

For more than 30 years, top athletes and trainers have trusted H-Wave.

*We have been utilizing the H-Wave over the past five years and have had outstanding success...We have had excellent results in both acute and chronic type injuries...*

**Jim McCrossin, MS, ATC, CSCS**  
Head Athletic Trainer and Strength and Conditioning Coach, Philadelphia Flyers

*I have been using the H-Wave device for the past 17 years. It's my modality of choice... You see the functional improvements immediately after use; you can actually see change occur after treatment.*

**Arnie Kander, PT**  
Strength and Conditioning Coach, Detroit Pistons

*We seem to have the best results with the most people for the longest time using H-Wave.*

**Gary Vitti, MS, ATC**  
Head Athletic Trainer, Los Angeles Lakers



## MILLIONS OF PATIENTS ALREADY KNOW ABOUT THE POWER OF H-WAVE®.

*I couldn't walk before I got the H-Wave unit, and I am singing praises to it now. The H-Wave actually got me back to ice skating and rollerblading again after only four months of using it.*

**Home Patient**  
Foot and Ankle Conditions  
Claymont, DE

*My H-Wave helped me go back to work. This unit is amazing. It also got me off my pain medications that I was taking for four years.*

**Home Patient**  
Back Condition  
Citrus Heights, CA

*After using the H-Wave on my shoulder and elbow, I now have less pain and can sleep through the night without taking medication to sleep.*

**Home Patient**  
Arm and Shoulder Conditions  
Fort Myers, FL

CALL TO ARRANGE A QUICK MEETING WITH ONE OF OUR CONSULTANTS  
AND SCHEDULE A FREE IN-OFFICE OR AT-HOME TRIAL ► **800-874-9283**

1. Blum K, Chen TJ, Martinez-Pons M, et al. The H-Wave small muscle fiber stimulator, a nonpharmacologic alternative for the treatment of chronic soft-tissue injury and neuropathic pain: an extended population observational study. Adv Ther. 2006;23(5):739-749. 2. Mirkin M. Why ice delays recovery. Dr. Gabe Mirkin on Health, Fitness and Nutrition website. <http://drmirkin.com/fitness/why-ice-delays-recovery.html>. Published March 16, 2014. Accessed March 16, 2015. 3. Smith TL, Callahan MF, Blum K, Dinubile NA, Chen TJ, Waite RL. H-Wave effects on blood flow and angiogenesis in longitudinal studies in rats. J Surg Orthop Adv. 2011;20(4):255-259.



**Electronic Waveform Lab, Inc.**  
Manufacturer of H-Wave

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INFORMATION FOR THERAPISTS

## THE VERY BEST IN DRUG FREE PAIN RELIEF & RECOVERY

Unblock the pathway to recovery  
with clinical and Home H-Wave.





# ELIMINATE PAIN. RESTORE FUNCTION.

H-Wave gives you a new option for treating soft tissue injuries and chronic pain. This scientifically proven, drug-free alternative not only relieves pain but also helps patients achieve long-lasting, rehabilitative benefits. Used by itself or in conjunction with an exercise program, H-Wave can put your patients on the fast-track to recovery.

## How Can H-Wave Compliment Your Current Physical Therapy Practice?

- + Provide safe, non-addictive pain relief without harmful side-effects
- + May reduce or eliminate the need for pain medication
- + Speed recovery and help restore function
- + Make physical therapy more productive
- + Return patients to work faster
- + Easy and convenient for staff and patients to use
- + Available to patients 24/7 outside of normal clinic hours
- + A drug-free option for treating post-operative patients

## Don't confuse H-Wave with traditional e-stim.

H-Wave is rehabilitative and achieves cumulative, long-lasting relief and benefits from a 30-minute treatment. Unlike TENS, which stops working once the pads are off, or EMS, which focuses on muscle re-education, H-Wave delivers rehabilitative benefits and pain relief by targeting the root cause of symptoms.

Many patients will benefit even more from using H-Wave at home. H-Wave gets rid of the obstacles faced in therapy (pain, swelling, spasm), allowing patients to focus on their active rehabilitation.<sup>1</sup>

## Field-tested and clinically proven

H-Wave's evidence-based results provide long-lasting, cumulative and rehabilitative benefits.

- + 79% of H-Wave users reported functional improvements that made it possible to return to activities such as walking, lifting, and sleeping<sup>1</sup>
- + 78% of H-Wave users reported significant pain relief<sup>1</sup>
- + 65% of users were able to reduce or completely eliminate the need for pain medicine<sup>1</sup>

## It's time to rethink RICE: The benefits of active recovery

RICE (Rest, Ice, Compression, Elevation) has long been a standard for rehabilitating injuries and recuperating from trauma, but now, even Gabe Mirkin, the doctor who coined the phrase almost 40 years ago, is recommending a new protocol. According to Mirkin:

- + Rest and ice can actually delay recovery<sup>2</sup>
- + Application of cold suppresses the immune responses that start and hasten recovery<sup>2</sup>
- + Mild movement helps tissue to heal faster<sup>2</sup>

