. Movement patterns

Place the device onto the area to be treated. You can use the device in a planar or spot-treating fashion.





## 02 Horse sub-list

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23 Jaw joint symptoms

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55 Knee symptoms

58 Deficits in the hindquarters

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Improvement  
of gait



Support rideability



Activate and relax  
muscles



Alleviate tendon, muscle  
and joint pain



Preserve mobility and  
quality of life

#### Tip

Gradually get the horse used to the device and always start at the lowest intensity of 50 Hz for the first few minutes. For larger attachments, only start the device upon contact with the animal's body. Even if it takes a while, each horse is different; don't give up too soon.



# Treat jaw muscles and jaw joint symptoms

The horse's jaw joint or its dysfunction can affect the entire musculoskeletal system. Muscle chains that attach to the jaw and stretch across the neck and spine can cause back pain and imbalances in the back muscles. A horse with jaw joint problems can find it very difficult to let go while working under the rider. The horse often pulls a lot, and finds it difficult to work "on the bit" or turn. Tension in the jaw joints also affects the horse's forehand mobility. The horse also finds it more difficult to round its back and track up with its hindquarters.

In the treatment of the jaw joint, in addition to the joint itself, the associated muscles and trigger points also play a role. With the **NOVAFON**, however, the entire masticatory muscle system can be treated supportively in order to compensate for muscular imbalances and to reduce restrictions to the horse's movement. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently, especially in the head area. Always treat both sides.

#### NOTE

The horse's teeth must be checked regularly (once a year) by a specialist veterinarian and, if necessary, treated.

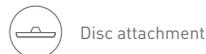
#### POSSIBLE CAUSES

Dental problems, broken tooth | Riding with "too hard a hand" | Riding with short reins | Hoof misalignments | Badly fitting saddle or bridle | Use of incorrect bit | Incorrect stabling or feeding

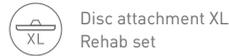
### Step 1 — Stroking/smoothing the masticatory muscles

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

TIP To optimise treatment, use the disc attachment XL instead of the disc attachment.



Disc attachment



Disc attachment XL  
Rehab set



Oval attachment  
(Modular set)

#### THE NOVAFON THE NOVAFON power



Frequency  
50 Hz

#### THE NOVAFON power 2



Frequency  
50 Hz



stroking  
Movement



continuous  
gentle circular  
motion



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment



Magnetic  
attachment



Trigger  
module  
(Modular set)

#### THE NOVAFON THE NOVAFON power



Frequency  
50 Hz

#### THE NOVAFON power 2



Frequency  
50 Hz



circular  
Movement



spot  
Application

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements.

# Treat throat muscles and neck band symptoms

By neck band symptoms, we are referring to the upper part of the neck band. There are two bursa sacs located here (bursa subligamentosa nuchalis cranialis / caudalis) which can show calcifications, often involving the neck ligament (ligamentum nuchae). This disorder usually occurs in showjumping and dressage horses of all ages. Discussion centres on whether holding the neck too tight triggers inflammatory processes and, in a later stage, calcifications. Affected horses usually have severe restrictions of the cervical spine, which can be accompanied by coordination difficulties and swelling.

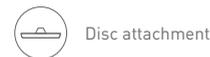
In the event of radiological findings or calcification, we recommend that you speak to your veterinarian about suitable methods of therapy. With the **NOVAFON**, the entire neck and throat musculature can be treated supportively in order to compensate for muscular imbalances and to reduce restrictions to the horse's movement. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. When treating the neck and throat muscles, it may be useful to include the back muscles too. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently, especially in the head area. Always treat both sides.

**NOTE**  
Neck band symptoms must always be investigated by a veterinarian using radiological methods.

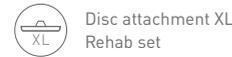
**POSSIBLE CAUSES**  
Riding "too tight in the neck" | Side reins | Traumas such as falling or rolling over | Leaning on the halter



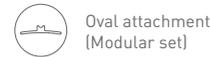
**TIP** To optimise treatment, use the Modular set (oval attachment, grip module, nub module, trigger module)



Disc attachment



Disc attachment XL  
Rehab set



Oval attachment  
(Modular set)

**THE NOVAFON**  
**THE NOVAFON power**



Frequency  
50 Hz

**THE NOVAFON power 2**



Frequency  
50 Hz



stroking  
Movement



continuous  
gentle circular  
motion

## Step 1 — Stroking/smoothing the neck and throat muscles

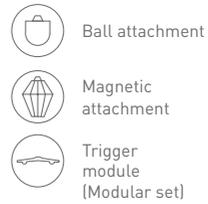
In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion.

The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

**Step 2 — Treatment of stress points**

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

**TIP** To optimise treatment, use the magnetic attachment or fascia ball instead of the ball attachment.




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**THE NOVAFON**  
**THE NOVAFON power**



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**THE NOVAFON power 2**


# Myofascial pain syndrome of the head, neck and throat muscles

The horse's neck plays a fundamental role in riding. Due to its length, position and mobility, it is responsible for the horse's balance. Pain, muscular imbalances, restricted mobility and vertebral blockages are not uncommon in recreational and sport horses. In some horses, especially tall and/or old horses, these symptoms are often associated with ossification of the vertebrae. Horses may react by rearing or bucking, and they usually pull strongly against the rider's hand or shake their heads. Achieving the correct head position and the correct bend is restricted or no longer possible.

Depending on the findings of a specialist veterinarian, you can use the **NOVAFON** to treat the entire neck and throat muscles in a supportive manner in order to compensate for muscular imbalances and to reduce restrictions to the horse's movement. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. When treating the neck and throat muscles, it may be useful to include the back muscles too. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently, especially in the head area. Always treat both sides.

## NOTE

Have differential diagnoses clarified by a veterinarian and, if necessary, consult an equine therapist specialising in physiotherapy, chiropractic or osteopathy.

## POSSIBLE CAUSES

Riding incorrectly | Incorrect loading | Badly fitting saddle or bridle | Use of incorrect bit



**TIP** To optimise treatment, use the Modular set (oval attachment, grip module, nub module, trigger module)



Disc attachment



Disc attachment XL  
Rehab set



Oval attachment  
(Modular set)

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



stroking  
Movement



continuous  
gentle circular  
motion

## Step 1 — Stroking/smoothing the neck and throat muscles

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

**Step 2 — Treatment of stress points**

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.



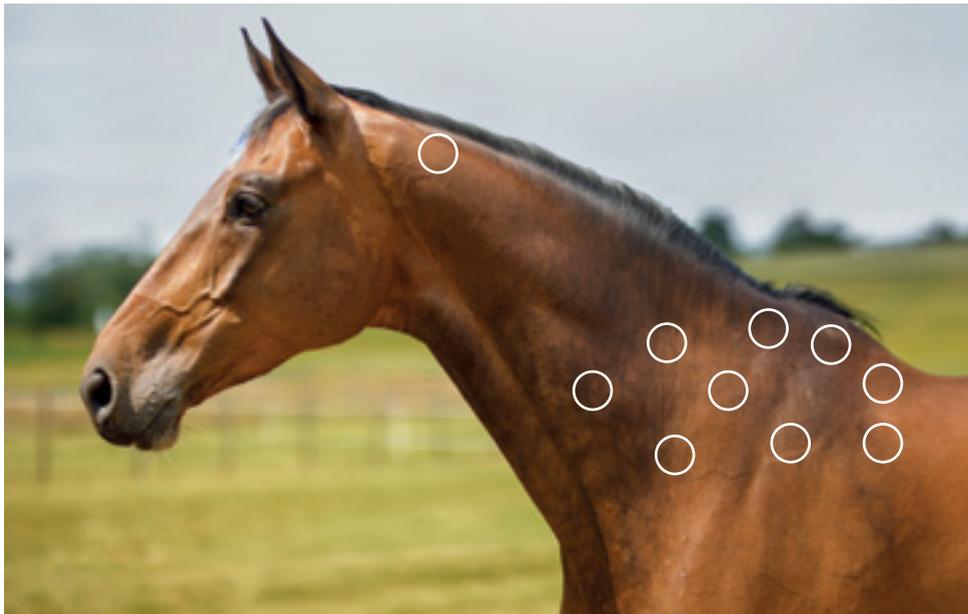
THE NOVAFON  
THE NOVAFON power

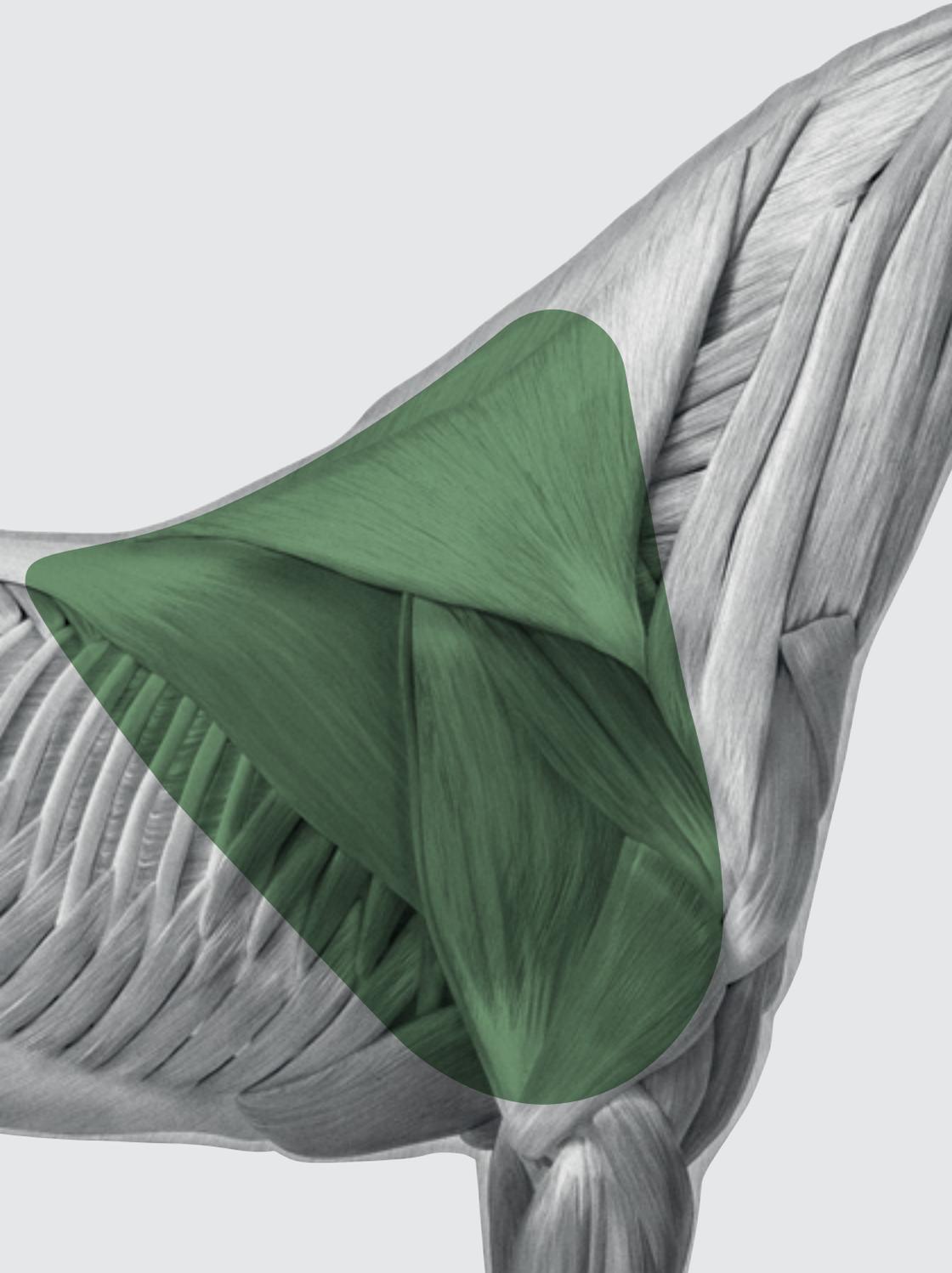


THE NOVAFON power 2



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.





# Shoulder muscles and myofascial pain syndrome on the shoulder

In contrast to the human shoulder, a horse's shoulder is not osseous, but is built up almost entirely of muscles. The shoulder, together with the head, neck and front legs, form the horse's forehand. As most of the horse's organs are located in this front third, the horse's centre of gravity is also located here instead of, as might be assumed, the middle of the body. If we add the weight of a rider with a saddle, this can result in the horse becoming forehand-heavy. This needs to be balanced out with proper riding and training. Muscular imbalances and problems are common in this region, which is very important for the horse's movement, and should be treated preventatively and in a targeted manner.

With the **NOVAFON** the entire musculature of the shoulder area can be treated supportively in order to compensate for muscular imbalances and to reduce restrictions to the horse's movement. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. When treating the shoulder muscles, it may be useful to include the back muscles too. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently, especially in the head area. Always treat both sides.

#### NOTE

Be sure to have your saddle fitted by a professional. A badly fitting saddle leads to atrophied shoulder muscles, pressure points and problems in the entire spinal column and musculoskeletal system. Therefore, you should support this area at 100 Hz in order to strengthen the muscles.

#### POSSIBLE CAUSES

Anatomy of the horse | Incorrect riding | Incorrect loading | Badly fitting saddle – affects freedom of shoulder movement | Incorrect shoeing

### Step 1 — Stroking/smoothing the shoulder muscles

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

-  Disc attachment
-  Disc attachment XL Rehab set
-  Pin attachment Rehab set
-  Oval attachment (Modular set)
-  Grip module (Modular set)
-  Nub module (Modular set)

#### THE NOVAFON THE NOVAFON power

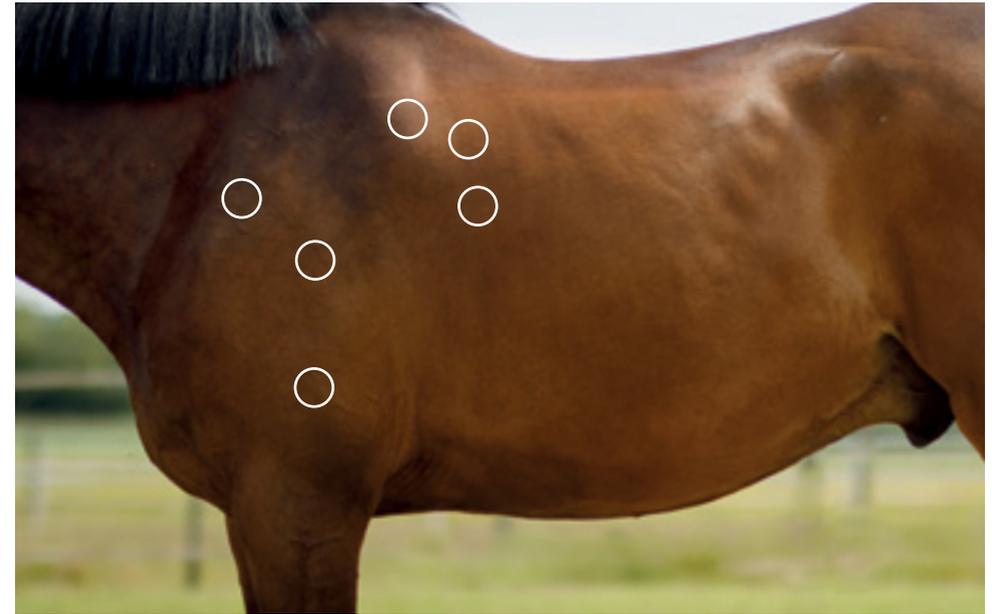
-  Frequency 50 Hz

#### THE NOVAFON power 2

-  Frequency 50 Hz

-  stroking Movement
-  continuous gentle circular motion

TIP To optimise treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.

