<table>
<thead>
<tr>
<th>Language</th>
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<tbody>
<tr>
<td>English</td>
<td>✓</td>
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<tr>
<td>Russian</td>
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<td>French</td>
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<td>German</td>
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</tbody>
</table>

3rd generation of device

DENAS® T 2014

Operating Manual

Part II. Usage Instruction

TPTK 09.5-03.70 P31
TY 9444-009-44148620-2009

The company quality management system is in compliance with ISO 9001 and ISO 13485
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PURPOSE

Transcutaneous electrostimulator DENAS T is designated for general regulatory impact on the whole body as well as the treatment of different functional disorders and diseases. The method of dynamic electro neuro stimulation influences biologically active points and zones with electric impulses. There is an opportunity to choose an individual treatment program as well as ready inbuilt programs. The device has inbuilt electrodes and a jack for external applicators.

The DENAS T unit can be used at home for treatment and for prevention cause according to doctor’s recommendations.
1. SAFETY REGULATIONS

Information, contained in present operations manual, is important for your safety and proper use and maintenance of the device.

The device is safe for use, because it utilizes internal power source of low voltage, which is isolated from work part of the device (article of type B with body of type F).

The device must not be used for treatment of patients with implanted electronic devices (for example, pacemakers) and for treatment of patients who have individual electric current intolerance.

Use of the device in direct front projection of heart is prohibited.
Don’t treat patient with any high-frequency electric device during stimulation; simultaneous use of the device and other electric equipment can cause burns and lead to possible damage of the device.

Work near short-wave and microwave equipment can bring to instability of output parameters of the device.

You must not connect to the device any other accessories, except external electrodes, produced by manufacturing company.

The device contains fragile components. Protect it from shocks.
The device is not waterproof. Protect it from ingress of moisture.

All works on maintenance and repair of the device must be executed by qualified specialists of the manufacturer.

**Transport conditions:** temperature from $-50^\circ C$ to $+50^\circ C$, relative air humidity from 30 to 93%, atmospheric pressure from 70 to 106 kPa (525 to 795 mm Hg).

**Storage conditions:** temperature from $-50^\circ C$ to $+40^\circ C$, relative air humidity from 30 to 93%, atmospheric pressure from 70 to 106 kPa (525 to 795 mm Hg).
**Operation conditions:** temperature from $+10^\circ\text{C}$ to $+35^\circ\text{C}$, relative air humidity from 30 to 93%, atmospheric pressure from 70 to 106 kPa (525 to 795 mm Hg).

**Attention!** If the device has been stored at the temperature below $10^\circ\text{C}$, keep it in normal climate conditions for no less than 2 hours - before use.

Utilization: All packaging materials are not environmentally harmful, they may be used repeatedly.

Separate collection of electrical and electronic equipment.

*The device contains valuable materials, which can be used repeatedly after utilization with consideration of requirements of environmental protection. They shall be delivered to specially intended for this purpose places (consult with corresponding services in your district) for collection and processing.*
CARRYING OUT TREATMENT PROCEDURES

1. General information
Application of specific electric impulse on reflex zones and points for prevention, treatment and functional recovery is an effective method of therapy. Application of transcutaneous dynamic electroneurostimulation promotes positive dynamic of many acute and chronic diseases in a complex treatment and as a mono therapy. It allows to accelerate the healing process, reduces the requirement in pharmacological medicine and help to restore health quickly. The clinic effectiveness of transcutaneous dynamic electroneurostimulation is proven for treatment of diseases of cardiovascular and musculoskeletal systems, injuries, gynecological and urological diseases. Also it is effective in treatment of patients with surgical, ophthalmological, bronchopulmonary and digestive system diseases. There is accumulated experience in effective application of Denas method in treat-
ment of many neurological diseases. A number of scientific researches have proven an absolute efficacy of Denas method as effective component of complex therapeutical and rehabilitation programs in pediatry.

2. **Indications and contraindications for use**

The device can be applied to patients of any age from newborns to people of advanced age. Depending on tasks of treatment the device can be applied for treatment of different diseases and syndromes to achieve anesthetic, spasmolytic, antiphlogostic, trophic, and general effect.

2.1. Indications for use:

— acute and chronic pain syndromes;
— traumas;
— respiratory diseases, diseases of the digestive device, diseases of ENT, cardiovascular system, musculoskeletal system, nervous system, endocrine and urogenital systems, eyes, skin;
— rehabilitation after diseases, surgical operations and traumas;

— increasing body adaptive capacities under impact of negative pathogens factors, intensive physical and mental work, physical and mental overexertion, syndrome of chronic fatigue difficulties with waking up in the morning and sleepiness during daytime, disorders of falling asleep in the evening and insomnia, increased petulance, under depressive states, sexual dysfunction, as well as for prophylaxis of colds.

