

Pre - Selected Therapy Programmes

The Pre-selected programme times vary from 15 to 60 minutes. If a 15 min programme is selected it will run the pre-selected programme once. If a 30 min programme is selected it will run the pre-selected programme twice: 45 minutes - three times: 60 minutes - four times:

CONDITIONS / SYMPTOMS	DISPLAY	15 MIN'S	30 MIN'S	45 MIN'S	60 MIN'S
THERAPY PROGRAMME 1	RUN-TIME	X1	X2	X3	X4
tension and stiffness	1.1	2 min P1	2 min P1	2 min P1	2 min P1
general back ache	1.2	6 min P3	6 min P3	6 min P3	6 min P3
tired and aching muscles	1.3	7 min P2	7 min P2	7 min P2	7 min P2
THERAPY PROGRAMME 2	RUN-TIME	X1	X2	X3	X4
sciatica	2.1	1 min P1	1 min P1	1 min P1	1 min P1
lower back pain	2.2	5 min P4	5 min P4	5 min P4	5 min P4
lumbago	2.3	5 min P2	5 min P2	5 min P2	5 min P2
muscle spasm	2.4	4 min P3	4 min P3	4 min P3	4 min P3
THERAPY PROGRAMME 3	RUN-TIME	X1	X2	X3	X4
headaches and migraine	3.1	3 min P1	3 min P1	3 min P1	3 min P1
neck and shoulder tension	3.2	3 min P5	3 min P5	3 min P5	3 min P5
stress	3.3	9 min P3	9 min P3	9 min P3	9 min P3
THERAPY PROGRAMME 4	RUN-TIME	X1	X2	X3	X4
arthritis and rheumatism	4.1	5 min P1	5 min P1	5 min P1	5 min P1
parkinson's and MS – fibromyalgia and ME	4.2	3 min P2	3 min P2	3 min P2	3 min P2
osteoporosis - joint pain and muscle ache	4.3	7 min P3	7 min P3	7 min P3	7 min P3
THERAPY PROGRAMME 5	RUN-TIME	X1	X2	X3	X4
sluggish lymphatic system	5.1	1 min P1	1 min P1	1 min P1	1 min P1
excess fluid	5.2	5 min P3	5 min P3	5 min P3	5 min P3
detoxification	5.3	4 min P2	4 min P2	4 min P2	4 min P2
cellulite	5.4	5 min P3	5 min P3	5 min P3	5 min P3
THERAPY PROGRAMME 6	RUN-TIME	X1	X2	X3	X4
swollen legs and oedema,	6.1	2 min P1	2 min P1	2 min P1	2 min P1
fluid retention	6.2	13 min P3	13 min P3	13 min P3	13 min P3
THERAPY PROGRAMME 7	RUN-TIME	X1	X2	X3	X4
sport injuries	7.1	3 min P2	3 min P2	3 min P2	3 min P2
excess lactic acid and metabolic waste	7.2	3 min P4	3 min P4	3 min P4	3 min P4
strained and aching muscles	7.3	4 min P2	4 min P2	4 min P2	4 min P2
muscle spasm and cramp	7.4	5 Min P3	5 Min P3	5 Min P3	5 Min P3
THERAPY PROGRAMME 8	RUN-TIME	X1	X2	X3	X4
[This programme is to be used while lying on the stomach]					
digestive and abdominal problems	8.1	8 min P2	8 min P2	8 min P2	8 min P2
colitis and irritable bowel	8.2	2 min P4	2 min P4	2 min P4	2 min P4
period pains	8.3	5 min P2	5 min P2	5 min P2	5 min P2
THERAPY PROGRAMME 9	RUN-TIME	X1	X2	X3	X4
breathing and respiratory problems	9.1	1 min P1	1 min P1	1 min P1	1 min P1
stress and anxiety	9.2	7 min P3	7 min P3	7 min P3	7 min P3
insomnia and sleep disorders	9.3	7 min P5	7 min P5	7 min P5	7 min P5