-  Ball attachment
-  Magnetic attachment

#### THE NOVAFON THE NOVAFON power

-  Frequency 50 Hz

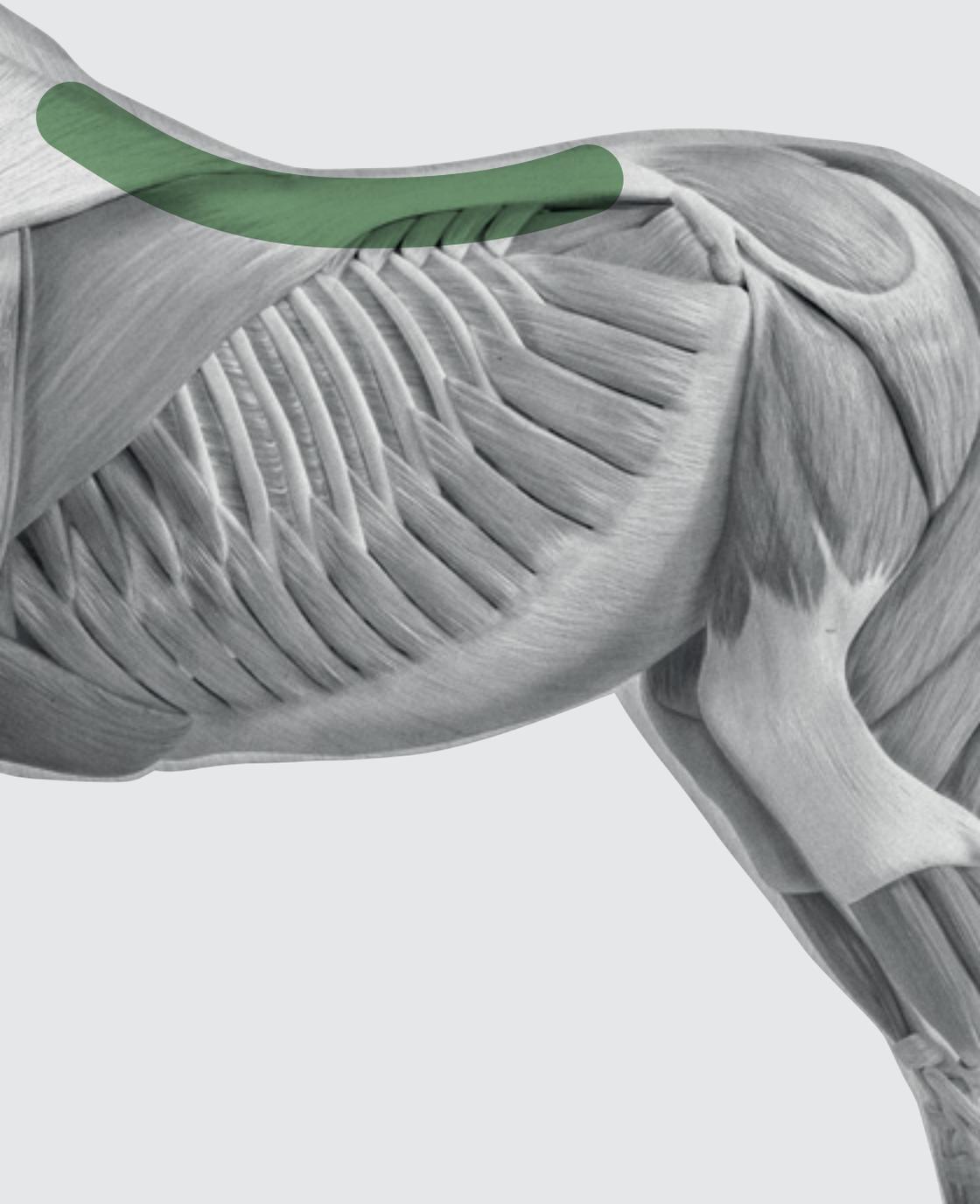
#### THE NOVAFON power 2

-  Frequency 50 Hz

-  circular Movement
-  spot Application

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.



# Treat back muscles and kissing spines

The condition known as “kissing spines” refers to inflammation and changes in the vertebrae, mostly between the 10th thoracic vertebra and the 4th lumbar vertebra. Unfortunately for horses, this is exactly where the saddle is placed (9th to 18th thoracic vertebrae). “Kissing spines” means that the vertebrae are touching or overlapping. If the horse’s back muscles are not strong enough, the horse cannot arch its back, instead pushing it downwards. The result is that the vertebrae move closer together, and the resulting friction can cause pain. Problems of this nature lead to the horse becoming unrideable. With the right training plan, a well-fitting saddle and correct riding, you can slow the progression of the disease and continue to ride your horse.

When treating “kissing spines”, it may be useful to include the back muscles too. With the **NOVAFON**, the entire back musculature can be treated supportively in order to compensate for muscular imbalances and to relieve pain. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently. Always treat both sides.

## NOTE

The diagnosis of “kissing spines” should be confirmed by a veterinarian using radiological methods.

## POSSIBLE CAUSES

The anatomy of the horse | Swayback | Weak back muscles | Incorrect riding | Incorrect loading | Badly fitting saddle | Traumas such as falling or rolling over

### Step 1 — Stroking/smoothing the back muscles

In the first step, set the device to 100 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion in order to strengthen the muscles. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

**Optional:** Activate the back muscles at a frequency of 75 Hz (**NOVAFON power 2**) to prepare and improve blood flow. Stoke along the marked area from front to back.

-  Disc attachment
-  Disc attachment XL Rehab set
-  Pin attachment Rehab set
-  Oval attachment (Modular set)
-  Grip module (Modular set)
-  Nub module (Modular set)

#### THE NOVAFON THE NOVAFON power

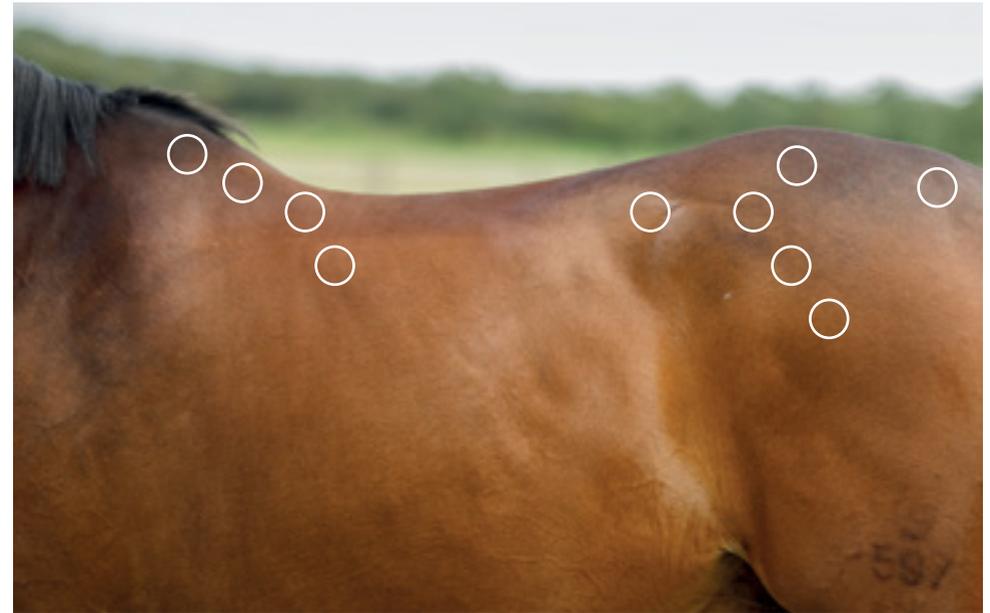
-  Frequency 100 Hz

#### THE NOVAFON power 2

-  Frequency 100 Hz
-  Frequency 75 Hz

-  stroking Movement
-  continuous gentle circular motion

TIP To optimise treatment, use the various attachments from the Modular or Rehab set, or the pin attachment, instead of the disc attachment.



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.

-  Ball attachment
-  Magnetic attachment

#### THE NOVAFON THE NOVAFON power

-  Frequency 50 Hz

#### THE NOVAFON power 2

-  Frequency 50 Hz

-  circular Movement
-  spot Application

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

# Sensitivity in the saddle and girth area

Many horses are very sensitive to pain caused by pressure in the saddle area. From an anatomical point of view, horses (and especially horses that are not regularly ridden) have a smaller soft tissue layer in the area of the thoracic vertebrae and ribs than in the area of the lumbar spine. This means the less muscle mass the horse has in the saddle area, the higher the risk of pain. Trying to get a horse fit too quickly can also favour these symptoms, as can inexperienced riders. Symptoms can vary widely. The most common symptoms include immediate reactions such as altered breathing, head shaking, kicking out, shying and snatching. When being ridden, the horse may be very tense, or may react when the girth is tightened.

It is important to know the cause of such behaviours. A veterinarian should be on the lookout for muscular or organic problems. In addition, treatment should always be monitored and accompanied by a trained person or a therapist. With the **NOVAFON**, the musculature of the entire back and girth area can be treated supportively in order to compensate for muscular imbalances and to relieve pain. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently. Always treat both sides.

## NOTE

Have differential diagnoses clarified by a veterinarian and, if necessary, consult an equine therapist specialising in physiotherapy, chiropractic or osteopathy.

## POSSIBLE CAUSES

Swayback | Weak back muscles | Incorrect riding | Incorrect loading | Badly fitting tack | Traumas such as falling or rolling over | Incorrect shoeing | Overexercise | Girth too tight | Muscular problems | Gastrointestinal problems



-  Disc attachment
-  Disc attachment XL Rehab set
-  Pin attachment Rehab set
-  Oval attachment (Modular set)
-  Grip module (Modular set)
-  Nub module (Modular set)

**TIP** To optimise treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment.

## THE NOVAFON THE NOVAFON power

-  Frequency 50 Hz

## THE NOVAFON power 2

-  Frequency 50 Hz

-  stroking Movement
-  continuous gentle circular motion

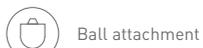
## Step 1 — Stroking/smoothing the back muscles

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side for 2 to 3 minutes.

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

**TIP** To optimise treatment, use the magnetic attachment instead of the cone attachment and concentrate on the stress points of the sacroiliac joint.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



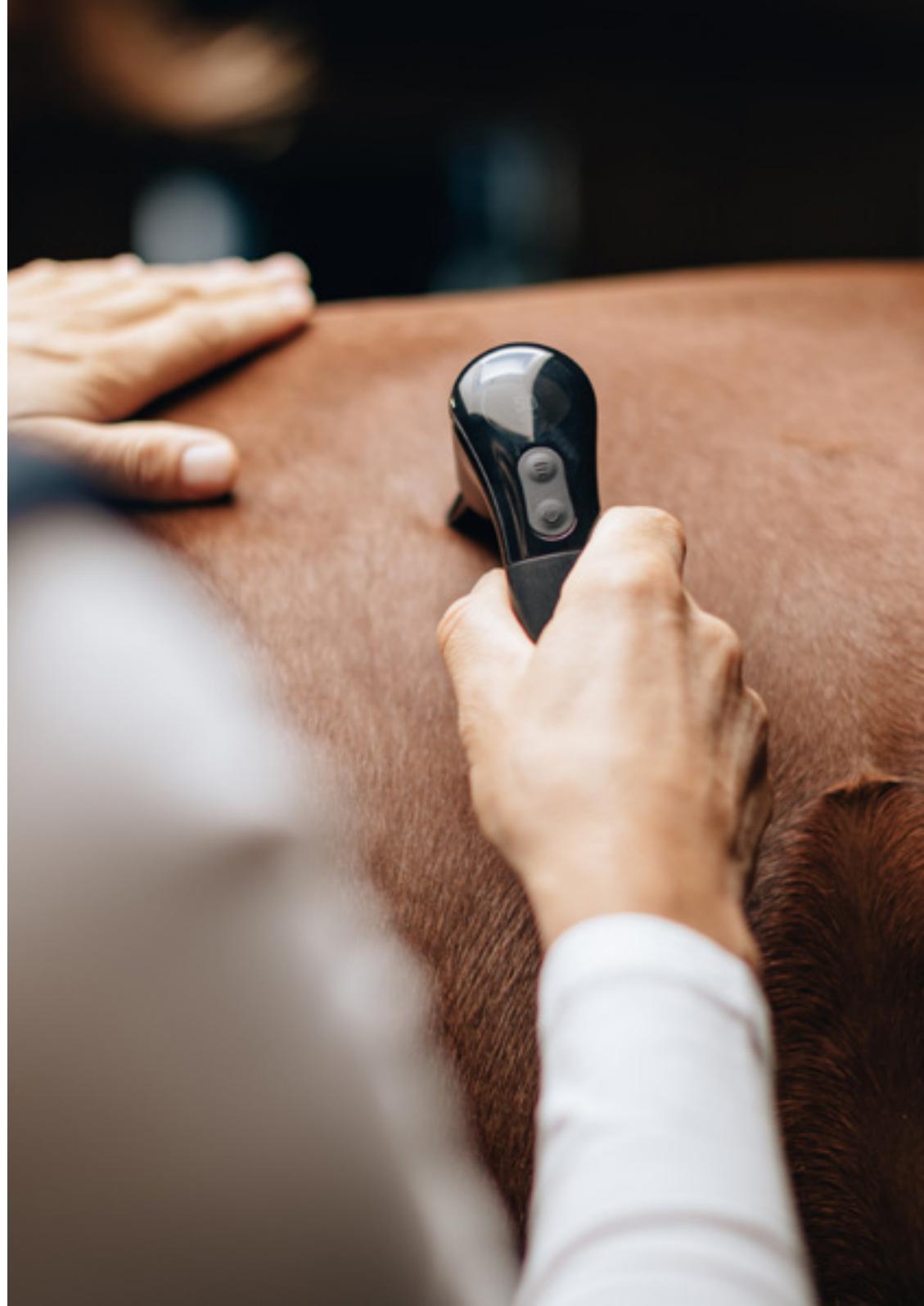
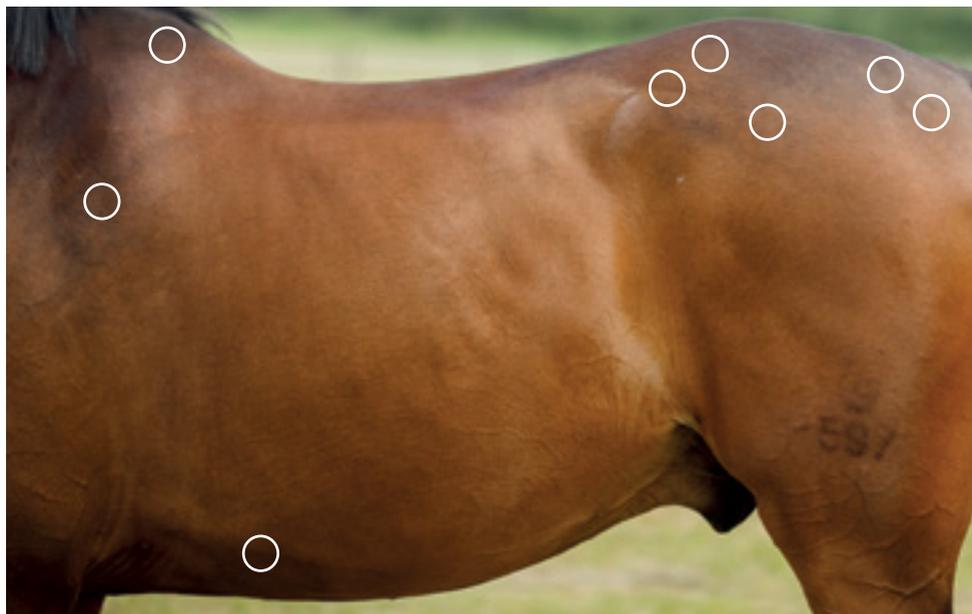
Frequency  
50 Hz



circular  
Movement



spot  
Application



# Back pain and myofascial pain syndrome on the back

As in humans, back pain in horses is a widespread condition. It is important to know that not all back problems originate in the back, but can also stem from other locations. This is why it is important to look for the cause of the pain and not just treat the symptoms. Horses can react very differently to pain. You should look out for changes in behaviour such as unwillingness, taking off, drop in performance, ears laid back, snatching when being saddled and general disobedience. If the back problems are of a purely muscular nature, you can get them under control with the right therapy and the right training plan, enabling your horse to regain its normal resilience.

