

Pain Management Reference Notes

Microcurrent Electro-Acupuncture Pain
Relief

Sequence Therapy

Accelerated Rehabilitation

Table of Contents

Microcurrent Deep Release system and techniques	3 - 9
Auricular charts	10
Dermatome chart	11
Sample Frequencies	12 - 13

The Deep Release System came from Darren's 30+ years of clinical experience and energy medicine development. It is highly effective for helping relieve difficult to treat chronic pain and neuropathy issues.

The Deep Release system consists of:

- Root Tx: Chakras balancing with Microlight therapy (Frequency-Specific Microcurrent with color light), Autonomic Balancing with guided practices
- Probe Techniques "The Toolkit" – Circling the Dragon, Auricular MM, Body Zone techniques
- Pads – FSM or Interferential with motion, fascial bodywork
- Energy work, counseling as needed

Total treatment time: 10 – 45 minutes

The body tends to "unwind" trauma and pain in layers. Just doing one microcurrent or acupuncture technique is rarely as effective as performing a sequence of brief techniques.

The techniques explained here will disperse blockage (resistance), balance body polarities, activate micro-systems and accelerate rehabilitation and tissue regeneration after injuries or surgery. Doing a good sequence treatment will take 3 – 7 minutes for point treatments with the probe electrodes, and up to 30 minutes or more if unattended pad therapies are added such as FSM.

The best way to use this sequence approach is to select one or more tests that measures improvement in the patient. These can include:

- Range of motion or muscle strength testing
- Subjective pain perception upon movement
- Kinesiology (muscle testing) on ah-shi or meridian test points

Once baseline is determined (such as amount of pain upon moving painful body part through ranges of motion), the following techniques can be applied to the patient, and the baseline retested after each technique. You will quickly see which technique, or combination of techniques, produces the greatest improvement.

Important – do not overtreat.

These microcurrent electro-acupuncture techniques are divided into two categories – probe and pad therapies:

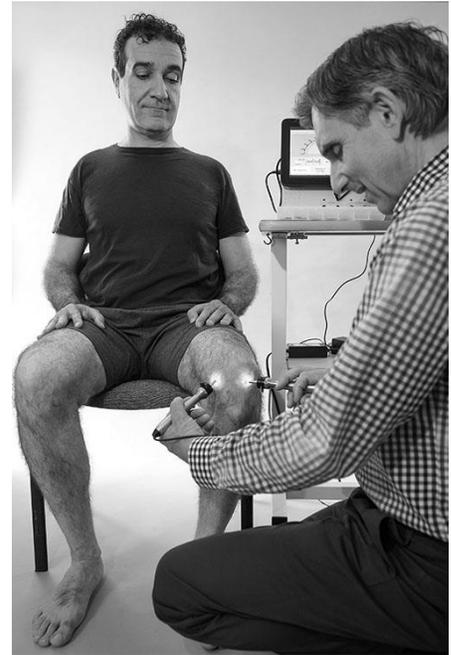
Microcurrent Probes:

These are wands that pass electrical microcurrents through the tips. The red switch you see on the lower probe in this picture is used to start and stop the flow of treatment currents.

In many quality microcurrent devices, the probe electrodes can perform two functions – searching and treating. In search mode, the probes act as acupuncture point locators, and give visual and audio indications when they are over maximally conductive acupuncture points, sometimes displaying a numerical reading expressing “excess” or “deficiency”. When the probe button is pressed, the probes switch over to treatment mode, in which currents are passed through the probe tips into the body for the length of time set on the device timer. This rapid alternation between searching and treatment is very useful for accurate, effective pain relief treatments.

In the protocols that follow, I will be referring to two main forms of probe treatment – “biphasic” and “polarized”. These refer to the electrical polarity orientation of the probes, an extremely important factor in producing good results. Polarity refers to knowing which probe is negative (stimulating, putting electrical energy into the point) or positive (sedating, drawing electrical energy out of the point).

Biphasic means that the polarity of the probes alternates, or switches back and forth every few seconds. Polarized means that the probes stay fixed on their polarity positions, with one staying negative and one staying positive throughout the treatment. As you will see in the following protocols, proper use of polarity is a very important factor.



