



## **DOMS/Workout Recovery**

The RRT is the only high frequency vibration therapy device that will reduce pain, increase ROM, and function by breaking up 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.

Research demonstrates that application of vibration therapy (100-200 Hz) for 2-5 minutes per major muscle group can lessen development and reduce delayed-onset muscle soreness at 2 to 5 days after exercise.

Protect bony areas with opposite hand or towel. Follow protocol and re-assess.

### Precautions:

The RRT should not be used within 2 inches of new hardware (minimum 90 days/consult MD), on the pregnant torso, an area of known malignancy or on a patient with a pacemaker.

### Application:

RRT applied over the skin is the preferred method. Over clothing is acceptable. No sustained positions for greater than 30 seconds without a towel. Apply using circular, parallel and perpendicular strokes to the soft tissues of the entire involved area at a pace of 1 inch per second. The treatment head may warm slightly but a thermal effect is not produced.

### Primary Areas:

All major muscle groups involved in intense exercise, especially eccentric or ballistic in nature (plyometrics, strengthening, jumping and sport specific activities) that result in tissue microtrauma. Post workout recovery vibration therapy (VT) requires 2-5 minutes for each major muscle group, per side. i.e. quadriceps, hamstrings, calves, gluteals, spinal erectors, scapular elevators, rotator cuff, deltoids, upper arms and forearms.

Sensitive Areas: Sciatic nerve, Fibular head, perineal nerve, calcaneus.

### Pressure/Progression:

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

### **Treatments Parameters:**

<u>Tx</u>	<u>Time</u>	<u>Head</u>	<u>Area</u>	<u>Position</u>	<u>Pressure</u>
1	2-3 Mins	Trumpet	Large	Sitting	Light
2	3-5 Mins	Trumpet	Medium	Seated/Stretch	Lt /Med
3,4,5	5-7 Mins.	Trumpet/Actuator.	Med/Sml.	Stretch or S/L.	Med/ Firm

