

# Arthritis Pain

## Treatment Manual



**Sonic Relief**  
Est. 2003

# About Arthritis

**Arthritis** is a medical condition that affects millions of people worldwide, and is characterized by *joint inflammation* and *pain*. There are **many types** of arthritis, with the most common being **osteoarthritis** and **rheumatoid** arthritis.

**Osteoarthritis** is caused by wear and tear on the joints over time, while **rheumatoid** arthritis is an *autoimmune disease* that causes the body to attack its own joint tissue. **Other types of arthritis** may be caused by *infections, injuries, or genetic factors*.

Regardless of the cause, arthritis can be a painful and debilitating condition.

## **Symptoms include:**

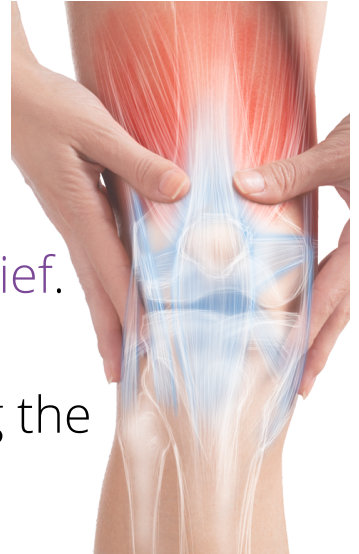
- joint pain
- stiffness
- swelling
- and difficulty with movement.



These symptoms can vary in severity, and may be worse in the morning or after periods of inactivity.

# Treating Arthritis

While there is no cure for arthritis, there are several treatments available to help manage the symptoms and improve joint mobility. One such treatment is therapeutic ultrasound, like **Sonic Relief**.



Sound waves penetrate the surface layers causing the affected soft tissue to vibrate. This produces:

- increased blood flow to the area
- reduced local swelling and inflammed tissues
- and relief and helps manage pain due to arthritis.

## ***Testimonial from Sonic Relief user - Mary Major, Ontario Canada***

*I have tried everything for my chronic arthritis so I was skeptical when my daughter-in-law recommended that I try Sonic Relief. But after just one treatment on my knee, I noticed the difference - I was not as stiff and I could bend my knee further than I have been able to in years! I couldn't wait to use it again. I use it every day now on the areas that are stiff and sore. I like that I can take it with me to my cottage too!*

## **In the following pages you will:**

- learn how to use Sonic Relief for your arthritis
- identify your possible cause of your arthritic condition
- find out where to treat it for the best possible outcomes.





# How to Use Sonic Relief

With **Sonic Relief Portable Ultrasound Therapy**, you are on the road to **effective, portable pain relief** and an **improved quality of life**.

**Each Sonic Relief treatment takes only 3 steps - A, B, C:**

## **Assess:**

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- Take note of where it hurts - muscle, tendon, ligament or inside the joint. You can palpate or press on the area to find the pain point.
- Refer to the treatment guide below to determine where to apply the Sonic Relief treatment for your condition.