With the **NOVAFON**, the entire back musculature can be treated supportively in order to compensate for muscular imbalances and to relieve pain.

Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily.

The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently. Always treat both sides.

## NOTE

Back problems can have a multitude of causes. Have the diagnosis clarified by a veterinarian and, if necessary, consult an equine therapist specialising in physiotherapy, chiropractic or osteopathy.

## POSSIBLE CAUSES

The anatomy of the horse | Weak back muscles | Incorrect riding | Incorrect loading | Badly fitting tack | Traumas such as falling or rolling over | Incorrect shoeing



## THE NOVAFON power



## THE NOVAFON power 2



**TIP** To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment.

## Step 1 — Stroking/smoothing the back muscles

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion.

The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side for 2 to 3 minutes.

**Optional:** Activate the back muscles at a frequency of 75 Hz (**NOVAFON power 2**) to prepare and improve blood flow. Stoke along the marked area from front to back.

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz

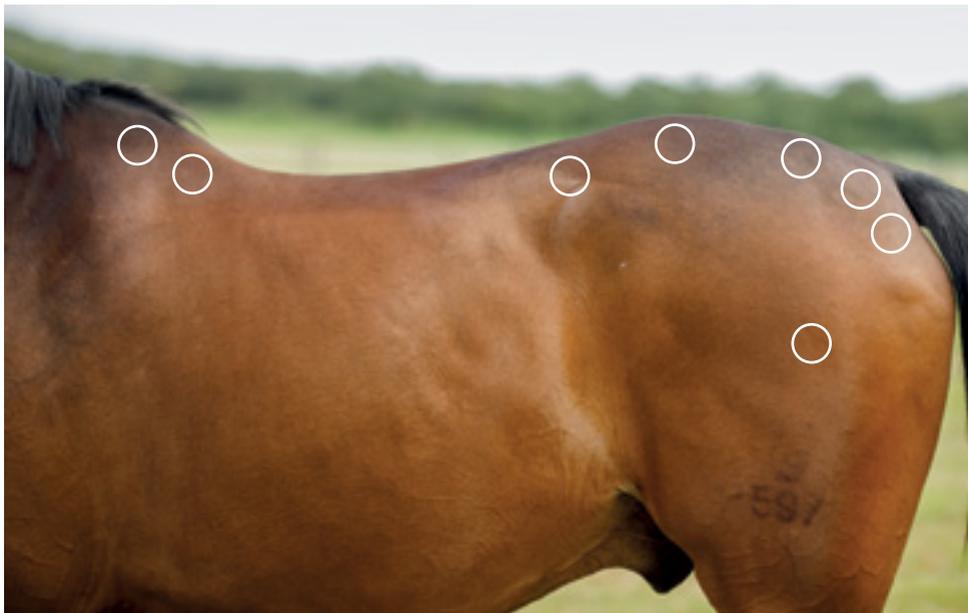


circular  
Movement



spot  
Application

TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.





# Sacroiliac joint symptoms

The sacroiliac joint is commonly referred to as the “SIJ”. The SIJ is a very small joint that is held together solely by ligaments rather than muscles. The sacroiliac joint is also known as the motor of the hindquarters because it is largely responsible for transmitting power from the hindquarters. If the mobility of the sacroiliac joint is disturbed, this also reduces the thrust of the hindquarters. This can have a major impact on the horse’s rideability, strength and balance. The sacroiliac joint can also cause lameness. If the sacroiliac joint is blocked, it is absolutely essential to create a therapy and training plan in order to correct the imbalances caused by the blockage.

With the **NOVAFON**, the entire back musculature can be treated supportively in order to compensate for muscular imbalances and to relieve pain. You should treat the overloaded side with the NOVAFON set to 50 Hz, and the other side at 100 Hz.

Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily.

The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently.

Always treat both sides.

## NOTE

Have the causes clarified by a veterinarian and, if necessary, consult an equine therapist specialising in physiotherapy, chiropractic or osteopathy.

## POSSIBLE CAUSES

The anatomy of the horse | Lack of muscles | Incorrect riding | Incorrect loading | Badly fitting tack | Traumas such as falling or rolling over | Incorrect shoeing | Degenerative conditions such as arthrosis

### Step 1 — Stroking/smoothing the back muscles

In the first step, set the device to 100 Hz or 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side for 2 to 3 minutes.

### Optional: Activation of muscles

Activate the back muscles along the marked area at a frequency of 75 Hz (**NOVAFON power 2**) to prepare and improve blood flow.



#### THE NOVAFON THE NOVAFON power



Frequency  
50 Hz

#### THE NOVAFON power 2



Frequency  
50 Hz

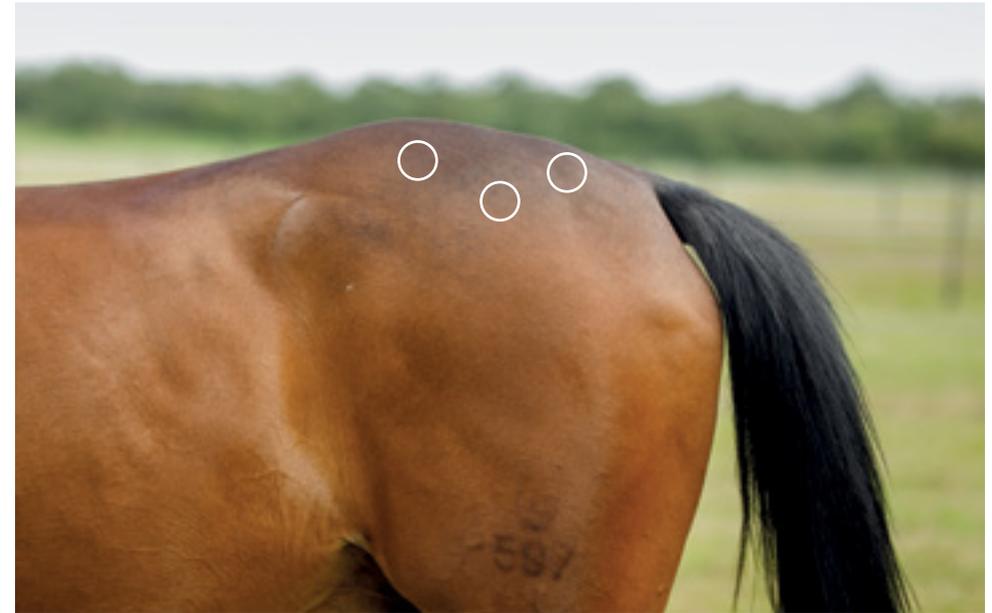


stroking  
Movement

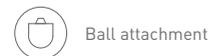


continuous  
gentle circular  
motion

TIP To optimise treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment.



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment



Magnetic  
attachment

#### THE NOVAFON THE NOVAFON power



Frequency  
50 Hz

#### THE NOVAFON power 2



Frequency  
50 Hz



circular  
Movement



spot  
Application

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.



# Hindquarters and knee symptoms

In horses, the knee joint is often confused with the hip joint, as the leg only appears to begin from the knee joint. Horses can suffer from a range of knee problems with different causes. Bruises, trauma, inflammation, cartilage damage, chipped joints, meniscus damage, dislocated kneecaps and osteoarthritis are just a few diagnoses that can affect the knee. In the case of knee symptoms, it is therefore of great importance to make the correct diagnosis so that appropriate therapy can be provided and the condition alleviated.

With the **NOVAFON**, the entire hindquarters can be treated supportively in order to compensate for muscular imbalances and to relieve pain. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently.

## NOTE

If your horse has knee problems, always consult a veterinarian, who can make the correct diagnosis using imaging procedures and thus explain the cause of the lameness.

## POSSIBLE CAUSES

Anatomy of the horse | Unstable ligaments | Incorrect riding | Incorrect loading | Trauma | Degenerative conditions such as osteoarthritis | Incorrect breeding | Inflammation

### Step 1 — Stroking/smoothing the hind muscles

In the first step, set the device to 100 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat for 2 to 3 minutes. Treat the other side at 50 Hz to counteract overloading of the muscles.

#### Optional: Activation of muscles

Activate the back muscles along the marked area at a frequency of 75 Hz (**NOVAFON power 2**) to prepare and improve blood flow.



Disc attachment



Disc attachment XL  
Rehab set



Pin attachment  
Rehab set

#### THE NOVAFON THE NOVAFON power



Frequency  
100 Hz

#### THE NOVAFON power 2



Frequency  
100 Hz



Frequency  
75 Hz



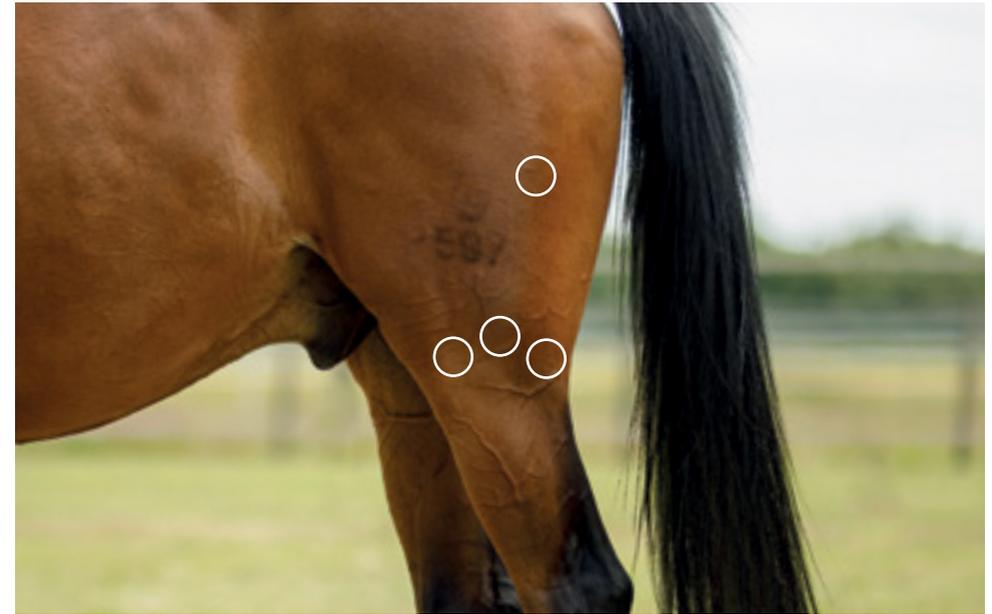
stroking  
Movement



continuous  
gentle circular  
motion



TIP To optimise treatment, use the disc attachment XL or the pin attachment instead of the disc attachment.



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment



Magnetic  
attachment

#### THE NOVAFON THE NOVAFON power



Frequency  
50 Hz

#### THE NOVAFON power 2



Frequency  
50 Hz



circular  
Movement



spot  
Application

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

# Deficits in the hindquarters

The horse's hindquarters are responsible for the horse's momentum, thrust and load-bearing capacity. Without strong hindquarters, achieving collection is impossible. Suppleness and being "on the bit" also come from the load-bearing capacity of the hindquarters. If the horse's hindquarters are too weak, this can be trained with specific exercises, and muscular imbalances can also be treated.

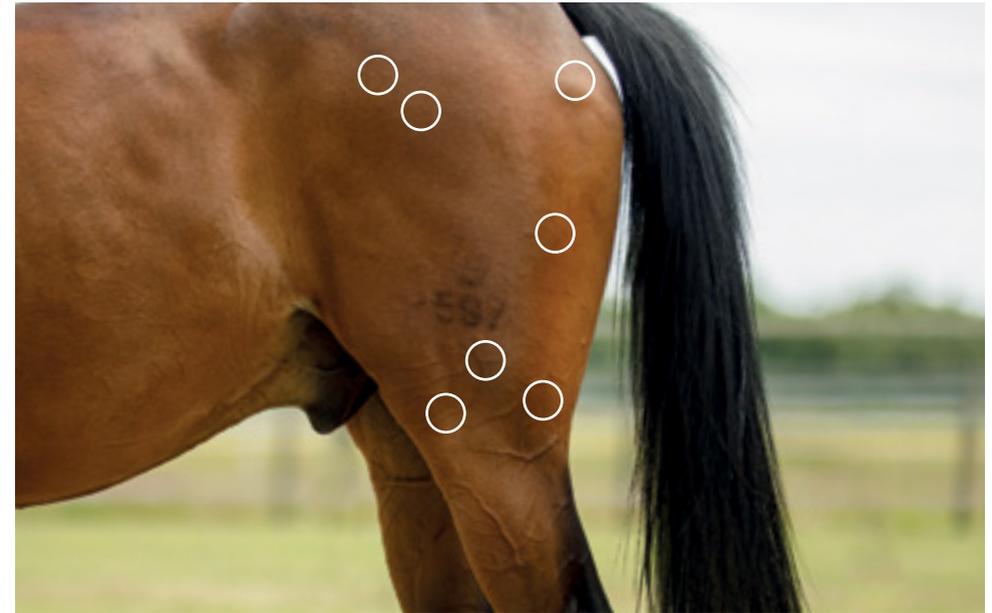
With the **NOVAFON**, the entire hindquarters can be treated supportively in order to compensate for muscular imbalances and to relieve pain. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently. Always treat both sides.

## NOTE

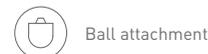
Have differential diagnoses clarified by a veterinarian and, if necessary, consult an equine therapist specialising in physiotherapy, chiropractic or osteopathy.

## POSSIBLE CAUSES

Anatomy of the horse | Incorrect riding |  
Incorrect loading | Age of the horse |  
Compensation by other areas of the body



**TIP** To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



circular  
Movement



spot  
Application

## Step 1 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

### Step 2 — Stroking/smoothing the hind muscles

In the second step, set the device to 100 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat for 2 to 3 minutes.

