

DR. DUONG'S 5-POINT KNEE THERAPY PROGRAM...

If you are suffering from chronic knee pain it is because the nerves in your legs are dying off. The KEY to eliminating your knee pain is to stimulate nerves that are called large diameter afferents (LDAs)! LDAs **prevent or inhibit pain** by firing in to an area in the spinal cord known as Laminae II. We have found that because the nerves are dying off, it will take time to correct your knee pain. In addition, we have to remove scar tissue adhesions in the muscles that support the knee (popliteus, adductors, tensor fascia late, and psoas). These adhesions form over the course of one's lifetime as a result of minor traumas (falls, bumps, bruises, overuse, etc.)

NOTE: It is VITAL that in addition to decreasing your knee pain, we also have to rehab the knee with the therapies listed below so the pain does not return.

What we do in our office flat-out WORKS!!! I expect you to get results in 1-3 visits. What do I mean by "results?" I want to see a 25% to 40% improvement in you level of pain. YOU WILL NOT BE PAIN FREE OR "CURED" IN 1-3 VISITS BECAUSE YOU HAVE TO REHAB THE KNEE WITH THE MODALITIES LISTED BELOW. I expect complete rehab to take anywhere from 24 to 36 visits.

Knee replacement surgery is currently \$60,000.00 plus per knee and most insurance will pick up only 80%. Plus, in 50% of the cases, knee replacement surgery doesn't work! Our 4-Point Knee Therapy Care Plan is an investment in your health and we are going to provide you with our best recommendation!

Here are explanations of our various therapies that we will be doing in the office to relieve your pain and swelling. You will notice that we mention the price of each machine, this is because there are cheap "knock-offs" of these machine coming out of China, we want you to know that we have the "real-deal!":

POINT #1: The Lapex Laser:

The Lapex laser is THE DEEPEST tissue penetrating laser available on the market! It is a \$60,000.00 laser and it is a revolutionary break-through in laser therapy!

It provides the following benefits...

A: Accelerated cell reproduction and growth.

B: Faster healing. The laser stimulates fibroblast development (these are building blocks) in damaged tissue. This can help in the reduction of recovery time

C: Increased metabolic activity. Helps the body increase output of specific enzymes; induces oxygen to blood cells and more effective immune response.

D: Reduce fibrous tissue formation. The laser reduces the formation of scar tissue following tissue damage from cuts, scratches, burns, or following surgery.

F: Anti-inflammatory action. The laser reduces swelling caused by inflammation of joints to give improved joint mobility. **This is very important in relieving your knee pain.**

G: Increased vascular and nerve activity. The laser stimulates lymph and blood circulation to allow the affected tissue to have the best possible circulation. It may also help stimulate nerve function. If you have a slow recovery or nerve dysfunction in damaged tissue, it can result in “dead” limbs or numb areas. Laser use will speed the process of nerve cell reconnection to bring the numb areas back to life.

H: The laser also increases the amplitude of action potentials to optimize muscle action.

POINT #2: Hako-Med Therapy: The most advanced electrotherapy on the market today! The Hako-Med is a \$25,000 machine!

What is Electromedicine and Horizontal Therapy?

We have just incorporated a new therapy, known as Horizontal Therapy. This machine (ProElec DT 2000) has been a breakthrough in electromedicine, combining all known forms of electrotherapeutic therapy, in addition to this new revolutionary therapy. It is the most sophisticated form of electrotherapy available.

A German company, Hako-Med, engineered and manufactured this advanced unit to create a unique electrotherapy treatment concept called Horizontal Therapy. The field of electromedicine has evolved over the years and provided us with electrical muscle stimulation, TENS therapy, microcurrent, inferential

therapy, and other forms. Each of these methods of electrotherapy has a particular role in treating a variety of conditions, but none of them approach the therapeutic effects which are combined in the PRO ElecDT 2000 with Horizontal Therapy.

Communication between cells takes place in two ways: bioelectrically and biochemically. Whether the cells are in bone, muscle, ligament or nerve tissue, communication occurs via electrical currents and chemical messengers. When cellular communication is impaired, pain and disease occur, so that the normal functional state is lost. This causes a further breakdown in cellular communication.

