RRT Equine Users Guide

Thank you for purchasing an RRT. Rapid Release Therapy is a non-surgical, non-invasive and drug free solution for the treatment of soft tissue disorders. RRT is safe, effective and fast. After reading the instructions and users manual you will be prepared to treat animals for various soft tissue disorders, know the indications and contraindications and treatment protocol recommendations.

The RRT is the only high frequency vibration therapy device that will reduce lameness, reduce pain, increase ROM, and function by releasing scar tissue, adhesions and easing chronic and acute muscle spasm. The RRT's unique frequency and arc motion allow use as a daily treatment, for pre-performance warm up or post performance recovery.

You have purchased the RRT PRO 1
- Device for Pain Relief and Healing
- FDA Class 1 Medical Exempt
- Patented High-Speed Vibrational Therapy (HVT)
- First Major Advancement in Vibrational Technology
- Uses Optimal Frequencies for Relief of Soft Tissue Problems
- Uniquely Effective for Treating Scar Tissue and Adhesions
- One modality for Multiple Applications and Uses

Mechanism of Action: RRT PRO uses special frequencies at 170 Hz determined optimal for resonating with scar tissue. Scar tissue absorbs this energy at this resonant frequencies efficiently facilitating its dissolution. Scar Tissue is quickly and painlessly released and absorbed into the body. Frequencies between 100-200Hz have been determined to elicit the TVR (tonic vibration reflex), direct RRT high frequency treatments elicit the TVR uncoupling the complex agonist-antagonist coupling and guarding mechanism. The tissue turbulence, arc motion, unique frequency and TVR activation create multiple mechanisms of action resulting in significant pain relief and increase range of motion.

Indications:
Rapid Release Therapy is helpful to reduce the pain associated with joint sprains, strains, arthritis, tendonitis, muscle spasm, desmitis, nerve pain and most musculoskeletal disorders. Nearly all lameness disorders related to trauma, overuse, repetitive use or mechanical and hoof dysfunction involve scar tissue and are successfully treated with RRT.

Contraindications:
Although the RRT is indicated for all muscle, muscle spasm, joint, tendon, ligament and fascia disorders there are a few contraindications. The RRT should not be used within three inches of new joint hardware that has been surgically installed within the last 90 days, on the pregnant torso, on an area of known malignancy or fracture.

Precautions:
Stop treatment if irritation, swelling, excessive redness or pain increases. It is normal for the front of the machine to warm-up to touch but the device and the application head will not exceed 95 degrees at contact site or produce a thermal effect.

Do not use in a wet environment, on or near standing water. Do not use with damaged power cord, damaged extension cord or in unsafe conditions. Use common sense with the RRT.

Directions for Use

ON/OFF:	Blue power switch is on back of the unit. Slide switch up to power ON slide switch down to power OFF.
Patient Position:	Position patient comfortably so treated area is relaxed for treatment. With additional treatments, muscle can be treated while on stretch, flexed or in active positions.
Introduction:	Turn device on away from animal and let them adjust to sound. Apply to animal initially with back of RRT hand and then apply treatment.
Application:	RRT applied over the skin is the preferred method. No sustained positions for greater than 30 seconds without using a towel for animal comfort. Use caution over bony prominences.
Method:	Parallel, perpendicular or circular strokes to the involved soft tissues. Move the head one inch per second, begin with light pressure and increase pressure to patient satisfaction.

Treatments Parameters:
See protocols for recommendations of treatment and applications. Treatments are proportional to mass. So smaller tendons require much less time than large muscles. Always safe to under treat initially and progress with time as patient improves. For areas not addressed in the protocol section consider the size and density of area and proceed with a short treatment and progress slowly as patient improves.

Longer treatment times in localized areas may result in tissue fatigue. This presents as a prolonged pins/needles sensation, soreness lasting longer than 10 minutes after treatment cessation or a generalized discomfort in the area treated.

Applicator Heads
Trumpet Head: The largest head and most frequently utilized for its size and intensity.
Actuator Head: The opposite smaller head is best used for smaller regions or trigger points.
Nub Head: The circular head in the middle can be used for the smallest muscles, tendons or depressed areas.

Any part of the applicator head can be used. Consider the outer rim of the trumpet head or the sides of the actuator for different applications on smaller tissues or animals.

Progression:
First treatment, proceed with light pressure (device weight) and for additional treatments, trigger points or points of relief add extra pressure as patient prefers. If full resolution has not been achieved in 2-3 visits, consider changing position to add stretch, address joint in different ROM, treat the joint in weight bearing, add additional pressure or a combination of these progressions.

Applied Pressure
Remember the RRT's effectiveness derives from its unique frequency, arc motion and ability to apply shear force to adhesions and scar tissue. Therefore it is not necessary to add excessive pressure to tissues for additional effectiveness it will happen even with light pressure.