**TIP** To optimise treatment, use the disc attachment XL or the pin attachment instead of the disc attachment.



Disc attachment



Disc attachment XL  
Rehab set



Pin attachment  
Rehab set



Oval attachment  
(Modular set)



Grip module  
(Modular set)



Nub module  
(Modular set)

#### THE NOVAFON THE NOVAFON power



Frequency  
100 Hz

#### THE NOVAFON power 2



Frequency  
100 Hz



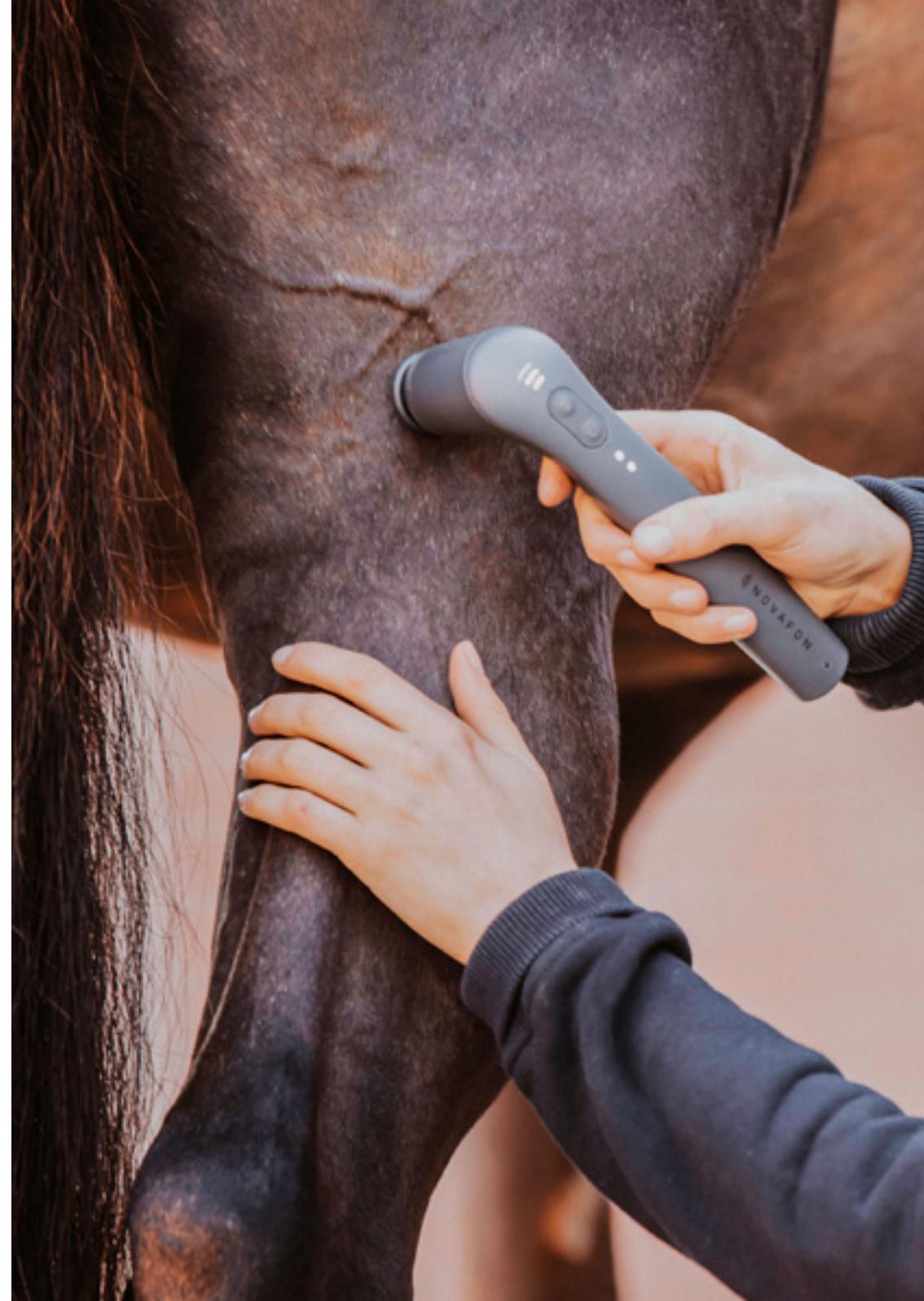
Frequency  
75 Hz



stroking  
Movement



continuous  
gentle circular  
motion





# Leg muscle and tendon disorders

Good conditioning of the leg muscles often helps to prevent damage due to overloading. Targeted warm-up and activation of the leg muscles using the **NOVAFON** is an excellent support measure. It can also be used to cool down the muscles after training. Tendon disorders in horses are very common, and are usually associated with long periods of inactivity and high costs. Tendon issues can vary widely, and be accompanied by inflammation, calcification, tears or complete ruptures of the tendon. Problems can affect the superficial digital flexor tendon, the deep digital flexor tendon, the suspensory ligament or the extensor tendon. Usually the horse shows a clear lameness and there is a visible "tendon arch" or swelling. Exact diagnostics are essential in order to locate the injury and determine its seriousness, before beginning the appropriate therapeutic measures.

For some tendon disorders, depending on the severity of the disorder, you should clarify with your veterinarian what the best treatment is. With the **NOVAFON** you can treat tendon tissues supportively in order to activate tissue mobilisation and relieve pain. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. Always start with the lowest intensity. Inflamed tendons should not be treated directly. At the beginning you should only work on the muscular structure – the so-called actors – above the corresponding tendon.

#### NOTE

Consult a veterinarian for an accurate diagnosis using imaging techniques.

#### POSSIBLE CAUSES

Trauma | Incorrect riding | Incorrect loading | Badly fitting tack | Degeneration and signs of wear and tear | Blockages or compensation by other areas of the body area

### Step 1 — Stroking/smoothing the actors

In the first step, set the device to 100 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each area for 2 to 3 minutes.

### Optional: Activation of muscles

Activate the back muscles along the marked area at a frequency of 75 Hz (**NOVAFON power 2**) to prepare and improve blood flow.

**TIP** Treat the muscular actors in order to tone them and provide the tendons with the best possible support. Avoid direct contact with the tendons if they are inflamed.



#### THE NOVAFON THE NOVAFON power



Frequency  
100 Hz

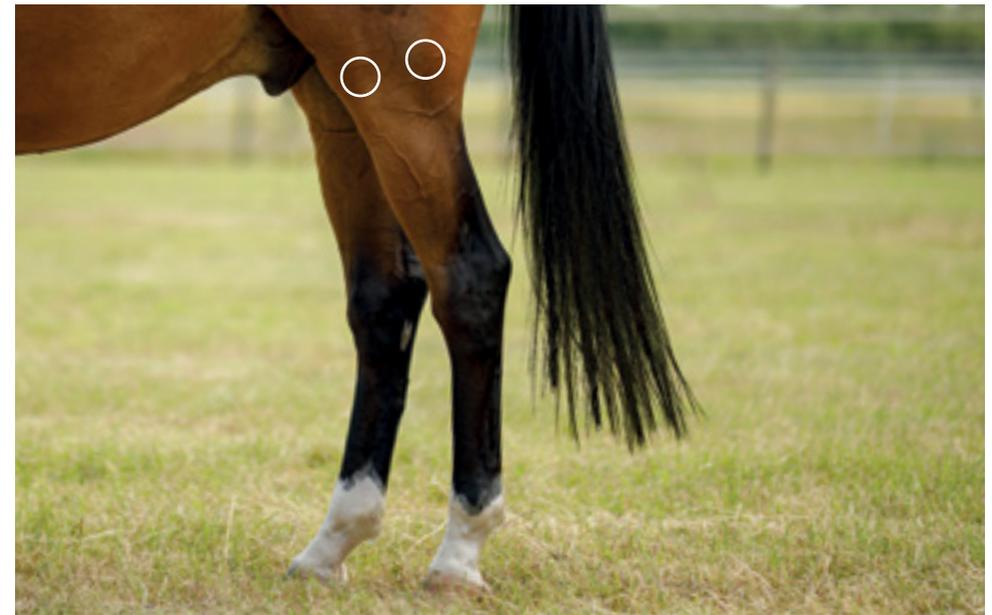
#### THE NOVAFON power 2



Frequency  
100 Hz



Frequency  
75 Hz



**TIP** To optimise treatment, use the magnetic attachment instead of the ball attachment.



#### THE NOVAFON THE NOVAFON power



Frequency  
50 Hz

#### THE NOVAFON power 2



Frequency  
50 Hz



### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

# Joint symptoms

As with the knee joint described on page 57, the joints of the extremities can also show very different clinical pictures. Bruises, trauma, inflammation and osteoarthritis are not uncommon, and are often associated with lameness and severe swelling. As with knee symptoms, it is very important to make the correct diagnosis so that appropriate therapeutic measures can be initiated.

With the **NOVAFON**, you can treat all joints and the surrounding areas in a supportive manner in order to alleviate swelling and pain. Treatment with the **NOVAFON** should not exceed a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted to each horse, as every horse perceives the vibration very differently. Only treat the peripheral area, do not place the NOVAFON directly on the swelling or the joint.

## NOTE

Consult a veterinarian for an accurate diagnosis using imaging techniques. When treating the suspensory ligament, please seek advice from our specialist staff or your therapist beforehand.

## POSSIBLE CAUSES

Trauma | Incorrect riding | Incorrect loading | Badly fitting tack | Degeneration and signs of wear and tear | Blockages or compensation by other areas of the body area



**TIP** To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment



Disc attachment



Disc attachment XL  
Rehab set

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



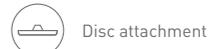
circular  
Movement

## Step 1 — Treating sore muscles

Using the disc attachment, slowly smooth out the adjacent muscles, thus ensuring that you stay in the area around the joint. Start at 50 Hz and adjust the intensity accordingly. Start with the lowest intensity. Treat each area in small circular movements for about 1 to 2 minutes. Then treat the next area.

### Step 2 — Circling around the joints

In the second step, set the device to 100 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. You can also activate the muscles beforehand using 75 Hz (**NOVAFON power 2**). The direction of treatment plays a subordinate role – pay more attention to whether the horse is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each area for 2 to 3 minutes.



Disc attachment



Ball attachment

THE NOVAFON  
THE NOVAFON power



Frequency  
100 Hz

THE NOVAFON power 2



Frequency  
100 Hz



stroking  
Movement



continuous  
gentle circular  
motion

TIP To optimise treatment, use the ball attachment instead of the disc attachment.



# Case studies

“The **NOVAFON** relaxes the muscle groups you use it on, which are significantly more relaxed afterwards. With regular use, the effect seems to persist over a longer period of time (two to four times a week over a period of about four weeks) ... Most horses show very clear signs of relaxation when you use the **NOVAFON**: they drop their head and neck, close their eyes and relax their lip muscles.”<sup>4, 6</sup>

Yvonne Katzenberger, Dr Ruth Katzenberger-Schmelcher,  
PFERGO – 1st Academy for Equine Ergotherapy

“Treatment before riding has now become a popular routine and Sam thanks me for it with relaxed snorts and shorter warm-up times when riding.”<sup>4, 8</sup>

Anja Federwisch, Self user and influencer

“For arthritis, arthrosis, tendonitis and other tendon issues, especially in slightly longer-standing clinical pictures involving gelatinised or indurated synovial fluids. For these indications, daily use has proven itself.”<sup>1, 4, 6</sup>

Klaus Gerd Scharf, veterinarian and homeopath

“When I’m inspecting horses, I often come across tense chewing muscles. Before I get started, I always start with a massage of the chewing muscles. Then I apply the **NOVAFON**. It supports me tremendously in my treatments because it can be used in so many ways.”<sup>3, 4, 7</sup>

User V., animal physiotherapist, May 2020, Instagram





## 03 Dog

### 76 Head and neck muscles

77 Myofascial pain syndrome

### 80 Spinal column and back muscles

81 Myofascial pain syndrome

84 Spondylosis / Spondylarthrosis

88 Slipped discs

92 Degenerative lumbosacral stenosis (DLSS)

### 96 extremities

97 Elbow dysplasia (ED)

100 Hip dysplasia (HD)

104 Arthrosis of the joints

110 Testimonials



Improve relationships



Alleviate osteoarthritic pain



Encourage mental and physical relaxation



Improve relationships



Increase quality of life

Gradually get the dog used to the device and always start on the back muscles at the lowest intensity of 50 Hz. For larger attachments, only start the device upon contact with the animal's body. Even if it takes a while, each dog is different; don't give up too soon.



# Myofascial pain syndrome of the head and neck muscles

Many different muscle cords on the head enable dogs to sniff, bark, chew, open or close their eyes and prick up their ears. These muscle cords are also known as "movers" or "agonists". They are located in the extension of the neck muscles. Dogs use these movers to define their entire facial expression. If tension occurs in one or more of these movers, it can affect the dog's whole body. In the case of illness or after a long journey in a pet carrier, these muscles need special attention.

With the **NOVAFON**, the entire head, neck and throat area can be treated supportively in order to compensate for muscular imbalances and to relieve pain. During treatment, it is not only the muscles themselves that play a role, but above all the fasciae (muscle-tendon attachments) and trigger points associated with them. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted to the tolerance of each dog, as every dog perceives the vibration very differently. Always treat both sides.

## NOTE

Indications that the dog is in pain can include whining, yapping, heavy panting, rapid breathing, tremors, restlessness, withdrawal or aggression when touched, licking/gnawing the painful parts of the body, rapid pulse, dilated pupils, and an increased body temperature.

## POSSIBLE CAUSES

Problems with the joints (e.g. due to blockages or joint diseases | Vertebral blockages and/or spinal column diseases | Strain on the musculoskeletal system [often associated with joint blockages] | Diseases/problems with the internal organs | Incorrectly used collars and chest harnesses | Psychological stress

### Step 1 — Stroking/smoothing the large muscle groups

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the dog is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

TIP To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment



-  Disc attachment
-  Pin attachment (REHAB Set)
-  Oval attachment (Modular set)
-  Grip module (Modular set)
-  Nub module (Modular set)

#### THE NOVAFON THE NOVAFON power

-  Frequency 50 Hz

#### THE NOVAFON power 2

-  Frequency 50 Hz

-  stroking Movement
-  continuous gentle circular motion



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.