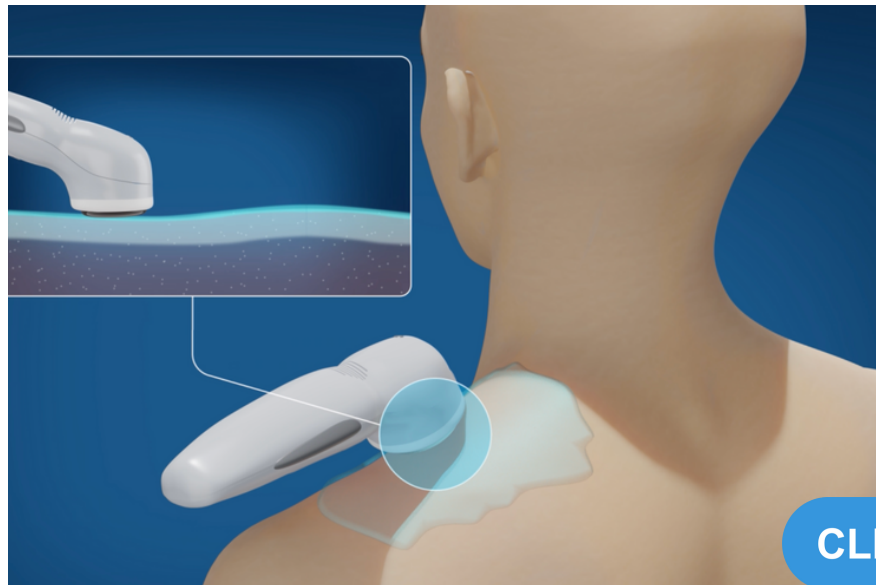


# *How to Use Sonic Relief - Part B*

## **Begin Treatment:**

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- Apply a quarter size dollop of Sonic Relief Gel to the area.
- Turn on your Sonic Relief and press the intensity button to High.
- Place the sound head to the gel and rub the sound head over the area of pain using a small circular motion no larger than twice the size of the sound head.



[CLICK HERE](#)

**NOTE:** The intent is to direct the sound waves into the painful area to remove inflammation, bring blood flow to the area and release the pain.

# *How to Use Sonic Relief - Part C*

## **Complete:**

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- Sonic Relief will turn off automatically with a small beep after 10 minutes.
- Wipe the gel from the sound head and your skin with a soft towel or paper towel.
- Replace Sonic Relief into the charger stand so it's ready for your next treatment.

## **Treat your condition 2-3 times per day when possible.**

1. Before bed for a restful, pain-free sleep (keep your Sonic Relief on your bedside table!)
2. When you wake up for a good start to your day.
3. A third treatment throughout the day is recommended before or after you do activity that might aggravate your pain or condition such as walking, lifting, doing sports, before or after long periods of standing or driving etc. or whenever you feel pain.



## What to Expect:

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**Sonic Relief treats a myriad of acute and chronic soft tissue injuries and conditions.** Healing can take time but will be sped-up with regular and consistent use of ultrasound therapy.

During treatment, you will not feel much sensation. You may feel a slight tingling, soothing sensation.

Sonic Relief does not produce significant noticeable sound or motion. It does not vibrate or act like a 'massager'. Sonic Relief is a medical device that provides high-frequency therapeutic ultrasound.

Some people feel some **easing of pain and inflammation and gain in range of motion** within the hour after their very first treatment.

Many take a few days to start to feel relief depending on the severity and length of time they've had the painful or inflammatory condition.



**Refer to the treatment guide on the following pages to learn how to use Sonic Relief to treat your condition.**

## Arthritis and Joint Pain Ailments

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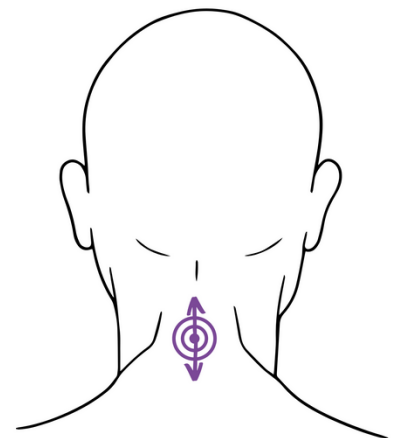
### Neck Arthritis

- Chronic pain and stiffness in the neck that may be worse with upright activity.
- The sound or feeling of popping in the neck when moving.
- Involuntary contractions of the muscles (spasms) that cause pain or a loss of movement or headaches that start from the neck.
- Numbness and weakness in the arms, hands and fingers.



### Treatment Placement

- Place the sound head to aim the ultrasound into the afflicted neck joints.
- Move the sound head in slow small circles and up and down.

