

DEVICE PROTOCOL INSTRUCTIONS

At Innovation MD, we utilize cutting edge technologies including:

Regenerative Injections
Photobiomodulation Therapy
Pulsed Electromagnetic Therapies
Microcurrent Neurofeedback
Total Body Ozone Therapies (HOCATT)

Our goal is to harness your body's ability to heal itself with goals of reducing pain and inflammation and enhance your general wellness and performance.

In effort to obtain the best results, we recommend the following schedule for the FIRST month of therapy:

3 sessions per week for 2 weeks

2 sessions per week for 2 weeks

Pre-Appointment Instructions:

- Your first appointment will involve a brief orientation to the recommended therapy and signing of consents. This may require an **additional 15 minutes** to ensure all your questions are addressed.
- Hydration is important and supports the therapy you will be receiving and will help facilitate detoxification of waste. Drink at least 8oz of water 30 minutes before each appointment.
- Wear loose comfortable clothing.
- For HOCATT/ HUGO Therapy: Some of our equipment may potentially damage certain items. We may ask you to lock your electronics, keys or wallet in a locked cabinet. We encourage you to leave these things in your vehicle.
- For HOCATT therapy:
 - Consider bringing a change of shorts or tank top for your comfort during your session; although, this is not required- linens are provided for your use.
 - Drink HALF of your body weight in ounces of water 24 hours before your session.
- For IASIS:
 - See the attached Treatment Information material

During the Appointment:

- Your appointment takes approximately 20-45 minutes depending on what your doctor has recommended.
- We will ask you a few, brief questions regarding your symptoms at each appointment to track your progress.
- If you are receiving focused laser therapy, the treatable area may be no bigger than 3x5 inches or 2x7 inches. We recommend treating one area at a time, but you may consider treating additional areas simultaneously.

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- The first week of therapy, you may experience an amplification of your symptoms including increased pain or feeling tired. This is a *normal healing phenomenon* known as “detox.” Minimize the use of anti-inflammatory drugs during this time if you can. You may ice sore areas for 5 minutes every 30 minutes. Your technician/nurse will monitor your symptoms.
- If you cannot identify *any* focal pain at rest or with provocative maneuvers, we will HOLD your focal laser therapy session.

Therapy Cycle Completion:

- Once you complete the first 30 days of therapy, it is recommended to continue weekly maintenance or as needed sessions to manage your symptoms or maintain your general health.

You could compare this to medication you take as needed for symptom flare ups. How often you need it depends on your body and lifestyle. It may be weekly, or it could be every 3 weeks until another session is indicated. Similarly, if you experience “bad days” you may need to consider 1-3 sessions that week depending on the acuity of your symptoms to accelerate recovery.

- You may use held focal laser sessions to begin maintenance OR begin protocol for another area of pain.
- An injection may be recommended if there is a clearly defined “target” once you complete 5-10 device sessions.
- Depending on the nature and complexity of your symptoms, you may require more than one injection OR device protocol to maximize your relief potential.