

# Pre - Selected Therapy Programmes

The pre-selected programme times vary from 15 to 60 minutes. Generally, first-time users should start with programmes of 15 minutes. After a short period of acclimatization treatments can be lengthened.

CONDITIONS / SYMPTOMS	DISPLAY	15 MIN'S	30 MIN'S	45 MIN'S	60 MIN'S
<b>THERAPY PROGRAMME 1</b>					
tension and stiffness	1.1	2 min P1	4 min P1	6 min P1	8 min P1
general back ache	1.2	6 min P3	12 min P3	18 min P3	24 min P3
tired and aching muscles	1.3	7 min P2	14 min P2	21 min P2	28 min P2
<b>THERAPY PROGRAMME 2</b>					
sciatica	2.1	1 min P1	2 min P1	3 min P1	4 min P1
lower back pain	2.2	5 min P4	10 min P4	15 min P4	20 min P4
lumbago	2.3	5 min P2	10 min P2	15 min P2	20 min P2
muscle spasm	2.4	4 min P3	8 min P3	12 min P3	16 min P3
<b>THERAPY PROGRAMME 3</b>					
headaches and migraine	3.1	3 min P1	6 min P1	9 min P1	12 min P1
neck and shoulder tension	3.2	3 min P5	6 min P5	9 min P5	12 min P5
stress	3.3	9 min P3	18 min P3	27 min P3	36 min P3
<b>THERAPY PROGRAMME 4</b>					
arthritis and rheumatism	4.1	5 min P1	10 min P1	15 min P1	20 min P1
parkinson's and MS – fibromyalgia and ME	4.2	3 min P2	6 min P2	9 min P2	12 min P2
osteoporosis - Joint pain and muscle ache	4.3	7 min P3	14 min P3	21 min P3	28 min P3
<b>THERAPY PROGRAMME 5</b>					
sluggish lymphatic system	5.1	1 min P1	2 min P1	3 min P1	4 min P1
excess fluid	5.2	5 min P3	10 min P3	15 min P3	20 min P3
detoxification	5.3	4 min P2	8 min P2	12 min P2	16 min P2
cellulite	5.4	5 min P3	10 min P3	15 min P3	20 min P3
<b>THERAPY PROGRAMME 6</b>					
swollen legs and oedema,	6.1	2 min P1	4 min P1	6 min P1	8 min P1
fluid retention	6.2	13 min P3	26 min P3	39 min P3	52 min P3
<b>THERAPY PROGRAMME 7</b>					
sport injuries	7.1	3 min P2	6 min P2	9 min P2	12 min P2
excess lactic acid and metabolic waste	7.2	3 min P4	6 min P4	9 min P4	12 min P4
strained and aching muscles	7.3	4 min P2	8 min P2	12 min P2	16 min P2
muscle spasm and cramp	7.4	5 Min P3	10 min P3	15 min P3	20 min P3
<b>THERAPY PROGRAMME 8 (to be used while lying on the stomach)</b>					
digestive and abdominal problems	8.1	8 min P2	16 min P2	24 min P2	32 min P2
colitis and irritable bowel	8.2	2 min P4	4 min P4	6 min P4	8 min P4
period pains	8.3	5 min P2	10 min P2	15 min P2	20 min P2
<b>THERAPY PROGRAMME 9</b>					
breathing and respiratory problems	9.1	1 min P1	2 min P1	3 min P1	4 min P1
stress and anxiety	9.2	7 min P3	14 min P3	21 min P3	28 min P3
insomnia and sleep disorders	9.3	7 min P5	14 min P5	21 min P5	28 min P5

Using the Pro Personal Therapy System only once a day and just lengthening the treatment period to more than 30 minutes is less effective than using it several times a day for short periods of time.