



## MICRO-SPORT™ Home & Wellness

HoweRT™ microcurrent devices are easy to use, state of the art micro based e-stim devices that come pre-programmed for typical sports related issues or injuries. They are FDA approved devices offering Resonance Programmed Microcurrent.

**Why Micro?** Microcurrent technology has been used for many decades and is used in some wound healing and bone healing devices. This is because microcurrent has been shown to increase cell energy (ATP) by up to 500% (Cheng, 1982). This study also found improvement in oxygenation and cell repair as well as boosting protein synthesis by 70%. Numerous studies support the amazing healing seen in clinical practices. Visit our website for more information on research in this area. Micro has become a staple in athletic intervention at the collegiate and professional levels of performance.

**Is all Micro the same?** No, early units and units used for wound healing typically use one or two frequencies as the current is delivered to the injured area or body. HoweRT™ Micro devices use complex programming based on Resonance Theory. There are a number of technical parameters that are controlled for; including timing, waveform, polarization and “ramping”. These parameters have been clinically developed to allow for advanced programming and much better clinical outcomes.

**Where Did the Programs Come From?** The basis of all the programs is basic microcurrent. Using the theory of Resonance and frequency, Micro-Sport™ devices have programs that were developed for the therapy clinic of Vanessa Howe, MSPT. For a decade Vanessa has been writing programs to optimize the effectiveness of Microcurrent. It is important to note that the different programs are named to assist a practitioner or patient in choosing a program that was developed to be a positive supportive addition to a therapy or medical intervention. No claims about efficacy regarding a specific program for a diagnosis or condition can or should be made. For example, the program named Sprains is first and foremost a microcurrent program. It has been customized by Vanessa to intentionally use “frequencies” to target tissues to enhance the current. This targeting and use of frequencies is theoretical; there is no evidence that use of this technique in any way changes the effect of the current beyond that of any other microcurrent. However, clinical feedback has been overall very positive.

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**For consults, appointments, packages, or pricing please contact Jennifer Burkhart, MS OT at  
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## What Kind of Programs Are Available?

The Home & Wellness unit comes with 9 intuitive Modules for easy navigation.

**PAIN (16 programs)**

**STRESS (7 programs)**

**WELLNESS (13 programs)**

**INJURY (18)**

**FEMALE (4)**

**ILLNESS (12)**

**ARTHRITIS (10)**

**POST OP (8)**

**NIGHT/LONG (7)**

Disclaimer: Programs have been clinically developed with a decade of effective use for tens of thousands of pain treatments. Program names are to indicate most appropriate uses; but are not meant to infer efficacy or diagnosis/treatment of specific conditions. Microcurrent is approved for use for pain relief only. Programs as listed on the device include:

**Pain Module:** Spine Complete, Spine Short, Fibro/Bdy Pn, Whip, Whip Short, Spine Disc Inj Ac, Neck Pain, Spine-Disc-Nrv C, Nerve Complete, Nerve Simple, Neuro Atro, Spine Hard, Scolio Basics, Spine Align, SI/Facet Pn

**Injury Module:** Trauma Basics, Sprains/Jnt, Joint Swelling, Musc Strain/Inj, Fascia "Heal", Bruise, Quick Jnt/Gen Pn, Quick Pn/Nrv, Joint/Cart/Menis, Tendon, Bursa/Bkr Cyst, Bone Fx, Bone Bruise, Bone Pn, Bone Spur Pain, Head Conc Short, Skin/Wnd/Abrasion, Skin Sun

**Arthritis Module:** Arth Pn, Auto Imm Reboot, Jnt Tendon, Jnt Stiffness, Jnt Swell, Arth w/Inj, Arth Spurs, Stiff Musc/Tiss, Jnt Pn Stiff Gout, Gout Chr

**Stress (Wellness Emotion) Module:** Attn/Focus, Stress & Nrv Reset, Anx, Dp Brn Reset, Depr, Calm/Rest, Trauma Sev-Emot

**Female Module:** Menstr Cramp, Menstr Hvy Bld, Bloat, Breast Health

**Post Op Module:** Jnt Run First, Organ Run First, Nerv Sys Reset, Detox Support, Lymph & Swell, Tox/Anest, Post Op Constip, Nerv Post Op Numb

**Wellness Module:** CNS Wellness, GI Distress, Phys Stress (adren/vag), Sleep, Ins Reset– Fat, Sinus Allergy, Gen Inflam, Skin Wrinkles, Skin Acne, Kid Stne Pn, Liver Health, Colon, Const Bowel.

**Illness Module:** Imm Supp, Stomach Par/Vir, Candida/Fungus, Cold Vir Chest, Fever, Infla Fvr, Virus, Inf Full Body, Skin Cellulite Pn, Sinus Inf, Pneumo, Lung Asth \*\*\*Use of microcurrent for illness or any non-pain condition is not intended for any intervention other than general wellness. There are no studies or validations of the use of this (or other microcurrent devices) for such conditions as listed below. These programs have been reported clinically to be supportive in nature and have general positive results. No claims with regards to cure, mitigation or any treatment effect can or should be made. All programs are meant to be USED IN CONJUNCTION WITH A COMPLETE MEDICAL PROGRAM. FOLLOW YOUR PHYSICIAN'S INSTRUCTIONS. HoweRT accepts no responsibility for the misuse of these programs or unfounded claims made by practitioners.

**Night Module:** Long programs for Sprains & Joint, Fx, Wellness Anti-Aging, Spine, Spine & Arth, Bone Spur, Disc Spine, Optional program: Pros Health

Current programming options include this Home Package and a Sport Packages including PRO and a Rehab/Physical Medicine Module. This will allow users to have a full compliment of programs for most injuries as well as typical conditions treated in athletics of all levels as well as Chiropractic and Physical Therapy clinics.