



Frequency Specific Microcurrent Information

Frequency Specific Microcurrent (FSM) is an electrotherapy treatment that uses micro-amperage currents (microcurrent) and the resonance effects of frequencies on the human body to create beneficial changes in symptoms and health. FSM is especially effective at treating nerve and muscle pain, inflammation and scar tissue. It can be used to improve treat chronic pain, as well as improving health at a cellular level. It has many other uses that you could discuss with our physicians. One of your physicians is recommending it for you to help heal certain conditions, help improve the functioning of your body, or to help reverse your pain symptoms.

Treatment Plan and Treatment Sessions:

Your treatment will always involve a treatment plan with a specific program of frequencies that have been clinically evaluated and created by one of your physicians. You will be lying down or sitting up for your treatment and each treatment session will be at least 30 minutes and more commonly 50 minutes or more. If you have had a chronic problem with pain than an initial session may be longer. Your physician will choose the program or programs that will be the most likely to benefit your condition They will record the program(s) used, individual frequencies used, the micro amperage and the location of treatment. They will also take a history of your response to treatment at each visit. They may use the same or different programs or frequency sequences in future sessions.

Your physician may also use other therapies in your session that work well with FSM, such as acupuncture, auriculotherapy, relaxation, breathing techniques, etc. You should feel free to comment how you feel during and after the session. Your doctor will tell you how many sessions may be required to treat your condition but this will usually be 1 session a week for 4-6 weeks. If there is a recent injury it may be much less treatment. You should notice a difference by the 3rd to 4^h treatment but consistency of treatments is important. If you miss appointments or are unable to come as scheduled, positive effects will take longer. Chronic pain especially takes a concerted, consistent effort to heal.

Integration of Other Treatments with FSM

Your doctor will recommend other things for you to do to support your body. It is very helpful to be on a professional quality multiple vitamin with adequate minerals. You must drink enough healthy fluids each day to stay very well hydrated. It is ideal if you are supporting your health with 8 hours of sleep, a healthy diet, and exercise. Your doctor may recommend other things such as supplements or lifestyle techniques to augment your program and help you get the best results possible.

How to prepare for the FSM Treatment Session

Always be well hydrated! Drink at least 4 eight ounce glasses of filtered or mineral water within 4 hours of the treatment and up to 45 minutes before your treatment. Try to use the rest room before your treatment. Schedule so that you have at least an hour to be at the clinic so that you can be there for the whole program and you can relax during the session. If you are late for your session, it will reduce the effectiveness of the treatment. You will not be able to take phone calls during the treatment.

Cost of Treatment Sessions

The cost of an individual session is variable depending on the program(s) used and the supplemental additions your physician may include. Please be aware that your FSM sessions can be billed using your physical therapy benefits, but that this will reduce how many physical therapy visits you have in any given year. Please speak to our office manager if you have any questions about costs and insurance benefits.

Results of FSM

Your physicians have studied and purchased the equipment to do FSM in the clinic because they have been very impressed with the clinical testing and efficacy of FSM for musculoskeletal, nervous system and certain internal and other medical problems. They have had the treatment themselves on numerous occasions and seen remarkable results in themselves and in their patients.

No treatment can be guaranteed when it comes to the human body and FSM is not guaranteed nor can the cost of treatment be refunded. If you are not starting to see results by the fourth treatment, please inform your physician. Please continue all of your diet, supplements and lifestyle changes that your physician has recommended. Please inform them if you start any new drugs or if you have had any change to your stress, sleep patterns or medical conditions.

What are the cellular and organ level effects of FSM?

FSM can raise ATP production (a very important molecule of energy). It can improve amino acid transport. It can decrease inflammation and inflammatory cytokine molecules. It seems to be able to affect different tissues and has the ability to decrease pain response in individual tissues as well as improve healing. It may improve lymph drainage. It seems to have the ability of healing a sensitive pain processing system and can get at one of the most important parts of chronic pain problems. FSM has effects for which the mechanism has not been determined. It is a very sophisticated and effective method of treatment.

Are all Microcurrent Devices and treatment the same?

No. Your doctor only uses FSM devices that have been programmed with sequences of frequencies researched by Dr Carolyn McMakin, the originator of the FSM methodology. It is the unique combination of individual frequencies in pairs and sequences in particular programs that can make the treatment so effective.

What FSM ^{is} not:

It is not a TENS treatment or a TENS unit

It is not single frequency electrical stimulation as done by most physical therapy clinics

It is not an interferential machine, acupuncture device, or therapeutic ultrasound unit

Are there contraindications for FSM?

The most conservative sources recommend that FSM not be done during pregnancy, if you have cancer, and if you have a pace maker. It is not recommended to treat eye or brain lesions unless your doctor has specific training in these areas (e.g. they are a neurologist)

Are there side effects?

The currents are small and there are minimal to no side effects. Sometimes a person may feel a change in pain or nerve symptoms and may overdo things afterwards if they are feeling well. Sometimes, as with a massage, the person will feel sore after a treatment but then better the next day. There are no permanent side effects known from this equipment. Occasionally a person can have a temporary flare up especially if the pain was markedly reduced *and* range of motion was increased significantly. Do not overdo it the day of or the day after your treatment. Please inform your doctor if you have any issues that you feel may be side effects.

Training and Competency:

Your physicians have had in-person training on the theory and clinical use of FSM with Dr. McMakin. They have taken the Core Training as well as the advanced seminars. They are also in contact with other health care providers on protocols for FSM via the FSM forum. Your physicians very up to date on the protocols, programs, and equipment for optimal delivery of FSM

For more information, visit the FSM website: <http://www.frequency-specific.com/home.php>