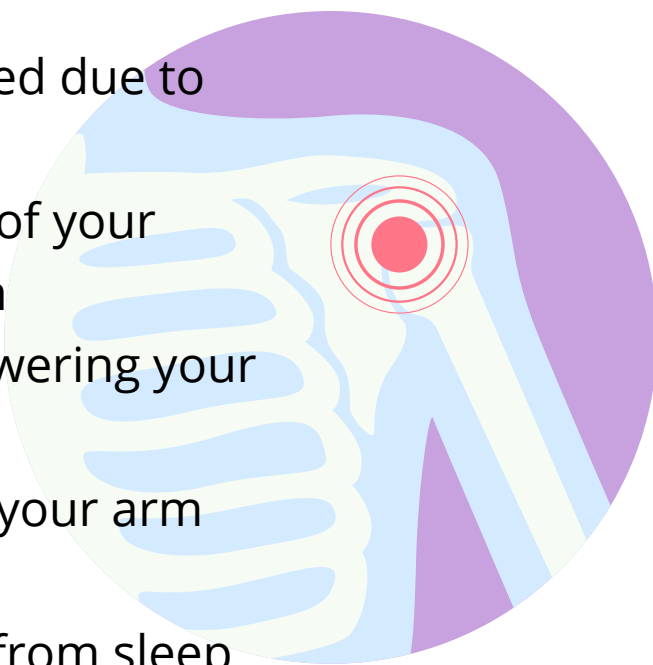




## Shoulder Arthritis

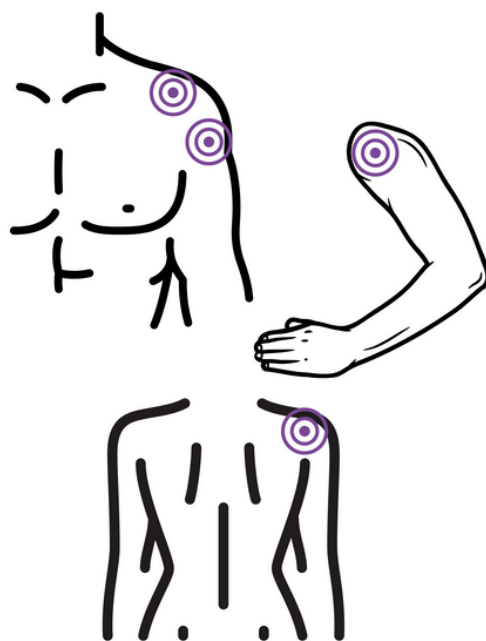
When the shoulder joint is inflamed due to arthritis, you may feel:

- pain and swelling in the front of your shoulder and side of your arm
- pain triggered by raising or lowering your arm
- a clicking sound when raising your arm
- stiffness
- pain that causes you to wake from sleep
- pain when reaching behind your back
- a loss of mobility and strength in the affected arm



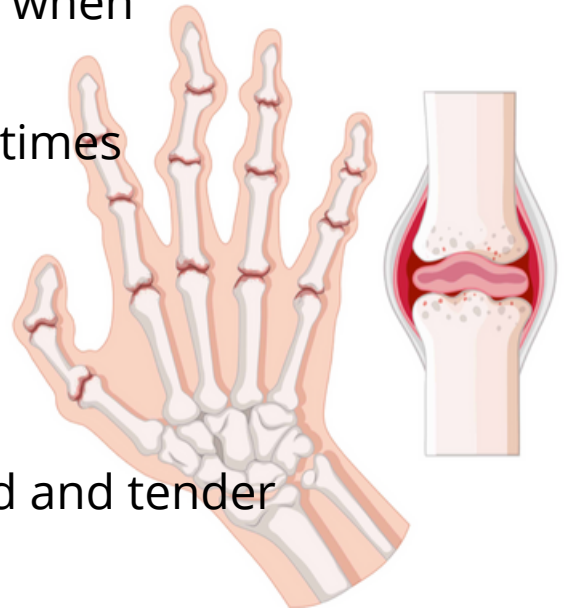
## Treatment Placement

- Aim the sound head into the shoulder joint avoiding the sharp bony part at the top of the shoulder.
- Move the sound head in slow small circles.



