

## Pioneering Today's Premier Pain Diagnostic & Treatment Therapy

### What is eToims?

*pronounced: (EE • TOYMS)*

eToims is a state-of-the-art approach to neuromuscular pain rehabilitation using non-invasive, surface electrical stimulation to target deep muscle spasms to **twitch** exercise and stretch, leading to muscle relaxation and nerve healing.

**E**lectrical  
**T**witch  
**O**btaining  
**I**ntro  
**M**uscular  
**S**timulation

eToims consists of **The eToims Technique**, an anatomical and physiological treatment method performed by certified clinicians to locate and stimulate the body's deepest neuromuscular junctions (*trigger points*) with the proprietary, patented **ET127 Stimulator**. ET127 is a non-invasive device that emits **brief, painless, surface electrical stimulation** to excite muscle tissues, enabling muscles at damaged trigger points to *twitch*. These visible, abrupt and brisk twitch contractions are characteristic to eToims, mobilizing tissues deep inside the muscle and providing active, local exercise to increase blood flow as well as a **massage-like stretch** to relax and lengthen muscles. In effect, eToims attempts to restore to "normal" the changes found in involved pathologic muscles associated with pain.



### Why eToims?

**Deep twitches are the unique, distinguishing factor separating eToims from other treatments.** While other methods of electrical stimulation, including TENS, solely reach shallow muscles and block signals to the brain, eToims stimulates each involved muscle group, whether deep or shallow, for 1 to 5 seconds to heal and regenerate injured nerves through exercise-induced stretch and improved circulation. eToims is a diagnostic and prognostic therapy.



### Who can benefit from eToims?

Though originally developed to treat severe cases of neuromuscular pain, eToims can help any individual, including those without pain or discomfort, to maintain a healthy physical condition. eToims provides pain relief and increases flexibility, range of motion and quality of life. By improving intramuscular circulation and tissue oxygenation, eToims is especially important for individuals exposed to **sport- and work-related cumulative trauma** and the **aging population**. It is ideal for muscle pain or discomfort arising from sitting at a desk for long hours, lifting and carrying heavy objects, whiplash from car accidents and other types of nerve-related muscle disorders:

- Neck pain • Mid-back muscle pain • Arm pain • Shoulder pain • Elbow pain • Wrist pain •
- Hip pain • Knee pain • Ankle pain • Foot pain • Tension headaches • Myofascial pain syndrome •
- Fibromyalgia • Spinal whiplash/whiplash • Repetitive strain injuries • Tendonitis • Bursitis •
- Rotator cuff injuries • Tennis elbow • Early carpal tunnel syndrome •
- Musculoskeletal pain • Musculoskeletal discomfort •
- Sports injuries • Degenerative disc • Bulging disc • Herniated disc • Spinal stenosis •

eToims can heal many forms of muscle injury after even the first treatment. **Often, a one-hour eToims session can relieve deep muscle pain and provide long-lasting relief not otherwise obtainable by hours of manual stretching and tissue mobilization.**



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