

Use of the "Aquatone" unit during the training process.

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Video review of Neznamova M.N. you can see on the website www.aquatone.su \ Video \ Sport \ Triathlon.

Tests of the "Aquatone" device was conducted during the period October 2012 to March 2013 at the Olympic school in Penza. The tests involved young people playing sports by Russian triathlon team, including Alexander Bruhankov who participated in the Olympic Games



(London, 2012).

Fig.1. The "Aquatone" device for resonance wave therapy

The "Aquatone 04" device unit has proven to be an effective tool for adaptation of physical endurance, with accelerated rehabilitation of injuries, prevention of injuries in overtraining and sports-related wear damage during exercise.

The "Aquatone" device must be used under the supervision of a physician.

The following procedures are designed primarily for sports doctors.

1. Before training, cycling, running.

Provide effective rehabilitation at periostitis (periostitis), myositis (muscle inflammation), peri-arthritis (swelling of the periarticular soft tissue).

Most effective modes: Mode (2-3) \ Level 2. Good effects are achieved even with Mode2 \ level 2, position 3 \ Level 2 (for hypersthenic stature, large muscle mass).

First therapeutic session carried out within one hour after exercise and then another session three hours later. For the relief of pain is usually enough 2-3 sessions.

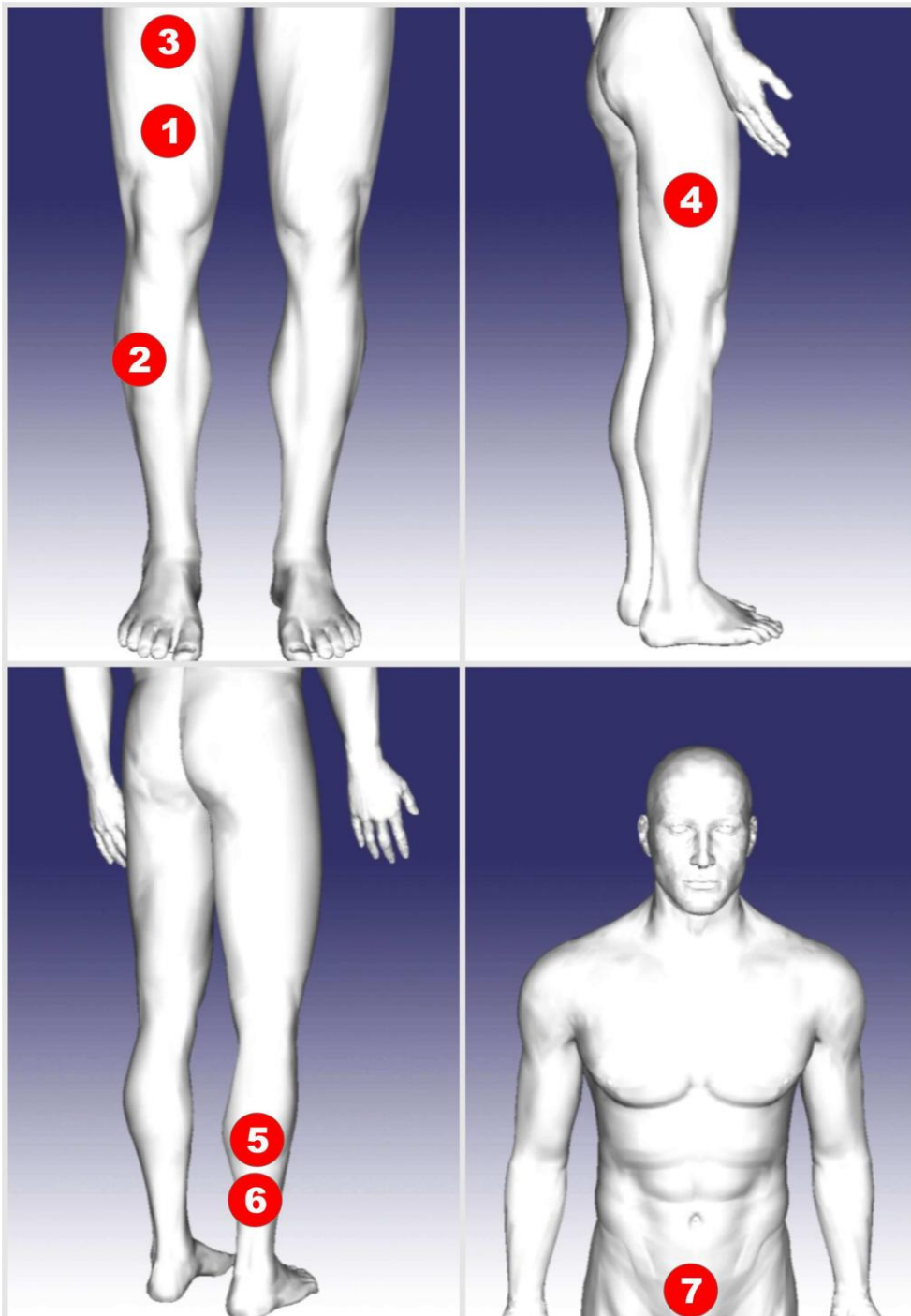
Use Schedule:

Treatment of the lower limbs for 10 minutes (1.5 minutes per zone, Fig. 1)

(1) the area of the lower part of the front of the thigh (above the knee),

- (2) the area of the front upper part of the tibia,
- (3) the area in the middle part of the thigh muscle,
- (4) the area of the middle part of the anterior thigh,
- (5) the posterior surface of the tibia, middle and upper third (muscles at 3 locations).

After exposure of the lower extremities occurs continuing treatment in the suprapubic region in order to improve blood circulation in the pelvic area for 10 minutes with the location (1-2) \ Level 1 (weight 60 kg), location (1-2) \ Level 2 at medium stature , mode 3 \ Level 2, at large physique (weight over 90 kg.). Effects illustrated by Figure



1.

Figure 2. Treatment Schedule for the lower limbs.

Avoid exposure of large vessels (inner thigh, popliteal fossa).

2. Before exercise, swimming (or other load on the shoulder girdle).

Most effective modes: Mode (2-3) \ Level 2, good results are achieved with position 2 \ level 2 (easy and average weight), mode 3 \ Level 2, at large physique (weight over 90 kg.).

Using schedule: for each arm 10 minutes (1.5 minutes for each zone, Fig. 3).

Processing zones:

(1) and (2) the area of the shoulder joint (deltoid, anterior and posterior),

(3) trapezius area,

(4) The middle third of the biceps area,

(5) the outside of the forearm (middle third).

First therapeutic session is carried out within one hour after exercise and again three hours later.

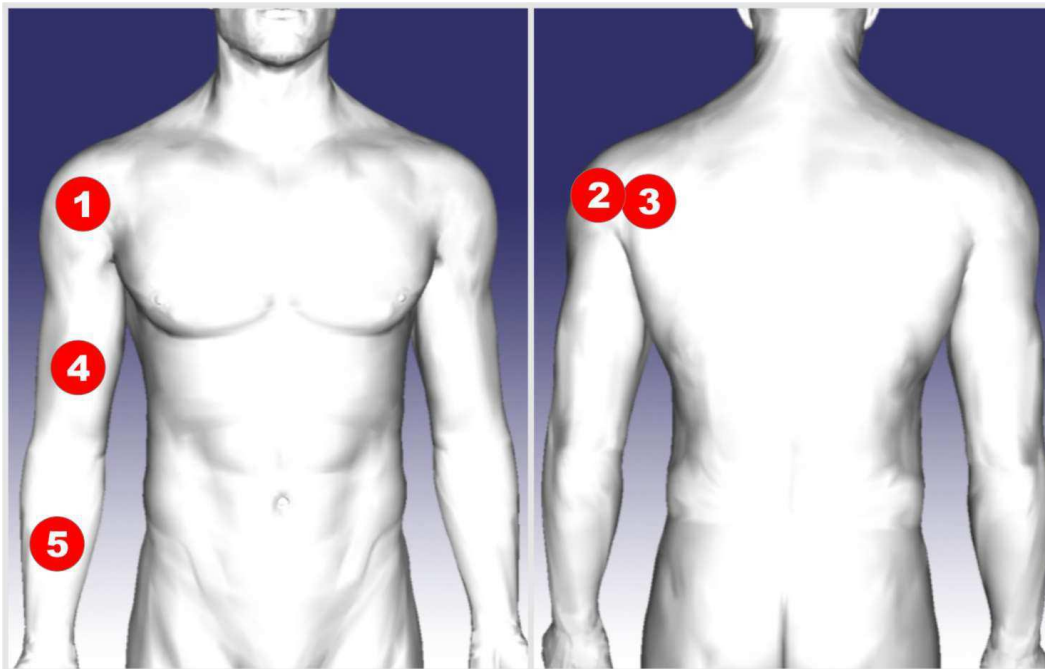


Figure 3. Treatment schedule for arm and shoulder girdle.

3. At the load of the spine and muscles.

Most effective modes: Mode 2 \ level 2. The effect is evenly distributed over the paravertebral points (Fig. 4). Total exposure time is 10 minutes.