-  Ball attachment
-  Magnetic attachment

#### THE NOVAFON THE NOVAFON power

-  Frequency 50 Hz

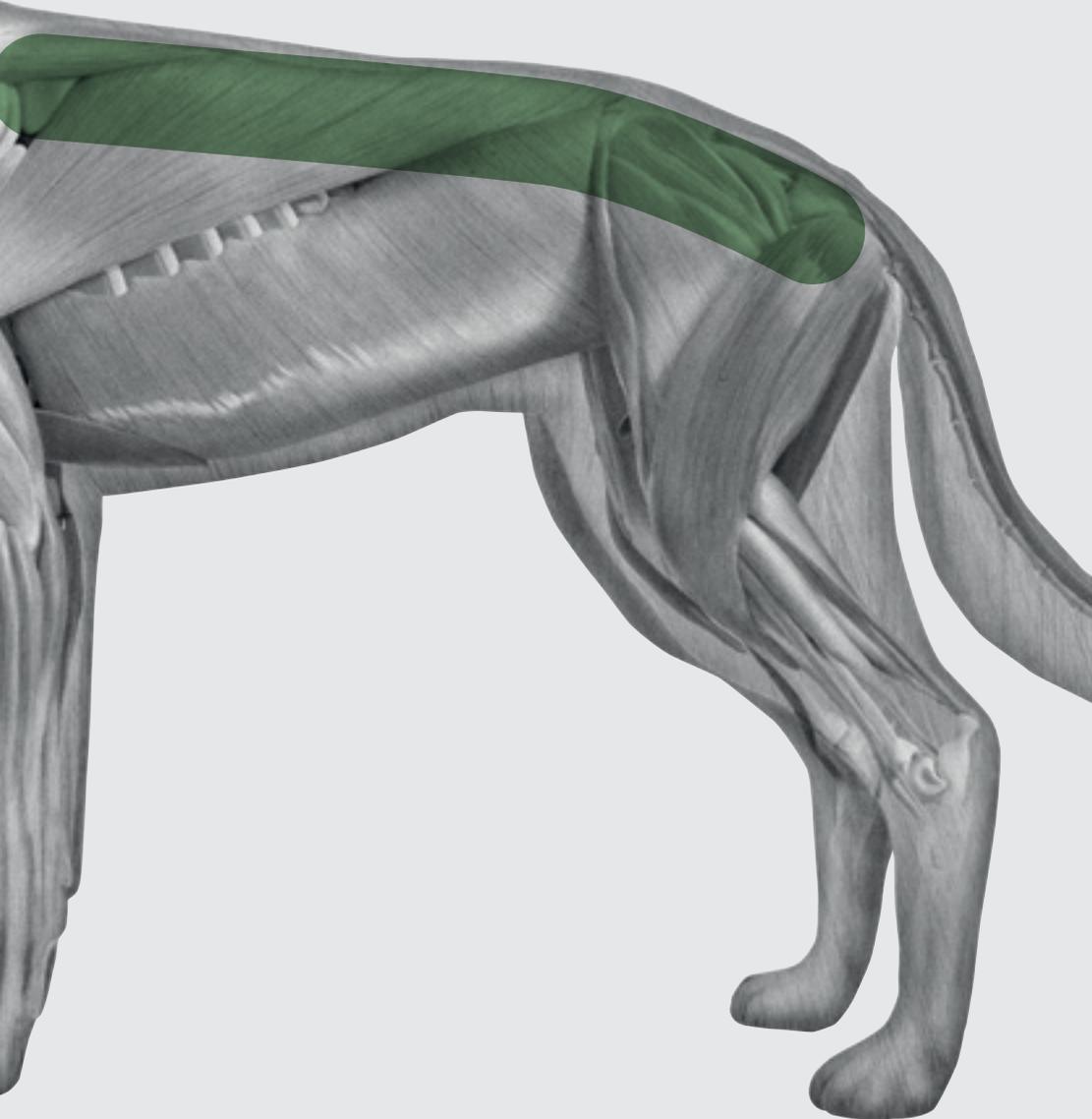
#### THE NOVAFON power 2

-  Frequency 50 Hz

-  circular Movement
-  spot Application

### Step 2 — Treatment of sore areas

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. Always treat both sides. Then treat the incorrectly loaded muscle groups at 100 Hz in order to strengthen and activate them.



# Back pain and myofascial pain syndrome on the back

Dogs can also suffer from back pain. Dogs' spines consists of 27 movable vertebral bodies and are divided into 7 cervical vertebrae, 13 thoracic vertebrae and 7 lumbar vertebrae. In addition to protecting the spinal cord, which runs within the spinal canal, they serve to facilitate movement and ensure a stable posture. The vertebrae represent the starting point for strong torso muscles, which are responsible for proprioception, also known as the sense of balance.

Myofascial pain syndrome does not respond to painkillers (analgesics), so while treating pain with drugs is still common, it makes little sense in this case. Instead, the muscles have to be relaxed. Local vibration therapy stimulates and activates the treatment area. Aching muscles are thus better supplied with blood and thus better cared for. The muscles relax and pain is alleviated. The aim of vibration therapy is to correct the muscular changes caused by incorrect or excessive strain and to restore movement sequences to normal. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Always treat both sides.

## NOTE

Dogs very often experience myofascial pain in the long back muscles (M. longissimus dorsi), the broad back muscle (M. latissimus dorsi), the shoulder muscles (biceps and triceps) and the long muscles of the hind leg. The trigger points can be activated spontaneously or by applying slight pressure.

## POSSIBLE CAUSES

Degenerative diseases of the spine | Strain on the musculoskeletal system (often associated with joint blockages) | Problems with the joints (e.g. due to blockages or joint diseases) | Weak muscles and imbalances | Incorrectly used collars and chest harnesses | Psychological stress

### Step 1 — Relaxing the muscle groups to the right and left of the spine

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the dog is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

#### Optional: Activation of muscles

Activate the back muscles along the marked area at a frequency of 75 Hz (**NOVAFON power 2**) to prepare and improve blood flow.



#### THE NOVAFON THE NOVAFON power



#### THE NOVAFON power 2



TIP To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment



TIP To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment



#### THE NOVAFON THE NOVAFON power



#### THE NOVAFON power 2



### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

# Spondylosis / Spondylarthrosis

Spondylosis is the generic term for a number of degenerative diseases of the spine. Spondylarthrosis, on the other hand, is a more precise definition, and describes signs of wear and tear on the articular cartilage. With age, the cartilage increasingly wears out, which reduces the distance between the vertebrae. As a result, back mobility decreases and dogs increasingly suffer from pain. In the course of this degenerative disease, bony thorns can develop along the edges of the vertebrae. If these thorns meet, they form bony connections between the vertebrae. This changes the shape of the spine and causes stiffening. The whole process is accompanied by pain and severe muscle tension.

Local vibration therapy stimulates and activates the treatment area. Aching muscles are thus better supplied with blood and thus better cared for. The muscles relax and pain is alleviated. The aim of vibration therapy is to correct the muscular changes caused by incorrect or excessive strain and to restore movement sequences to normal. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Always treat both sides.

## NOTE

When the thorns on the vertebrae have grown together, the pain usually stops, but the spine stiffens where the thorns are joined and movement is clearly restricted. If there are trapped nerves, this can lead to incontinence, paralysis and lameness. In this case, consult a veterinarian, as surgical intervention cannot be ruled out.

## POSSIBLE CAUSES

Herniated discs | inflammatory diseases of the back | Tumours | Osteoporosis | Bad posture | Strain on the musculoskeletal system | Weak muscles and imbalances



## THE NOVAFON power



Frequency  
50 Hz

## THE NOVAFON power 2



Frequency  
50 Hz



stroking  
Movement



continuous  
gentle circular  
motion

**TIP** To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment

## Step 1 — Relaxing the muscle groups to the right and left of the spine

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the dog is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

**Step 2 — Treatment of stress points**

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.




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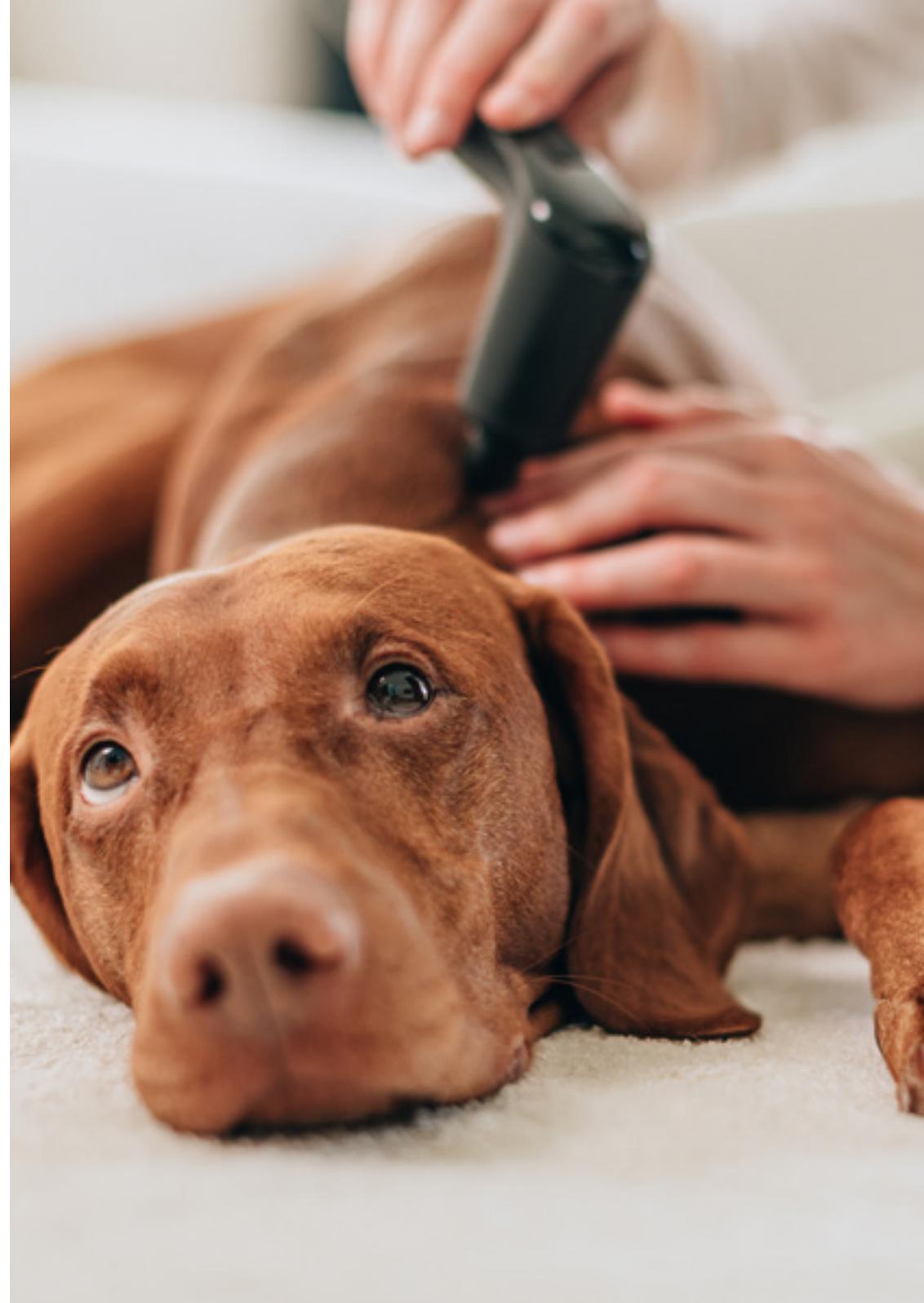
**THE NOVAFON**  
**THE NOVAFON power**



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**THE NOVAFON power 2**


**TIP** To optimise treatment, use the magnetic attachment instead of the ball attachment.



# Herniated discs

Sudden paralysis of the hind legs, a pulled back or incontinence in dogs can be signs of a herniated disc. However, symptoms can vary depending on the location and severity of the herniated disc. Small dogs with long backs are particularly prone to herniated discs: nearly all dog owners are familiar with dachshund paralysis.

Local vibration therapy stimulates and activates the treatment area. Aching muscles are thus better supplied with blood and thus better cared for. The muscles relax and pain is alleviated. The aim of vibration therapy is to correct the muscular changes caused by incorrect or excessive strain and to restore movement sequences to normal. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Always treat both sides, and observe our notes.

## NOTE

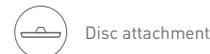
Do not treat an acute herniated disc directly, and seek advice from a veterinarian or therapist. Early diagnosis by a veterinarian is critical to the success of treatment.

## POSSIBLE CAUSES

Strain caused by being overweight | Lack of exercise | Strain / one-sided strain in competitive sports | Age | Predisposition of the breed | Injuries and accidents



TIP To optimise treatment, use the pin attachment instead of the disc attachment.



Disc attachment



Pin attachment  
Rehab set

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



stroking  
Movement



continuous  
gentle circular  
motion

## Step 1 — Relaxing the muscle groups to the right and left of the spine

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the dog is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes. After consultation with your therapist, the area can be toned (100 Hz) in order to strengthen and build up the muscles and ligaments specifically.

**Step 2 — Treatment of stress points**

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.




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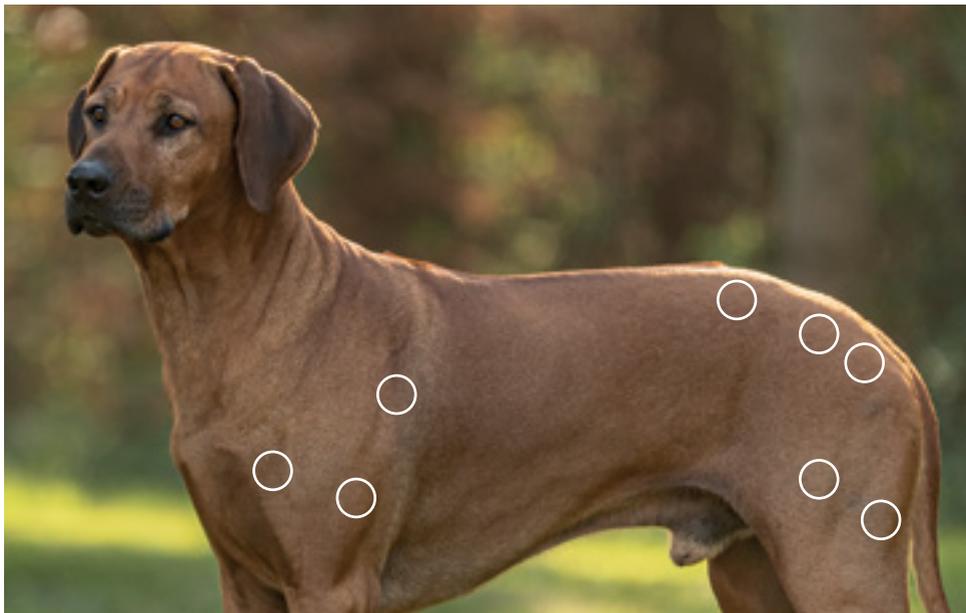
**THE NOVAFON**  
**THE NOVAFON power**



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**THE NOVAFON power 2**


**TIP** To optimise treatment, use the magnetic attachment instead of the ball attachment.



# Degenerative lumbosacral stenosis (DLSS)

Degenerative lumbosacral stenosis can have different causes. If DLSS is triggered by tumours, treatment with the **NOVAFON** is not suitable. Be aware of the contraindications. DLSS occurs at the transition of the last lumbar vertebra to the sacrum (cauda equina) and does not only affect larger dogs. The transition area between the lumbar vertebra and the sacrum is connected by ligaments that can degenerate and become loose. This instability causes the intervertebral disc to press on individual nerves, which can lead to compression syndrome. The symptoms usually appear slowly and insidiously. If the nerves are very severely compressed, this can cause the animal to drag its hind legs or even to lose control of them completely. Consult your veterinarian immediately if such symptoms are experienced.

Regardless of the type of therapy chosen, in cases of DLSS sound wave therapy can provide great supplementary treatment options. Vibration therapy aims to combat pain, build up atrophied muscles, relieve muscle tension and restore movement. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Always treat both sides.

## NOTE

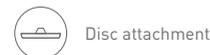
Depending on the course of the disease, dogs may be in a lot of pain and therefore tend to be less active. They rarely run exuberantly, play or jump.

