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## To the Patient: About Microcurrent

One of the treatments you will be receiving is called microcurrent electrotherapy. Channelling therapeutic electrical current through muscle, nerve, and connective tissue for the purpose of reducing pain has been a widely accepted medical practice for many years. There is a broad range of additional uses now being applied with microcurrent.



You will receive treatment from a microcurrent device manufactured by Excel. This unit is the most advanced device of its kind currently available and is safe and comfortable. If for any reason you desire to discontinue the treatment, simply press the STOP button on the front of the machine and the machine will shut off.

Microcurrent is introduced into the body through the use of electrodes or by use of hand-held probes. With electrodes you can enjoy a longer treatment while the microcurrent bathes the entire area. With probes, the therapist can apply current to more specific points. Because such a low current is used, you will probably feel nothing during the treatment. The current level prescribed depends on many variables. Your therapist will determine the appropriate treatment for your condition.

It is important to understand that microcurrent is not a cure-all. Occasionally, it may be the only therapy prescribed; but more often it is used in conjunction with other therapeutic and rehabilitative treatments. Your therapist may even prescribe standard interferential electrotherapy in conjunction with microcurrent. Each type of therapy provides its own benefits.

Your doctor or therapist will determine when microcurrent is indicated, how often it should be used, and the length of each application. The exact frequency of treatment depends upon the individual patient and the conditions being treated. As a general rule, periodic treatments will be continued for as long as the condition is present. Treatments may be given as often as once a day in acute or serious conditions. In less serious cases, two to three times a week is common early in the rehabilitation program with a gradual reduction in frequency as the patient improves. To receive maximum benefit from your electrotherapy treatments, it is important to follow the recommendations and instructions of your doctor or therapist as precisely and completely as possible.

Your doctor or therapist can provide you with a list of contraindications, warnings, precautions, and possible adverse reactions.

**If you are being treated in an area where you lack feeling or have decreased sensation of touch, be sure to inform your therapist before treatment is started. Extra care must be used when treating such areas.**