

Massager prescribing information

Patient instructions

1. Please show this sheet **and** your massager to your chosen health care professional

Practitioner information

1. Patients require a professional consultation prior to using one of our massagers for safety considerations and to ensure patients get the best overall management for their condition. Thank you for helping.
2. The strength and penetration of these massagers is more in line with professional machines than the lower power ones in the shops. The purpose of making these massagers available is so patients can supplement their care with prescribed massage at home.
3. They are percussion massagers that work by having hammer pads send vibrations into the tissues. There are two model. The Deep Tissue Massager works on a few cm² of tissue with very powerful penetration while the General Purpose Massager works on a much larger area with good penetration.
4. Depending which massager and what problem it is working on the percussive massagers tends to be about 5-10 times as fast as using hands on techniques, plus tends to penetrate more. Please consider this when advising massager duration and frequency.
5. Patients have access to audiovisual, web based and printable general massager usage instructions on www.DrGraeme.com
6. Should prescribing home massage fit into your own management strategies please email us via the web site and we will send you a trial machine plus organise you access to the practitioners section with further information and whole price information.

Specific instructions

Patient's name _____ Date _____

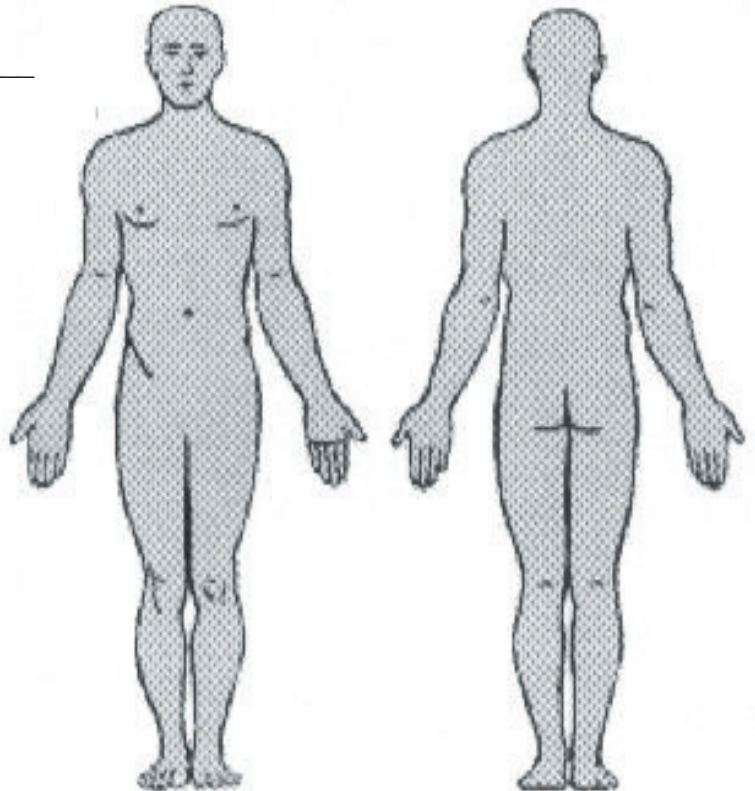
Massage frequency and duration (Typically max. 10 min per body part- massage every second day)

Other management needed

Warnings

Special instructions

Next appointment



Please mark areas that need massage