Pad Electrodes:



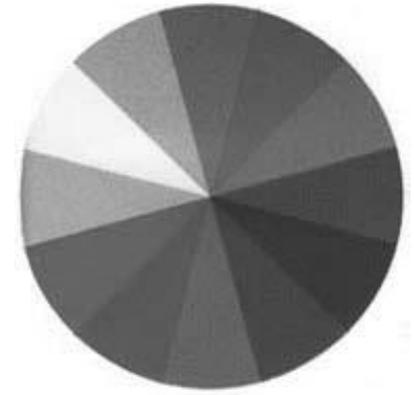
These are the more traditional electro-stim pads that flood larger regions of the body with therapeutic currents. This picture shows the very useful style of pad treatments called interferential. This involves two pairs of pads, with the pairs set to different frequencies that, when mixed in the body, produce deeply acting interference fields. The most popular form of broad stimulation is Frequency-Specific Microcurrent.

Pads can deliver either high-intensity milliamp currents that produce noticeable tingling or muscle pulsations, or low-intensity microamps (microcurrents), which are generally sub-sensational.

In many of the protocols that follow, I'll suggest doing brief probe treatments for rapid pain relief or other acupuncture-style treatments, followed by a longer period of pad stimulation. Pad treatments can be attended or unattended.

Color Light Therapy

There is a significant improvement in results of microcurrent or acupuncture treatment when color light therapy is added. Visible light represents a much higher frequency level of electro-magnetic energy than electrical stimulation or needles produce, and can evoke much more targeted effects on Organs, glands, meridians and sense organ treatments. Color light therapy is also a top treatment of choice for psycho-emotional issues.



Color therapy offers greatly increased responses for pain relief over acupuncture or microcurrent alone. Color light can be added to treatments as a separate step, or can be applied simultaneously through Microlight (microcurrent and color light) combination probe system.

I. Probe Techniques

Notes – Make sure you use the equipment search function to locate most conductive points prior to treating with probes. The addition of indicated color light will greatly amplify the effectiveness of all techniques. It is recommended to start with Root treatment prior to starting sequence therapy. See Microlight Mu-Shu Techique for guidance on Root therapy.

1) **Circling The Dragon:** Probe Preset #1, Biphasic Polarity



Used for local treatment of myofascial and joint pain. Both probes are close together, passing current through affected areas. Good to try this first, re-test, then use other techniques as needed.

Colors: Blue for most pain relief treatments, Purple for severe back pain, Red for deficiency pain, Green for muscle and joint treatments, Turquoise for rheumatoid arthritis, Red or Purple for osteoarthritis

2) **Polarized Probes:** Probe Preset #2 (Dermatome & Distal), Trigger probe -, counter probe +

Probes are widely separated to balance whole body. Used for most acupuncture meridian work and treatment of holographic microsystem points (ear, hand, etc.).

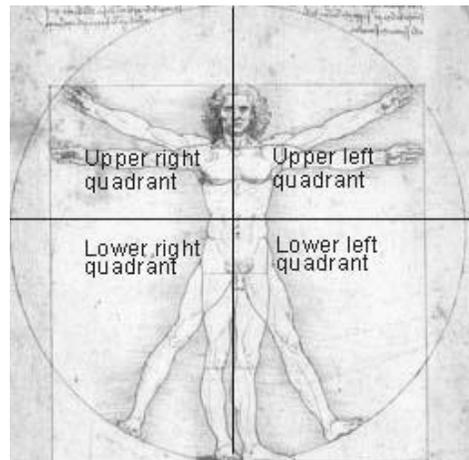
Extremity Treatments:

Option 1: + probe closer to spine (proximal) on arm or leg, - probe farther from spine (distal), both probes in same quadrant of body.