2.2. Contraindications for use:
Absolute:
— individual intolerance to the electric current;
— implanted cardiostimulator;
Relative*:

— epileptic seizures;
— neoplasms of any etiology and localization (in the terminal stage of an oncological process, electrostimulation may be carried out as palliative method (supportive therapy), including rapid relief of the pain syndrome, after consultation with a doctor;
— acute febrility of unclear etiology;
— vein thrombosis;
— condition of acute psychical excitement, alcoholic or drug intoxication.

Attention! Do not apply the device in the zone of direct heart projection at the front!

* In these cases it is recommended to use the electrostimulator only after consulting your attending doctor.
3. **Conditions for treatment**

You do not need any special conditions for treatment by the device. Treatment procedures can be carried out both individually and with help of an operator who will carry out treatment on those zones and points, which you cannot reach yourself. Electrotherapy is taken in a comfortable sitting or lying position. After the treatment procedure, the patient should relax for 10-15 minutes.

**Attention!** Disinfect the device’ electrodes with a standard disinfection means (such as 3% solution of hydrogen peroxide) after each procedure. The electrodes of the device should be kept dry.

4. **Treatment by device**

4.1. **Method of impact**

Therapeutical impact with the help of inbuilt electrodes or appropriate external therapeutical electrodes is carried out on reflexogenic zones of different size and
biologically active points. Methods of impact can be the following: *stabile, labile and stabile-labile*.

**4.1.1. Stable method**
The electrodes are immovable on required zones during the all period of impact. It is applied for impact on small zones and biologically active points. This method also can be applied for impact on large zones if there is risk to injury a skin. For large zones electrodes are rearranged sequentially to adjacent skin areas.

**4.1.2. Labile methods**
The electrodes are moved smoothly within the application zone without taking them off the skin at the speed from 0,5 upto 2-3 cm/sec. Movements are rectilinear, spiral, circular and other with a light compression depending on the size and shape of the aplication zone.
4.1.3. Labile-stable method

The device’s inbuilt electrodes (as well as external applicators) can be held longer in some areas, for example, in some painful areas.

4.2. Duration of impact
In cases of emergency (for example, pain relief) it is recommended to apply the device until the patient’s complaints disappear or decrease significantly.

When the patient’s condition is stable, the average duration of one treatment procedure is:

— for children of the first year of life — 5-10 minutes (1-3 minutes per one zone);
— for children of 1-3 years — 10-15 minutes (3-5 minutes per one zone);
— for children of 3-5 years — 15-20 minutes (5-7 minutes per one zone);
— for children of 5-12 years — 20-25 minutes;
— for children of more than 12 years and adults — up to 30-40 minutes (10-15 minutes per 1 zone).

4.3. Power (intensity) of impact
The level of energy treatment with impulse current is determined individually based on subjective sensations of the patient. Intensity of electrostimulation is conditionally divided into three levels.

4.3.1. *Minimal level* - the patient does not have any subjective sensations or has subtle vibrations in area of impact under electrodes. This level is used when treatment shall not be intensive – for children up to 7 years old and patients with diseases of cardiovascular system (hypertension, hypotension, a syndrome of vegetative-vascular dystonia). For patients who are experiencing frequent headaches, dizziness, treatment should also be carried out with minimal power.
4.3.2. *Comfortable level* — patient feels light pricking, vibration or light burning without pain. It is used under treatment of weak pain and aches of medium intensity. This is the most frequently used power level.

4.3.3. *Maximal level* — the patient feels expressed painful pricking or burning. Such intensity can be accompanied by involuntary contraction of muscles close to electrodes. It is used under expressed pain syndrome.

**Attention!** Power of electrostimulation can be increased or reduced during the treatment course depending on the extent of the patient’s sensitivity and as the pain syndrome reduces.

**Attention!** Control of power level is executed subjectively, considering sensations of patient. You shall not exceed pain threshold.
Attention! For patients with hypertension, hypotension, a syndrome of vegetative-vascular dystonia, as well as patients who have frequent headaches, dizziness, treatment should be carried out with minimal power level.

4.4. Modes of stimulation
- Mode «Therapy» without modulation: 10, 20, 60, 77, 140, 200 Гц (in English - Hz)
- Mode «Therapy» with modulation: «77 10», «77 AM»
- Program of Minimum Effective Doze (МЭД, in English - “MED”)
- Mode «Скрининг» (in English - “Screening”)

4.4.1. Mode «Therapy».
Frequencies 10, 20, 60, 77, 140, 200 Hz, modulated modes «77 10» and «77 AM».

Using the menu
1. Switch the device on. With the help of buttons ◀, ▶ set required frequency and mode.
2. The device is ready for therapy. Place the device (electrodes) on the zone of stimulation. With the help of buttons +, - select the required power of stimulation and carry out the procedure. Detailed information on choosing zones, power and time of stimulation is provided in Appendix 1 of the Instruction.

3. If you need to control the time of stimulation you can switch the timer of countdown on. With the help of button \( \square \) set up the time of stimulation. Each pressure of the button changes the value of timer step by step: 5, 10, 15, 20, 25, 0 minutes.