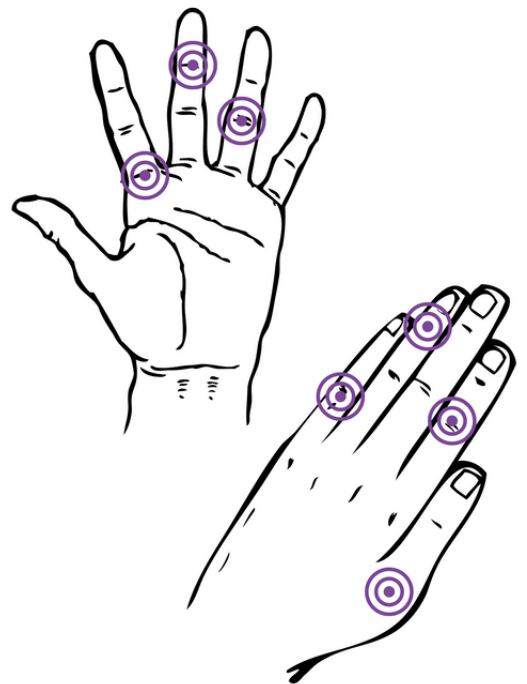
### Hand and Fingers Arthritis

- Pain, inflammation and stiffness in the joint itself.
- It is made worse when in use (such as when gripping heavy objects).
- dull ache to a sharp pain, which sometimes extends beyond the joint area.
- Loss of motion in the joints
- Joint motion that is accompanied by grinding, clicking, or cracking.
- Joints that swell and often become red and tender to the touch.
- Weakness.



### Treatment Placement

- Place the sound head to aim the ultrasound into the finger joint.
- Treatment can also be done from behind the finger on the palm side.
- Multiple fingers can be treated one after another as required.
- Move the sound head in slow small circles



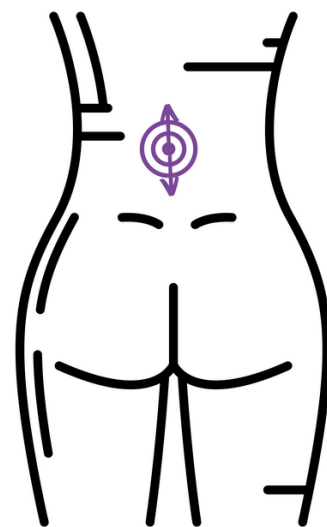
### Back Arthritis

- Back and neck pain, especially in the lower back
- Stiffness and loss of flexibility in the spine, such as being unable to straighten your back or turn your neck or at your waist.
- Swelling and tenderness over the affected vertebrae
- Feeling of grinding when moving the spine



### Treatment Placement

- Place the sound head to aim the ultrasound into the afflicted back joints.
- Move the sound head in slow small circles and up and down.



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## Arthritis and Joint Pain Ailments

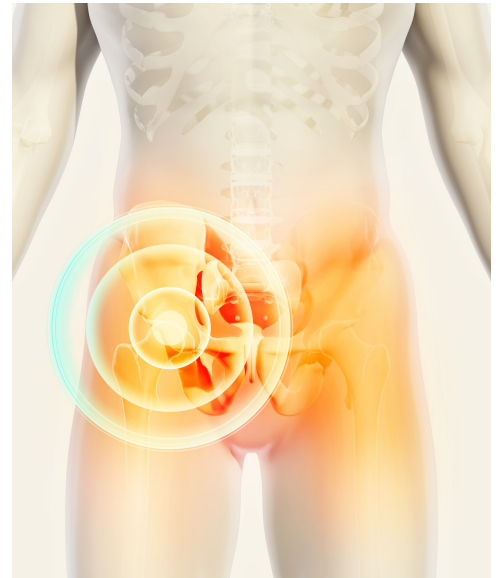
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### Hip Arthritis

A hip affected by inflammatory arthritis will feel painful and stiff.

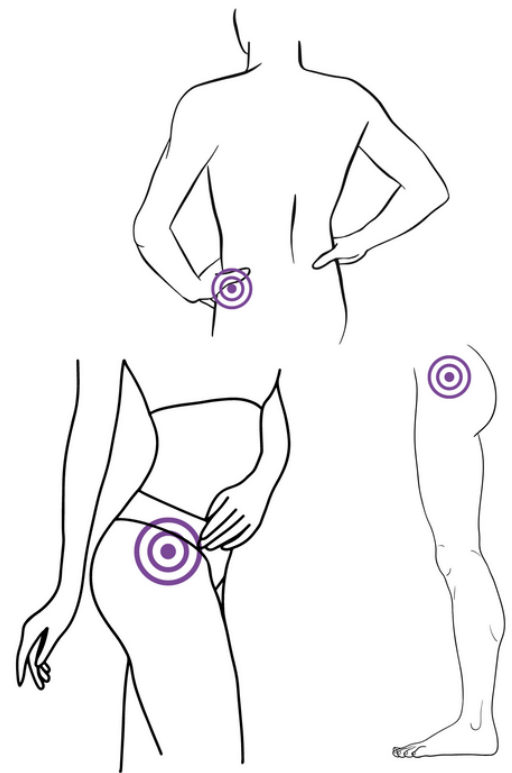
Other symptoms could include a dull, aching pain in the outer thigh, knee, or buttocks.

