

H-Wave Technology

Pain Relief & Recovery

At a big biohacking conference in Dallas a few weeks ago, we came across this incredible new technology. We were offered 4 units as a trial offer so all of us could try it out, in hopes this could be a great complement to the EES, using it during the session, or using it by itself at home. Here are our findings from 3 different people:

1. Rachel. I was having severe knee and elbow pain that would come and go and hinder my ease of movement. I used HWave at a conference and was able to walk pain free after a 45 min session. I used the HWave on my arms with low frequency for several hours 4 times and it has been helping reduce my forearm and elbow pain. It is not as sharp and jarring. For acute and/or dull pain, the HWave has a multi-function approach to support your healing journey, to get out of acute pain and then support the repairing process as well. It is amazing to have the use of it at home and also keep it on longer with low frequency while you sleep. Taking control of your healing journey is [amazing](#) and not having to take ibuprofen is even better!

2. Denise. I had just experienced a car wreck on Hwy 71 and was side-swiped resulting in the entire left side of my car and my body in bad shape, especially my left arm and elbow which had been previously injured many years ago. I used the HWave on my left arm & elbow for one hour and my pain went from an 8 to a 3. The next time, after 1 hours, my arm/elbow pain went away completely. Encouraged by that, I then used it on both of my hips and had a 75% reduction in pain. I knew we were onto something.

3. Latoya. I had a meniscus tear and a hairline fracture that I was healing with EES. Since adding the HWave, the healing has been faster than I imagined less swelling, more mobility, and real relief. I finally feel like myself again. I truly believe that HW used in conjunction with EES is very powerful.



H-Wave Drug-Free Pain Relief & Recovery



H-Wave
Explained



In-Clinic Recovery Station

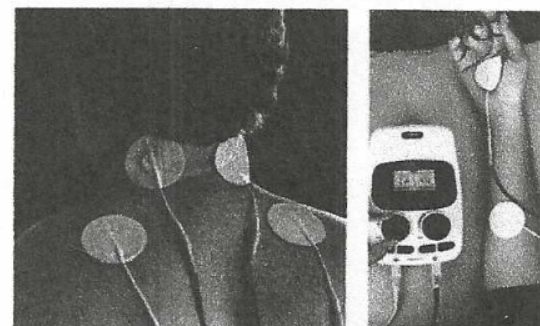
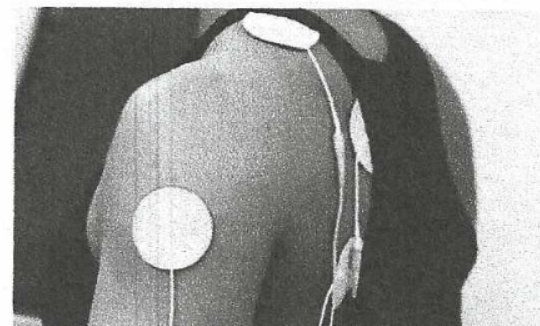
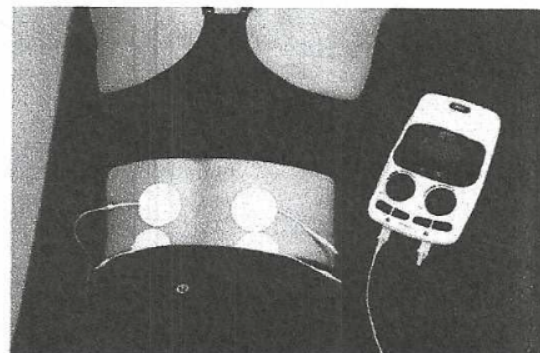
- One ~~30~~⁶⁰-minute treatment : ~~\$40~~⁵⁰
- Buy 4 Get 1 Free : ~~\$160~~²⁰⁰

Home Rental Options

- One week rental : \$150
- One month rental : \$400

FSA / HSA or CASH PAY

**IF INTERESTED IN PURCHASING
OUR FACILITY OFFERS
OVER 30% OFF RETAIL**



Dr. Nick DiNubile
Orthopedic Surgeon



Gary Vitti
LA Lakers



Carlos -Veteran
Chronic Back Pain



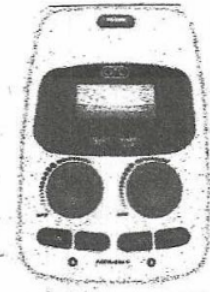
Kathy -Veteran
Chronic Pain Syndrome



**LEARN MORE ABOUT H-WAVE
INFORMATIVE VIDEOS**



H-Wave Drug-Free Pain Relief & Recovery



**H-Wave
Explained**



Dr. Kelly Starrett, DPT
What is H-Wave?



Dr. Nick DiNubile
Orthopedic Surgeon



Jonathan Evans
**Protailored
PT & Owner**



Eric Cressey
**Strength & Conditioning
Specialist**



Dr. Vinay Reddy
**H-Wave Discussed
by PM&R Physician**



Dr. Diane Grant D.C.
**Life Saver for Pain,
Swelling & Recovery**



Dr. Lorelei Achor D.P.M.
H-Wave - Neuropathy



Dr. Anish Bajaj
**H-Wave Home
Health Care**



Dr. Michael Dempewolf DO
**Improving Shoulder
Surgery Recovery**



**Hippocrates
Wellness**
Dr. Brian Clement



Gary Vitti
LA Lakers



Jeff Courcier PT
Courcier Clinic



H-Wave® Published Studies

Available upon request, indicate studies of interest below and fax to **866.551.1104**