4. You can change the volume of sound with the help of button \( \odot \). Each pressure of the button changes the volume step by step: minimum, maximum, mute.
<table>
<thead>
<tr>
<th>Modes, Frequencies, Hz</th>
<th>Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 and 20</td>
<td>Universal therapeutic frequencies 10 and 20 Hz allow to treat wide range of diseases in acute and rehabilitation period. They are applied for general effect, stabilization and increase of therapeutic effects of other frequencies with internal organs lesions and musculoskeletal system disorders.</td>
</tr>
<tr>
<td>60 and 77</td>
<td>Frequencies 60 and 77 Hz are universal, widely applied with symptomatic local complaints for correction disorders of internal organs. Recommended for pain relief, improvement of local and regional blood flow, for the treatment of inflammatory processes and so on in acute period and period of rehabilitation</td>
</tr>
<tr>
<td>Frequency</td>
<td>Description</td>
</tr>
<tr>
<td>-----------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>140 Hz</td>
<td>Frequency 140 Hz is recommended for the treatment of diseases of the musculoskeletal system and neuralgia accompanied by pain syndrome</td>
</tr>
<tr>
<td>200 Hz</td>
<td>Frequency 200 Hz is recommended for fast pain relief with lesions of the musculoskeletal system, disease, trauma</td>
</tr>
<tr>
<td>7710</td>
<td>Mode “7710” is recommended for people with symptoms of hypertension, a syndrome of vegetative dystonia of hypertensive type, people with sleep disorders</td>
</tr>
<tr>
<td>77AM</td>
<td>Mode “77AM” is recommended for use when there are signs of hypotonic or atonic state of internal organs</td>
</tr>
</tbody>
</table>
4.4.2. *Program “Minimum Effective Doze” (МЭД)*
Minimum Effective Doze (МЭД, in English - MED) is an automatic program, which is applied for rehabilitation and prophylaxis in cases of physical and mental overexertion, syndrome of chronic fatigue and diseases of internal organs, including prophylaxis of colds during epidemics. It is recommended to apply as course treatment: 8-12 procedures, not less than once a day.

Using the menu:

1. Switch the device on. With the help of ⬅️ and ⬆️ select program МЭД (MED).
2. Fix electrodes of the device to the zone he-gu. With the help of buttons ➕, ➖ set power of stimulation.
   Recommended level of power is minimum or comfortable.
Attention! MED program is carried out only by means of inbuilt electrodes.

Attention! During the device operation in MED program, electrodes on the patient’s skin should be set in the «stabile» position, i.e. they should not move.

Attention! Control of power level is executed subjectively, considering sensations of patient under contact of electrodes with skin surface. You shall not exceed pain threshold.

3. When device fixes the contact with skin surface МЭД (MED) will begin to counting out the time of impact. Program MED consists of 2 stages of treatment. The device gives sound signal after completing each stage.
4. You can change the volume of sound with the help of button  . Each pressure of the button changes the volume step by step: minimum, maximum, mute.

4.4.3. Mode “Скрининг” (“Screening”)

<table>
<thead>
<tr>
<th>Using the menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Switch the device on. With the help of  and  select mode “Скрининг” («Screening»)</td>
</tr>
<tr>
<td>The device is ready for work. At first, put electrodes to the chosen skin zone. The device will start to work automatically when the device contacts with skin. Frequency (10 Hz) and level of power is set up automatically</td>
</tr>
</tbody>
</table>
Upon 5 second interval completion the display will show the measurement result (ΔLT). Write down each readings. In order to continue measurements put electrodes on the next zone.

**Attention!** During the device operation in “Screening” mode, electrodes on the patient’s skin should be set in the “stabile” position, i.e. they should not move during operation in mode “Screening”.

When the device detects the contact between the electrodes and skin surface, indication of period of time will appear – 5 seconds, during which skin electrical resistance is determined, after the impulse is sent by the device. After 5 seconds interval the device will emit short sound signal and the display will show the measurement result as a ALT index (in range from 0 to 100 units), e.g., ΔLT = 8.
Write down the readings. Put electrodes on the next zone, tearing away the electrodes from the skin for 1-2 seconds. The latent trigger zones are those zones where \( \Delta LT \) values significantly differ – upwards or downwards. For example, under test of nearby areas you get following \( \Delta LT \) results (in units): 6, 5, 8, 20, 4, 7. In this case the zone with the index \( \Delta LT = 20 \) is considered to be latent trigger one.
Detected trigger zones should be additionally treated for 1-5 minutes at 60 or 77 Hz frequency.
Appendix 1

Atlas of zones for stimulation
Alphabetical list of diseases

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Alphabetical list of diseases

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Neuralgia-trigeminal ................................... 77
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Pain in ear .................................................. 39
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Pain in joints .............................................. 49
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Tracheitis ................................................... 33
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<thead>
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<tbody>
<tr>
<td>Trauma of joints</td>
<td>103</td>
</tr>
<tr>
<td>Trauma of soft tissues</td>
<td>55</td>
</tr>
<tr>
<td>Urethritis</td>
<td>65</td>
</tr>
<tr>
<td>Urination disorders</td>
<td>65</td>
</tr>
<tr>
<td>Urolithiasis</td>
<td>103</td>
</tr>
<tr>
<td>Varix</td>
<td>89</td>
</tr>
<tr>
<td>Vertigo</td>
<td>75</td>
</tr>
<tr>
<td>Wound</td>
<td>55</td>
</tr>
</tbody>
</table>
1. **Main zones** – for obligatory stimulation. 
   Additional zones are stimulated to boost the therapy effect.