Pain that is worse in the morning or after sitting or resting for a while, but lessens with activity.



### Treatment Placement

- Aim the sound head into the hip joint.
- Both hips can be treated one after the other if pain on both hips.
- Move the sound head in slow small circles.



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# Knee Arthritis

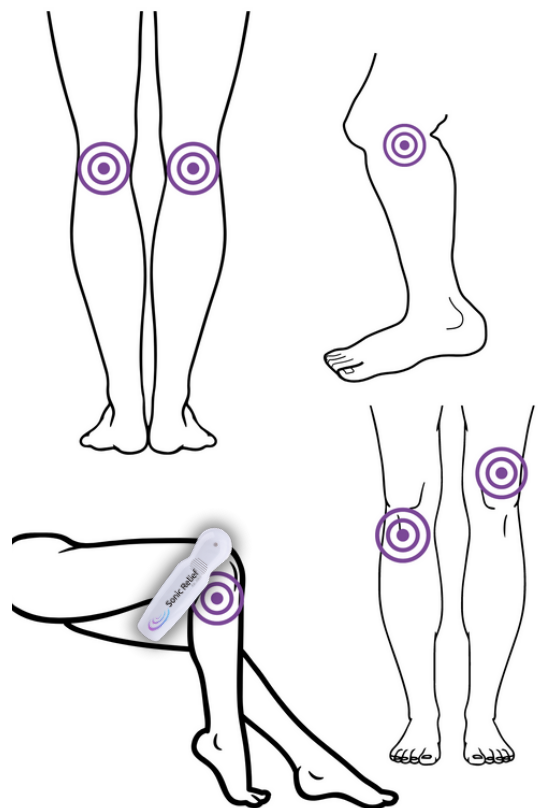
## Common Symptoms:

- Pain with activity
- Limited range of motion
- Stiffness of the joint
- Swelling of the joint
- Tenderness of the knee
- A feeling the knee may "give out"
- Deformity of the joint (knock-knees or bow-legs)



## Treatment Placement

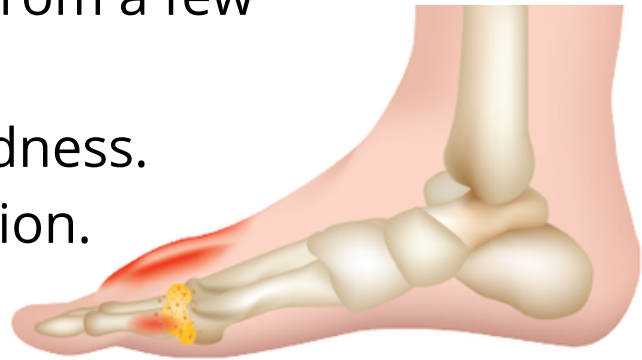
- Place the sound head to aim the ultrasound into the knee joint avoiding the knee cap.
- Treatment can also be done from behind the knee.
- Each knee can be treated one after another if arthritis on both knees.
- Move the sound head in slow small circles.



## Arthritis and Gout

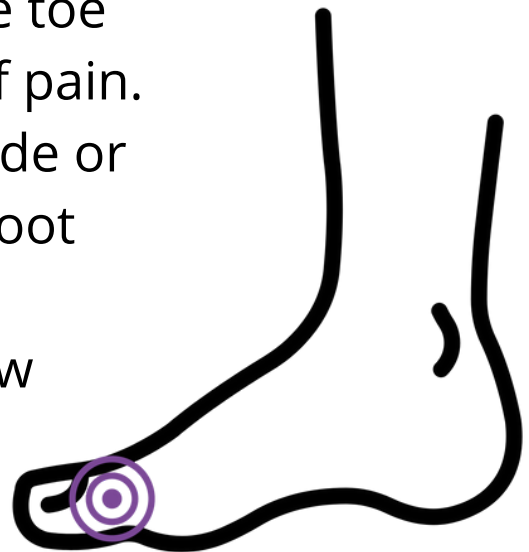
Gout usually affects the big toe, but it can occur in any joint and features:

- Intense joint pain.
- Lingering discomfort. Some joint discomfort may last from a few days to a few weeks.
- Inflammation and redness.
- Limited range of motion.