Colors: Blue for most pain relief treatments, Purple for severe back pain, Red for deficiency pain, Green for muscle and joint treatments

Option 2: + probe on pain area, - probe on tender reflex point(s) on opposite quadrant of body

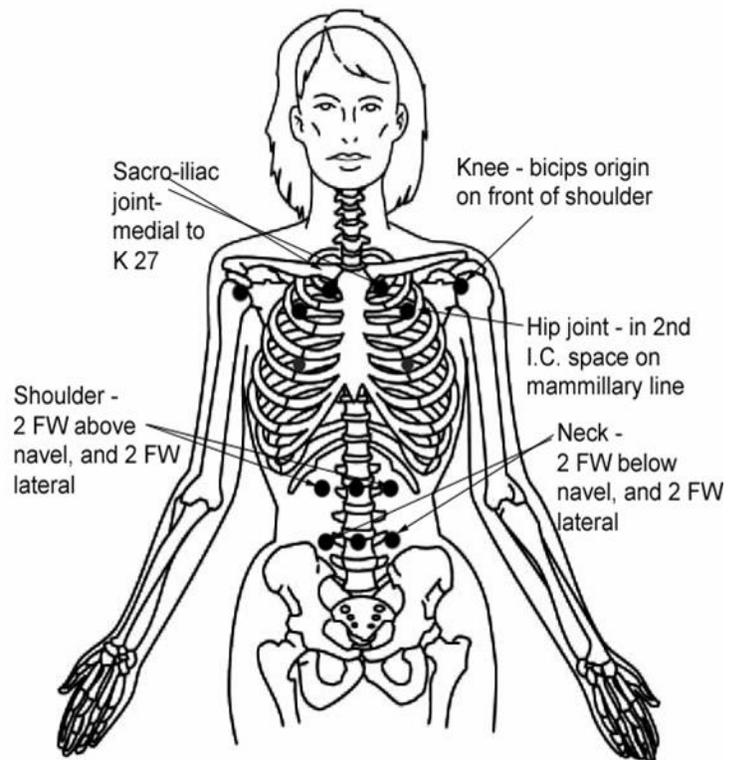


Colors: Same as above

Torso Treatments:

Reverse Body Image (RBI): + probe on painful area, - probe on indicated tender reflex point(s) on opposite aspect of torso

Colors: Purple for back pain, Blue for neck pain, Red for hip osteoarthritis, Blue or Turquoise for shoulder pain





Micro-Macro Treatments:

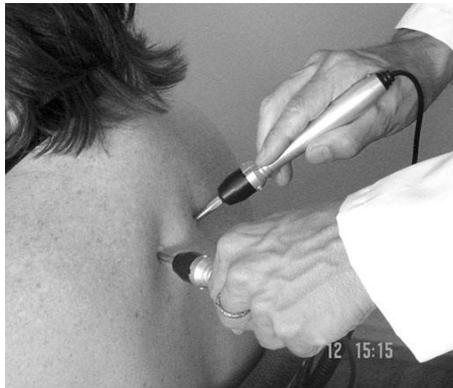
Attach auricular tip to trigger probe. Hold, or ask patient to hold, (+) probe on painful body part, you use (-) probe to search and treat applicable auricular points. Turn intensity down to 25 – 50 μ A. It is good to use several body points of pain connected to several applicable auricular points. (Probe Preset #2)

Colors: Blue for pain relief, Purple for cancer pain treatments through ear, Violet for treating Shenmen point for nervous system calming, Green for Zero point, Magenta for most addictions, Organ

treatments in ear: Red to tonify, Blue to sedate

3) **Acute (Nuke 'em) Probes:** Probe Preset #3, Biphasic Polarity

Pinch trigger points, muscular knots or non-malignant tumors between probe tips and treat from several directions. Used to release tension, accumulations



Colors: Purple for severe pain, Green for muscle masses, Red for scar tissues or adhesions