2. **Sequence of zones’ stimulation**

3. **Selection of mode in menu**
   - Menu
   - 77 Hz
   - or other modes

4. **Method of application**
   - **L** Labile
   - **S** Stabile
   - **LS** Labile-stabile
   - **S:** Stabile, with the help of applicator

5. **Device power level / Sensations of a patient**
   - Minimal / Lack of sensations
   - Comfortable / Pleasant pricking
   - Maximal / on the pain threshold

6. **Duration of procedure**
   - Stimulate zone for 10–15 minutes, 4–5 times a day.
Acute respiratory diseases, diseases of ear, nose, throat (ENT)

1. Wings of nose and zone around nose
   → 77 Hz
   S  5-15 min. 4-5 times a day

2. Sub-jaw zone
   → 77 Hz
   S  5-15 min. 4-5 times a day

3. Neck and collar zone
   → 77 Hz
   S  10-15 min. 1-2 times a day
1. Hand: the zone according to Su-Jok

$\xrightarrow{10\ Hz}$

Note. Duration of course — until complete recovery.

2. Zone He-Gu

$\xrightarrow{77\ Hz}$

Note. Duration of course — until complete recovery.
1. Zone of jugular fossa ➞ 77 Hz
   - Basic zones
   - 5-10 min
   - 4-5 times a day

2. Front lungs projection ➞ 77 Hz
   - 5-15 min
   - 4-5 times a day

3. Reverse lungs projection ➞ 77 Hz
   - 5-15 min
   - 1-2 times a day

Tracheitis, bronchitis, pneumonia
Tracheitis, bronchitis, pneumonia

1. Hand: the zone according to Su-Jok

Led 77 Hz

S bar chart: 5 min. 1-2 times a day

Note. Duration of course — until complete recovery.

2. Zone between shoulder-blades

Led 10 Hz

S bar chart: 5-10 min. 1-2 times a day
Bronchial asthma (attack of asthma)

1. Zone of jugular fossa
   ➔ 77 Hz
   S  5–10 min.
   in case of attack of asthma.

2. Front lungs projection
   ➔ 60, 77 Hz
   LS  5–10 min.
   in case of attack of asthma.

3. Reverse lungs projection
   ➔ 60, 77 Hz
   LS  5–10 min.
   in case of attack of asthma.
Bronchial asthma (attack of asthma)

1. Hand: the zone according to Su-Jok
   \[ 10 \text{ Hz} \]
   \[ S \quad 5\text{ min.} \]

2. Zone between shoulder-blades
   \[ 77 \text{ Hz} \]
   \[ S \quad 5-10\text{ min.} \]

Note. In case of insufficient effect repeat procedure. Carry out procedure until the end of the asthma attack.
Laryngitis, pharyngitis, tonsillitis, quinsy (pain in the throat, hoarse voice)

1. Zone of jugular fossa
   - Frequency: 77 Hz
   - Duration: 5-10 min
   - Times a day: 3-4

2. Zone of tongue
   - Frequency: 77 Hz
   - Duration: 1 min
   - Times a day: 3-4

3. Sub-jaw zone
   - Frequency: 77 Hz
   - Duration: 5-10 min
   - Times a day: 3-4
Laryngitis, pharyngitis, tonsillitis, quinsy (pain in the throat, hoarse voice)

1. Hand: the zone according to Su-Jok
   ➔ 77 Hz, 3-6 Hz
   
   Note. Duration of course — until recovery.

2. Neck and collar zone
   ➔ 10 Hz

Supplementary zones
Pain in the ear, hearing impairment (otitis, sensorineural deafness)

1. Ear and zones around ear
   - Frequency: 77 Hz
   - Treatment: S 10–15 min.
   - In case of otitis — 3–4 times a day, with sensorineural deafness — 1 time a day.

2. Neck and collar zone
   - Frequency: 10 Hz
   - Treatment: 10–15 min.
1. Hand: the zone according to Su-Jok

- 77 Hz
- 5–10 min.

In case of otitis — 1–2 times a day, with sensorineural deafness — 1 time 2–3 days.

Note. Duration of course in case of otitis — until recovery. In case of sensorineural deafness — 10–14 days. Repeated course in 1–1,5 months.
Nausea, vomiting, bloating, stomach-ache

1. Zone of stomach and pancreas projection
   ➔ 60, 77 Hz
   
   LS  5–10 min.

