

**Sonic Relief**  
Est. 2003

# Back Pain Treatment Guide



# About Back Pain

**Back pain** is the single most common cause of missed work and **more than 80% of adults** will experience it at some time. Your back is critical to body mechanics and movement. And back pain can greatly affect all aspects of our lives.

- **Reduced Mobility:** limited ability to walk, stand, or engage in physical activities which can result in a sedentary lifestyle.
- **Altered Gait:** which can lead to other issues, such as back pain or hip problems and increased risk of falls.
- **Decreased Quality of Life:** limited ability to participate in social activities, hobbies, and exercise.
- **Sleep Disturbances**
- **Mood Changes:** irritability, frustration, depression or anxiety.

**Common Causes of back pain:** Back pain often develops without a cause that is easily identified. Some common conditions that may be causing your back pain are:

- Muscle Strain (most common)
- Bulging, Degenerating or Ruptured Disks
- Arthritis
- Sciatica (often missed!)



# Treating Back Pain

## Ultrasound Treatment for Back Pain

Ultrasound is an ideal choice to treat all varieties of back pain.

Sound waves penetrate the surface layers causing the affected soft tissue to vibrate. This produces:

- increased blood flow to the area
- reduced spasm
- increased mobility
- and relief and healing for your back pain.

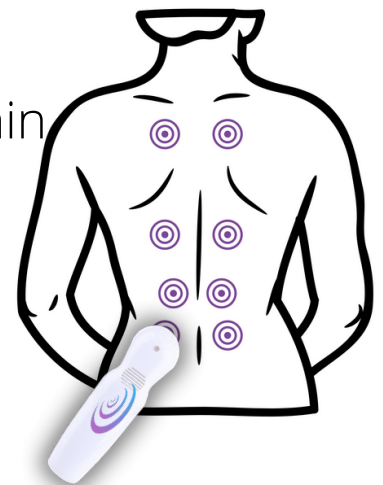


### *Testimonial from G. Styles, Michigan*

*Back pain haunted me every waking moment for about one year. After using your product, I saw immediate results. My chronic lower back pain has diminished, and I barely ever feel anything from my upper back anymore. I still wake up from my sleep expecting to feel pain because it was what I was used to. Sonic Relief has taken care of the physical pain.*

### **In the following pages you will:**

- learn how to use Sonic Relief for back pain
- identify your possible cause of back pain
- find out where to treat it for the best possible outcomes.



# How to Use Sonic Relief

With **Sonic Relief Portable Ultrasound Therapy**, you are on the road to **effective, portable pain relief** and an **improved quality of life**.

**Each Sonic Relief treatment takes only 3 steps - A, B, C:**

## **Assess:**

---

- Take note of where it hurts - muscle, tendon, ligament or inside the joint. You can palpate or press on the area to find the pain point.
- Refer to the treatment guide below to determine where to apply the Sonic Relief treatment for your condition.

