

MAGNETOTHERAPY METHODS

Department of Physiotherapy at BelSIDA

Instruction Guide to the magnetotherapy apparatus AMT-01

Table of contents

General rules of carrying out magnetotherapy treatment	p.2	AMT-01 influence on the locomotor system diseases	p. 14
Attention	p.3	Scapulohumeral periartrosis	p. 14
AMT-01 outlook	p.4	Elbow epicondylitis	p. 15
Pneumonia	p.5	Radiocarpal stiloïdosis	p. 15
Bronchial asthma	p.5	Polyarthrititis of the wrist	p. 15
Bronchitis	p.6	Arthrosis of the coxofemoral joint	p. 16
Children`s bronchitis	p.7	Arthrosis of the knee joint	p. 16
Tracheitis	p.7	Double arthrosis of the knee joints	p. 17
Tracheobronchitis	p.7	Calcaneal spur	p. 17
Sininitis	p.8	Achilodynia	p. 18
Rhinitis	p.8	Traumas of joints and soft extremity tissues	p. 18
Frontitis	p.8	Wounds	p. 18
Gastritis	p.9	Adnexitis	p. 19
Stomach and duodenal ulcer	p.9	Double adnexitis	p. 19
Cholecystitis	p.10	Cystitis	p. 20
Hepatitis	p.10	High blood pressure	p. 20
Vertebral column disorder	p.10	Trombophlebitis of the shin	p. 21
Cervical pain	p.10	Atherosclerosis of the vessels of the cerebrum	p. 22
Cervical and cephalic pain	p.11	Concussion of the brain and the craniocerebral injury consequences	p. 23
Cervical and brachial pain	p.11	Craniocerebral injury consequences	p. 24
Cervical radiculitis	p.11	The authors	p. 28
Thoracalgia	p.12		
Thoracic radiculitis	p.12		
Lumbago	p.12		
Lumbalgia	p.13		
Lumbar ishialgia	p.13		
Lumbosacral radiculitis	p.14		
Coccygodynia	p.14		

KLER

Scientific – industrial enterprise

Заказать и купить **Аппарат для магнитотерапии «АМТ-01»**

вы можете на сайте workaut.by

или по телефону +375-29-612-93-03

General rules of carrying out magnetotherapy treatment

One can carry out magnetotherapy treatment with the help of portable equipment very easily. However, the success of the treatment depends on the therapy methods' choice. You should consult your doctor or physician before starting the treatment. The choice of the method of influence depends on the diagnose and peculiarities of the disease.

Magnetotherapy treatment should be carried out with the gradual increase in time of exposure beginning with the minimum and adding 1 minute daily. If there is any improvement in your state of health, you should not increase the time of the following treatment. If afterwards the positive effect ceased, you should increase the time up to 1min. again but do not exceed the time limit. In case of no obvious recovery, you should increase exposure time adding 1 min. daily according to the time given in the instructions to each of the methods.

Magnetotherapy treatment is done once on a daily basis unless prescribed by the doctor it must be carried out twice a day with the interval of 5-8 hours. You should direct magnetotherapy apparatus to the definite parts of your body. The places of contact in the following methods will be called **fields**.

It should also be mentioned that the influence of the equipment could be done through bandage and plaster (when needed).

It should be taken into account that sometimes patients with the same diseases have different locations of the sensation of pain. That is why the phrase "the apparatus is placed in the painful zone" is repeated many times for a painful zone is difficult to define and only a doctor can allow to influence it.

When the above – described methods are applied to children, the time of exposure should be reduced by 1,5 - 2 times.

It should also be pointed out that magnetotherapy treatment is **contra -indicated** in case of:

- **acute inflammatory process**
- **suppurative process**
- **arterial hypotonia / low blood pressure**
- **bleeding & predisposition to it**

ATTENTION!