Technical Information:
Weight: 2.2 lbs
Frequency: 170 Hz
Amplitude: 2 mm
Arc Motion: Tissue Turbulence

Warranty: 30 day money back guarantee. One year from date of purchase complete parts and labor warranty. Second year damage will result in half replacement cost.

Research has demonstrated that high frequency vibration therapy is effective for increasing muscle power before workout, reducing pain in muscle, joints, phantom limbs, and diabetic neuropathy and reducing the delayed muscle soreness associated with intense muscle workouts. It has also been shown to reduce the pain associated with injections and improve the sensation of peripheral neuropathy in the lower extremity.

Keeping in mind the contraindications, Rapid Release Therapy is safe for animals of all ages, conditions and mobility. It's benefits are being appreciated by equine owners of all levels and abilities, professional athletic teams, college teams, VA hospitals, pediatric therapists and individuals.

For any additional questions, please contact me at tom@rapidreleasetech.com

Sincerely,

Tom Hendrickx, MPT, OCS, CSCS
Director of Clinical Education

Equine Treatment Protocols

Cervical Crest
Primary Areas: Begin at the proximal splenius, and serratus ventralis cervicus, and progress distally completing the entire trapezius.

Sensitive Areas: Ears, mandible, mastoid, transverse processes

Treatment 1: 3 minutes, trumpet head, large area, sitting or lying, light pressure
Treatment 2: 3-4minutes, trumpet head, medium area, sitting or lying, light pressure
Treatment 3+: 4-5 minutes, trumpet head, small area, sitting or lying, medium pressure

Cervical Neck
Primary Areas: Begin at the proximal sternomandibular and omotransversarius and proceed to the brachiocephalicus and entire Trapezius..

Sensitive Areas: Ears, mandible, mastoid, transverse processes

Treatment 1: 3 minutes, trumpet head, large area, light pressure
Treatment 2: 3-4minutes, trumpet head, medium area, light pressure
Treatment 3+: 4-5 minutes, trumpet head, small area, medium pressure

Anterior Shoulder
Primary Areas: Cover the Supraspinatus, infraspinatus, deltoid, brachiocephalicus, omotransversarius , and the proximal biceps.

Treatment 1: 3 minutes, trumpet head, large area, light pressure
Treatment 2: 3-4minutes, trumpet head, medium area, light pressure
Treatment 3+: 4-5 minutes, trumpet head, small area, medium pressure

Posterior Shoulder
Primary Areas: Cover the Supraspinatus, infraspinatus, deltoid, latissimus Doris and triceps.

Treatment 1: 3 minutes, trumpet head, large area, light pressure
Treatment 2: 3-4minutes, trumpet head, medium area, light pressure
Treatment 3+: 4-5 minutes, trumpet head, small area, medium pressure

Elbow
Primary Areas: Begin at install biceps and triceps and proceed to the extensor Capri radialis, and extensor digitorum communius, and ulnaris lateralis. Complete the treatment with a complete treatment of the elbow region including tendons and antagonists.

Sensitive Areas: Lateral epicondylitis, humeral capitulum, olecrenon tuberosity

Treatment 1: 2 minutes, trumpet head, large area, light pressure
Treatment 2: 2-3 minutes trumpet head, medium area, light pressure
Treatment 3+: 3-4 minutes, trumpet head, small area, medium pressure

Equine Suspensory Apparatus
Begin at proximal Suspensory ligament and proceed distally to all pairs of sesamoidean ligaments. Include the fetlock capsule and surrounding ligament attachments.
Consider supporting the fetlock in slight flexion during treatment for greater muscle relaxation.
Always address the antagonists.

Sensitive Areas: Bony prominences of the cannon and pastern bones.

Treatment 1: 3 minutes, trumpet head, large area, light pressure
Treatment 2: 3-4minutes, trumpet head, medium area, light pressure
Treatment 3+: 4-5 minutes, trumpet head, small area, medium pressure

Distal Flexor and Extensor Ligaments of the Knee and Fetlock
Begin at the proximal region of the flexor ligaments and work distally, completing the inferior, suspensory, annular, and digital sesamoidian ligaments and the flexor tendons and superficial and deep flexor tendons. Return proximally to cover the common digital extensor and lateral digital extensor tendons.

Sensitive Areas: Sesamoids, Bony prominences.

Treatment 1: 1-2 minutes, trumpet head, large area, light pressure
Treatment 2: 2 minutes, trumpet head, medium area, light pressure
Treatment 3+: 2-3 minutes, trumpet head, small area, medium pressure

Withers
Primary Areas: Begin at the withers covering areas of the trapezius and latisimus on one side and complete a 6-10 inch perimeter over one to two minutes and complete the same region on the opposite side. Successful for wither build up or saddle irritation.