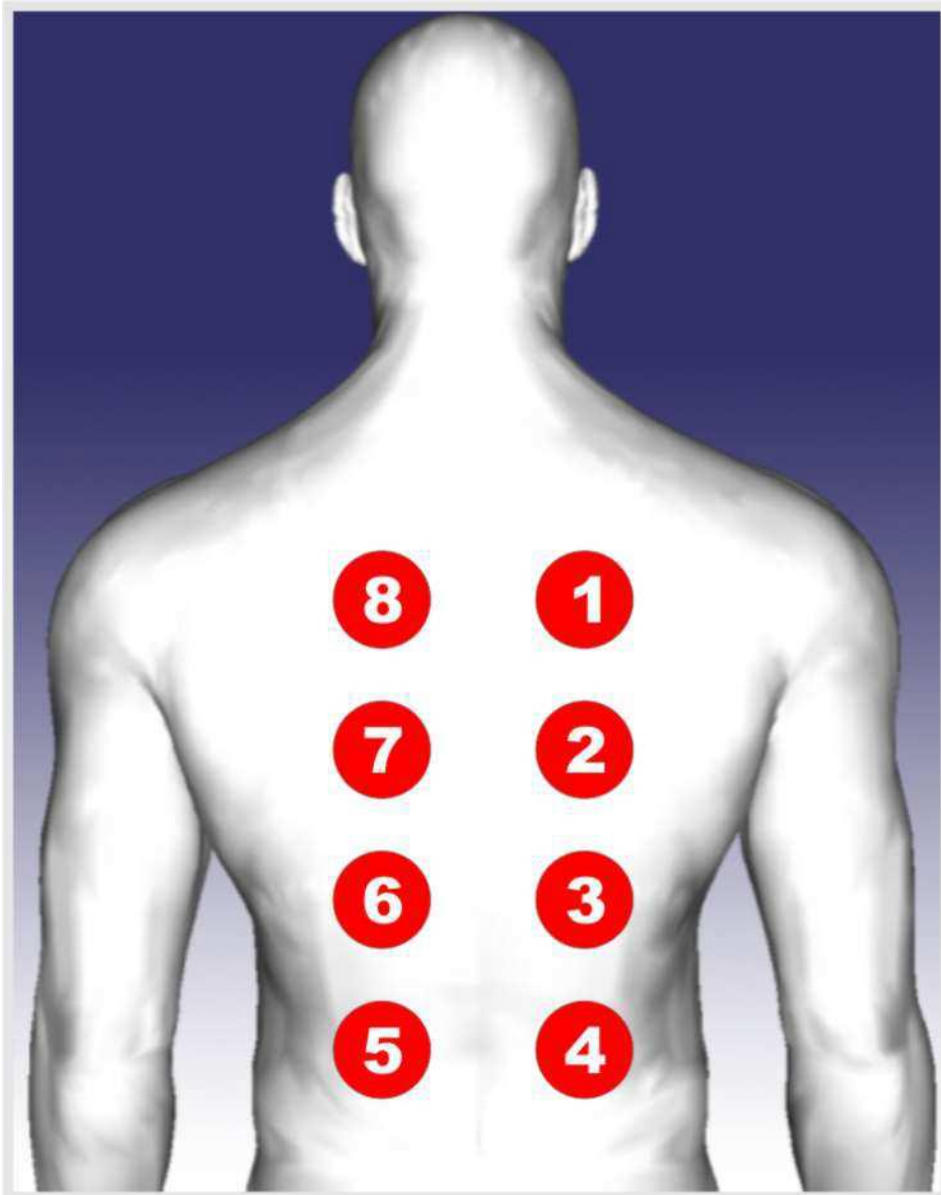


Figure 4. Treatment schedule of zones.

4. In disease states (nasal congestion etc.).

Most effective modes: Mode (1-2) \ Level 1

(1). The boiler,

(2), (3). Sinuses, both sides.

(4). The neck,

(5). The area at the seventh cervical vertebra. For 2 minutes per zone.