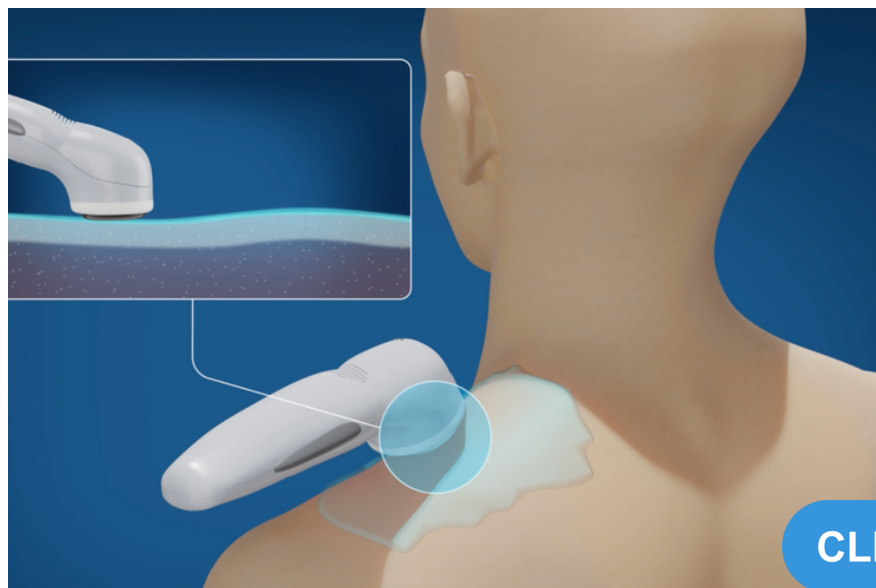


# How to Use Sonic Relief - Part B

## Begin Treatment:

---

- Apply a quarter size dollop of Sonic Relief Gel to the area.
- Turn on your Sonic Relief and press the intensity button to High.
- Place the sound head to the gel and rub the sound head over the area of pain using a small circular motion no larger than twice the size of the sound head.



**NOTE:** The intent is to direct the sound waves into the painful area to remove inflammation, bring blood flow to the area and release the pain.

# How to Use Sonic Relief - Part C

## Complete:

---

- Sonic Relief will turn off automatically with a small beep after 10 minutes.
- Wipe the gel from the sound head and your skin with a soft towel or paper towel.
- Replace Sonic Relief into the charger stand so it's ready for your next treatment.

### **Treat your condition 2-3 times per day when possible.**

1. Before bed for a restful, pain-free sleep (keep your Sonic Relief on your bedside table!)
2. When you wake up for a good start to your day.
3. A third treatment throughout the day is recommended before or after you do activity that might aggravate your pain or condition such as walking, lifting, doing sports, before or after long periods of standing or driving etc. or whenever you feel pain.



## What to Expect:

---

**Sonic Relief treats a myriad of acute and chronic soft tissue injuries and conditions.** Healing can take time but will be sped-up with regular and consistent use of ultrasound therapy.

During treatment, you will not feel much sensation. You may feel a slight tingling, soothing sensation.

Sonic Relief does not produce significant noticeable sound or motion. It does not vibrate or act like a 'massager'. Sonic Relief is a medical device that provides high-frequency therapeutic ultrasound.

Some people feel some **easing of pain and inflammation and gain in range of motion** within the hour after their very first treatment.

Many take a few days to start to feel relief depending on the severity and length of time they've had the painful or inflammatory condition.



**Refer to the treatment guide on the following pages to learn how to use Sonic Relief to treat your condition.**

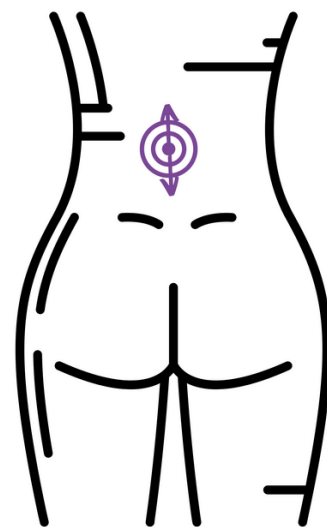
### Back Arthritis

- Back and neck pain, especially in the lower back
- Stiffness and loss of flexibility in the spine, such as being unable to straighten your back or turn your neck or at your waist.
- Swelling and tenderness over the affected vertebrae
- Feeling of grinding when moving the spine



### Treatment Placement

- Place the sound head to aim the ultrasound into the afflicted back joints.
- Move the sound head in slow small circles and up and down.





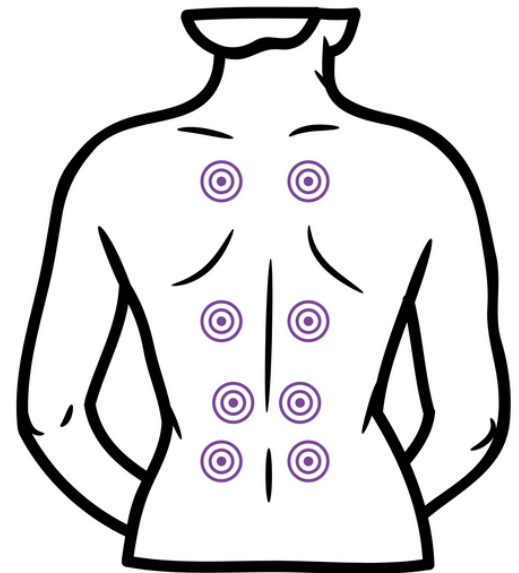
### Back Pain and Strain

Back pain can range from a muscle aching to a shooting, burning or stabbing sensation. In addition, the pain may radiate down your leg or worsen with bending, twisting, lifting, standing or walking.