   3–4 times a day, until decrease of symptoms.

2. Zone of thoracic spine (back “opposite” of a stomach)
   ➔ 10 Hz
   
   S  10–15 min.

   3–4 times a day, until decrease of symptoms.
Nausea, vomiting, bloating, stomach-ache

1. Hand: the zone according to Su-Jok

\[ \rightarrow 77 \text{ Hz} \]

**Note.** Duration of course — until recovery.
1. Zone of front abdominal wall.

10–15 min. in the morning.

2. Lumbosacral zone

10 Hz, 7710

10–15 min. in the morning.
Constipation

1. Front and lateral projection of liver
   77 Hz

| S | 5-10 min. | 1 time a day |

Note. Duration of course — 7-10 days.
1. Zone of front abdominal wall.

 воздействие 77 Гц

Лечебное время: 10-15 мин., 3-4 раза в день

2. Lumbosacral zone

 воздействие 10 Гц

Лечебное время: 10-15 мин., 3-4 раза в день
Diarrhea

1. Front and lateral projection of liver

**Note.** Duration of course — 7-10 days.
1. Perianal zone

- 77 Hz

Apply several times a day in case of complaints.

2. Lumbosacral zone

- 10 Hz

Apply several times a day in case of complaints.
1. Hand: the zone according to Su-Jok

\[77\text{ Hz}\]

**Note.** Duration of course — until recovery, but not less than 7 days.
Pain in the joints (arthritis, arthrosis)

1. Zone of injured joint
   - 77 Hz, 140 Hz, 200 Hz
   - 5-10 min, 2-3 times a day
   - severe pain
   - aching dull pain

2. Neck and collar zone
   - in case of injured upper extremities
   - Lumbosacral zone
     - in case of lower extremities

- 10 Hz
  - 10-15 min, 2-3 times a day
Pain in the joints (arthritis, arthrosis)

1. The same zone on a healthy joint of the symmetrical extremity

→ 10 Hz

2. Hand: the zone according to Su-Jok

→ 77 Hz

Notes: Duration of course — until recovery, but not less than 7 days.
Pain in the neck and back
(spinal osteochondrosis, diskogenic radiculopathy, lumbodynia, sciatica)

1. Cervical spine
   — pain in the neck
   **77 Hz, 140 Hz**
   **LS**
   5-30 min. 1-2 times a day
   — severe pain
   — aching dull pain

2. Lumbosacral, thoracic spine
   — pain in the back
   **77 Hz, 140 Hz, 200 Hz**
   **LS**
   5-30 min. 1-2 times a day
   — severe pain
   — aching dull pain
Pain in the neck and back
(spinal osteochondrosis, diskogenic radiculopathy, lumbodynia, sciatica)

1. Neck and collar zone
   — pain in the neck
   \[\rightarrow 20 \text{ Hz}\]
   \[\text{LS} \quad 5\text{-}15 \text{ min.} \quad 1\text{-}2 \text{ times a day}\]

   Note. Duration of course — until recovery.

2. Painful zone
   — pain in the back
   \[\rightarrow 20 \text{ Hz}\]
   \[\text{LS} \quad 5\text{-}15 \text{ min.} \quad 1\text{-}2 \text{ times a day}\]
Sprain, ligamentous, tendon and muscle microdisruptions, dislocations of joint, meniscus injuries, bones fractures

1. Zone of trauma (pain, incipient edema)

→ 77 Hz, 140 Hz, 200 Hz

S 5–30 min.

— severe pain

— aching dull pain

Apply several times a day in case of complaints.
Sprain, ligamentous, tendon and muscle microdisruptions, dislocations of joint, meniscus injuries, bones fractures

1. Neck and collar zone
— injured upper extremities
→ 10 Hz

Note. Duration of course — until recovery.

2. Lumbosacral zone
— injured lower extremities
→ 10 Hz, 7710

Note. Duration of course — until recovery.
Wounds, cuts, abrasions, burns

1. Zone around wound

- **Hz**: 77 Hz
- **S**: 5-30 min, 3-4 times a day
- — severe pain
- — aching dull pain or lack of pain

2. Burning wound

- **Hz**: 77 Hz
- **S**: 5-30 min, 3-4 times a day
- — severe pain
- — waching dull pain or lack of pain

**Note.** Stimulate zone around the wound.
Wounds, cuts, abrasions, burns

1. Neck and collar zone
   — wounds and burns of upper extremities
   ↪ 10 Hz
   ![Diagram of neck and collar zone]

   **Note.** Duration of course — until recovery.

2. Lumbosacral zone
   — wounds and burns of upper extremities
   ↪ 10 Hz, 7710
   ![Diagram of lumbosacral zone]
Renal colic, strangury (pyelonephritis, cystitis, urethritis)

1. Zone of direct projection of kidneys and ureters (back)

- 77 Hz

S 5-30 min. 1 time a day

— severe pain
— aching dull pain or lack of pain

2. Zone of direct projection of kidneys and ureters (front)

- 77 Hz

S 5-30 min. 1 time a day

— severe pain
— aching dull pain or lack of pain

Note. In case of complaints 3–4 a day until improvement, then 1 time a day.
Renal colic, strangury (pyelonephritis, cystitis, urethritis)

1. Neck and collar zone
   ➔ 10 Hz
   ![Image of neck and collar zone with Su-Jok zone marked]
   **Note.** Duration of course — not less than 10-12 days.

