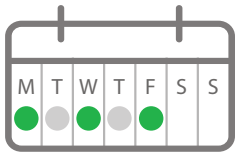


Please review the PhysioCare Instruction Manual for full safety and operating advice before applying this treatment.



### Time to Complete

Total of 1-15 minutes per treatment site. Refer to the Table 1.1 for guidance.



### Frequency

- Acute pain conditions (<30 days duration): 3-5 treatments per week.
- Chronic pain conditions (>30 days duration): 1-3 treatments per week, with one day of rest in between treatments.

Treatment Table 1.1

Treatment Area	Maximum Number of Treatment Points	Treatment Time (Minutes)
Top of foot	3	3
Heel	6	6
Ankle	4	4
Achilles tendon	6	6
Shin	6	6
Knee	6	6
Glute or quad	6	6
Hips/hip flexor	6	6
Back pain or spine	12-15	12-15
Fingers (or toes)	1	1
Wrist	4	4
Elbow	4	4
Shoulder	6	6
Neck	10	10

### Safety Precautions & Contraindications

Please review the Safety Precautions and Contraindications page on our website and the Instruction Manual before use. SYMBYX is not your primary healthcare provider and you are advised to consult with one if ever in doubt. A level of caution should be exercised when commencing any new therapy as there is always a small risk of producing unwanted side effects. Do not use the device in contact with sensitive or broken skin (including open wounds). For treatment of these, hold the device a few centimetres above the area so the laser is not in contact with the skin. Do not use the device in contact with eyelids. Do not view the divergent beam with magnifiers. Please perform your treatment sitting or lying down, and take your time standing up to minimise any risk of falls or injury. If you experience any adverse reactions, please cease the therapy immediately and contact our Clinical Support Team at [clinicalsupport@symbyxbiome.com](mailto:clinicalsupport@symbyxbiome.com) for further instructions.

# PhysioCare Protocol



To learn more about SYMBYX, please visit our website and follow us on social media.



### Contact Information

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## Turn on the PhysioCare

- Press the power button on the top of the PhysioCare **1** and release. The small green light within the power button will now be illuminated.
- This will be followed by 4 short beeps and a flashing blue light band **2**.
- When the PhysioCare is pressed onto the treatment area, the blue band will illuminate, indicating that the laser diodes are now emitting laser light **3**.

## How to Use:

- Press the laser end of the PhysioCare **3** onto the bare skin of the treatment point with enough pressure to turn on the blue light band **2**.
- Please be seated, standing or lying down during treatment.
- Hold the laser on or over the area until the PhysioCare beeps (the beep indicates 1 minute of treatment).
- Move the laser at least 1.5-2cm to another treatment point (where you are experiencing pain) in the treatment area. Move the laser around the treatment area for the total time recommended in Table 1.1.
- If at any time during your treatment the PhysioCare loses contact with your skin, reposition the laser back onto the treatment point. The PhysioCare will continue treating for that minute.

## Non-Contact Application

If applying the PhysioCare directly onto the skin is painful on a particular area, please hold the laser slightly off the skin to ensure a more comfortable application. A rubber band can be placed around the length of the PhysioCare to ensure that the laser stays on for the length of the treatment.

## Pain and Inflammation Treatment

### First Treatment

Treat for a maximum of 2-3 treatment points, per treatment area of the body.

### Following Treatment

If the first treatment is tolerated well (i.e. pain-free), increase the treatment points to the maximum number of points recommended in Treatment Table 1.1. If you are treating 3 or more body parts in one session, treat up to a maximum time of 30 minutes per day.

## Acute Swelling

When applying the laser to an affected area with acute swelling, keep moving the PhysioCare with light pressure, rather than holding it stationary.

## Treating Fibromyalgia

Fibromyalgia can vary between individuals and even within the same individual from day to day. Pain may also be accompanied by feelings of “tightness”, tenderness, numbness, tingling or weakness. Flare-ups often occur.

A Fibromyalgia flare-up is a temporary increase in the number and/or intensity of symptoms. Some flare-ups last for 1-2 days but others may continue for several weeks or even months.

Focus the laser treatment on the 3 most painful areas of your body for that day. For example, that might be shoulder, neck and wrist pain. We understand that the top 3 most painful points may vary by day, week or separate flare-up event, or you may have pain in 1 or 2 areas only.

- For your first treatment, start with a half dose. Only complete half of the treatment points/time recommended in Table 1.1.

- Apply the PhysioCare on each of the 1-3 pain points for the time recommended in the treatment table above, up to 3 days per week with a day's rest in between sessions (e.g. Monday, Wednesday and Friday)
- Move the laser at least 1.5 - 2 cm to another treatment point (where you are experiencing pain) in the treatment area. You can move the laser around the treatment area up to a maximum number of points recommended in Table 1.1. The PhysioCare will make an audible beeping sound every 1 minute of continuous applications.

## Turn Off the PhysioCare

1. Press the power button on the top of the PhysioCare **1** and release.
2. The small green light within the power button will now turn off **1**.
3. When pressed against skin there should be no beeping sound or flashing light.

## Battery Care

- When the PhysioCare is low in power, you will notice the following signs:
  - It may work for several seconds or minutes and then beep continuously
  - It may start to beep every few seconds after you turn it on
  - It may not turn on at all
- Please make sure the PhysioCare is turned off after each treatment. The green light within the power button should be off.
- If the PhysioCare is not turned off after each use, the batteries will need replacing more often than every 4 hours of continuous usage.
- To change the batteries, unscrew the back of the device by using the small flathead screwdriver (provided), open and replace the batteries. Do not over-tighten the screw once the batteries are replaced.
- Rechargeable AAA batteries may be used. For convenience you may want to purchase 12x AAA NiMH batteries to have on hand, and an 8-slot battery charger for recharging batteries every few weeks.