

Health Ministry  
Saratov REGION  
Public Health Institution  
Saratov town  
Polyclinic no. 6 (ГФЗ «СПИ № 6»)  
Flygplanstillverkare, 3, Saratov, 410015  
Tel.: (845-2) 39-13-80; Fax (845-2) 96-03-68  
Email: [klinika6@list.ru](mailto:klinika6@list.ru)  
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Director General  
Telemak LLC  
Dubovitskiy S.A.

### **Reviews on the results of the use of devices for resonance wave therapy, UHF, Aquatone at Saratov state hospital no. 6 during the period 2013-07 to 2015-02.**

After a meeting between the Ministry of health and industry in Saratov region on May 29, 2013, it was decided to let the company Telemak equip Saratov city clinic no 6 with Aquatone devices for testing and evaluation in a professional sense, the devices was then bought and set. During the period from 2013-12-07 to 2015-02-01, the Aquatone device was used in treatment of more than 2,500 patients. The Aquatone device has been used as mono therapy and in combination with traditional physical therapy, where it demonstrated high efficacy in the treatment of injuries: bruises, fractures, injuries caused by neuritis, hematoma and post traumatic injuries of muscles and tendons.

Early treatment interventions showed faster effects. On the first day of treatment, position 1 was used during a session for about 10 minutes, during the next 4 days, starting from the second day, 15-30 minute session once a day. During 5-10 days, position 2 was used during one session per day for about 15-20 minutes. The use of Aquatone device relieves pain and reduces swelling after 1-2 sessions. The analgesic effects obtained by the Aquatone device, is superior to magnetic therapy and UHF-therapy, and in the absence of contra-indications and the need for screening. Therapy time is reduced compared to traditional physical therapy techniques. In the treatment of hematoma (bruising), swelling diminishes after the 4th day of treatment, in more severe cases the effects could be seen after 10 days.

The Aquatone device has also demonstrated high efficiency in complex treatment and therapy of ENT diseases (sinusitis, sinusitis, tracheitis, bronchitis, pneumonia). In the treatment of 75 patients a quickly reduced pain was observed, easier to cough. Influence of nose and frontal sinuses could be seen after 10 minutes (mode 1 and mode 2, and then a third session). In the treatment of tracheitis, bronchitis and pneumonia-the greatest effect will be shown at the pulmonary root, at the esophagus, behind inflammation (projection of lower lobe in case of pneumonia), for complex and long term treatments, best effects was reached with the combination of Aquatone and electrophoresis, in mild cases, treatment can be done with Aquatone as monotherapy.

High efficiency was observed when Aquatone was used in neurological hospital therapy. In case of hypertensive diseases in stage 1 and 2, chronic ischemic heart disease, atherosclerotic heart disease, arterial disease of the retina, chronic cerebral ischemia of mixed origin, vestibular

syndrome, use the unit in the area around the back of the head with mode 2 for 10-15 minutes for the normalization of blood pressure, decreased headache, tunnel vision, reduction of tinnitus and dizziness, for which Aquatone have dampening effects that gradually reduces symptoms. Good results were achieved in the treatment of spinal osteochondrosis in different parts of the spinal column (cervical vertebrae, thoracic spine, lumbar vertebrae). At the dorsal parietal, dorsalgi and osteochondrosis of 1 and 3 degree and radiculopathy, the most effective combination of treatment were achieved with Aquatone, amplipulse or diadynamic therapy.

When using the Aquatone device, pain relief is achieved very fast. This is done without deterioration even in cases of disc herniated discs or committees, where Aquatone used with mode 1 and mode 2 for 10-15 minutes and paravertebrally with amplipulse.

After 3-5 sessions pain decreases and muscle tension decreases. When only traditional amplipulse devices are used, pain relief is not always achieved in acute treatment. In the complex treatment of deforming arthrosis of the hip and knee joints, as well as the small joints of the feet (150), showed that the most effective methods was achieved with Aqua Tone combined with phonophoresis.

To minimize pain and stiffness, most effective results were achieved by using mode 2 for 10 minutes per day for each part, then phonophoresis with hydrocortisone for 6-7 minutes for each part. Treatment of joints began with mode 2 once a day. During the 5th session, pain and stiffness decreased, which facilitated reaching. Patients experienced greater well-being. When the pain during the night waned completely or partially, mode 3 were used (for 10 minutes for each part combined with phonophoresis). The treatment consisted of 10-12 sessions, with the result comparable with a combination of laser therapy and phonophoresis.

The combination of the Aquatone device and laser therapy (Optodon) are effective long-term chronic treatment of joints. Examples of this combination is treatment of small joints of the hands and feet. As for the maximum analgesic effects during use of the devices Aquatone and Optodan, such effects cannot be achieved with only one of these methods.

The combined use with Optodan is also effective in inflammatory diseases. For example rhinitis and tracheitis, the treatment has been observed to be effective. The area around the nose treated with laser therapy, and trachea with the Aquatone device. When, for example, venous insufficiency of the lower limbs, along with deforming osteoarthritis of the knee and ankle (pain, hot sensation), good results were demonstrated after treatment with the device "Pole 101", then the Aquatone (position 2 for 5-7 minutes).

The combination of the Aquatone device and phonophoresis, proved to be very effective in the treatment of heel spurs. The effect is superior to all previously used methods, including the most efficient, which combines laser therapy and electrophoresis with novocaine or lidocaine.

In the treatment of patients with gout and gouty arthritis with chronic pain symptoms, pain was reduced or disappeared completely after one session. Interrupted session could be resumed at recurring pain. The treatment was considered to be effective after 10-12 procedures, 1 time per day. Good effects were achieved in the treatment of patients with sensorineural hearing loss. When the Aquatone device was used in combination with electrophoresis against sklerodermic mastoid, reduction of tinnitus was noted, headache, and better hearing.

Use of Aqua Tone device may be included in the treatment of a broad spectrum of diseases through their anti-inflammatory and analgesic effects. No impairment was noted during or after treatments, no exacerbation of healing processes. The use of Aquatone is safe, it does not create electromagnetic exposure of staff of the (Institute for Rehabilitation), it is easy to handle and use.

Cleaning the surface of the device is done daily with disposable napkins at the end of the shift.

Senior physician  
Physician, exercise physiology SM,  
Popova A.V. 8-917-026-10-45

M.A. Alenkina