## POSSIBLE CAUSES

Degenerative disease of the spine at the transition from the lumbar vertebrae to the sacrum | Strain on the musculoskeletal system | Problems with the joints | Spinal blockages and/or spinal diseases | Incorrectly used collars and chest harnesses | Psychological stress



**TIP** To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment



Disc attachment



Pin attachment  
(REHAB Set)

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



stroking  
Movement



continuous  
gentle circular  
motion

## Step 1 — Relaxing tense muscle groups to the right and left of the spine and activating the hindquarters.

In the first step, treat the marked area at 50 Hz using the disc attachment or oval attachment, then, if you have a power 2, you can stroke the hindquarters at 75 Hz using the nub module. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the dog is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

**Step 2 — Treatment of the cauda equina region**

Depending on the animal's sensitivity, toning treatments can be applied directly in the area of the cauda equina. Use the ball attachment to treat the area in a targeted manner. To treat these areas, connect the ball attachment, select 100 Hz and the lowest intensity setting. Treat each area for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. Then treat the next area. Always treat both sides.



Ball attachment



Magnetic attachment

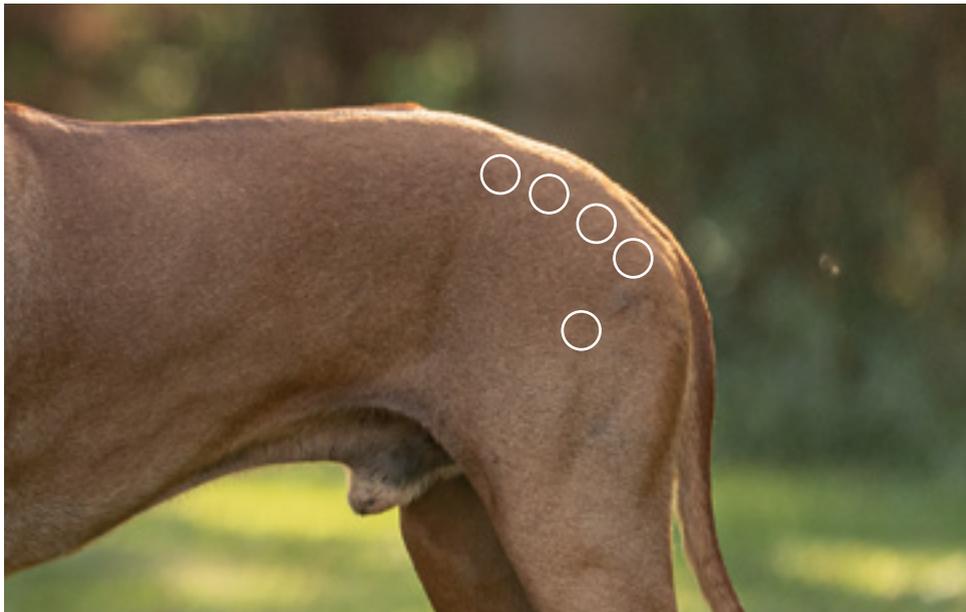
THE NOVAFON  
THE NOVAFON power

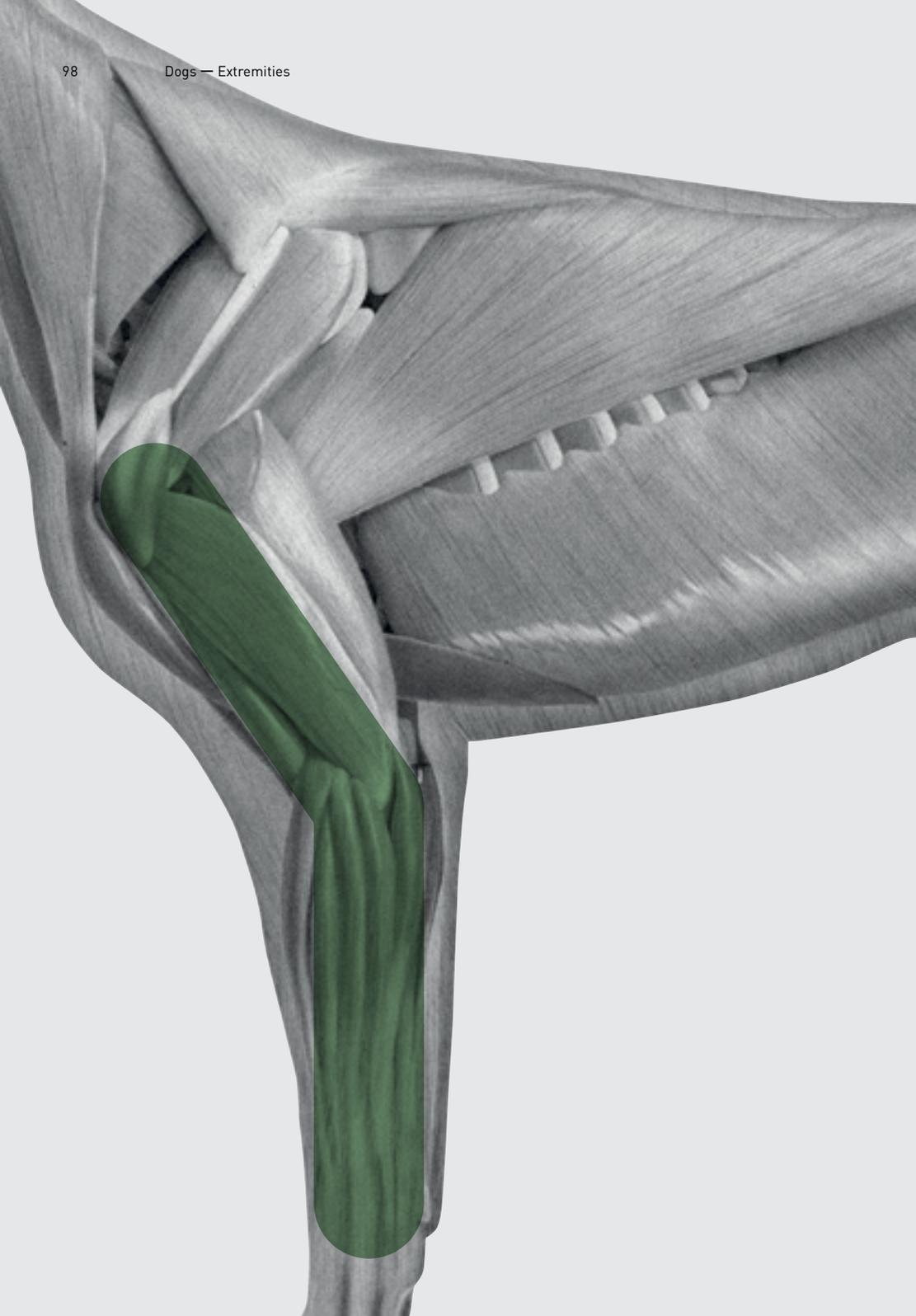
Frequency  
100 Hz

THE NOVAFON power 2

Frequency  
100 Hzcircular  
Movementspot  
Application

TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.





## Foreleg muscles and elbow dysplasia (ED)

Like hip dysplasia (HD), elbow dysplasia (ED) is hereditary. Depending on the severity of the condition, symptoms of ED can range from lameness to elbow osteoarthritis. ED is a malformation of the elbow joint, which is made up of the humerus, ulna and radius. In cases of elbow dysplasia, the articular surfaces of these three bones do not fit together properly. Diagnosis is made using X-rays and, in rare cases, computed tomography.

With the **NOVAFON**, the entire foreleg area can be treated supportively in order to compensate for muscular imbalances and to relieve pain. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Treat all affected areas.

### NOTE

The inheritance of ED is complex and has not yet been fully investigated. Not all dogs whose parents are carriers of ED will develop the condition. Likewise, ED-free animals can pass the disease on and have offspring which suffer from the condition.

### POSSIBLE CAUSES

Hereditary disease | Formation of bone growths in the joint | Obesity | Oversupply of nutritional supplements

**Step 1 — Strengthening of the foreleg muscles**

In the first step, set the device to 100 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion.

The direction of treatment plays a subordinate role – pay more attention to whether the dog is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side for 2 to 3 minutes.

**Optional: Activation of muscles**

Activate the back muscles along the marked area at a frequency of 75 Hz (**NOVAFON power 2**) to prepare and improve blood flow.



-  Disc attachment
-  Pin attachment (REHAB Set)
-  Oval attachment (Modular set)
-  Grip module (Modular set)
-  Nub module (Modular set)

**THE NOVAFON power**

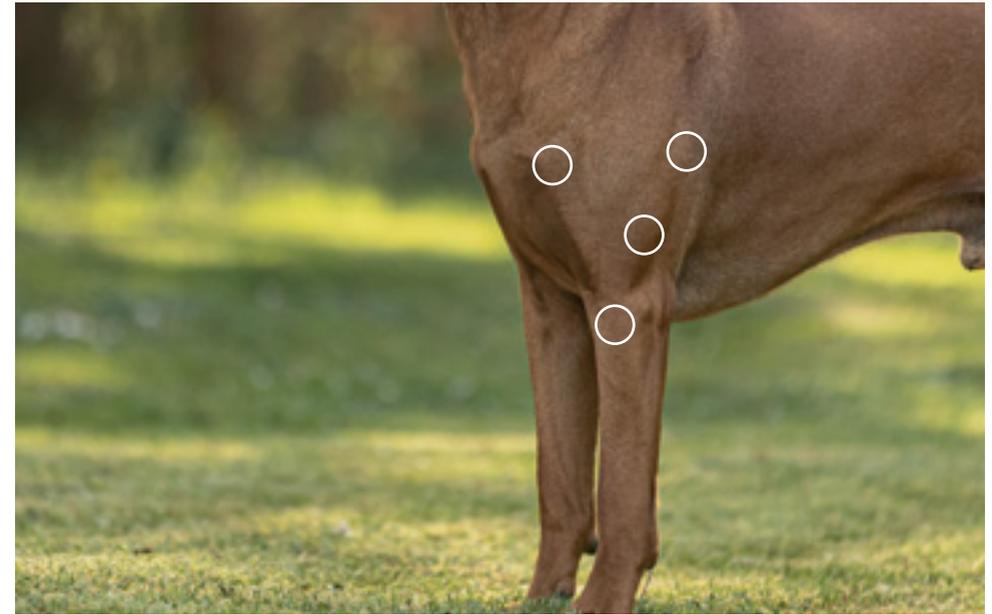
-  Frequency 100 Hz

**THE NOVAFON power 2**

-  Frequency 100 Hz
-  Frequency 75 Hz

-  stroking Movement
-  continuous gentle circular motion

TIP To optimise treatment, use the pin attachment instead of the disc attachment.



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.

-  Ball attachment
-  Magnetic attachment

**THE NOVAFON**  
**THE NOVAFON power**

-  Frequency 50 Hz

**THE NOVAFON power 2**

-  Frequency 50 Hz

-  circular Movement
-  spot Application

**Step 2 — Treatment of stress points**

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

# Hindquarter muscles and hip dysplasia (HD)

Hip dysplasia (HD) is the most common and well-known disease of the musculoskeletal system in dogs. It develops while the dogs are still growing, meaning that it is a postnatal developmental disorder of the socket and femoral head which leads to degenerative changes. Hip dysplasia occurs in almost all dog breeds. If the hip socket is too flat or the femoral head is too small or too flat, the end of the joint suffers from wear and tear, which leads to loosening of the joint. This prevents the correct development of connective tissue. There is too much play between the head and the socket, and therefore too much freedom of movement. The result is instability in the hip. The joint capsules and cartilage are particularly affected. This progresses to increased wear on the joint, known as arthrosis. Usually both hips are affected.

With the **NOVAFON**, the entire foreleg area can be treated supportively in order to compensate for muscular imbalances and to relieve pain. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Always treat both sides.

## NOTE

There is no cure for hip dysplasia in dogs. However, depending on the severity of the HD, some treatments can achieve quite remarkable results. Physiotherapy makes a significant contribution to maintaining or restoring joint mobility, building muscles, improving movement sequences and relieving pain.

## POSSIBLE CAUSES

Flat hip socket or small/flat femoral head leads to wear and tear on the end of the joint | Loosening of the joint | Spinal blockages and/or spinal disorders | Diseases/functional disorders of the internal organs | Incorrectly used collars and chest harnesses



**TIP** To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment

## THE NOVAFON THE NOVAFON power



## THE NOVAFON power 2



## Step 1 — Strengthening of the hind leg muscles

In the first step, set the device to 100 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion.

The direction of treatment plays a subordinate role – pay more attention to whether the dog is relaxed and is allowing its muscles to relax.

Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

## Optional: Activation of muscles

Activate the back muscles along the marked area at a frequency of 75 Hz (**NOVAFON power 2**) to prepare and improve blood flow.

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.



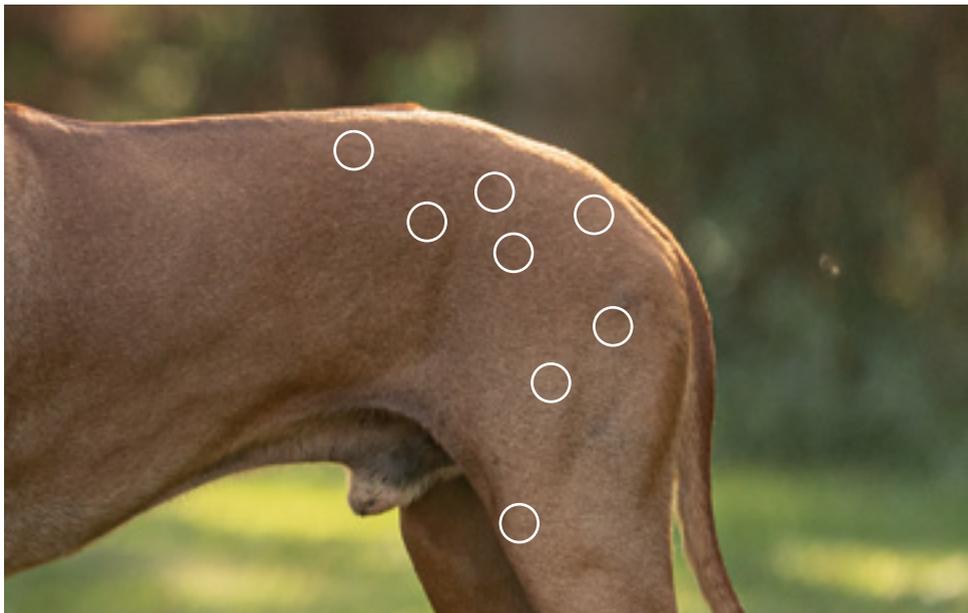
#### THE NOVAFON THE NOVAFON power



#### THE NOVAFON power 2



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.



# Arthrosis of the joints

Alongside infectious diseases, parasites and allergies, osteoarthritis is one of the most common diseases in dogs and is thus a widespread condition. Osteoarthritis has very specific causes: it is a degenerative disease of the joints and describes the permanent breakdown of the articular cartilage beyond the usual age-related wear and tear. The breakdown of the cartilage is followed by destruction of the joint surfaces, which causes alterations in the adjacent bones and deformation of the joints. Normal movement becomes almost impossible. Osteoarthritis can manifest itself in all the dog's joints.

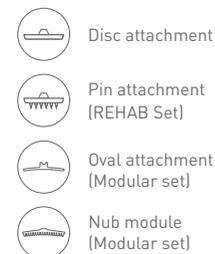
With the **NOVAFON**, the entire foreleg area can be treated supportively in order to compensate for muscular imbalances and to relieve pain. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Treat all affected areas.

## NOTE

Arthrosis can manifest itself in all the dog's joints, but occurs more frequently in joints that are subject to particular stress due to body weight and movement. In addition to the elbows and knees, this includes the hips, paws and spinal column. Each type of osteoarthritis is given a different name depending on the joint affected. If the elbow joint is affected, this is known as cubital arthrosis, while spondylarthrosis or spondylosis refers to the vertebrae.

