



Kailo Placement Guidelines

General Guidelines:

1. First evaluate your pain and give it a number between 1-10. Ten being the highest level of pain.
2. Next, to find good placement you are looking for a spot between the pain and the brain. Often the right spot is closer to the pain, but good placement has been found up to 18 inches away from the pain site.
3. A very good tool is a nerve map that can be found online. Look for a cluster of nerves that meets your location requirement for good placement and start there.
4. Give the first placement a minute or two and reevaluate your pain number. If it has dropped, give the initial placement a minute more. If it has continued to drop, attach the patch and leave it on.
5. If the initial placement does not provide a decrease in your pain number, it is time to readjust the location. Adjusting about one Kailo width at a time, replace your patch at the new location along the nerve path. You may need to adjust several times to find optimal placement.

What will you feel?

Users have felt warmth and tingling at the patch site, fluttering at the pain site, a general feeling of cooling in the area and they **have felt nothing except a decrease in pain**. The secondary reactions are not critical to Kailo's function.

How to wear Kailo?

Either side of the Kailo patch can be worn against the skin. The slight difference in texture is a product of the manufacturing. Both sides will function equally as well.

How to Apply Adhesive?

The adhesive can be placed on either side of the patch. The side of the adhesive with the waxy white covering and writing on it is the side that is placed against the Kailo. The shiny paper on the other side is removed to adhere the Kailo to your skin. *

*You can use any medical grade adhesive you like or you can hold Kailo in place with an ace bandage.

Placement Guide:

Pain Location	Placement Suggestions
Face (TMJ, Toothache, Trigeminal neuralgia)	Place the Kailo vertically on the side of your face. The top should cover your temple and the bottom should extend down in front of your ear.
Headache	1. Place the Kailo horizontally across one side of your forehead, starting at



	<p>the middle of your forehead and going out towards your temple.</p> <ol style="list-style-type: none">2. Place the Kailo horizontally across the back of your head between your hairline and your inion (base of your skull. (Use a headband or ball cap to hold in place since adhesive and hair do not mix well.)3. Place the Kailo horizontally across the side of your head starting at your temple and going over the top of your ear. (Use a headband or ball cap to hold in place since adhesive and hair do not mix well.4. Place the Kailo on the top of the head running the long way from front to back. (Use headband or ball cap to hold it in place.)
Neck/Cervical Spine/Throat	Place the Kailo horizontally across the back of the head above the hairline and below the inion. (Use a headband or ball cap to hold in place.)
Shoulder	<ol style="list-style-type: none">1. Place the Kailo at a 45-degree angle across the scapula on the side that is hurting. The lower part should be pointing towards your spine and the higher part should be pointing towards your shoulder. Start closer to the spine and move out towards the arm, maintaining the angle, and looking for good placement according to the general guidelines above.2. Place the Kailo parallel with and directly under your clavicle on the front of your body.3. Place the Kailo horizontally across the back of your neck.
Rotator Cuff, Labrum and Bursa	Place the patch at a 45-degree angle from the center of the Trapezius muscle angled downward toward the Spine across the Scapula and move the patch gradually toward the shoulder, keeping this same angle.
Upper Arm	<ol style="list-style-type: none">1. Try the shoulder placements 1 and 22. Place the Kailo horizontally across the inside of your upper arm. The other side of the Kailo will be facing your armpit.
Elbow (tendonitis, tennis elbow)	<ol style="list-style-type: none">1. Place the Kailo horizontally across the inside of your upper arm. The other side of the Kailo will be facing your armpit.2. Place the Kailo horizontally across the lower part of your upper arm right above the bend in your elbow. The patch should cover the length of the bend in your elbow and then extend to the inside of your arm rather than the outside.
Wrist	<ol style="list-style-type: none">1. Place the Kailo horizontally across the top of your lower arm right below the bend in your elbow. You can move the patch towards your wrist to find good placement according to the guidelines above.2. Try placement 1 and 2 for elbow
Hand	<ol style="list-style-type: none">1. Place the Kailo horizontally across the inside of your wrist.2. Place the Kailo horizontally across the top of your lower arm right below the bend in your elbow
Fingers	Two different nerves run through the hands to different fingers. The ulnar runs on the outside to the pinky. Placement can be wrapped at the wrist covering front and back on the pinky side or wrapped around the outside of