- Before using AMT-01 apparatus, study the instruction guide carefully.
- Success of the treatment depends to a certain extent on the right choice of a magnetotherapy method.
- Before you start, make sure you consulted your doctor or physician as the choice of the method of influence depends on a diagnose & peculiarities of a disease.

Contra-indications!

- acute inflammatory process
- suppurative process
- arterial hypotonia / low blood pressure
- bleeding & predisposition to it

Заказать и купить **Аппарат для магнитотерапии «АМТ-01»**

вы можете на сайте workaut.by
или по телефону +375-29-612-93-03

AMT-01 outlook & its position on the desktop

Power supply cord - шнур питания

Diode – светодиод

Magnetic field direction for influencing the painful zone – направление магнитного поля для воздействия

Respiratory organs diseases

Pneumonia

Method №1

If you are diagnosed with **focal pneumonia** you should place the apparatus in contact with the projection of the affection region in a lung from the side of your back. The length of the session is 10-15 min.

The treatment is carried out on a daily basis.

The course of medical treatment consists of 8 – 12 sessions.

Method №2

If you are diagnosed with double pneumonia 2 fields should be influenced by turns.

The length of the each influence is 7-12 min.

The treatment must be done daily.

The course of the medical treatment comprises 8-12 sessions.

Bronchial asthma

Method №3

The apparatus is placed on the roots of the lungs in contact with the 2 fields. The length of the procedure is 7-10 min.

The treatment is carried out every day. The course of treatment includes 10-15 procedures.

Method № 4

The apparatus should be placed in contact with the adrenal glands` region in turns. It should be in contact with the 2 fields for 7-10 min. each session.

The treatment is done every day. The course of the medical treatment includes 10-15 procedures.

Method №5

You should alternate method №3 with method №4 on a daily basis, e.g.: 1st day - use method №3, 2nd day – method №4, etc.

The course of the medical treatment consists of 10-14 procedures.

Bronchitis

Method № 6

The apparatus is placed in turns with the roots of the lungs in contact with the 2 fields for 7-10 min. each procedure.

The treatment should be done daily.

The course of the medical treatment comprises 8-12 procedures.

Заказать и купить **Аппарат для магнитотерапии «AMT-01»**

вы можете на сайте workaut.by

или по телефону +375-29-612-93-03

Children`s bronchitis**Method №7**

The apparatus is put in contact with the inter-scapular region. The length of the influence is 4-8 min. The treatment is carried out on a daily basis. The course of treatment includes 8-10 procedures.

Tracheitis**Method №8**

The apparatus is placed on the front side of the breast - bone in the region of trachea projection. The length of the influence is 7-12 min.
The treatment must be done on a daily basis. The course consists of 7-10 procedures.

Tracheobronchitis**Method №9**

The apparatus is put in the region of the windpipe projection on the breast - bone and at the back in the inter-scapular region (2 fields).
The length of the each influence is 7-10 min. The procedures are done daily.
The course of the medical treatment comprises 7-10 procedures.

Sinusitis**Method №10**

The apparatus is placed in contact with the region of the antrums of Highmore.
The length of the influence on the each field is 4-7 min.
The treatment is carried out on a daily basis.
The course of treatment includes 7-10 sessions.

Frontitis**Method №11**

The apparatus is put in contact with the frontal sinus. The length of the contact is 4-7 min.
The treatment is done daily.
The course of treatment consists of 7-10 sessions.

Rhinitis**Method №12**

The apparatus is placed in contact with the nose region.
The length of the procedure is 4-8 min.
The treatment is carried out on a daily basis.
The course of treatment comprises 7-10 procedures.

Gastrointestinal tract diseases**Gastritis****Method №13**

The apparatus is placed in contact with the epigastric region.
The length of the influence is 8-12 min.
The treatment is carried out daily.
The course of the treatment comprises 7-10 procedures.

Stomach and duodenal ulcer**Method №14**

The apparatus is put in contact with the painful zone in the epigastric region .
The length of the contact is 10-15 min.
The course of the treatment comprises 10-12 sessions.

