

HoweRT® Micro-Sport® Home Programs

Line #	Prot	Protocol Name	Time
1	Pn1	Spine Complete	49m
2	Pn2	Spine Short	26m
3	Pn3	Fibro/Body Pn	1h,25m
4	Pn4	Whip	50m
5	Pn5	Whip Short	30m
6	Pn6	Spine Disc Inj Ac	53m
7	Pn7	Neck Pain	50m
8	Pn8	Spine Chronic	47m
9	Pn9	Nerve Complete	50m
10	Pn10	Nerve Simple	39m
11	Pn11	Nerve Trxn Stinger	26m
12	Pn12	Neuro Atrophy	32m
13	Pn13	Spine Arthritis	40m
14	Pn14	Scolio Basics	55m
15	Pn15	Spine Align	42m
16	Pn16	SI & Facet Pn	34m
17	Inj1	Trauma Basics	1hr,13m
18	Inj2	Sprains & Jnt	41m
19	Inj3	Joint Swell	50m
20	Inj4	Musc Strain/Inj	44m
21	Inj5	Fascia "Heal"	35m x 4
22	Inj6	Bruise	15m
23	Inj7	Quick Jnt/Gen Pn	15m
24	Inj8	Quick Pn Nerve	15m
25	Inj9	Joint/Cart/Menis	30m
26	Inj10	Tendon	27m
27	Inj11	Bursa/Bkr Cyst	40m
28	Inj12	Bone Fx	47m
29	Inj13	Bone Bruise	32m
30	Inj14	Bone Pain	25m
31	Inj15	Bone Spur Pain	18m
32	Inj16	Head Conc Short	53m

Line #	Prot	Protocol Name	Time
33	Inj17	Skin Wnd HI	37m
34	Inj18	Skin Sun	20m
35	A1	Arth Pn	43m
36	A2	Auto Imm Reboot	41m
37	A3	Jnt Tendon	20m
38	A4	Jnt Stiffness	22m
39	A5	Jnt Swell	50m
40	A6	Arth w Injury	59m
41	A7	Arth Spurs	56m
42	A8	Stiff Musc/Tiss	1hr
43	A9	Jnt Pn Stiff Gout	26m
44	A10	Gout Chr	39m
45	Str1	Attn/Focus	38m
46	Str2	Stress & Nrv Reset	50m
47	Str3	Anx	32m
48	Str4	Dp Brn Reset	1hr, 30m
49	Str5	Depr	39m
50	Str6	Calm/Rest	23m
51	Str7	Trauma Sev-Emot	1hr, 37m
52	Fem1	Menstrual Cramps	22m
53	Fem2	Men Hvy Bld	57m
54	Fem3	Bloat	49m
55	Fem4	Breast Health	55m
56	PO1	Jnt Run First	54m
57	PO2	Organ Run First	1hr, 5m
58	PO3	Nerv Sys Reset	50m
59	PO4	Detox Support	49m
60	PO5	Lymph & Swell	38m
61	PO6	Tox/Anesth	33m
62	PO7	Post Op Constip	34m
63	PO8	Nrv Post Op Numb	34m
64	Well1	CNS Wellness	31m

Line #	Prot	Protocol Name	Time
65	Well2	GI Distress	1hr, 24m
66	Well3	Phys Stress	45m
67	Well4	Sleep	40m
68	Well5	Ins Reset-Fat	25m
69	Well6	Sinus Allergy	1hr, 5m
70	Well7	Gen Inflam	43m
71	Well8	Skin Wrinkles	28m
72	Well9	Skin Acne	30m
73	Well10	Kid Stne Pn	47m
74	Well11	Liver Health	33m
75	Well12	Colon	1hr, 24m
76	Well13	Const Bowel	32m
77	I 1	Imm Supp	43m
78	I 2	Stomach Par/Vir	1hr, 4m
79	I 3	Candida/Fung	32m
80	I 4	Cold Vir Chest	47m
81	I 5	Fvr	17m
82	I 6	Influ Fvr	1hr, 10m
83	I 7	Virus	30m x 4
84	I 8	Inf Full Bod	1hr, 4m
85	I 9	Skin Cellulite Pn	16m
86	I 10	Sinus Inf	44m
87	I 11	Pneumo	1hr, 4m
88	I 12	Lung Asth	30m
89	Night1	Jnt & Sprn	2hr, 26m
90	Night2	Fx & Bone Inj	3hr, 14m
91	Night3	Anti Aging	4hr
92	Night4	Spine	1hr,14m
93	Night5	Spine & Arth	4hr, 44m
94	Night6	Bone Spur	1hr, 22m
95	Night7	Disc Inj Long	40m x 4
96	Male1	Pros Health (opt)	34m

All Protocol Names are descriptive and do not imply treatment, diagnosis, or efficacy; see Manual
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