Sensitive Areas: Spinous processes, areas of redness or swelling.

Treatment 1: 1-2 minutes, trumpet head, large area, light pressure
Treatment 2: 2 minutes, trumpet head, medium area, light pressure
Treatment 3+: 2-3 minutes, trumpet head, small area, medium pressure

Thoracic Spine
Primary Areas: Begin at the trapezius, latissimus dorsi, and proceed slowly distally to the upper thoracic paravertebral muscles on one side. Repeat on the opposite side.

Sensitive Areas: Spinous and transverse processes, and lower ribs if exposed.

Treatment 1: 3-4 minutes, trumpet head, large area, light pressure
Treatment 2: 4-5 minutes, trumpet head, medium area, light pressure
Treatment 3+: 5-6 minutes, trumpet head, small area, medium pressure

Lumbar Spine
Primary Areas: Begin at the lower distal thoracic paravertebral muscles on one side and proceed distally slowly to the lumbar region covering the serratus dorsalis, superficial gluteus, and gluteus mediums. Addresses the back, loin and croup. Repeat on the opposite side.

Sensitive Areas: Spinous and transverse processes, and lower ribs if exposed. Occasionally the dock can be sensitive as well.

Treatment 1: 3-4 minutes, trumpet head, large area, light pressure
Treatment 2: 4-5 minutes, trumpet head, medium area, light pressure
Treatment 3+: 5-6 minutes, trumpet head, small area, medium pressure

Hip Region
Primary Areas: Begin at the gluteus superficialis, and gluteus mediums and proceed distally to cover the tensor fascia latae, biceps femoris, semimembranosus, semitendoninosis, and gastrocnemius. Addresses the point of hip and buttock.

Sensitive Areas: Bony prominences if exposed.

Treatment 1: 5-6 minutes, trumpet head, large area, light pressure
Treatment 2: 6-7 minutes, trumpet head, medium area, light pressure
Treatment 3+: 7-8 minutes, trumpet head, medium area, medium pressure

Stifle
Begin at proximal tensor fascia latae, progress across the biceps femoris, gastroc, semitendinosis, semimembranosus and proceed to complete the entire lateral patella tendon. Consider supporting stifle in slight flexion during treatment for greater muscle relaxation. Always address the antagonists.

Sensitive Areas: Tibial tuberosity, patella, and tibial nerve.

Treatment 1: 3 minutes, trumpet head, large area, light pressure
Treatment 2: 3-4minutes, trumpet head, medium area, light pressure
Treatment 3+: 4-5 minutes, trumpet head, small area, medium pressure

Hock
Begin at the distal biceps femoris, and distal semitedinosis proceed across the entire gastric and complete with the lateral digital flexor, lateral digital extensor and the long digital extensor. Consider supporting hock in slight flexion during treatment for greater muscle relaxation. Always address the antagonists.

Sensitive Areas: Calcaneal tubor, fourth tarsal, talus and peroneal nerve.

Treatment 1: 3 minutes, trumpet head, large area, light pressure
Treatment 2: 3-4minutes, trumpet head, medium area, light pressure
Treatment 3+: 4-5 minutes, trumpet head, small area, medium pressure

Distal Flexor and Extensor Ligaments of the Hindlimb
Begin at the proximal region of the flexor ligaments and work distally, completing the inferior, suspensory, annular, and digital sesamoidian ligaments and the flexor tendons and superficial and deep flexor tendons. Return proximally to cover the common digital extensor and lateral digital extensor tendons.

Sensitive Areas: Sesamoids, Bony prominences.

Treatment 1: 1-2 minutes, trumpet head, large area, light pressure
Treatment 2: 2 minutes, trumpet head, medium area, light pressure
Treatment 3+: 2-3 minutes, trumpet head, small area, medium pressure

FAQ's
What is the typical treatment frequency and time frame? It is suggested that 6 treatments be delivered in a 10-14 day time frame for optimal results.

Can I use the RRT more than once per day? Yes. Because no significant thermal effect is created during treatment like other modalities, treatment can be applied more than once per day. It is not recommended to exceed more than three sessions in a localized area per day.

Can you continue to use the device after the two week treatment period? Yes. The more related to scar tissue adhesions the disorder is the more quickly the results will be demonstrated. However, the continued results of treatment and muscle relaxation will be appreciated long term.

How does the RRT improve muscle power pre-performance? Research has shown that direct high frequency vibration application Pre performance increases muscle power (Lau). Applying the RRT for 2-3 minutes per side, per muscular region will increase muscle power of those regions treated.

How does the RRT treatment improve recovery? Research has shown that direct high frequency vibration application to muscles following high intensity exercise training will decrease the intensity and duration of delayed onset muscle soreness (DOMS) (Bosco).