## Treatment Placement

- Aim the sound head into the toe or foot joint over the area of pain.
- You may also apply to the side or underneath the toe or any foot joint.
- Move the sound head in slow small circles.



# Ultrasound Therapy Explained

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## What is Ultrasound?

Ultrasound is a therapeutic treatment method using high frequency sound waves to treat pain, inflammation and muscle spasm. Ultrasound therapy has been used by physical therapists since the 1940s.



## How does it work?

Ultrasound waves are applied to tissues using a round-headed wand or transducer. Ultrasound gel is used on the skin in order to reduce friction and act as a wave conductor. Therapeutic ultrasound is in the frequency range of about 0.8-1.0 MHz (millions of vibrations/second).

A typical ultrasound treatment will take 10 minutes. During the treatment the head of the ultrasound probe is kept in constant motion.



You will not feel any sensation – the sound waves are acting deep in the tissues– although you may feel a slight tingling, soothing sensation.

# Ultrasound Therapy Explained

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## What do ultrasound waves do?

### ***Increases Blood Flow:***

Ultrasound waves cause increases in **tissue relaxation and local blood flow** to the treatment area. The increased blood flow can help **reduce local swelling and chronic inflammation**, delivers needed oxygen and nutrients, and removes cell wastes to greatly **improve the rate of healing**.

### ***Relieves Trigger Point and Localised Pain:***

Ultrasound works by **decreasing the pain/sensitivity** associated with muscular trigger points which are important causes of muscle spasm, headache, back ache and all types of muscular/soft tissue "overuse" syndromes.

## Benefits of Ultrasound Therapy:

- relieves pain
- reduces inflammation
- reduces muscle spasms
- accelerates healing
- increases range of motion
- decreases the pain/sensitivity of muscular trigger points





# What is Sonic Relief?

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## Portable Pain Therapy

Sonic Relief is your **personal therapeutic ultrasound device**. The same ultrasound technology used at your physical therapist's office. It is lightweight, safe and portable. Use it at home, while traveling or at the office!



## Cost Effective and Convenient

Sonic Relief delivers the same kind of pain relief and healing benefits as professional ultrasound treatment at the physical therapy office.

Users can reduce recurring therapy costs and decrease time traveling to inconvenient appointments.

Your Sonic Relief device may be covered by private insurance plans.

# What is Sonic Relief?

## Effective Therapy and Pain Relief

- **Scientifically demonstrated** to be an effective therapeutic treatment of multiple pain syndromes.
- **Medically tested** to relieve pain and promote healing
- **Chiropractor and Doctor recommended** for patients who require ultrasound treatment for ailments.
- **Sonic Relief Ultrasound Gel** gives immediate topical relief while conducting the ultrasound waves deep into the affected tissues.



## What does Sonic Relief Treat?

Sonic Relief treats **all soft tissue injuries and conditions** you would treat using regular therapeutic ultrasound.

 Bursitis  Sciatica  Tensions Headaches  Back Pain  Neuralgia

 Tennis Elbow  Carpal Tunnel  Sports Injuries  Sprains and Strains  Plantar Fasciitis

 Heel Spurs  Tendonitis  Arthritis  Neck Pain  Rotator Cuff Injury  Knee Pain

[Click here to see  
all ailments](#)



# Get Sonic Relief and treat your Arthritis Today!

## Sonic Relief Home-Use Therapeutic Ultrasound

The only one that's cordless! Trusted, prescribed and used by doctors and chiropractors worldwide. Exclusive Sonic Relief technology **relieves pain and speeds healing with ultrasonic waves in your own home.** The ultimate in drug-free self-care for pain, ready when you need it.

### Ask yourself these questions:

*What would it feel like to be pain free again?*

*Can I spend 10 minutes, 2-3 times per day to invest in health?*

*Why not make the decision to change my life for the better?*

## Sonic Relief Starter Kit

Arthritis Relief for only \$179

### The Kit comes with:

- Sonic Relief rechargeable cordless device
- Travel Bag
- Charging base
- USB charging connector
- North American plug adaptor for USB
- 1 Sonic Relief specially formulated Ultrasound Gel
- Downloadable Treatment Manual
- Trigger Point Chart
- 1 year warranty
- 60 day money back guarantee



Buy Now



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