## POSSIBLE CAUSES

Poor cartilage quality | Incorrect stress on the joints | Metabolic diseases or disorders | Poor blood circulation | Bad diet | Consequences of already damaged or diseased joints (e.g. hip dysplasia)



### THE NOVAFON THE NOVAFON power



### THE NOVAFON power 2



**TIP** To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment

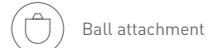
## Step 1 — Relaxing of the muscles around the affected joint

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion.

The direction of treatment plays a subordinate role – pay more attention to whether the dog is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side for 2 to 3 minutes.

**Step 2 — Treatment of the area around the joint**

Treat the area around the joint using the ball attachment. To treat this area, connect the ball attachment, select 100 Hz and the lowest intensity setting. Treat each area in small circular movements for about 1 minute. Then treat the next area.



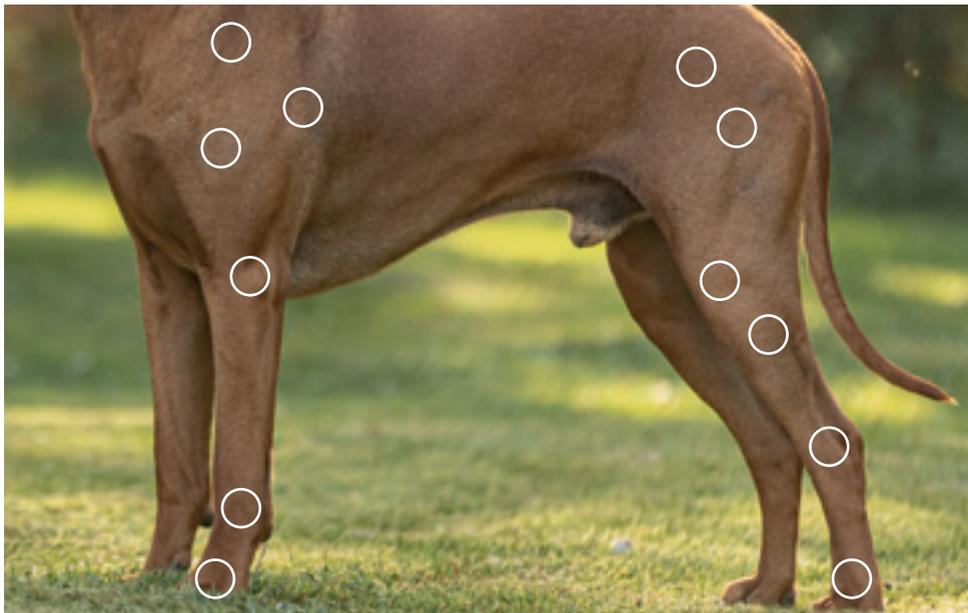
Ball attachment



Magnetic attachment

**THE NOVAFON power**Frequency  
100 Hz**THE NOVAFON power 2**Frequency  
100 Hzcircular  
Movementspot  
Application

**TIP** To optimise treatment, use the magnetic attachment instead of the ball attachment.



# Case studies

“The **NOVAFON** can be used to treat old tendon injuries as well as inflammation and irritation of the tendon attachment points.”<sup>4,7</sup>

User L., animal physiotherapist, May 2020, Instagram

“My dog is highly motivated to play and fetch. She is therefore prone to blockages due to fast, jerky movements. The **NOVAFON** helps us to directly release these blockages, which has significantly improved her gait.”<sup>4,7</sup>

User Yvonne, dog trainer,  
@chocolatelabradorlaika, 2020, Instagram

“This 13-year-old dog has been suffering from spondylosis and osteoarthritis for a long time. I have been treating her with the **NOVAFON** for 2 years, and since then she has been moving much more freely and feeling much better.”<sup>4,7</sup>User I., animal therapist, April 2020, Instagram

“This 13-year-old grandpa is finding it increasingly difficult to walk. After sound wave therapy, you can see a clear improvement that lasts for almost two weeks. Yes, the **NOVAFON** has definitely improved his quality of life and brought back his zest for life!”<sup>4,7</sup>

User I., animal therapist, April 2020, Instagram

“I mostly use the **NOVAFON** to relieve acute, chronic muscle and joint pain. The gentle vibrations from this sound wave device help to reduce pain. But I also use it to treat blockages in the musculo-skeletal system, and with great success.”<sup>1,2,4,7</sup>

User N., canine physiotherapist and animal healer, May 2020, Instagram





## 04 Cat

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Improve relationships



Alleviate osteoarthritic pain



Encourage mental and physical relaxation

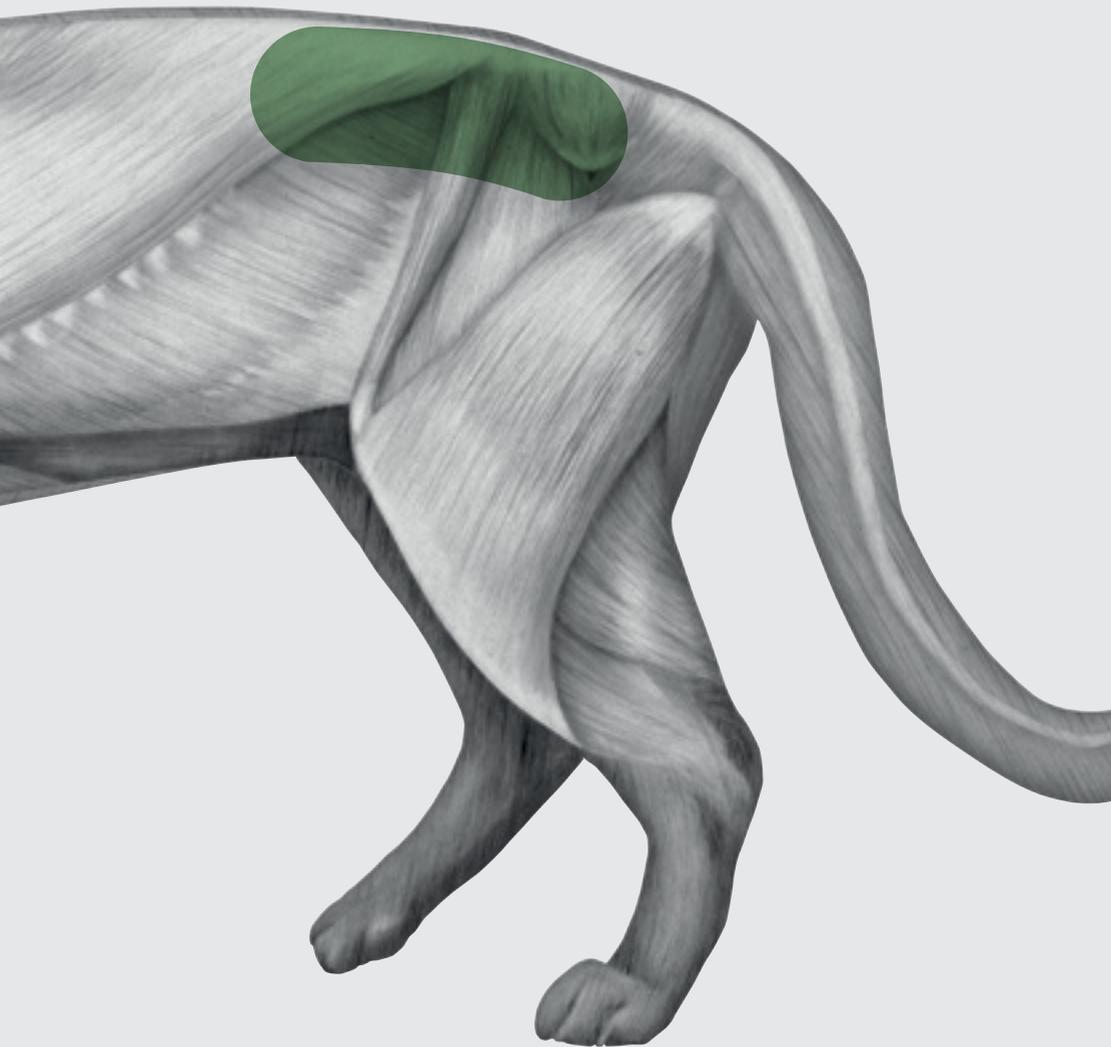


Improve relationships



Increase quality of life

Gradually get the cat used to the device and always start at the lowest intensity of 50 Hz. Allow the cat to come to you. For larger attachments, only start the device upon contact with the animal's body. Even if it takes a while, every cat needs time to adjust; don't give up too soon.



# Degenerative lumbosacral stenosis (DLSS)

Degenerative lumbosacral stenosis can have different causes. If DLSS is triggered by tumours, treatment with the **NOVAFON** is not suitable. Be aware of the contraindications. DLSS occurs at the transition of the last lumbar vertebra to the sacrum. The transition area between the lumbar vertebra and the sacrum is connected by ligaments that can degenerate and become loose. This instability causes the intervertebral disc to press on individual nerves, which can lead to compression syndrome. The symptoms usually appear slowly and insidiously. If the nerves are very severely compressed, this can cause the animal to drag its hind legs or even to lose control of them completely. If your pet experiences these symptoms, consult a veterinarian immediately.

Regardless of the type of therapy chosen, in cases of DLSS sound wave therapy can provide great supplementary treatment options and support the healing process. Vibration therapy aims to combat pain, build up atrophied muscles, relieve muscle tension and restore movement. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Always treat both sides.

#### NOTE

Depending on the course of the disease, cats may be in a lot of pain and therefore tend to be inactive. They rarely run exuberantly, play or jump.

#### POSSIBLE CAUSES

Degenerative disease of the spine at the transition from the lumbar vertebrae to the sacrum | Strain on the musculoskeletal system | Problems with the joints | Spinal blockages and/or spinal diseases | Psychological stress

### Step 1 — Relaxing tense muscle groups to the right and left of the spine and in the hindquarters

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the cat is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

-  Disc attachment
-  Pin attachment (REHAB Set)
-  Oval attachment (Modular set)
-  Grip module (Modular set)
-  Nub module (Modular set)

#### THE NOVAFON THE NOVAFON power

-  Frequency 50 Hz

#### THE NOVAFON power 2

-  Frequency 50 Hz

-  stroking Movement
-  continuous gentle circular motion



TIP To optimise treatment, use the pin attachment instead of the disc attachment.



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.

-  Ball attachment
-  Magnetic attachment

#### THE NOVAFON THE NOVAFON power

-  Frequency 100 Hz

#### THE NOVAFON power 2

-  Frequency 100 Hz

-  circular Movement
-  spot Application

### Step 2 — Treatment of sore areas

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 100 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

# Back muscles and spondylosis / spondylarthrosis

Spondylosis is the generic term for a number of degenerative diseases of the spine. Spondylarthrosis, on the other hand, is a more precise definition, and describes signs of wear and tear on the articular cartilage. With age, the cartilage increasingly wears out, which reduces the distance between the vertebrae. As a result, back mobility decreases and cats increasingly suffer from pain. In the course of this degenerative disease, bony thorns can develop along the edges of the vertebrae. If these thorns meet, they form bony connections between the vertebrae. This changes the shape of the spine and causes stiffening. The whole process is accompanied by pain and severe muscle tension.

Local vibration therapy stimulates and activates the treatment area. Aching muscles are thus better supplied with blood and thus better cared for. The muscles relax and pain is alleviated. The aim of vibration therapy is to correct the muscular changes caused by incorrect or excessive strain and to restore movement sequences to normal. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Always treat both sides.

## NOTE

When the thorns on the vertebrae have grown together, the pain usually stops, but the spine stiffens where the thorns are joined and movement is clearly restricted. If there are trapped nerves, this can lead to incontinence, paralysis and lameness. In this case, consult a veterinarian, as surgical intervention cannot be ruled out.

## POSSIBLE CAUSES

Herniated discs | inflammatory diseases of the back | Tumours | Osteoporosis | Bad posture | Strain on the musculoskeletal system | Weak muscles and imbalances



**TIP** To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment

-  Disc attachment
-  Pin attachment (REHAB Set)
-  Oval attachment (Modular set)
-  Nub module (Modular set)

## THE NOVAFON power

-  Frequency 50 Hz

## THE NOVAFON power 2

-  Frequency 50 Hz

-  stroking Movement
-  continuous gentle circular motion

## Step 1 — Relaxing the muscle groups to the right and left of the spine

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the cat is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

**Step 2 — Treatment of stress points**

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.




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**THE NOVAFON**  
**THE NOVAFON power**

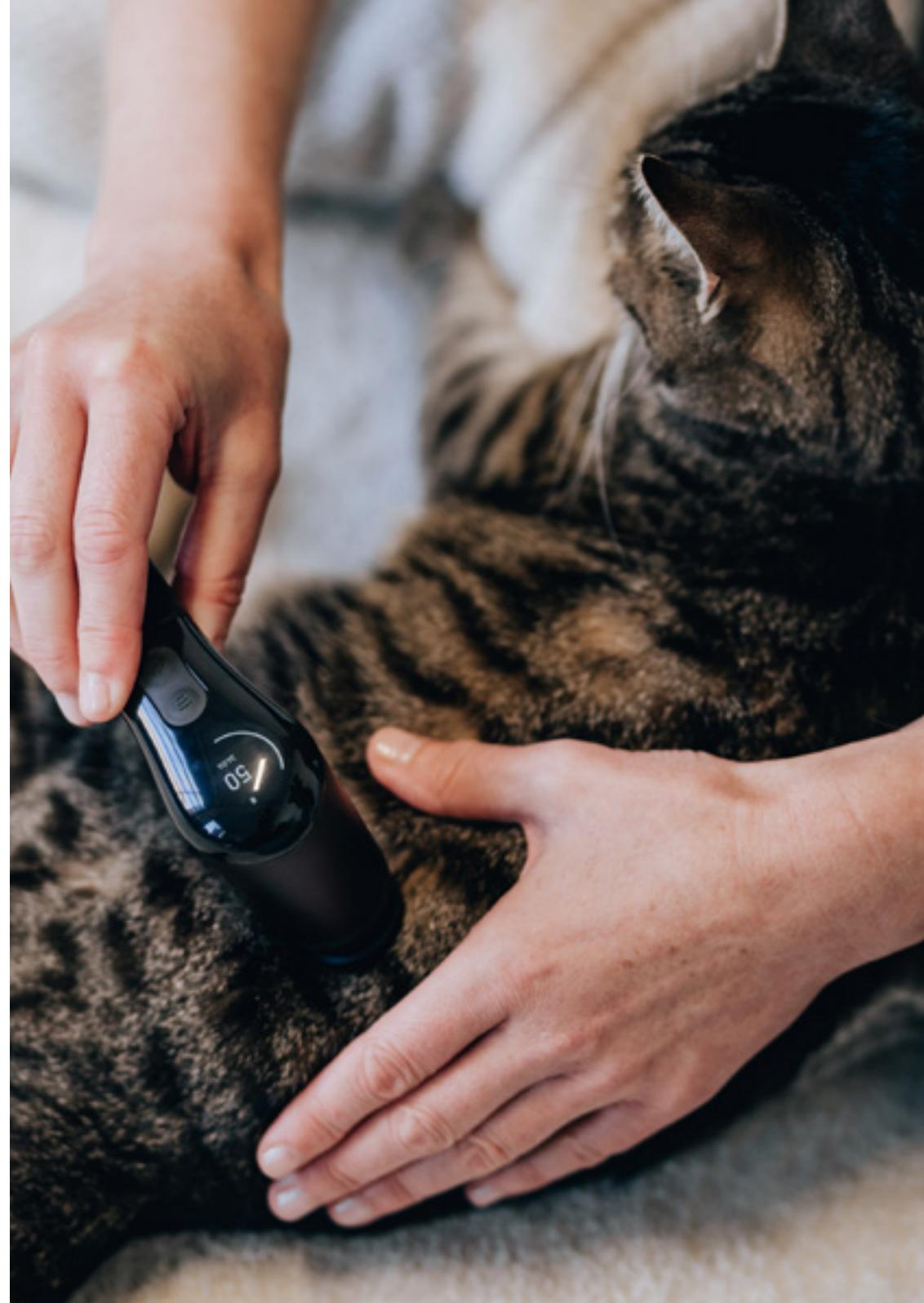
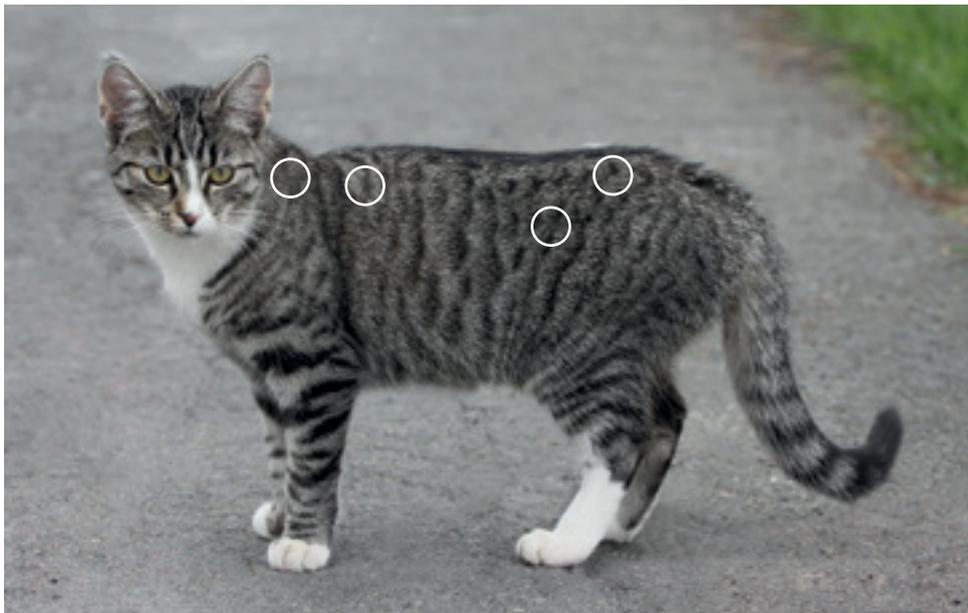