Method №15

If the pain is felt in the back, you should place the apparatus in contact with the epigastric zone and at the back paravertebrally in the middle-breast region of the backbone.

The length of the influence on the each field is 5-8 min.

The treatment is carried out daily.

The course of the treatment consists of 10-15 procedures.

Cholecystitis**Method №16**

The apparatus is placed in contact with the gall - bladder.

The length of the treatment is 5-10 min.

The treatment is carried out daily.

The course of the treatment includes 8-10 procedures.

Hepatitis**Method №17**

The apparatus is placed at the front in contact with the liver region.

The length of the influence is 8-12 min. The procedures are done daily.

The course of the treatment includes 8-10 procedures.

Vertebral column disorders**Cervical pain****Method №18**

The apparatus is placed in contact with the painful zone of the neck.

The length of the procedure is 7-10 min.

The treatment is carried out on a daily basis.

The course of the treatment includes 7-10 sessions.

Cervical and cranial pain**Method №19**

The apparatus is put in contact with the neck and the head regions (2 fields).

The length of the influence on the each field is 5-7 min.

The treatment is done daily.

The course of the treatment consists of 7-10 sessions.

Cervical and brachial pain**Method №20**

The apparatus is placed in contact with the painful zones of the neck and a shoulder (2 fields).

The length of the influence on the each field is 5-7 min.

The procedures are prescribed daily.

Заказать и купить **Аппарат для магнитотерапии «АМТ-01»**

вы можете на сайте workaut.by

или по телефону +375-29-612-93-03

The course of the medical treatment includes 7-10 procedures.

Cervical radiculitis

Method №21

The apparatus is put in contact with the painful zones of the neck, a shoulder and an arm by turns.

The length of the each influence is 5-7 min.

The treatment is done every day.

The course of the treatment comprises 8-12 procedures.

Thoracalgia

Method № 22

The apparatus is placed in contact with the painful zone.

The length of the procedure is 7-10 min.

The treatment is carried out on a daily basis.

The course of the medical treatment comprises 7-10 procedures.

Thoracic radiculitis

Method № 23

The apparatus should be placed in contact with the painful zone of the spinal cord & with the zone of pain distribution (2 fields).

The length of the treatment is 6-8 min. on the each field.

The procedures are carried out daily.

The course of the treatment comprises 8-12 procedures.

Lumbago

Method №24

The apparatus is placed in the contact with the painful zone of the lumbus.

The length of the treatment is 7-10 min.

The procedures are prescribed daily.

The course of the medical treatment includes 7-10 procedures.

Lumbalgia

Method №25

If you feel pain in the lumbar region you should place the apparatus in contact with the painful zone.

The length of the influence is 7-10 min.

The sessions should be carried out on a daily basis.

The course of the medical treatment consists of 7-10 sessions.

Method №26

If you feel pain in a different region you should place the apparatus in contact with the lumbar region of the backbone and with the pain distribution zone (on the left or on the right), 2 fields.

The length of the influence on the each field is 5-8 min.

The treatment should be carried out daily.

The course of the treatment contains 7-10 procedures.

Lumbar ishialgia**Method № 27**

The apparatus should be placed in contact with the painful zone of the lumbus and in the pain distribution zone on a buttock and a hip (3 fields).

The length of the influence is 5-7 min.

The treatment must be done daily.

The course of the treatment comprises 7-10 procedures.

Traumas of joints and soft tissues**Lumbosacral radiculitis****Method № 28**

The apparatus is placed in contact with the lumbar painful zone and in the zone of pain distribution on a hip and on a shin (3 fields).

The length of the influence on the each field is 5-8 min.

The treatment is carried out on a daily basis.

The course of the medical treatment includes 8-12 procedures.

Coccygodynia**Method №29**

The apparatus is placed in contact with the painful zone of the coccyx.

The length of the session is 5-10 min.

The procedures are carried out once – twice a day during the following 7-12 days.

