The role of InterX therapy in physiatrist practice – own experience

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InterX – Interactive Neurostimulation
(New treatment modality which uses electrical stimulation for relief of acute and chronic pain)

- Used by doctors and therapists
- Professionals and private persons
InterX – WHY? WHEN? WHOM?

1. Non-invasive
2. Small and safe
3. Recovery time reduction (pain reduction, oedema reduction and increase ROM)
4. No side effects
5. Nociceptive pain (injury, post op. pain, chronic pain syndroms etc.)
6. Neuropathic pain (DM, Herpes Zoster, etc)
7. Full function in optimal time
8. Can be used over orthopaedic metal implants

InterX – WHY? WHEN? WHOM?

- ACUTE pain (in one week time)
- SUBACUTE pain (two–twelve weeks)
- CHRONIC pain (over twelve weeks)
InterX – WHY? WHEN? WHOM?

- MALE
- FEMALE
- YOUNG
- ELDERLY

DISORDERS and CONDITIONS:
- 1. musculoskeletal (LBP, neck pain syn., osteoarthritis of knee, hip, foot, shoulder, elbow, wrist)
- 2. post injury rehabilitation
- 3. post surgical rehabilitation
- 4. chronic neuropathic pain
- 5. different (allergy, cold, headache, etc.)

InterX – Interactive Neurostimulation

- Own experience in physiatrist daily work (outpatients)
- Working in a private clinic for over three and a half years

Over hundred successfully treated patients (different conditions and disorders)

Recommended as a choice of therapy when specialists judge the best and optimal outcome of therapy

Use InterX as only therapy or before conventional physical therapy procedures (for myofascial release, exercises, soft tissue techniques)

Use InterX after poor outcome of conventional physical therapy
CASE REPORT I

D.J., female 29 y, medical student
Accident - fallen down the stairs

Suddenly developed very strong lumbo – sacral pain with radiculopathy (dermatome L4-L5, L5-S1) of left leg; VAS 8-9; first day totally immobile.

MRI: Slipped disc L4-L5 et L5-S1

InterX treatment 7 tx
Day one: 2 x (setting 240), day two 2 x (setting 240),
Day three 1 x (setting 240), day fifth 1 tx and day seventh 1 tx (setting 60).

Because she felt slightly lumbosacral pain later on but she was moveable, flexible array was applied (three days)

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CASE REPORT II

Female, R. G., 60 y, economist
Fracture of right humerus with massive skin haemathoma of right pectoral area and right arm

InterX 10 tx 3-4 tx / 5 days,
Further 2 tx / day
Outcome: total removed arm haemathoma with full ROM
Just left small pectoral bruise
InterX – Interactive Neurostimulation

Male, K.C., 42y.
Mechanic
Fracture of fifth metatarsal bone of left foot
Surgery with osteosynthesis

InterX 2 tx (due to private reasons) — slightly reduction of oedema of foot, reduction of pain and better movement of V finger and much better walking

First treatment after surgery
Second treatment after surgery
CASE REPORT III

Female, D.C.B. 50 y,
University professor
Osteoarthitis of shoulders
and chronic neck pain
InterX 7 tx – setting 60,
dynamic 15-60), flexible
array cyc 2 / cyc 3
Outcome: pain relief,
inflammation reduction,
increased ROM, better
muscle strength

Female, 83 y, patient with several diseases
( compressive fracture Th12 and L2, op. slipped disk
L4-L5, DMID, polyneuropathia diabetica,
Hypertension, chr. renal disease, low back pain, etc.)

InterX 3 months: neuropatic pain and back pain
due to compressive fracture 12 tx
1 – 2 tx /1 week
Treatment of hematoma 7 tx
InterX – Interactive Neurostimulation

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<tr>
<th>Hematoma of leg</th>
<th>After 7 tx</th>
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<td>Before InterX treatment</td>
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Female, 83 y, patient with several disease

Chronic back pain

InterX 8 tx (setting 60, dynamic 15-60)
Flexible array cyc 3
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<th>InterX – Interactive Neurostimulation</th>
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<tr>
<td><strong>Female, A. H., 55 y, kitchen staff</strong></td>
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<tr>
<td>Osteoarthritis of knee - painful, sometimes swollen knee</td>
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<td>InterX 6 tx, outcome: pain relief inflammation reduction and increase ROM. Further - patient did undergo medical exercises.</td>
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InterX – Interactive Neurostimulation

**SMALL device for OPTIMAL AND DESIRABLE OUTCOME!**

INDEPENDENT USE OR COMPATIBLE WITH CONVENTIONAL PHYSICAL THERAPY PROCEDURES ....

WHATEVER ...PERSONAL SATISFACTIONS AND THERAPIST TOOL FOR SUCCESSFUL AND FASTER RECOVERY!
A LITTLE BIT OF CROATIA

Thank You For Your Attention...