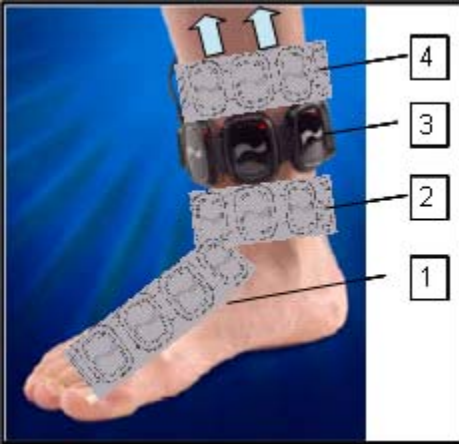


Protocols

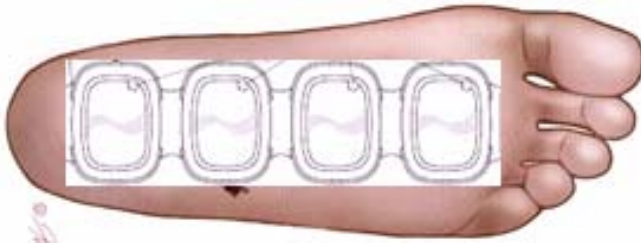
Foot and Ankle

To increase general circulation to the foot and ankle and reduce pain and stiffness, place the LumiWave 1x4 bracelet along the top of the foot for the first treatment cycle. Then wrap around the lower part of the ankle for subsequent treatment cycles, progressively shifting up the ankle for each 5 minute treatment. The 1x4 may also be laid length-wise along either side of the shin.



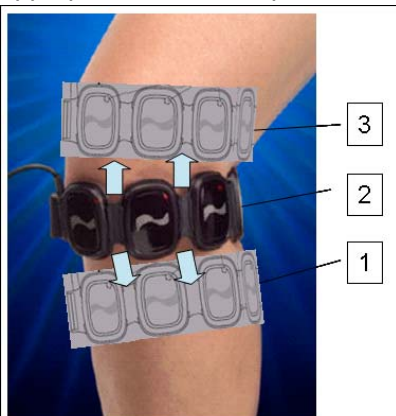
Plantar Fasciitis

To relieve pain and stiffness from plantar fasciitis, place the LumiWave 1x4 along the bottom of the foot from heel to toe. Treat for two, 5-minute cycles.



Knee

For pain and stiffness associated with the knee (sprains, arthritis) place the LumiWave 1x4 across the inferior patellar tendon from medial to lateral positions on the knee joint. With each 5-minute treatment cycle, progressively move the LumiWave up across the patella, and the superior patellar tendon. The LumiWave may also be placed across the popliteal fossa of the knee. This allows closest access to the circulation in the knee joint. For anterior or lateral joint pain, be sure an LED pod is situated over the appropriate location of pain.



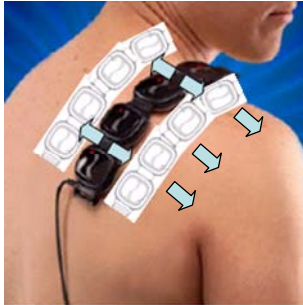
Epicondylitis

For pain and stiffness associated with medial or lateral epicondylitis, place the LumiWave 1x4 below, across and above the elbow joint for each successive treatment cycle.



Neck and Shoulder (Adhesive Capsulitis, Rotator Cuff)

For pain and stiffness associated with shoulder conditions (Adhesive Capsulitis, Rotator Cuff), place the LumiWave 1x4 below, across and above the joint for each successive treatment cycle.



Wrist

For pain and stiffness associated with wrist conditions, place the LumiWave 1x4 around the wrist for one cycle, the along the forearm for two cycles.

