

Aggressive treatment lasts for 1 to 2 weeks, during which there are two basic positions where to place the device, alternatively, either during the same day or one day after another.

Position 1

In the middle of the nape (see photo)



GO patch must be placed in the middle of the nape

Goal 1 :

- alleviate neuromuscular spasms
- relieve localized or radiating pain towards the skull

Stimulation :

- medium force (level 3-4)
- 30 to 60 minutes per day
- for 1 to 2 weeks

Results :

- relief may be observed after 3 to 7 days of stimulation

Position 2

Astride the muscles of the 2 shoulders, in the middle (see photo)



Position 2 On both shoulder muscles

Goal 2 :

- alleviate spasms of the muscles of the right and left shoulders
- relieve localized and radiating pain of the shoulders or towards the arm

Stimulation :

- medium force (level 3-4)
- 30 to 60 minutes per day
- for 1 to 2 weeks

Results :

- relief may be observed after 3 to 7 days of stimulation

Prevention of Relapses and a Healthy Lifestyle

If GO patch is really effective in aggressive treatment, it cannot prevent relapses if the therapeutic strategy is not global in the fight against the common denominator which is stiffness of the cervix of the spine.

In fact general stiffness of the back and especially the nape of the neck are frequent because it is an unavoidable condition for all of us as we grow older. For this battle time is not on the patient's side especially since our life expectancy is growing and living up to and over 85 years of age is common place the occidental world.

Starting at 45 to 50 years of age, loss of flexibility of the back must be considered serious and must be treated if not, a simple discomfort when turning your neck can evolve and become a nightmare for several of us.

Prevention

-If you have a GO patch, after the first stage of aggressive treatment, maintain the flexibility of your neck by taking 2 sessions of 15 to 30 minutes of stimulation every week. 15 to 30 minute sessions are sufficient. Alternate between positions 1 and 2 which are equally important for prevention. Carry the device with you, even when travelling.

- Flex gymnastics

They are very slow and easy exercises that mobilize all articulations. They concentrate on the warming up of the tendon muscles rather than building muscular mass; in fact, a developed muscular mass can be the root of sensitive hypertension and is not beneficial. In order to prevent major errors, in the beginning, you can consult a health professional (kinesitherapist...)

Flex gymnastics is fundamental because when practiced regularly, even if it does not have the strength of a medical treatment for acute pain, it can help prevent the development of chronicity.

Healthy Lifestyle and Optimal Quality of Life

It is manifest that being overweight or obese is a real obstacle towards maintaining physical activities in persons aged 50 and therefore has an impact on flexibility of the body.

A balanced diet - not too rich in meat, especially red meats, less sugar and animal fat - with more fish produce as well as fresh fruits and vegetables allows ease of digestion and a better mobility of movement.

It also facilitates the practice of flex gymnastics or any other type of physical activity (walking, cycling, gardening, swimming...), the first steps towards a healthy body weight and an optimal quality of life.

Favor quality of food over quantity. It is one of the major methods of maintaining your flexibility, mobility and your physical independence for the longest period possible.

Finding Advice

- Consult with your attending physician,
 - You can also write to IDT Medical Department who will try to give you advice and their objective support.
- Email: idt@idt-france**
(Addressed to the Director of the Medical Department)

What About Scoliosis ?

We have seen that moderate scoliosis is a major maintenance factor of neck stiffness, consequently leading to potential chronicity.

Its existence, as an aggravating factor, must not be considered as an insurmountable obstacle for the relief or alleviation of pain. It just has to be treated by a medical team who will provide a global and precise treatment strategy.

The fact is that scoliosis can be clinically silent for years but with aging, it can provoke painful spasms and neuro muscular hypertonia in various areas of the back and nape of the neck when the body loses flexibility (age, inactivity...)

These spasms are the root of spinal stiffness either global or partial (lumbar, dorsal or cervical).

It is also included in the physiologic law of "EVERYTHING or NOTHING". Just by decreasing the level of muscular hypertonia engendered by scoliosis, would allow the relief and return of flexibility in the back or the nape of the neck.

Even here, it is utopia to try to medically reduce scoliosis, even when moderate, in people of 50 years of age or over. At that age, increased flexibility of a few degrees is possible; it is one of the simple solutions, easy to apply and effective to reduce pain durably.

In menopausal women, osteoporosis is one of the aggravating factors of scoliosis. It complicates medical treatment for flexibility. Its prevention is essential.

Medical CE Certificate Manufacturer Design & European Distribution

GO patch is a medical device bearing medical CE certificate:



in compliance with European Policy 93/42/EEC

GO patch is designed by IDT France - FRANCE. It has an international patent

It is manufactured by WELL LIFE - Taiwan fulfilling Standards ISO9002 and EN46002.

IDT France insures European and worldwide distribution

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