



PHYSICAL THERAPY CLINIC

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VERSASTIM 380 PROTOCOLS

PAIN CONTROL

NOXIOUS STIMULATION

2500 Hz

50 Bursts/second

12 on 1 8 off

2 second ramp

Treatment time: 10-15 minutes

Pad Size: 2cmx3cm (be sure tape is between pads to prevent current flow)

Patient Instruction: This treatment should reproduce "your" pain complaint and will feel like a tingle and then progress to extreme pressure. You must tolerate as much as possible. This is supposed to be painful and I need you to tolerate an intensity that is the maximum possible. This treatment should not feel like a hot poker or feel like you are burning.

Locations: One pad on either side of any palpable non-muscular tissue

Plantar Fasciitis

Infra patellar Tendon

Medial Plica

Lateral Patellofemoral Ligament

Lateral Epicondylitis

Biceps Tendon

Supra/Infraspinatus Tendon

Peroneal Tendons

Posterior Tib Tendon

Flexor Digitorum Longus Tendon

Flexor Hallicus Longus Tendon

TENS

4500 Hz

50 bursts/sec

Continuous (set off time to 0)

Treatment Time: 15-20 minutes

Pad Placement: Optional 2 pad or 4 pad configurations

Intensity: Strong and tingling, not painful