2. Hand: the zone according to Su-Jok
   ➔ 77 Hz
   ![Image of hand with Su-Jok zone marked]
   **Note.** Duration of course — not less than 10-12 days.
**Menstrual irregularities, sterility**

1. Suprapubic zone (lower part of stomach)
   - Frequency: 77 Hz
   - Duration: 5-10 min.
   - 1 time a day

2. Lumbosacral zone
   - Frequency: 10 Hz
   - Duration: 10-15 min.
   - 1 time a day
Menstrual irregularities, sterility

1. Hand: the zone according to Su-Jok
177 Hz

Note. Duration of course — 14 days. Recurring courses are carried out one month apart.
Pain in low abdomen area
(algodismenorrhea, inflammatory and other diseases of female genital organs)

1. Suprapubic zone (lower part of stomach)
   → 60 Hz, 77 Hz
   2–3 times a day when having a complaints

2. Lumbosacral zone
   → 10 Hz
   2–3 times a day when having a complaints
Pain in low abdomen area
(algodismenorrhea, inflammatory and other diseases of female genital organs)

1. Hand: the zone according to Su-jok

$\rightarrow 77 \text{ Hz}$

$S \quad 5 \text{ min.} \quad 1-2 \text{ times a day}$

**Note.** Duration of course — 10-14 days.
Lactostasis, lactational mastitis

1. Zone of direct projection of mammary glands
   
   ![Image](image.png)

   60 Hz, 77 Hz
   
   LS 20–30 min.

   Several times a day before breast-feeding
1. Thoracic spine (at the level of mammary glands)

→ 77 Hz, 10 Hz

 несколькос раз в день перед кормлением

Спектр ~ 10–15 мин.

Several times a day before breast-feeding

Note. Duration of course — until recovery.
Pain in the low abdomen area, in the zone of externalia (prostatitis, urethritis, orchitis)

1. Zone of perineum
- 77 Hz
- 5-10 min. 3-4 times a day
- 3–4 times a day in case of complaints.

2. Lumbosacral zone
- 10 Hz
- 10-15 min. 3-4 times a day
- 3–4 times a day in case of complaints.
Pain in the low abdomen area, in the zone of externalia
(prostatitis, urethritis, orchitis)

1. Hand: the zone according to Su-Jok

$\rightarrow 77 \text{ Hz}$

Note. Duration of course — until recovery.
Male sexual function disorders

1. Zone of perineum
\[77\text{ Hz}\]

2. Suprapubic zone and inguinal regions
\[77\text{ Hz}\]

3. Lumbosacral zone
\[10\text{ Hz}\]

<table>
<thead>
<tr>
<th>Zone</th>
<th>Frequency</th>
<th>Duration</th>
<th>Time per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zone of perineum</td>
<td>77 Hz</td>
<td>5-10 min</td>
<td>1 time a day</td>
</tr>
<tr>
<td>Suprapubic zone and inguinal regions</td>
<td>77 Hz</td>
<td>5 min.</td>
<td>1 time a day</td>
</tr>
<tr>
<td>Lumbosacral zone</td>
<td>10 Hz</td>
<td>10-15 min</td>
<td>1 time a day</td>
</tr>
</tbody>
</table>
1. Hand: the zone according to Su-jok

→ 77 Hz

Note. Duration of course — not less than 14 days. Recurring courses are carried out one month apart.
Skin diseases (psoriasis, eczema, neurodermatitis, dermatitis)

1. Affected skin areas

*→ 77 Hz*

**S** 5-10 min. 1 time a day

In case of acute itch — 3–4 times a day.

2. Zone of liver and bowels

*→ 77 Hz*

**LS** 5-10 min. 1 time a day

In case of acute itch — 3–4 times a day.
Skin diseases (psoriasis, eczema, neurodermatitis, dermatitis)

1. Zone of the 7th cervical vertebra
   → 7710
   S  5 min.  1 time a day

2. Zone of adrenal glands
   → 7710
   S  5 min.  1 time a day

Note. Duration of course — not less than 10-14 days. Recurring courses are carried out a 1-1,5 months apart.
1. Face skin along cosmetic lines

$\rightarrow 77 \text{ Hz}$

5-10 min. 1 time a day

2. Sub-jaw zone

$\rightarrow 77 \text{ Hz}$

5-10 min. 1 time a day
1. **Hand: the zone of liver and bowels according to Su-jok**

   ![Image of hand with zones highlighted]

   $\rightarrow 77 \text{ Hz}$

   $\text{5 min.} \quad \text{1 time a day}$

   **Note:** Procedures are carried out 3 times a week. Duration of course — 12–15 procedures.

2. **Neck and collar zone**

   ![Image of neck with zone highlighted]

   $\rightarrow 10 \text{ Hz}$

   $\text{10-15 min.} \quad \text{1 time a day}$

   **Note:** Procedures are carried out 3 times a week. Duration of course — 12–15 procedures.
1. Zone of belly («cross»)
- 77 Hz
- S
- Note: 30–60 seconds for every putting of electrodes.