4) **Origin-Insertion Probe technique:** Probe Preset #1, biphasic polarity

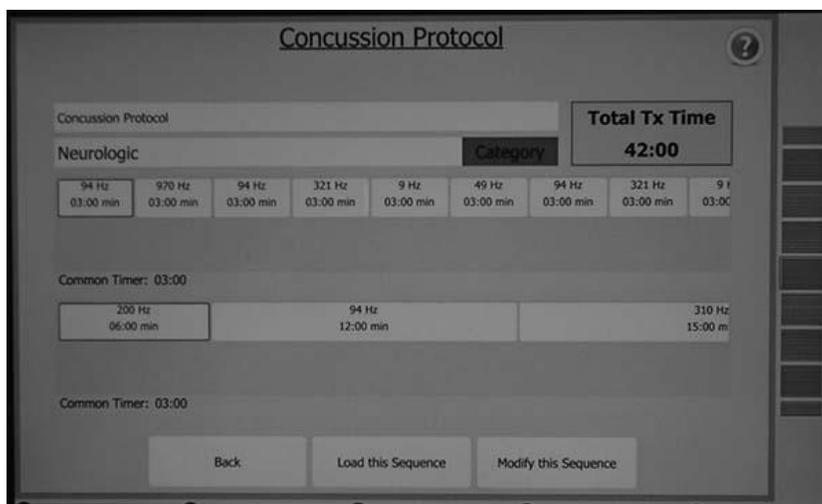
Excellent for balancing specific smaller muscles, such as whiplash treatment of SCM. Select frequency by estimating length of muscle in inches, then set Hz to 1/10th of that. So a 4" muscle would get 0.4 Hz frequency.

Place one probe over origin of muscle and one over insertion. For tense muscles, press outward, away from belly of muscle. For weak, flaccid muscles, press inward, toward belly of muscle.

II. Pad Techniques

1) **Frequency-Specific (FSM)** – Use FST Module, Hz Sequence function

Running sequences of therapeutic frequencies can create powerfully effective healing and balancing effects on most tissues and functions in the body. This is an unattended treatment done through pad electrodes, conductive glove electrodes or wet towel electrodes. To perform this requires the Acutron with FST Module or other microcurrent device with programmable frequency sequences.



Frequency-Specific Microcurrent (FSM): Apply four pad electrodes to run a sequence of therapeutic microcurrent frequencies to the body.

Apply pads in one of these layouts:

1. Bracketing specific affected body part such as low back, knees, legs, etc.
2. Treat whole body with FST through:
 - A. Palms to soles in "X" pattern (L palm to R sole and R palm to L sole)
 - B. Four Gates (Left LI 4 – Right Liv 3, Right LI 4 to Left Liv 3)
 - C. Wet towel electrodes under occiput/neck and sacral area

FST can be sequenced:

- A. As separate unattended step of treatment after completing all Root and probe pain techniques in sequence.
- B. FST can be run WHILE applying the other techniques. Use this with care and test with short treatment times to gauge patient response

The book Frequency-Specific Microcurrent in Pain Management by McMakin is a very good guide to evaluating the body and selecting appropriate frequencies. There are also lists of valuable frequencies in this document.

When FST is combined with Microlight therapy on acupuncture points, including Root treatments it usually provides a high level of clinical results.

2) **Microcurrent Interferential:** IF Preset #1 or #2

Apply 4-pad placements, using 2 intersecting circuits, often with simultaneous exercise, massage and physical therapies. Excellent for post-injury rehabilitation and neuro-muscular re-education

3) **Dermatome Interferential:** IF Preset #3

For 4-pad interferential treatment of extremity pain and radiculopathy. One set of pads is placed proximal to distal (CH A), the other sets brackets the area of pain (CH B)

4) **Milliamp-Microamp Combo Interferential:** IF Preset #5

Excellent for treatment of acute pain and injuries, particularly of the low back. Well complemented by needle tx of distal and micro-system points

Other Pad Electrode Techniques

5) Interferential (IF) - This creates a much broader stimulation pattern for large joints and body regions. Used for acute or chronic pain, neuropathy or post-exercise soreness. Interferential treatment can be applied with high (milliamp) or low (microcurrent) treatment currents. Milliamps are generally used for acute pain and injuries and edema, and microcurrent for subacute or chronic pain and peripheral neuropathies.

6) Kinetic Electro-Therapy - This is another of my favorite microcurrent therapies, again because it is so simple, elegant and really works. For this, simply place the four pads around an injured or painful area, start the current flow, and then get the area in motion. This can be done in many ways. Here are some examples:

- Patient moves joint through range of motion (active motion)
- Practitioner moves area for them (passive motion)
- Bodywork is administered, such as tuina, sotai, manipulation, traction, etc.

Again, all of these are done while the current is flowing through the muscles and fascia. This is a prime rehabilitation technique, and is applicable for a wide range of patient conditions.