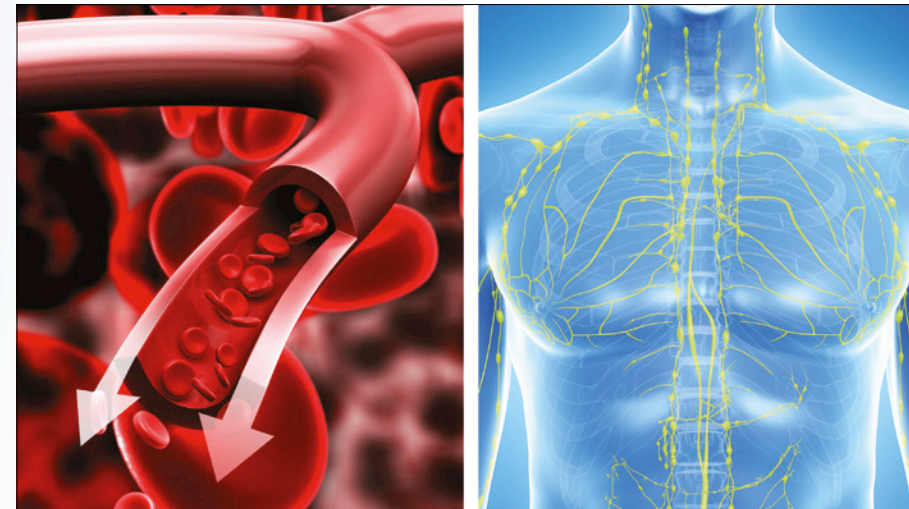
# UNIQUE TECHNOLOGY THAT NATURALLY SPEEDS UP THE REHABILITATION PROCESS AND MANAGES PAIN.

With two different treatment modes, H-Wave can be used during multiple phases of injury and recovery.

## Low-frequency mode: Unblocking the pathway to recovery

The H-Wave device delivers a non-fatiguing current that promotes injury recovery and rehabilitation by inducing contractions that result in interstitial fluid shifts.

- + Activates muscles to stimulate circulation, bringing in nutrients and assisting with recovery<sup>3</sup>
- + Promotes faster recovery by triggering the lymphatic system to flush out waste and congestion<sup>3</sup>
- + Promotes angiogenesis<sup>3</sup>

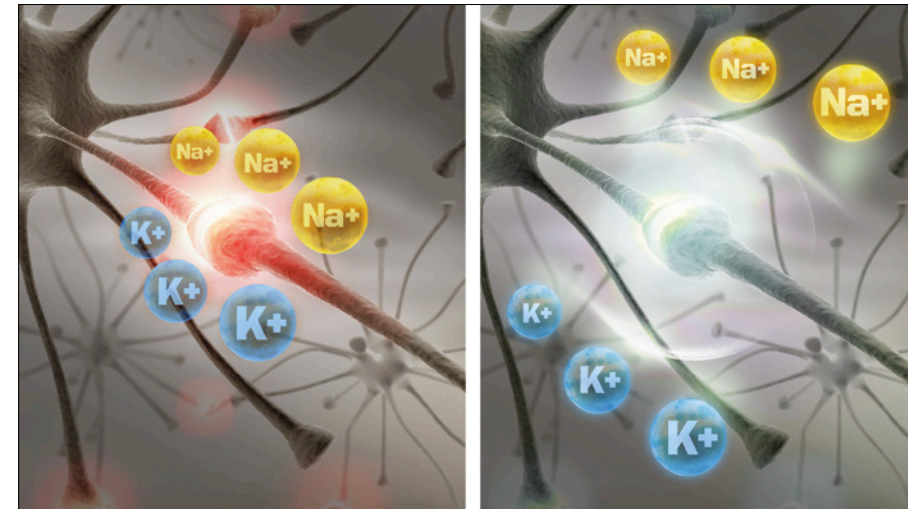


Improves circulation and promotes angiogenesis

Stimulates the lymphatic system to evacuate accumulated proteins and wastes.

## High-frequency mode: Breaking the chronic pain cycle

In high-frequency mode, H-Wave is believed to work by inhibiting the function of the Sodium Channel within the nerve and thereby creating a profound anesthetic/analgesic effect. Unlike TENS, these benefits last long after the device is taken off. Only a 30-60 minute session is needed for hours of relief. The pain relief is so potent that the FDA has cleared the technology for use as dental anesthesia.



Ion transfer through the Sodium Channel sends an impulse down the nerve cell, transmitting pain signals to the brain.

H-Wave's electric current is believed to cause Sodium Channel inhibition, which disrupts the transmission of pain signals.

# KEEP YOUR PATIENTS MOTIVATED AND COMPLIANT WITH AT-HOME H-WAVE®.

Regular, home H-Wave use can make your patient's therapy at your clinic more productive, and H-Wave has been found to reduce the need for medications that can inhibit patient motivation.

## Step 1: The Prescription

Keep the referring physician updated about patient progress and success with clinical H-Wave. He or she may write an order for a home H-Wave device. Let us know and we'll take it from there, handling all paperwork and insurance authorizations.



## Step Two: Customized Treatment and Support

An H-Wave consultant will meet with your patient to create a personalized plan and make sure they're comfortable using the system.



## Step Three: The Results

Most users report reduced pain, increased range of motion, and reduced need for pain medication, so they can work harder in physical therapy sessions.