Locomotor system diseases**Scapulohumeral periarthrosis****Method №30**

The apparatus is put in contact with the cervical zone of the cerebral cord and in the painful zone on the brachial joint (2 fields).

The length of the influence on the each field is 5-7 min.

The procedures are done daily.

The course of treatment includes 8-12 procedures.

Elbow epicondylitis**Method №31**

The apparatus is placed in contact with the cervical zone of the cerebral cord and in the painful zone on the elbow joint (2 fields).

The length of the influence on the each field is 5-7 min.

The treatment is prescribed on a daily basis.

The course of the medical treatment consists of 8-12 procedures.

Radiocarpal stiloïdosis**Method № 32**

The apparatus is placed in contact with the cervical zone of the backbone and in the painful zone on the radiocarpal joint (2 fields).

The length of the influence on the each field is 5-7 min.

The procedures are done every day.

The course of medical treatment includes 8-12 procedures.

Polyarthrititis of the wrist**Method №33**

The apparatus is put in contact with the cervical region of the spinal cord and in the zone of the wrists (3 fields).

The length of the influence on the each field is 5-7min.

The treatment is carried out daily.

The course of treatment includes 8-12 procedures.

Arthrosis of the coxofemoral joint**Method №34**

The apparatus is put in contact with the lumbar region and in the painful zone on the coxofemoral joint (2 fields).

The length of the session is 7-10 min.

The treatment is prescribed on a daily basis.

The course of the treatment contains 10-12 procedures.

Method № 35

The apparatus is placed in contact with the lumbar region of the spinal cord and on the coxofemoral joint at the front side and at the back (3 fields).

The length of the influence on the each field is 5-7 min.

The treatment is done daily.

The course of the treatment comprises 10-15 procedures.

Arthrosis of the knee joint**Method № 36**

The apparatus is placed in contact with the lumbar zone of the spine and in the painful zone on a knee joint (2 fields).

The length of the treatment on the each field is 6-8 min.

The treatment is carried out daily.

The course of medical treatment consists of 10-12 sessions.

Double arthrosis of knee joints**Method №37**

The apparatus is placed in contact with the lumbar zone of the backbone and in the painful joints of the both knee joints (3 fields).

The length of the treatment is 5-7 min. on the each field.

The treatment is carried out daily.

The course of medical treatment comprises 10-15 procedures.

Calcaneal spur**Method №38**

The apparatus is placed on the lumbar zone of the backbone and in the zone of the heel (2 fields).

The length of the influence on the each field is 5-8 min.

The procedures are prescribed daily.

The course of treatment includes 10-12 sessions.

Method № 39

If both the 2 heels hurt, you should place the apparatus on the lumbar zone of the spinal cord and on the 2 heels (3 fields).

The length of the session is 5-7 min. on the each field.

The procedures are prescribed on a daily basis.

The course of treatment consists of 10-15 procedures.

Achilodynia**Method № 40**

The apparatus is put in contact with the lumbar zone of the spine and on the painful zone in the Achille`s sinew region (2 fields).

The length of the session on the each field is 5-8 min.

The sessions are done daily.

The course of the treatment includes 8-12 sessions.

Traumas of the joints and soft tissues of the extremities**Method № 41**

The apparatus is placed in contact with the painful zone or a swollen place in the region of a trauma.

When you have numerous traumas, several fields must be influenced.

The length of the procedure is 5-7 min on the each field.

The treatment is to be carried twice a day during the following 7-10 days.

Wounds**Method № 42**

The apparatus is placed in contact with the wound region (without pressure) through a cheesecloth.

The length of the procedure is 5-7 min.

The sessions are to be carried out twice a day during the following 7-10 days.

Adnexitis**Method № 43**

The apparatus is put in contact with the lower belly in the region of an appendage.

The length of the procedure is 5-7 min.

The procedures should be done once / twice a day during the following 7-10 days.