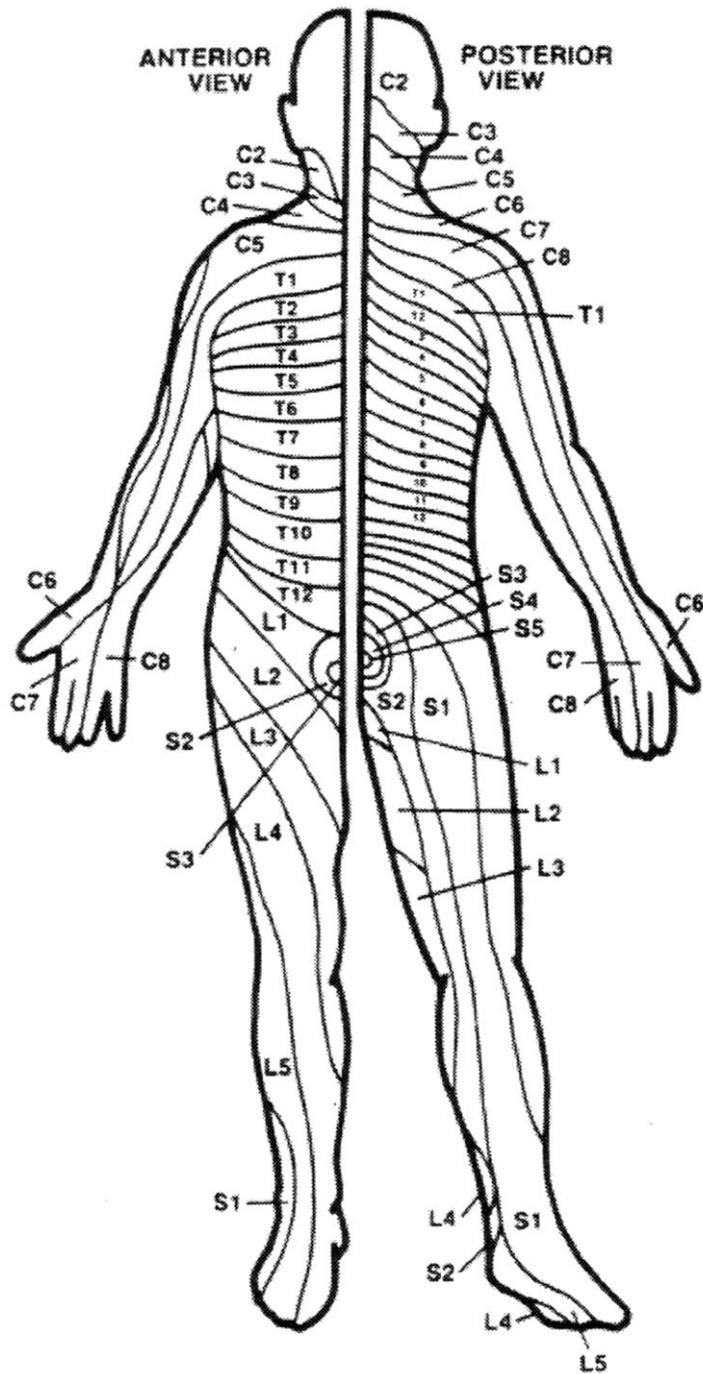
7) Electro-Massage – The practitioner’s hands become living electrodes in this method. Set up 4 – pad interferential treatments by placing one pad from each set on the patients body to bracket the region of pain or dysfunction, and place the other pads from each set on the back of the practitioner’s hands. Wet the body and start the current, and then apply massage, trigger point release, acu-pressure, friction or any other applicable bodywork style. This supercharges the results of bodywork, and tight and restricted areas release more quickly and easily. A labor-saving technique!