### Treatment Placement

- Aim the sound head onto the afflicted tissues.
- Upper, mid, and lower back can be treated one area after another and one side after another as needed.
- Move the sound head in slow small circles and up and down.



## Sciatica

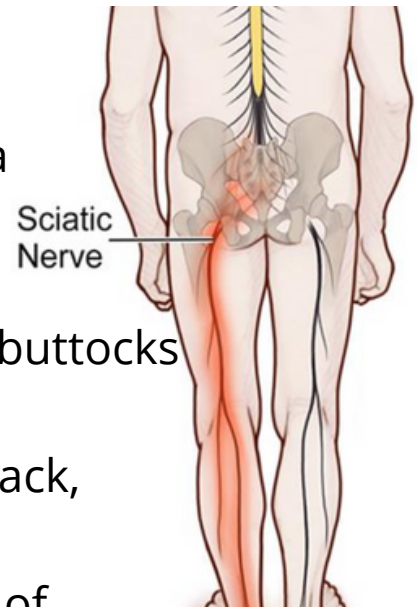
---

# Sciatica

Sciatica pain is caused by an irritation, inflammation, pinching or compression of a nerve in the lower back.

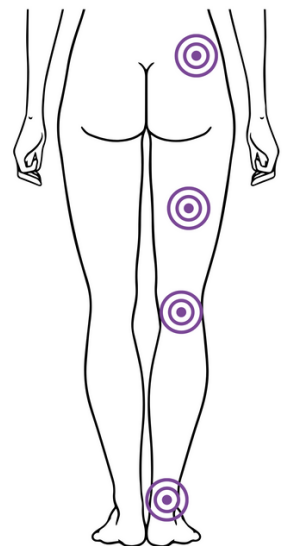
The symptoms of sciatica include:

- Moderate to severe pain in lower back, buttocks and down your leg.
- Numbness or weakness in your lower back, buttock, leg or feet.
- Pain that worsens with movement; loss of movement.
- “Pins and needles” feeling in your legs, toes or feet.



## Treatment Placement

- Place the sound head over the area of pain
  - lower back/upper buttocks
  - and/or back of the thigh
  - back of the knee
  - back of the calf
- You can treat multiple areas one area after another.
- Move the sound head in slow small circles.



## Fibromyalgia & Nerve Pain

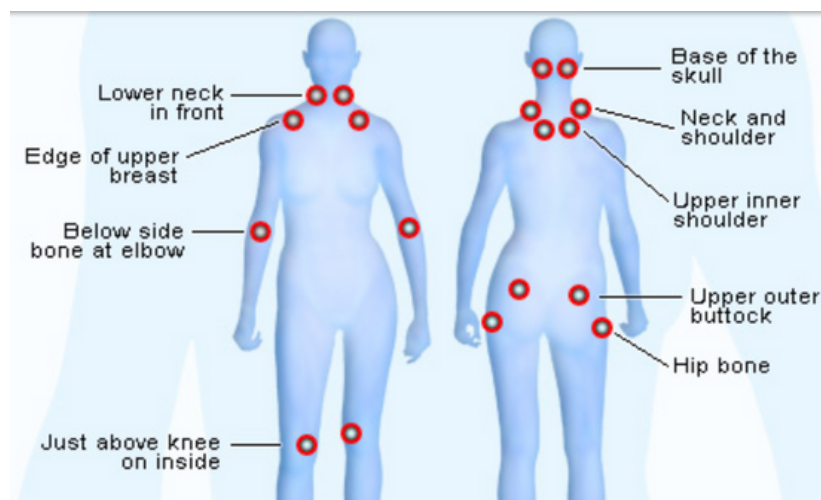
Nerve pain often feels like a shooting, stabbing or burning sensation. Sometimes it can be as sharp and sudden as an electric shock. People with neuropathic pain are often very sensitive to touch or cold and can experience pain as a result of stimuli that would not normally be painful, such as brushing the skin.

