

Newsletter

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MICROCURRENT PHYSICAL THERAPY

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What is microcurrent therapy?

Microcurrent is a physical therapy modality that provides frequency to the body at 1/1000th of 1/1000th of an amp, or a millionth of an amp, the level at which the cells in your body produce energy. The current level is so low that patients often do not feel it as it does not stimulate sensory nerves, however it can be very effective precisely because of this low level of current.

Why is the microcurrent effective?

The belief is that the Microcurrent is able to provide your cells, tissues and organs with the appropriate frequencies that they require to function optimally. Microcurrent increases the production of ATP – the primary fuel source for all your cells – by up to 500%. This allows the cells to function more optimally, increases protein synthesis and enhances waste removal. When ATP is increased your cells are better able to perform all of their necessary functions.

How is the frequency delivered to the body?

Typically a Microcurrent treatment will involve the use of either pads or graphite gloves. The pads allow the currents to be delivered to the entire body and are used for general healing support. The graphite gloves are used to deliver frequencies to specific muscles and allow the doctor to feel the muscle tissue and the changes that may occur during treatments. Occasionally a pad and glove combination may be used during a single treatment.

How do the frequencies work?

I believe the frequencies are effective due to the principle of biological resonance. Microcurrent frequencies seem to resonate with biological tissue and change the structure of the tissue when the frequency is correct. Once the tissue is changed and stable it seems to be able to maintain its new configuration.

How long do the benefits last?

Each person is different and will respond to treatment in their unique way. Effects will vary depending on how long someone has had a condition and to what degree they are working on their overall health. Many patients experience some change after the initial treatment and often will retain 50 – 80% of the changes until the next treatment, about 4 – 7 days. The treatments are cumulative and ultimately the goal is to discontinue treatment once the function is restored to an optimal level.

Are there any side effects?

As Microcurrent changes the muscle tissue, removing long stored waste products and increasing cellular metabolism so quickly there is often a detoxification reaction after treatment. The side effects of this detox can include nausea, fatigue, drowsiness, a temporary increase in pain, and a flu-like feeling. The side effects may start following treatment and last from 4 – 24 hours. If you do experience side effects there are some gentle homeopathic and botanical remedies that can aid in this process. Increased water intake is always encouraged as it will aid in the body's detoxification process.

Are there any contraindications?

There is no record of a patient suffering permanent harm due to treatment with Frequency Specific Microcurrent. Microcurrent may not be used over a pregnant uterus or across the brain and may on occasion aggravate a spinal cord injury or patient with a disc bulge. Otherwise, anyone may benefit from treatment.

How often and for how long is treatment recommended?

This will depend on the specific condition being treated, however, typically 30-minute treatments once a week for 4 – 6 weeks is an initial treatment timeframe. Occasionally, only a few treatments are required to produce long-term results. Each case is evaluated individually.