2. Zone of buttocks
- 77 Hz
- L
- 5-10 min.
- 1 time a day

3. Zone of hips
- 77 Hz
- L
- 5-10 min.
- 1 time a day

Note: 30–60 seconds for every putting of electrodes.
1. Points of appetite suppression

→ 10 Hz

3-5 min. 1 time a day

Note. Duration of course — 10-14 days. Recurring course is carried out in 1-2 months.

2. Neck and collar zone

→ 10 Hz

5-10 min. 1 time a day
Headache, vertigo

1. Neck and collar zone

- Frequency: 10 Hz
- Duration: 5-10 min.

2. Zone of the 2nd cervical vertebra and inion

- Frequency: 10 Hz
- Duration: 5 min.

3. Painful zone — with headache

- Frequency: 77 Hz
- Duration: 5-10 min.

Until decrease / relief of pain or 1 time a day as course treatment.
1. Hand: the zone according to Su-jok

→ 10 Hz

好了 5 min. 1 time a day

Note. Duration of course — 10 days.

2. Lumbosacral zone

→ 10 Hz

好了 10-15 min. 1 time a day
Pain in the face (trifacial neuralgia, neuritis)

1. Places of projection of branches of trifacial nerve on the face
   → 77 Hz
   S  2–3 min.

2. Zone under earlap
   → 77 Hz
   S  2–3 min.

3. Neck and collar zone
   → 10 Hz
   S  10 min.

Until decrease / relief of pain or 1 time a day as course treatment.
Pain in the face (trifacial neuralgia, neuritis)

1. Hand: the zone according to Su-jok

\[ \rightarrow 10 \text{ Hz} \]

| S | 5 min. | 1 time a day |

Note. Duration of course — 10 days.
1. Sub-jaw and speech zones

→ 77 Hz

S 5-10 min. 1 time a day

2. Neck and collar zone

→ 10 Hz

S 5-10 min. 1 time a day
Logoneurosis, stammering

1. Hand: the zone according to Su-jok
   \[ \rightarrow 10 \text{ Hz} \]

   Note. Duration of course — 10 days. Recurring course is carried out in 1 month.
   For children under 5 years: power — \[ \square \square \] , duration of stimulation of every zone (except tongue) — 2–3 min.

2. Zone of tongue
   \[ \rightarrow 77 \text{ Hz} \]

   Note. Duration of course — 10 days. Recurring course is carried out in 1 month.
Neuroses, neurosis-like states

1. Neck and collar zone

→ 77 Hz, 7710

Procedure is carried out in the morning or/and in the evening

5-10 min, 1-2 times a day
2. Lumbosacral zone

- 10 Hz

Procedure is carried out in the morning or/and in the evening.

Note. Duration of course — 5-10 days.
Pain in the zone of heart (myocardiodystrophy, coronary heart disease)

1. Zone of the back heart projection
   ➔ 60 Hz, 77 Hz
   S 5–10 min. Until decrease or relief of pain

2. Area between shoulder-blades
   ➔ 10 Hz
   S 10 min. Until decrease or relief of pain
Pain in the zone of heart (myocardiodystrophy, coronary heart disease)

1. Hand: the zone according to Su-jok

10 Hz

5–10 min.

Until decrease or relief of pain.
Arterial hypertension (essential hypertension)

1. Neck and collar zone
   - Frequency: 10 Hz
   - Time: 5-10 min.
   - 1 time a day

2. Zone of the 2nd cervical vertebra and inion
   - Frequency: 7710 Hz
   - Time: 5 min.
   - 1 time a day
Arterial hypertension (essential hypertension)

1. Hand: the zone according to Su-jok
   - Frequency: 10 Hz
   - Duration: 5 min. 1 time a day

2. Lumbosacral zone
   - Frequency: 10 Hz
   - Duration: 10-15 min. 1 time a day

Note. Duration of course — 10 days.
Arterial hypotonia

1. Zone of the 2nd cervical vertebra and inion

- 77AM
- 5 min. 1 time a day

2. Neck and collar zone

- 10 Hz
- 5-10 min. 1 time a day
1. **Hand: the zone according to Su-jok**

- **10 Hz**

- **Note. Duration of course — 10 days.**

2. **Lumbosacral zone**

- **10 Hz**

- **Note. Duration of course — 10 days.**

**Arterial hypotonia**
**Heaviness, edema in legs, varix** (syndrome of chronic venous insufficiency, varicose veins of lower extremities)

1. **Shins and feet** (from finger-tips up to knees)

   \[ \rightarrow \text{77 Hz} \]

   \[
   \begin{array}{c}
   \downarrow \text{L} \quad \text{10-15 min.} \quad \text{1 time a day}
   \end{array}
   \]

   **Note!** It is prohibited to put electrodes of the device on the direct projection of affected veins on shins (varicose, coiled veins).