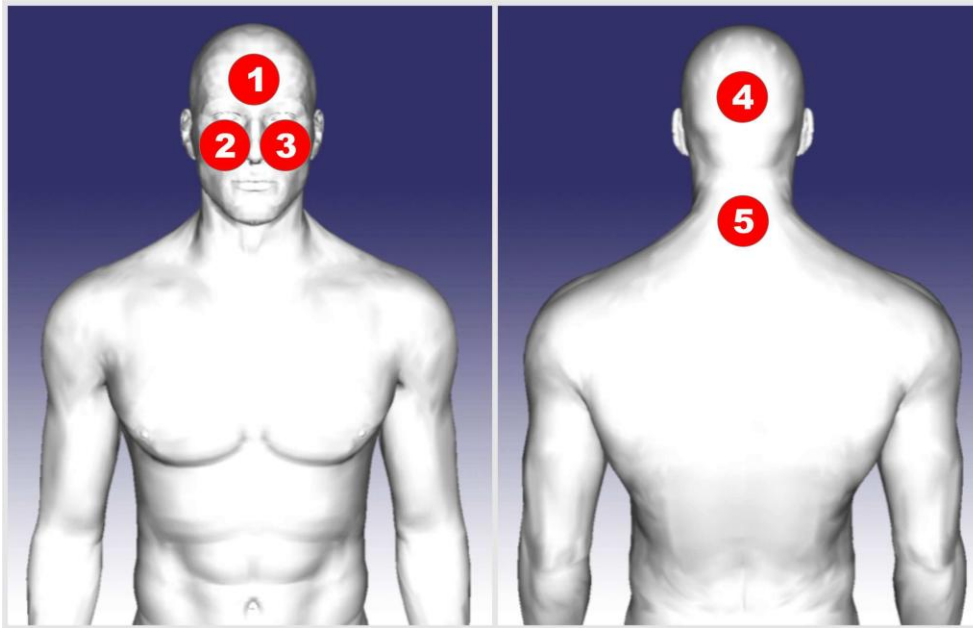


Figure 5. Use Schedule in disease states

5. Fade Mode (before exercise).

Most effective modes: Mode 1 Level 1 (asthenic, low muscle mass), Mode 1 \ Level 2, Mode (1-2) \ Level 1 (hypersthenic).

Under 10 minutes the effect is produced sequentially in each area

(2 minutes per area, Fig. 6):

- (1). Seventh cervical vertebra,
- (2). Sweetbreads (seventh vertebra),
- (3). Solar plexus (epigastric region),
- (4). Kidneys on both sides,
- (5). suprapubic region

Gradient used for rest or 1 hour before training

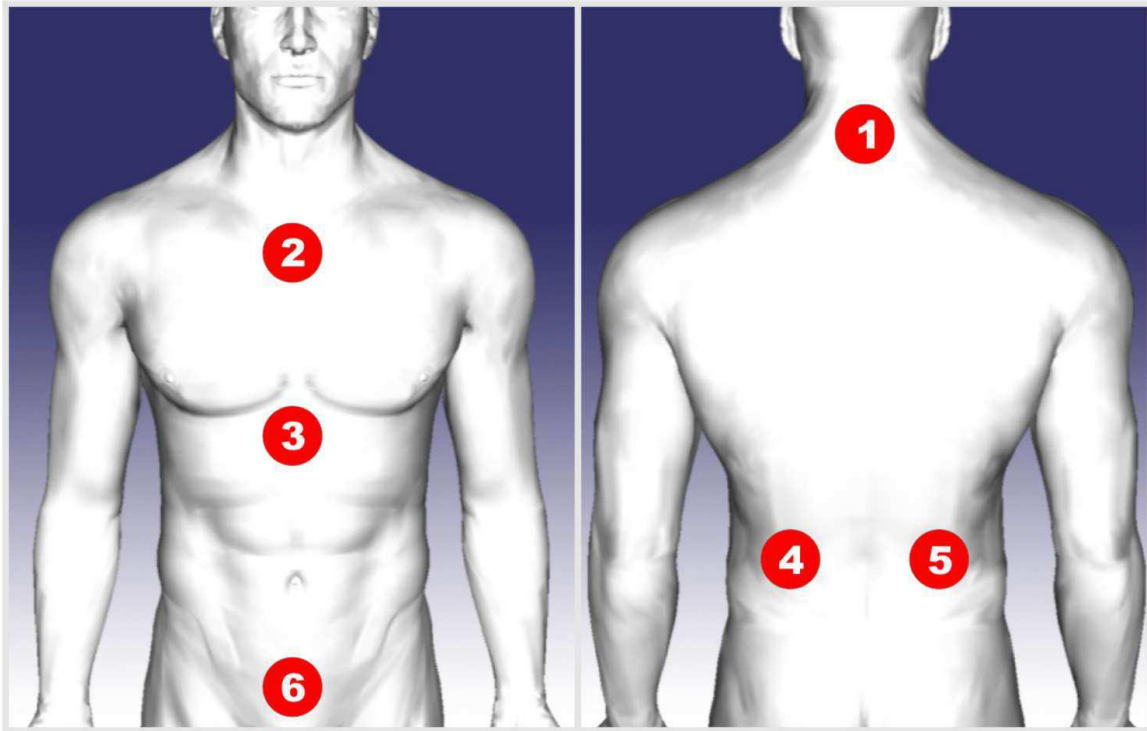


Figure 6. Fade mode

6. Isolated injuries (eg, soreness in a tendon or wrist).

Most effective modes: Mode (1-2) \ Level 2 for hypersthenic body type (more muscle), location (1-2) \ Level 1, Mode 2 \ level 1 for adolescents or asthenic body type (low muscle mass).

Use Schedule: 10 minutes of exposure at pain with movements over and all along the tendons 10 (2-3 procedures).

7. During periods of intense training in order to improve sleep

Just before bedtime with mode 1 \ level 1

The effect produced on the occipital region.