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RELAX • DETOX • REGENERATE

Scalar Wave Therapy **Precautions and Contraindications**

There are no contraindications to Scalar Wave Therapy and the only precautions would be:

1. Insulin Dependent Diabetes – it is fine to be in the Scalar Wave environment but after a session the individual should monitor blood sugar levels closely as the therapy has sometimes been shown to result in lower insulin needs. If appropriate monitoring is not done, there is a risk of an individual's routine insulin dosage causing too much of a drop on blood sugar.
2. Detoxification – Scalar Wave therapy in some few individuals can stimulate cellular detoxification potentially resulting in a variety of symptoms commonly related to this detox process – including headache, generalized muscular-skeletal aches, “hangover”, gastrointestinal symptoms, etc. This occurrence is not a negative event and is not dangerous. It is advisable to remain well hydrated before and after any energy therapy, including Scalar Wave therapy, and to follow a session with a detox salt bath.

PEMF / Frequency Specific Microcurrent **Precautions and Contraindications**

1. The only absolute contraindication for use of a PEMF device / Frequency Specific Microcurrent is placing an active applicator over implanted electrical devices like pacemakers, cochlear implants, intrathecal pumps, etc., because the magnetic field can shut the device off.
2. Safety of PEMF device / Frequency Specific Microcurrent has not been established in pregnancy, although there is no evidence of harm.
3. The PEMF device / Frequency Specific Microcurrent should be used with caution in persons with Grave's disease, active bleeding disorders, or seizure disorders.

Infrared Sauna Precautions and Contraindications

There are few conditions that would completely preclude using an infrared sauna. Where precaution is advised, starting with shorter session duration and lower peak heat would allow acclimation to the therapy. Advancing to more standard use could then be accomplished as tolerance is seen. Where absolute contraindications are noted an “****” will indicate.

1. Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to **infrared** waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body’s natural heat loss mechanisms. Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.

2. Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.

3. The Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. When using with the elderly, operate at a lower temperature and for no more than 15 minutes at a time.

4. Cardiovascular Conditions

Though there is research indicating that use of an infrared sauna actually improve high blood pressure, individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

5. Alcohol / Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to “sweat out” a hangover. Alcohol intoxication decreases a person’s judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

6. **Chronic Conditions / Diseases Associated with Reduced Ability To Sweat Or Perspire**

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

7. *****Hemophiliacs / Individuals Prone to Bleeding *****

The use of infrared **saunas** should be avoided by anyone who is predisposed to bleeding.

8. *****Fever*****

An individual who has a fever should not use an infrared **sauna** until the fever subsides.

9. *****Insensitivity to Heat*****

An individual with insensitivity to heat should not use an infrared **sauna**.

10. **Pregnancy**

Pregnant women should consult a physician before using an infrared **sauna**.

11. **Menstruation**

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.

12. **Joint Injury**

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.

13. **Implants**

Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an **infrared sauna**.

14. **Pacemakers / Defibrillators**

Please discuss with your doctor any possible risks this may cause.

*In the rare event that you experience pain and/or discomfort, immediately discontinue **sauna** use.*

Low-Level Laser Therapy **Precautions and Contraindications**

There is no specific evidence that Low-Level Laser therapy is harmful in any condition, so there are no absolute contraindications. Several conditions and situations may warrant more consideration or caution when considering or receiving laser therapy.

1. Cancer – it is advisable to not use laser directly on or over an area of documented cancer, though there is some research that indicates benefits to LLL therapy where cancer is present.
2. Pregnancy – there is no evidence of danger to an unborn child with LLL therapy to the mother, but it is recommended that LLL therapy not be applied directly to the abdomen of a pregnant woman. Therapy to other areas is acceptable and safe.
3. Thyroid – although there have been studies demonstrating the benefits of LLL therapy as an adjunct to management of thyroid disease, it is recommended that LLL not be applied directly to the thyroid gland.
4. Tattooed areas and darker skin pigmentation – this is not a contraindication, but it is important to know that these situations result in more rapid response to the heat of LLL therapy, and therefore warrant a careful and cautious approach.
5. Areas covered with hair – this decreases the penetration of LLL therapy, but more importantly, hair may absorb the LLL energy more rapidly resulting in more heat sensation.

Whole Body Vibration

Precautions and Contraindications

There is disagreement about most of the potential concerns with whole body vibration, but most agree that WBV may not be suitable for pregnant women, children under 14 years of age, individuals with a pacemaker or other implant, individuals with active cancer or advanced cardiac disease.

The following lists are also guidelines that are worth considering.

Relative contraindications (have your medical practitioner advise):

- Epilepsy
- Gallstones, kidney stones, bladder stones
- Articular rheumatism and arthrosis
- Heart failure
- Cardiac dysrhythmias
- Cardiac disorders (Post MI)
- Metal or synthetic implants (e.g., pacemaker, artificial cardiac valves, recent stents, or brain implants)
- Chronic back pain (after fracture, disc disorders or spondylosis)
- Severe diabetes mellitus with peripheral vascular disease or neuropathy
- Tumors (excluding metastases in the musculoskeletal system)
- Spondylolisthesis without gliding
- Movement disorder and Parkinson's Disease
- Chondromalacia of the joints of the lower extremities, osteonecrosis and chondrosis
- Arterial circulation disorders
- Venous insufficiency with ulcer cruris
- Morbus Sudeck Stadium II (CRPS)
- Lymphatic edema
- Postoperative wounds
- Acute rheumatoid arthritis
- Cataracts

Absolute contraindications (please do not use WBV if you have any of the following):

- Acute inflammations, infections and/or fever
- Acute arthropathy or arthrosis
- Acute migraine
- Fresh (surgical) wounds
- Implants of the spine
- Acute or chronic deep vein thromboses or other thrombotic afflictions
- Acute disc-related problems, spondylosis, gliding spondylolisthesis or fractures
- Severe osteoporosis with BMD < 70mg/ml
- Spasticity (after stroke / spinal cord lesion)
- Morbus Sudeck Stadium I (CRPS I)
- Tumors with metastases in the musculoskeletal system
- Vertigo or positional dizziness
- Acute myocardial infarction