2. **Lumbosacral zone**

   \[ \rightarrow \text{10 Hz} \]

   \[
   \begin{array}{c}
   \downarrow \text{S} \quad \text{10-15 min.} \quad \text{1 time a day}
   \end{array}
   \]
**Heaviness, edema in legs, varix** (syndrome of chronic venous insufficiency, varicose veins of lower extremities)

1. **Zone of liver**
   - **77 Hz**
   - **5-10 min.**
   - **1 time a day or every other day**

**Note.** Duration of course — 2-3 weeks. Recurring course is carried out in 1-2 months.
1. Shins and feet (from finger-tips up to knees)

- Frequency: 77 Hz
- Duration: 10-15 min.
- Frequency per day: 1 time

2. Lumbosacral zone

- Frequency: 10 Hz
- Duration: 10-15 min.
- Frequency per day: 1 time

Pain in legs, intermittent claudication (atherosclerosis), diabetic angiopathy, vibration disease (peripheral arteries diseases)
Pain in legs, intermittent claudication (atherosclerosis), diabetic angiopathy, vibration disease (peripheral arteries diseases)

1. Zone of liver

77 Hz

S

5-10 min.

1 time a day

1 time a day or every other day

Note. Duration of course — 2-3 weeks. Recurring course is carried out in 1-2 months.
Eyestrain, refraction disorders (spasm of accommodation, myopia, hyperopia), glaucoma, cataract, inflammatory diseases of the eyes

1. Paraorbital zones

→ 77 Hz

S

10 min. 1-2 times a day

2. Neck and collar zone

→ 10 Hz, 7710

10-15 min. 1-2 times a day
Eyestrain, refractive disorders (spasm of accommodation, myopia, hyperopia), glaucoma, cataract, inflammatory diseases of the eyes

1. Hand: the zone according to Su-jok
   → 77 Hz
   S 5-10 min. 1 time a day

2. Zone of temporal region (both sides)
   → 77 Hz
   S 5 min. 1 time a day

Note. Duration of course — 10-14 days. Recurring course is carried out in 1-2 months.
1. Skin projection of the bad tooth or inflamed oral mucous with stomatitis

- **77 Hz**
- **S**
- **10-20 min, 2-3 time a day**

Until improvement or pain relief.

2. Zone of tongue

- **77 Hz**
- **S**
- **1-2 min, 2-3 time a day**

Until improvement or pain relief.
Toothache, stomatitis, periodontitis

1. Hand: the zone according to Su-jok

| S | 77 Hz | 5-10 min. | 2-3 times a day |
1. Neck and collar zone

$\rightarrow 10 \text{ Hz}$

$S:\quad 10 \text{ min, 1 time a day}$
1. Hand: the zone according to Su-jok

\[ \rightarrow 77 \text{ Hz} \]

**Note.** Duration of course — 10-14 days.
Recurring course with chronic disease is carried out in 1-2 months.
03 Loss of consciousness (syncope, shock, indefinite situation)

1. Zones of reanimation on the face
   - Frequency: 77 Hz
   - Duration: 30 seconds for every point. Once.

2. Zone of the 2nd cervical vertebra
   - Frequency: 77 Hz
   - Duration: 2–3 minutes. Once.
Loss of consciousness (syncope, shock, indefinite situation)

1. Hand: the zone according to Su-jok
   ![Hand Diagram]
   - Frequency: 77 Hz
   - Duration: 1–2 min.
   - Treatment: Once.

2. Neck and collar zone
   ![Neck and Collar Zone Diagram]
   - Frequency: 10 Hz
   - Duration: 5–10 min.
   - Treatment: Once, after syncope.
1. Zones of carotid arteries, brachial arteries, femoral arteries

→ 77 Hz

S 30 second for every zone
1 time.

2. Forehead and temporal regions

→ 77 Hz

S 2–3 min.
1 time.
Fever (high temperature)

1. Wrist ("bracelet" zones)  ➔ 77 Hz

- S  ➔ 1 min.
- 1 time.

2. Neck and collar zone  ➔ 10 Hz

- S  ➔ 5–10 min.
- 1 time.
General anesthesia. Auricular points

→ 77, 20 Hz

Stimulate 1-2 points on the procedure
Inflammation. Auricular points

→ 77 Hz

S  1–2 min

Stimulate 1-2 points on the procedure
Headache. Auricular points

\[ \rightarrow 77, 20 \text{ Hz} \]

Stimulate 1-2 points on the procedure