Valuable Strategies

1) Re-test patient’s pain level and range of motion after each technique so you know what is working. Try a series of techniques out of your tool belt until you get positive results – which you can do most of the time. A good sequence – 1. Circling The Dragon – 2. Polarized Probes – 3. Frequency sequence therapy through pad electrodes with active motion

2) Add color light to your acupuncture and microcurrent treatments as much as possible for maximum mind-body balancing effects



Dermatomes

Use Probe #2, + on nerve root (Hua To point) and – on painful distal parts of dermatome pathway

Sample Microcurrent Frequencies

40 reduce inflammation
 10 Spinal cord
 116 Immune system
 40 and 116 COX mediated inflammation

Condition Frequencies CH A

Inflammation 40
 Chronic inflammation 284
 Emotional shock 970
 Histamine 9
 Paralysis 321
 Scarring 13
 Sclerosis 3
 Increase secretions 81
 Trauma 94
 Vitality 49
 Calcium ions 91
 Congestion 50

Tissue frequencies CH B

Dermatomal or peripheral nerve 396 (outside spinal cord)
 Fascia 142
 Disc annulus 710
 Disc nucleus 330
 Whole disc 630
 Muscle tissue 46
 Artery and muscle belly 62
 Connective tissue 77
 Tendon 191
 Tendon sheath, bursa 195
 Periosteum 783
 Disc annulus 710
 Disc nucleus 330

Reduce pain 40/396 + on spine, - distal end of nerve
 Remove pathologies 970, 94, 321, 9 / 396
 Remove pathol nerve 284/396
 Disc nerve pain 40/330, 630, 710
 Soften tissue 91/396
 polarized 91/142
 Remove scar nerve 13/396

Remove scar fascia 13/142
 Remove sclerosis nerve 3/396
 Remove sclerosis fascia 4/142
 Restore function 81/396, 46 only use when pain is down to 2
 Improve vitality in nerve 49/396
 Remove inflammation / fascia, blood vessels, tendons, periosteum 40/142, 62, 191, 783
 Remove scarring & sclerosis / fascia, nerve, blood vessels

Central pain

Tissues:
 Inflammation 40
 Chronic inflammation 284
 Increase secretions 81
 Restore vitality 49

Tissues:
 Spinal cord 10
 Mid brain, thalamus 89

Reduce facilitation 40, 284/ 10,89

Dermatomal nerve pain
 Reduce pain 40/396
 Remove pathologies 970,94,321, 9, 284/396
 Soften tissue 91/396, 142
 Improve motion 13,3/396, 142
 If slow response 43, 46, 19/396
 Reduce central pain amp 40, 284/10,89

Peripheral Neuropathy

Conditions:
 Chronic inflammation 284
 Calcium ions 91
 Inflammation 40
 Sclerosis 3
 Toxicity 57, 900, 920
 Increase secretions 81
 Restore vitality 49

Tissue Hz:

Artery, elastic tissue	62
Peripheral nerves	396
Blood supply & nerves	
Inflammation/Artery	40/62
Chronic inflammation/Artery	284/62
Calcium ions/Artery	91/62
Sclerosis/Artery	3/62
Inflammation/Nerve	40/396
Chronic inflammation/Nerve	284/396
Calcium ions/Nerve	91/396
Sclerosis/Nerve	3/396

For chemo therapy neuropathy add:

Toxicity/in blood vessels 57, 900, 920/62

Condition Hz:

Toxicity/ in nerve 57, 900, 920/396

Hemorrhage or bleeding	18
Torn or broken	124
Remove trauma	294
Restore function	321
Remove histamine	9

Tissue Hz:

Disc as whole	630
Disc annulus	710
Disc nucleus	330
Dermatome nerve	396
Spinal cord	10

Shannon Goossen Go To Frequencies

<https://frequencieshatmend.com/>

- SCP: The Standard Concussion Protocol
- Shock/Trauma
 - 94/94 (10-30 minutes)
 - 321/94 (2-5 minutes)
 - 970/94 (2-5 minutes)
- Spinal Cord Inflammation
 - 40/10 (20-60 minutes) test for + or +/- preference
- Recheck muscles: are they still tight? Can they activate the stabilizers now?
- Do muscle retraining movements with micro running neck to stomach
- Motor/Sensory Reboot basics first
 - 321, 81/92,415,84 (2-4 minutes each)
- Finish with Miracles & Transformation (T Zumwalt, MD/B Harris, MD)
 - 528/0,1,90 Miracles 4 min each
 - 417/0 Transformation 4 min each
 - 155/102 Pineal Activation