



## POTENTIAL HAZARDS AND PROGNOSIS

1. Risks for burns and skin irritation on stimulation with the eToims ET127 are avoided through use of 1-5 second brief stimulation with biocompatible, non-irritating USP grade cotton electrodes wetted with faucet water. These disposable eToims electrodes do not have metal, wires or gel products within them.
2. Avoid prolonged or strong stimulation at muscle areas that are hypertonic or very tight where there are no twitches or weak twitches since it will cause treatment pain and post-treatment pain, soreness or stiffness from direct stimulation of muscle. At the myofascial trigger points (MTrPs), there is recoil of the probe on the operator's hand from the contraction and relaxation effect of the twitches.
3. The ideal patients are those with muscle pain and the predominant symptoms are aches, discomfort, stiffness, tightness and heaviness of muscles. Nerve pain has symptoms of tingling, numbness and pain that is sharp, shooting, burning with knife-like qualities. Those with nerve pain have more guarded prognosis. Nerve pain has a chance to improve when the muscle pain improves due to the improvement in microcirculation from the exercise effects of twitches.
4. Those with structural problems in the spine such as severe arthritis, spinal stenosis, scoliosis have guarded prognosis with eToims. These cases have longstanding nerve irritation and denervation with very tense and tight muscles and electrical penetration into the depths of the muscle with eToims is difficult. These patients can also be helped but need more intensive skilled work for twitch elicitation and treatments have to be long-standing.
5. The ideal age for eToims is 18-65 but adults of all ages can be treated. I have treated patients of 86 years and I have several patients who have been taking the treatments for 20 years since its inception 20 years ago.
6. The ideal body weight is 100-230 lbs. Those with lean muscle such as athletes can be heavier but MTrPs can be easier found since there is not much overlying fat.