Zenovocare
TECHNOLOGIES



iThera

Wireless Nerve Stimulation

PLACEMENT GUIDE

UPPER BACK & SHOULDER BLADE

TECHNICAL NAME:
TRAPZEIUS MUSCLE STRAIN/ UPPER BACK TIGHTNESS,
SCAPULAR/ SHOULDER BLADE LOCALIZED PAIN

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LYING ON YOUR STOMACH

RECOMMENDED MODE

- QUICK RELIEF
- MUSCLE SOOTHE



NECK/ CERVICAL PAIN

TECHNICAL NAME:
CERVICAL SPONDYLOSIS, POSTRUAL NECK PAIN

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SITTING *OR*
- LYING ON YOUR STOMACH

RECOMMENDED MODE

- QUICK RELIEF
- JOINT RELIEF



SHOULDER PAIN

TECHNICAL NAME:
POSTRUAL SHOULDER PAIN

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LAYING ON YOUR STOMACH

RECOMMENDED MODE

- JOINT RELIEF
- QUICK RELIEF
- MUSCLE SOOTHE



SHOULDER JOINT

TECHNICAL NAME:
ANTERIOR/ FRONT SHOULDER (BICIPITAL TENDINITIS)

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LYING ON YOUR STOMACH *(HEAD SUPPORTED BY PULLOW)*

RECOMMENDED MODE

- QUICK RELIEF
- JOINT COMFORT



SHOULDER JOINT

TECHNICAL NAME:
ROTATOR CUFF/ FROZEN SHOULDER
(Supraspinatus Tendinitis)

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING ON CHAIR

RECOMMENDED MODE

- JOINT COMFORT
- QUICK RELIEF



BACK PAIN

TECHNICAL NAME:
LOCALIZED LUMBAR PAIN (LUMBOSACRAL / "BUTTERFLY" ZONE).

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- LYING ON YOUR STOMACH *(HEAD SUPPORTED BY PULLOW)*

RECOMMENDED MODE

- QUICK RELIEF
- MUSCLE SOOTHE



MENSTRUAL PAIN

TECHNICAL NAME:
(ABDOMINAL & SACRAL / LOW BACK PLACEMENT)

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- LAYING ON YOUR BACK
- PREFERABLY USE LARGE PAD

RECOMMENDED MODE

- PERIOD EASE



ANKLE PAIN

TECHNICAL NAME:
RETROCALCANEAL BURSITIS / ACHILLES INSERTION PAIN
(BACK OF HEEL)

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LYING ON YOUR STOMACH

RECOMMENDED MODE

- QUICK RELIEF



GOLFER'S ELBOW PAIN

TECHNICAL NAME:
MEDIAL EPICONDYLITIS

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LYING ON YOUR BACK

RECOMMENDED MODE

- QUICK RELIEF
- MUSCLE SOOTHE



TENNIS ELBOW PAIN

TECHNICAL NAME:
LATERAL EPICONDYLITIS

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LYING ON YOUR BACK

RECOMMENDED MODE

- QUICK RELIEF
- MUSCLE SOOTHE



MENSTRUAL PAIN

TECHNICAL NAME:
(ABDOMINAL & SACRAL / LOW BACK PLACEMENT)

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- LAYING ON YOUR BACK
- PREFERABLY USE LARGE PAD

RECOMMENDED MODE

- PERIOD EASE



KNEE JOINT

TECHNICAL NAME:
OSTEOARTHRITIS / ARTHRITIC KNEE PAIN (WITH EXTENDER CABLE INVOLVEMENT), COLLATERAL / LATERAL KNEE PAIN

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LYING ON YOUR BACK

RECOMMENDED MODE

- JOINT COMFORT
- QUICK RELIEF



GENERAL WRIST PAIN

TECHNICAL NAME:
GENERAL WRIST STRAIN / JOINT PAIN

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LYING ON YOUR STOMACH

RECOMMENDED MODE

- QUICK RELIEF
- JOINT COMFORT



SHIN SPLINTS / FRONT LOWER LEG

TECHNICAL NAME:
TIBIALIS ANTERIOR

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED AND SUPPORTIVE SITTING *OR*
- LYING ON YOUR STOMACH

RECOMMENDED MODE

- QUICK RELIEF



ANKLE ARTHRITIS & JOINT STIFF-

TECHNICAL NAME:
ACUTE / SUBACUTE ANKLE SPRAIN

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED SITTING

RECOMMENDED MODE

- JOINT COMFORT



HEEL PAIN

TECHNICAL NAME:
PLANTAR FASCIITIS & FOOT ARCH STRAIN

GENERAL ADVICE

IDEALLY USE IT WHEN YOU ARE

- RELAXED SITTING

RECOMMENDED MODE

- QUICK RELIEF



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TECHNOLOGIES

For help with pad placement, or more FAQs visit our website at zenovocare.com

Thank you for your purchase!

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