Method №44

When you have lingering adnexitis , you should place the apparatus on the lower belly in the region of an appendage and on the lumbar zone of the backbone (2 fields).

The length of the session is 5-7 min. on the each field.

The sessions are to be done daily.

The procedures are done once/twice a day during the following 8-12 days.

Double adnexitis**Method №45**

The apparatus is placed in contact with the lumbar zone of the spine and in the region of the right and left appendages (3 fields).

The length of the influence on the each field is 4-6 min.

The procedures are carried out daily.

Заказать и купить **Аппарат для магнитотерапии «АМТ-01»**

вы можете на сайте workaut.by

или по телефону +375-29-612-93-03

The course of the treatment includes 10-15 procedures.

Cystitis

Method №46

The apparatus is placed in contact with the lower belly in the region of the urinary bladder.

The length of the procedure is 7-10 min.

The treatment should be carried out daily.

The course of the medical treatment includes 7-10 procedures.

Method № 47

When you have lingering cystitis, the apparatus is placed in contact with the lumbar zone of the spine and with the lower belly in the region of the urinary bladder (2 fields).

The length of the influence on the each field is 5-8 min.

The procedures are prescribed on a daily basis.

The course of the medical treatment consists of 8-12 procedures.

High blood pressure

Method №48

The apparatus should be placed in the cervical-pectoral region of the spinal cord.

The length of the influence is 7-10 min.

The procedures are prescribed daily.

The course of treatment consists of 7-10 procedures.

Method № 49

If you are diagnosed with the nephritic hypertension, the apparatus should be placed in contact with the region of the 2 kidneys (2 fields).

The length of the influence on the each field is 7-10 min.

The treatment should be carried out on a daily basis.

The course of treatment includes 7-10 procedures.

Method №50

If you have mixed type of hypertension, the apparatus should be placed in contact with the cervical-pectoral zone of the spine and with the region of the kidneys (3 fields).

The length of treatment is 5-7 min on the each field.

The treatment is carried out daily.

The course of treatment consists of 8-12 min.

Trombophlebitis of the shin

Method № 51

The apparatus is placed in contact with the swollen region without any pressure.

The length of treatment is 5-8 min.

The procedures are carried out once or twice a day during the following 7-10 days.

Method № 52

When you have lingering trombophlebitis, you should place the apparatus in contact with the lumbar zone of the spine and on the swollen region without any pressure.

The length of the influence on the each field is 5-7 min.

The sessions are done daily.

The course of treatment includes 8-12 procedures.

Atherosclerosis of the vessels of the cerebrum

Method № 53

If the vascular disorders take place in the carotid artery region, the apparatus should be placed in contact with the fore-side surface of the neck in turn on the left and on the right (2 fields).

The length of the influence is 4-7 min.

The procedures are done daily.

The course of treatment consists of 10-12 procedures.

Method № 54

If the vascular disorders take place in the vertebrabasic system, the apparatus should be placed in contact with the cervical-pectoral zone of the spine.

The length of the treatment is 5-10 min.

The procedures are done daily.

The course of treatment includes 10-12 procedures.

Concussion of the brain and craniocerebral injury consequences.

Method № 55

The apparatus is placed in contact with the swollen region and in the region of pain in the place of the blow.

The length of treatment is 5-7 min.

The sessions are prescribed on a daily basis.

The course of treatment consists of 5-10 procedures.

Method № 56

If the place of a blow is unknown, you should place the apparatus in the region of the back of your head.

The length of treatment is 5-7 min.

The procedures are done daily.

The course of treatment includes 5-10 procedures.

Method № 57

If the intracranial pressure takes place, the apparatus should be placed in contact with the cervical-pectoral zone of the spine.

The length of treatment is 5-7 min.

The procedures are done daily.

The course consists of 7-10 procedures.

The authors:

V.S. Ulaschik, head of the physiotherapy department, professor.

L.E. Kozlovskaya, assistant professor at the physiotherapy department.

I.A.Rybin, assistant at the physiotherapy department.