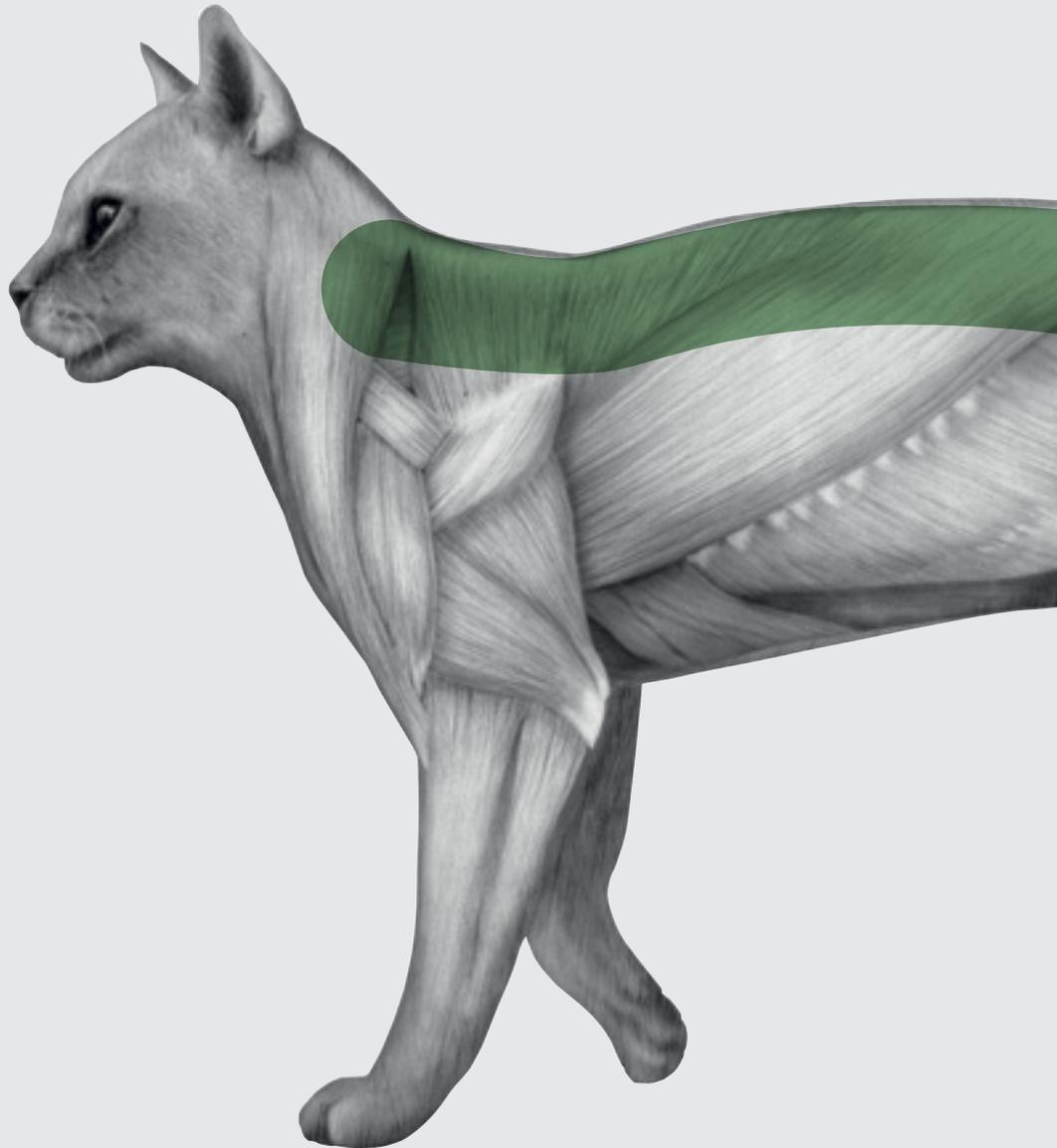

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**THE NOVAFON power 2**



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.





# Muscle tension and myofascial pain syndrome

Cats can also suffer from back pain. Cats' spines consists of 27 movable vertebral bodies and are divided into 7 cervical vertebrae, 13 thoracic vertebrae and 7 lumbar vertebrae. In addition to protecting the spinal cord, which runs within the spinal canal, they serve to facilitate movement and ensure a stable posture. The vertebrae represent the starting point for strong torso muscles, which are responsible for proprioception, also known as the sense of balance.

Myofascial pain syndrome does not respond to painkillers (analgesics), so while treating pain with drugs is still common, it makes little sense in this case. Instead, the muscles have to be relaxed. Treatment with the **NOVAFON** should last a total of 10–15 minutes and can be repeated daily. The intensity setting should be individually adapted, as each animal perceives the vibration very differently. Always treat both sides.

## NOTE

Cats very often experience myofascial pain in the long back muscles (M. longissimus dorsi), the broad back muscle (M. latissimus dorsi), the shoulder muscles (biceps and triceps) and the long muscles of the hind leg. The trigger points can be activated spontaneously or by applying slight pressure.

## POSSIBLE CAUSES

Degenerative diseases of the spine | Strain on the musculoskeletal system (often associated with joint blockages) | Problems with the joints (e.g. due to blockages or joint diseases) | Weak muscles and imbalances | Psychological stress

### Step 1 — Relaxing the muscle groups to the right and left of the spine

In the first step, set the device to 50 Hz and use the disc attachment on the marked area. You can work in either a stroking or continuous circular motion. The direction of treatment plays a subordinate role – pay more attention to whether the cat is relaxed and is allowing its muscles to relax. Depending on the condition of the coat, it is recommended that you work in the direction of the coat growth. Treat each side of the face for 2 to 3 minutes.

-  Disc attachment
-  Pin attachment (REHAB Set)
-  Oval attachment (Modular set)
-  Grip module (Modular set)
-  Nub module (Modular set)

#### THE NOVAFON THE NOVAFON power

-  Frequency 50 Hz

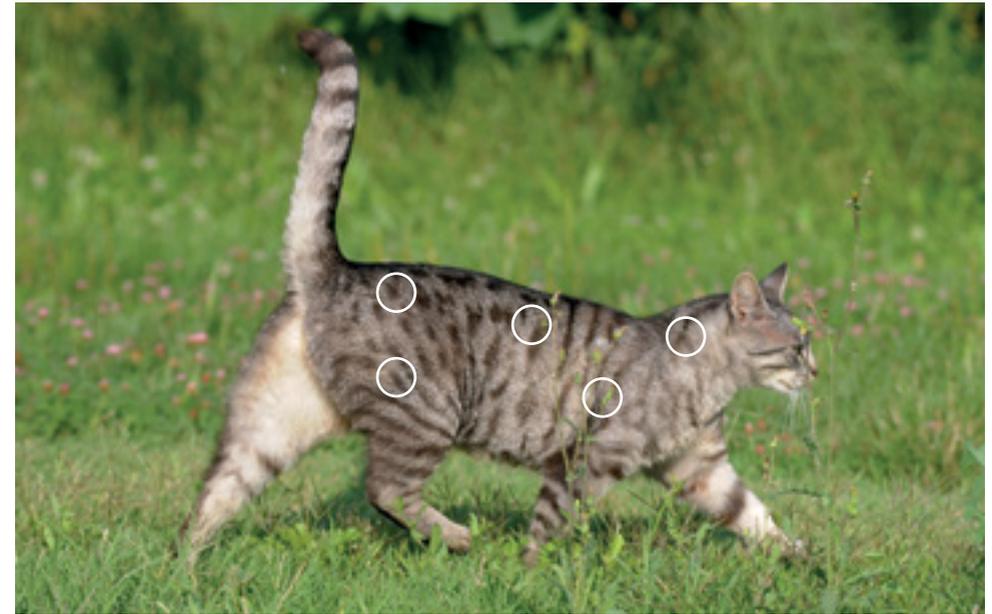
#### THE NOVAFON power 2

-  Frequency 50 Hz

-  stroking Movement
-  continuous gentle circular motion



TIP To optimise the treatment, use the various attachments from the Modular or Rehab set instead of the disc attachment



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.

-  Ball attachment
-  Magnetic attachment

#### THE NOVAFON THE NOVAFON power

-  Frequency 50 Hz

#### THE NOVAFON power 2

-  Frequency 50 Hz

-  circular Movement
-  spot Application

### Step 2 — Treatment of stress points

Use the ball attachment to work directly on the trigger points. It is best to feel for the trigger points with your fingertips at the marked areas. To treat these areas, connect the ball attachment, select 50 Hz and adjust the intensity accordingly. Treat the trigger points for about 1 to 2 minutes each, either by applying light pressure without moving or in small circular movements. After this, treat the next sore area.

# Case studies

“For arthritis, arthrosis, tendonitis and other tendon issues, especially in slightly longer-standing clinical pictures involving gelatinised or indurated synovial fluids. For these indications, daily use has proven itself.”<sup>4,5</sup>

Klaus Gerd Scharf, veterinarian and homeopath 2021

“Today my ‘little patient’ received sound wave therapy again. After his first treatment last week, he was pain-free and had much more freedom of movement than usual.”<sup>4,7</sup>

User N., animal healer, June 2020, Instagram

“In a cooperative cat, the **NOVAFON** and its magnetic attachment are great for treating joint problems and muscle tension. Merlin really enjoyed his treatment, as he let me know by purring loudly.”<sup>4,7</sup>

User A., animal physiotherapy and animal osteopathy, June 2019, YouTube

“I bought the **NOVAFON** as a therapeutic device for my physiotherapy treatments of dogs and cats. (...) The animals enjoy each treatment. It’s a great way to relax tense muscles and alleviate trigger points.

I even use it on myself whenever my neck feels stiff. It works wonders :-)”<sup>4,8</sup>

User S, self application, 2021, Google





## **05 Annex**

134 Footnotes

134 Legal notice

- 1 **Lundeberg T, 1 Serritella et al.** Local Vibratory Stimulation for Temporomandibular Disorder Myofascial Pain Treatment: A Randomised, Double-Blind, Placebo-Controlled Preliminary Study. *Pain Research Management. Pain Res Manag.* 2020 Dec 5;2020:6705307. Staud et al. Attenuation of Experimental Pain by Vibro-Tactile Stimulation in Patients with Chronic Local or Widespread Musculoskeletal Pain. Beinert et al. After-effects of neck muscle vibration on sensorimotor function and pain in neck pain patients and healthy controls - a case-control study. *Disabil Rehabil.* 2019 Aug;41(16):1906-1913. Guieu et al. Substance P-like immunoreactivity and analgesic effects of vibratory stimulation on patients suffering from chronic pain. *Can J Neurol Sci.* 1993 May;20(2):138-41. Lundeberg T. Vibratory Stimulation for the Alleviation of Pain. *The American Journal of Chinese Medicine*, 1984, Summer, 23 (1-4): 60-70. Lundeberg T. Long-term results of vibratory stimulation as a pain relieving measure for chronic pain. *Pain.* 1984 Sep;20(1):13-23. doi: 10.1016/0304-3959(84)90807-8 Lundeberg T. The pain suppressive effect of vibratory stimulation and transcutaneous electrical nerve stimulation (TENS) as compared to aspirin. *Brain Res.* 1984 Mar 5;294(2):201-9. Lundeberg T. Relief of pain from a phantom limb Please note that this is a human study. There is no evidence of transferability to animals.
- 2 **Melzack R, Wall PD.** Pain mechanisms: a new theory. *Science.* 1965 Nov 19; 150 (3699): 971-9. **Smith KC, Comite SL, Balasubramanian S, Carver A, Liu JF.** Vibration anaesthesia: a non-invasive method of reducing discomfort prior to dermatologic procedures. *Dermatol Online J.* 2004 Oct 15; 10 (2): 1. Please note that this is a human study. There is no evidence of transferability to animals.
- 3 **3 Serritella et al.** 2020. Local Vibratory Stimulation for Temporomandibular Disorder Myofascial Pain Treatment: A Randomised, Double-Blind, Placebo-Controlled Preliminary Study. *Pain Research Management.* Jaw pain is a common symptom of temporomandibular joint dysfunction (TMJ). Local vibration therapy at 100 Hz produces pain-relieving effects. Please note that this is a human study. There is no evidence of transferability to animals.
- 4 Individual case studies: There may not be sufficient clinical data to verify the general adequacy of local vibration therapy for the symptoms described.
- 5 This is a user quotation taken from NOVAFON product evaluations on our website.
- 6 This is a user quotation taken from a case study published on our website.
- 7 This is a user quotation that was published on the user's social networks (Facebook or Instagram).
- 8 This is a user opinion that was published by the user on Google reviews.

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