	<p>the hand on the pinky side. The other fingers are served by the median nerve. Placement should be wrapped around the wrist on the thumb side or wrapped around the outside of the hand on the thumb side.</p>
Back (bulging disks, degenerative discs, etc.)	<p>Place the Kailo along the spine just above the pain site and use the guidelines above to find good placement keeping in mind that good placement can be up to 18 inches away from the pain site. If the pain is in the lower back, begin placement at the belt line. If in mid back, start between the scapula, upper back place just below the neck. Note that if you find two fairly good placements next to each other, placing the Kailo vertically along the spine might give you better coverage.</p>
Rib Pain:	<ol style="list-style-type: none">1. Vertically Place the patch directly on the spine 3 inches above the horizontal location of the pain and move the patch gradually downward to the horizontal location of the pain.2. Place the patch on the sternum with the top edge at the top of the sternum and move the patch gradually downward.
Hip	<p>At a 45-degree angle place the patch with the upper corner at the bottom rib and the lower corner at the spine - on the side of the pain and move the patch gradually downward all the way onto the buttock if needed</p>
Groin/Pelvic Pain	<p>The best placement we have found for the groin area is placing the Kailo horizontally on the side of the pain starting at the midline, right above the pubic area and slowly moving towards the hip.</p>
Upper Leg/Thigh/Hamstrings	<ol style="list-style-type: none">1. Place the Kailo at a 45-degree angle across the butt cheek on the side that hurts. The lower part should be about 2 inches down the side of the butt crack and the upper side should point towards the hip.2. Place the Kailo horizontally across the back of the upper thigh just below the buttocks.
Knee	<ol style="list-style-type: none">1. Place the patch three inches above the knee, with one edge centered on the inner thigh and move the patch gradually downward.2. Place the patch centered across the front of the thigh, three inches above the knee and move the patch gradually downward.3. Place the patch horizontally across the top of the front of the calf a little towards the outside of the leg. No movement is necessary.
Lower Leg/ Calf	<ol style="list-style-type: none">1. Place the Kailo horizontally across the top front of your calf directly under your knee and a little towards the outside of your leg.2. Place the Kailo horizontally across the back of your lower thigh directly above the bend in your knee3. Place the Kailo horizontally across the back of your upper calf directly below the bend in your knee and a little towards the outside of your leg.
Ankle	<ol style="list-style-type: none">1. Place the Kailo horizontally across the back of the lower calf towards the outside of the leg and a little above the ankle.2. Place the Kailo horizontally across the top front of your calf directly under your knee and a little towards the outside of your leg.



	<ol style="list-style-type: none"> Place the Kailo horizontally across the back of your upper calf directly below the bend in your knee and a little towards the outside of your leg.
Feet (plantar fasciitis, neuropathy, etc.)	<ol style="list-style-type: none"> Wrap the Kailo horizontally across the back of your lower leg right above your shoe line. Wrap the Kailo across the top of your foot from your arch towards your little toe. Try wearing Kailo in the bottom of your shoe.

Specific Treatment Placement:

Condition	Known results and placement options
Adductor Strain	We have had very good results placing the Kailo in the waistband over the spine.
Arthritis (Gout is a form of Arthritis)	We have had lots of success treating arthritis pain. Since arthritis attacks many areas of the body, we suggest using the body placement guide above to treat the area that is affected.
Bulging Discs	<p>Place the patch horizontally right above the bulge, but not on it. Then moving up gradually one patch width at a time, following the placement guidelines above. If two placements that are near each other both give relief, switch to vertical placement to cover both places on the spine or use two patches to cover both areas.</p> <p>For bulging discs in more than one location, use two patches placed horizontally each above one of the locations and adjust according the placement guidelines.</p>
CRPS or CPS	We have had some very good results. CRPS usually affects one of the limbs of the body due to injury. We suggest using the placement guide above to treat the area that is affected.
Ehler's Danlos Syndrome	We have had good luck treating pain from EDS. Since the pain locations vary, we suggest using the placement guide above to treat the area that is affected. We have had good success with placement on the Scapula to treat related arm pain.
Fibromyalgia	Kailo gives hyper localized relief for Fibromyalgia sufferers. Meaning, you can use 2 or 3 patches at a time to treat your worst areas on any given day. Since fibromyalgia involves all over body pain, Kailo does not relieve the whole body, but users have reported that being able to focus their relief on the parts of their body that they need on any given day is very helpful. For example, if they need to be on their feet, having relief for leg and hip pain helps or if they need to use their hands, treating their arms and hands is helpful.
Hernia	Good results for hernia pain. Place horizontal under the belly button with one end starting under the belly button and the other end stretching out towards the side with the hernia. You can move the patch lower closer to the hernia for



	possible improvements, follow the placement guidelines above when looking for the best location.
Lyme Disease	Some reduction of pain in hyper localized areas. Since Lyme disease affects many areas of the body, we suggest using the body placement guide above to find good placement.
Menstrual Cramps	Place the patch centered at the belly button horizontally and move the patch gradually downward.
Neuropathy	Very good results. Neuropathy can manifest in many parts of the body. Use the body placement guide above to find placement for where neuropathy affects you.
Occipital Nerve Pain	Good results.
Plantar Fasciitis	Very good results. Place the Kailo horizontally around the back of the lower calf just above your shoe line.
Sciatica	We have had excellent results. Here are some successful placements: <ol style="list-style-type: none">1. Place the Kailo horizontally on the back of your hamstring.2. Place the Kailo on your buttock at a 45-degree angle.3. Place the Kailo horizontally across the middle of your back. Sometimes move the Kailo closer to the side of the body where the sciatica pain is located.
Scoliosis	Very good results. Placements vary based on how the spine is curved. One placement that worked was two patches placed horizontally on either side of the lower back. This person had a spine that curved like an "s" down her back.
Spondylosis or Osteoarthritis	We have had very good results. Placement is along the spine. Follow placement guidelines above based on where the pain is located.
Tennis Elbow	Very good results. Placement on the lower part of the upper arm right above the elbow.
Crohn's Disease (small intestine)	All over tummy pain- <ol style="list-style-type: none">1. right on top of your stomach between my ribs2. Halfway down the back- an inch or so above where the pain is felt on the belly Low stomach and sharp side pains- <ol style="list-style-type: none">1. low abdomen right above the groin2. Low back, just the side of the spine that the pain is on