Meta-Analysis and Reviews

- ☐ ¹⁶ H-Wave® Device Stimulation: A Critical Review. Journal of Personalized Medicine. 2021 Nov 2;11(11):1134 [PMID: 34834486]
- ☐ ¹⁰ The H-Wave® Device Is an Effective and Safe Non-Pharmacological Analgesic for Chronic Pain: a Meta-Analysis. Advances in Therapy. July 2008. Vol:25 No:7 [PMID: 18636234, Indexed for MEDLINE]
- ☐ ¹¹ The H-Wave® Device Induces NO-Dependent Augmented Microcirculation and Angiogenesis, Providing Both Analgesia and Tissue Healing in Sports Injuries. The physician and sportsmedicine. Dec 2008. Vol:36 No:1. P. 103-114 [PMID: 20048478, Indexed for MEDLINE]
- ☐ ¹⁹ Do Electrical Stimulation Devices Reduce Pain and Improve Function?-A Comparative Review. Pain Ther. 2023 Sep 26. [PMID: 37751060]

Randomized Controlled Trials (Outcomes)

- ☐ ¹³ Repetitive H-Wave® Device stimulation and program induces significant increases in the range of motion of post-operative rotator cuff reconstructions in a human study. BMC Musculoskeletal Disorders. 2009 Oct 29;10(1):132 [PMID: 19874593, Indexed for MEDLINE]
- ☐ ² Diabetic peripheral neuropathy: Amelioration of pain with transcutaneous electrostimulation. Diabetes Care. 1997;20(11):1702-1705 [PMID: 9353612, Indexed for MEDLINE]
- ☐ ⁵ Diabetic peripheral neuropathy. Effectiveness of electrotherapy and amitriptyline for symptomatic relief. Diabetes Care. 1998;21(8):1322-1325 [PMID: 9702441, Indexed for MEDLINE]

Randomized Controlled Trials (Mechanism of Action)

- ☐ ¹⁵ H-Wave® Effects on Blood Flow and Angiogenesis in Longitudinal Studies in Rats. Journal of Surgical Orthopaedic Advances. V20, N4, Winter 2011, P255-259 [PMID:22381420, Indexed for MEDLINE]
- ☐ ¹² H-Wave® Induces Arteriolar Vasodilation in Rat Striated Muscle via Nitric Oxide-Mediated Mechanisms. Journal of Orthopaedic Research. Sept 2009. DOI 10.1002/jor.20851. P. 1248-1251 [PMID: 19204915, Indexed for MEDLINE]

Preliminary Mechanism of Action Studies

- ☐ ⁷ Innate properties of H-Wave® device, a small fiber stimulator provides the basis for a paradigm shift of electro-therapeutic treatment of pain with increased functional restoration associated with human neuropathies by affecting tissue circulation: A Hypothesis. J.Med Hypothesis. Volume 64, Issue 5, 2005, Pages 1066-1067 [PMID: 15780518]
- ☐ ⁶ Innate properties of H-Wave® device, a small fiber stimulator provides the basis for a paradigm shift of electro-therapeutic treatment of pain with increased functional restoration associated with human neuropathies: A Hypothesis. Townsend Letter. 258, 101-104, Jan 2005.

Cohort Studies

- ☐ ²⁰ H-Wave® Device Stimulation for Chronic Low Back Pain: A Patient-Reported Outcome Measures (PROMs) Study. Pain Ther. 2024 Jan 5 [PMID: 38180725]
- ☐ ²² H-Wave® Device Stimulation for Chronic Neck Pain: A Patient-Reported Outcome Measures (PROMs) Study. Pain Ther. 2024 May 11. [PMID: 38733549]
- ☐ ¹⁸ Clinical and Quality of Life Benefits for End-Stage Workers' Compensation Chronic Pain Claimants following H-Wave® Device Stimulation: A Retrospective Observational Study with Mean 2-Year Follow-Up. J Clin Med. 2023 Feb 1. 1;12(3):1148. [PMID: 36769795]
- ☐ ⁹ 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. Advances in Therapy. Sep/Oct 2006. Vol:23 No:5. P. 739-749 [PMID: 17142209, Indexed for MEDLINE]
- ☐ ¹⁷ Job-Related Performance and Quality of Life Benefits in First Responders Given Access to H-Wave® Device Stimulation: A Retrospective Cohort Study. J Pers Med. 2022 Oct. 12(10):1674. [PMID: 36294813]
- ☐ ⁸ H-Wave®, a Nonpharmacologic alternative for the treatment of patients with chronic soft tissue inflammation and neuropathic pain: A preliminary statistical outcome study. Advances in Therapy. May/June 2006. V23 N3.P.446-455 [PMID: 16912027, Indexed for MEDLINE]
- ☐ ⁴ Beneficial effects of electrical stimulation on neuropathic symptoms in diabetes patients. J Foot Ankle Surg. 1998;37(3):191-194 [PMID: 9638542, Indexed for MEDLINE]

Case Studies/Abstracts/Opinion

- ☐ ²¹ Transcutaneous electrical nerve stimulation vs. H-Wave® device stimulation—similar or different? Front Pain Res. 2024 March 19. [PMID: 38566860]
- ☐ ¹⁴ Healing enhancement of chronic venous stasis ulcers utilizing H-Wave® device therapy: a case series. Cases Journal. BioMed Central. 2010, 3:54 [PMID: 20181141]
- ☐ ¹ Resolution of a double crush syndrome. (case study) J Manipulative Physiol Ther. 1994;17(6):395-397 [PMID: 7964200, Indexed for MEDLINE]
- ☐ ³ Electrical Stimulation Reduces Symptoms Of Thermal Hypersensitivity From Injury Of Sciatic Partial Ligation In Rats. (abstract) Anesthesia & Analgesia. 1998;86:S1-S5.

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