Up until now, either the bioelectrical or the biochemical communication could be enhanced with electrotherapy at one time, but, not both at once. With Horizontal Therapy, both bioelectrical and biochemical components can be treated all in one treatment session. By holding the bioelectric intensity constant while changing the frequency, Horizontal Therapy can have a broad spectrum physiologic effect. The PRO ElecDT 2000 preset programs are designed to do this automatically.

What Types of Conditions are Successfully Addressed with Horizontal Therapy?

Conditions such as peripheral neuropathy, low back pain, neck pain, fibromyalgia, myofascial pain, overuse injuries, various kinds of headaches, muscle spasm, nerve pain, joint swelling, inflammation and many other conditions can be effectively treated with the horizontal therapy.

At low frequencies in the bioelectric range, circulation, lymphatic flow, swelling, pain and muscle function can all be improved. At higher frequencies in the biochemical range, circulation, lymphatic flow, swelling, pain, immune system function, muscle activation and metabolism are enhanced.

Effective Clinical Usage for:

- Back Pain
- Neck Pain
- Sciatic Pain
- Foot Pain/numbness/peripheral neuropathy
- Osteoarthritis
- Shoulder Pain
- Post-Op Pain
- Complex Chronic Pain

- Muscle Re-education
- Nerve Stimulation
- Relax Muscle Spasms
- Improving Range of Motion
- Poor Circulation
- Hand and Wrist Pain
- **KNEE PAIN!!!**

Is Horizontal Therapy Safe?

It should be noted that the bioelectrical currents that are used in the PRO ElecDT 2000 are entirely safe. They have been rigorously tested and have surpassed all standards required for biomedical devices. The current is painless and in most cases is not even felt.

POINT #3: VIBRUCUSSOR RELEASE THERAPY (VRT):

Removing Scar Tissue Adhesions! (a key component in relieving your knee pain!!)

Scar tissue forms in the body as a temporary patching mechanism for wounds caused by surgery, trauma or repetitive stress. Scar tissue connecting tissue not normally connected are called adhesions. Adhesions can spread, entrapping nerves causing pain or numbness and limiting range of motion. Undiagnosed pain and restricted mobility are likely to be caused by these scar tissue adhesions.

Scar Tissue Therapy

Vibrucussor Release Technology targets painful adhesions using resonance. VRT has determined the optimum frequency for maximum effectiveness. Our frequency also triggers the Tonic Vibration Reflex or TVR. This frequency is well known to instantly relax muscle guarding, cramps and spasms. VRT is unique in the above properties as it operates many times faster than other therapeutic devices, and it feels great too.

Scar Tissue therapy is focused on relief of soft tissue problems caused by adhesions such as:

Knee Pain (specifically the muscles that support the knee as stated above)
 Carpal Tunnel
 SyndromeTendonosis

Muscle Spasms
Trapped Nerves
Range of Motion
Contractures, Neuromas
Back, Shoulder and Ankle Pain
Headaches, TMJ
Tennis Elbow

#4: PEMF: Pulsed ElectroMagnetic Field Therapy:

Pulsed electromagnetic field (PEMF) therapy is effective because time-varying or pulsed electromagnetic fields create microcurrents in the body's tissues. These microcurrents elicit specific biological responses depending on field parameters such as amplitude, frequency, and waveform and charges the body.

#5: Knee Decompression:

This technique of spinal decompression therapy, that is, unloading due to distraction and positioning with a motorized machine, has shown the ability to gently separate the joints from each other, creating a vacuum inside the discs that we are targeting. This "vacuum effect" is also known as negative pressure. The negative pressure may reduce the inflammation and giving the joints more nutrients. It happens only microscopically each time, but cumulatively, over six to eight weeks, the results are quite dramatic.

We help a LOT of chronic pain and/or peripheral neuropathy patients in our office and if we accept you as a patient, it is because we sincerely feel that we can help you too!

Call us at 510-818-1668 or 925-999-8806 to schedule your appointment.