### Fibromyalgia

The pain of fibromyalgia may be described as aching, burning, gnawing, stabbing, or throbbing. Pain typically is in one or more of the “18 tenderpoints”

## Treatment Placement

- Apply sound head directly over the afflicted area of pain.
- You can treat multiple areas one after the other as needed
- Move the sound head in slow small circles on the trigger points and up and down the muscles



**Sonic Relief**  
Est. 2003

# Ultrasound Therapy Explained

---

## What is Ultrasound?

Ultrasound is a therapeutic treatment method using high frequency sound waves to treat pain, inflammation and muscle spasm. Ultrasound therapy has been used by physical therapists since the 1940s.



## How does it work?

Ultrasound waves are applied to tissues using a round-headed wand or transducer. Ultrasound gel is used on the skin in order to reduce friction and act as a wave conductor. Therapeutic ultrasound is in the frequency range of about 0.8-1.0 MHz (millions of vibrations/second).

A typical ultrasound treatment will take 10 minutes. During the treatment the head of the ultrasound probe is kept in constant motion.



You will not feel any sensation – the sound waves are acting deep in the tissues– although you may feel a slight tingling, soothing sensation.

# Ultrasound Therapy Explained

---

## What do ultrasound waves do?

### ***Increases Blood Flow:***

Ultrasound waves cause increases in **tissue relaxation and local blood flow** to the treatment area. The increased blood flow can help **reduce local swelling and chronic inflammation**, delivers needed oxygen and nutrients, and removes cell wastes to greatly **improve the rate of healing**.

### ***Relieves Trigger Point and Localised Pain:***

Ultrasound works by **decreasing the pain/sensitivity** associated with muscular trigger points which are important causes of muscle spasm, headache, back ache and all types of muscular/soft tissue "overuse" syndromes.

## **Benefits of Ultrasound Therapy:**

- relieves pain
- reduces inflammation
- reduces muscle spasms
- accelerates healing
- increases range of motion
- decreases the pain/sensitivity of muscular trigger points



# What is Sonic Relief?

---

## Portable Pain Therapy

Sonic Relief is your **personal therapeutic ultrasound device**. The same ultrasound technology used at your physical therapist's office. It is lightweight, safe and portable. Use it at home, while traveling or at the office!



## Cost Effective and Convenient

Sonic Relief delivers the same kind of pain relief and healing benefits as professional ultrasound treatment at the physical therapy office.

Users can reduce recurring therapy costs and decrease time traveling to inconvenient appointments.

Your Sonic Relief device may be covered by private insurance plans.

# What is Sonic Relief?

## Effective Therapy and Pain Relief

- **Scientifically demonstrated** to be an effective therapeutic treatment of multiple pain syndromes.
- **Medically tested** to relieve pain and promote healing
- **Chiropractor and Doctor recommended** for patients who require ultrasound treatment for ailments.
- **Sonic Relief Ultrasound Gel** gives immediate topical relief while conducting the ultrasound waves deep into the affected tissues.



## What does Sonic Relief Treat?

Sonic Relief treats **all soft tissue injuries and conditions** you would treat using regular therapeutic ultrasound.

 Bursitis  Sciatica  Tensions Headaches  Back Pain  Neuralgia

 Tennis Elbow  Carpal Tunnel  Sports Injuries  Sprains and Strains  Plantar Fasciitis

 Heel Spurs  Tendonitis  Arthritis  Neck Pain  Rotator Cuff Injury  Knee Pain

[Click here to see  
all ailments](#) 

# Get Sonic Relief and treat your Back Pain Today!

## Sonic Relief Home-Use Therapeutic Ultrasound

The only one that's cordless! Trusted, prescribed and used by doctors and chiropractors worldwide. Exclusive Sonic Relief technology **relieves pain and speeds healing with ultrasonic waves in your own home.** The ultimate in drug-free self-care for pain, ready when you need it.

### Ask yourself these questions:

*What would it feel like to be pain free again?*

*Can I spend 10 minutes, 2-3 times per day to invest in health?*

*Why not make the decision to change my life for the better?*

## Sonic Relief Starter Kit

Back Pain Relief for only \$179

### The Kit comes with:

- Sonic Relief rechargeable cordless device
- Travel Bag
- Charging base
- USB charging connector
- North American plug adaptor for USB
- 1 Sonic Relief specially formulated Ultrasound Gel
- Downloadable Treatment Manual
- Trigger Point Chart
- 1 year warranty
- 60 day money back guarantee



Buy Now

