

Fibromyalgia Treatment

Fibromyalgia

Pain levels vary significantly between individuals with Fibromyalgia and can also vary within the same individual day to day. Infrared laser therapy is painless, making it a popular choice during flare-ups. During an acute flare-up, we recommend you treat using a lower Depth Setting (for instance, if you are experiencing a flare-up of your deep hip muscle/s, which you would usually treat on the Deep Depth Setting, use the Intermediate Depth Setting instead, and move the device after 60 seconds, as opposed to 120 seconds).

Email SYMBYX Clinical Support with any questions at: clinicalsupport@symbyxbiome.com.

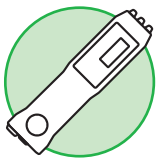
First Treatment

We recommend the top 3 most painful areas any one session. For your first treatment, treat a maximum of 2–3 points, per region of the body. The total treatment time will last 45 seconds–up to 20 minutes, depending on the depth and body part chosen.

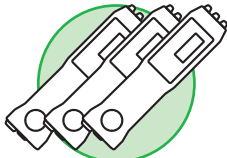
Following Treatments

If the first treatment is tolerated well (ie, pain-free), increase the treatment points for the second session by 1–2 additional points. With each session, you may increase the treatment points up to a maximum of 4 points for a small region of the body (e.g. Achilles tendon, open wound, wrist), and up to 5–10 points for a larger region of the body (e.g. low back or hamstring muscle). If you are treating 3 body parts in any one session, treat up to a maximum treatment of 30 minutes.

Frequency



1–3 treatments/week with one day of rest between treatments.



During acute flare-ups you can perform 3–5 treatments/week.

Safety Precautions & Contraindications

Please review the Safety Precautions and Contraindications page on our website and the Instruction Manual before use. SYMBYX is not your primary healthcare provider and you are advised to consult with one if ever in doubt. A level of caution should be exercised when commencing any new therapy as there is always a small risk of producing unwanted side effects. Safety glasses (provided) are required while operating the DuoCare 904.

Do not use the device in contact with sensitive or broken skin (including open wounds). For treatment of these, hold the device a few centimetres above the area so the laser is not in contact with the skin. Do not use the device in contact with eyelids. Do not view the divergent beam with magnifiers. Please perform your treatment sitting or lying down, and take your time standing up to minimise any risk of falls or injury.

Clinical Support

If you experience any adverse reactions, please cease the therapy immediately and contact our Clinical Support Team at clinicalsupport@symbyxbiome.com for further instructions.

SYMBYX at

Email: clinicalsupport@symbyxbiome.com

Phone (worldwide): +61 2 8066 9966 (worldwide)

Phone (UK only): +44 2037 698576 (UK only)

To learn more about SYMBYX, please visit our website and follow us on social media.



Contact Information

SYMBYX Customer Care

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SYMBYX Pty Ltd



3/116 Military Road
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DuoCare 904

Fibromyalgia, Pain and Inflammation Treatment





Pain and Inflammation Treatment

Turn on the DuoCare 904

- 1 Insert key provided into the slot and turn clockwise.
- 2 An orange light will illuminate directly below the key.
- 3 Press down on the round black POWER button until a small green light is illuminated within the button.
- 4 The DuoCare 904 will beep twice and the display screen will show that it is now ready to start treatment. All digital settings should be at zero.

Start Treatment

- 5 Set the Depth Setting appropriate for the part of the body you are treating.
- 6 Press the laser end of the DuoCare 904 onto the part of the body you wish to treat.
- 7 Press the Start Button to commence treatment

You can find instructions for of which Depth Setting to use on page 17 of Instruction Manual. Email SYMBYX Clinical Support with any questions at clinicalsupport@symbyxbiome.com.

First Treatment

Treat for a maximum of 2–3 points, per region of the body. The total treatment time will last 45 seconds–3 minutes, depending on the depth chosen.

Following Treatments

If the first treatment is tolerated well (ie, pain-free), for the second session increase the treatment by 1–2 additional points. With each session, you may increase the treatment points up to a maximum of 4 points for a small region of the body (e.g. Achilles tendon, open wound, wrist), and up to 5–10 points for a larger region of the body (e.g. low back or hamstring muscle). If you are treating 3 or more areas in one session, treatment time is limited to a maximum of 30 mins.

Frequency

- Acute pain conditions (< 30 days duration):
3–5 treatments per week.
- Chronic pain conditions (> 30 days duration):
1–3 treatments per week, with one day of rest between treatments.
- We recommend that you treat for up to 3 weeks and then have a break for 2-3 weeks before recommencing.

Turn off the DuoCare 904

1. Turn off the DuoCare 904 using the POWER button 3.
2. The green light within the POWER button will now turn off
3. Turn key 1 anti clockwise.
4. To double check the laser has been turned off, the light underneath the key slot will not be illuminated 2.

Treating Acute Swelling

- When applying the laser to a body area with acute swelling, keep moving the DuoCare 904 with light pressure, rather than holding it still, for a total treatment time of 2 minutes (using the Superficial setting).
- If applying the laser directly onto the skin is too painful, hold the laser slightly off the skin to ensure more comfortable application.
- Commence with daily application for the first 3 days (if tolerated) followed by every 2 days for 1 week.
- THEN use the device 1–2 times a week for as long as condition persists.
 - » Acute conditions require approximately 2–4 treatments.
 - » Chronic injuries generally require more, 5–10 treatments.

Charging the Battery

1. Turn off the device with the key switch and remove the key 1.
2. Connect the cable of the battery charger to the DuoCare 8.
3. Connect the charger to the mains power via wall-socket.
4. Check that the light on the battery charger is lit. The red light indicates charging of battery. This light will turn green once the battery is fully charged.
5. If the light on the charger is not lit—neither green nor red—then the charger is not functioning as intended. Contact SYMBYX Customer Care for support via: info@symbyxbiome.com

NOTE: THE DEVICE CAN BE USED WHEN CONNECTED TO THE CHARGER, AS WELL AS DURING CHARGING.

DuoCare 904

Parkinson's Treatment

Please review the DuoCare instruction Manual for full safety and operating advice before applying this treatment.



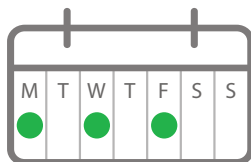
Safety Glasses

Always wear Safety Glasses (included) while operating this device.



Time to Complete

6 MINUTES + **1 MINUTE**
ABDOMEN BACK OF NECK



Frequency

3 sessions per week with at least one day break between sessions.

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If you experience any adverse reactions, please cease the therapy immediately and contact our Clinical Support Team at clinicalsupport@symbyxbiome.com for further instructions.

Clinical Support

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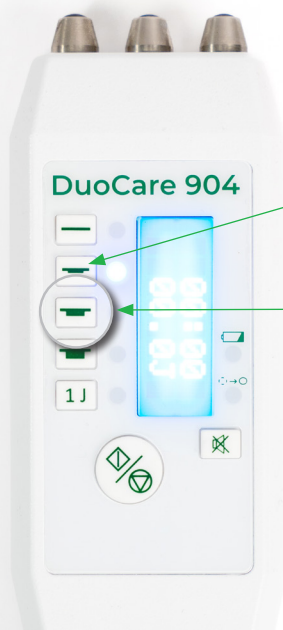
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DuoCare 904

LOW DEPTH SETTING
FIRST WEEK OF TREATMENT

INTERMEDIATE DEPTH SETTING
ONGOING TREATMENT



SYMBYX
BIOME



Turn on the DuoCare 904

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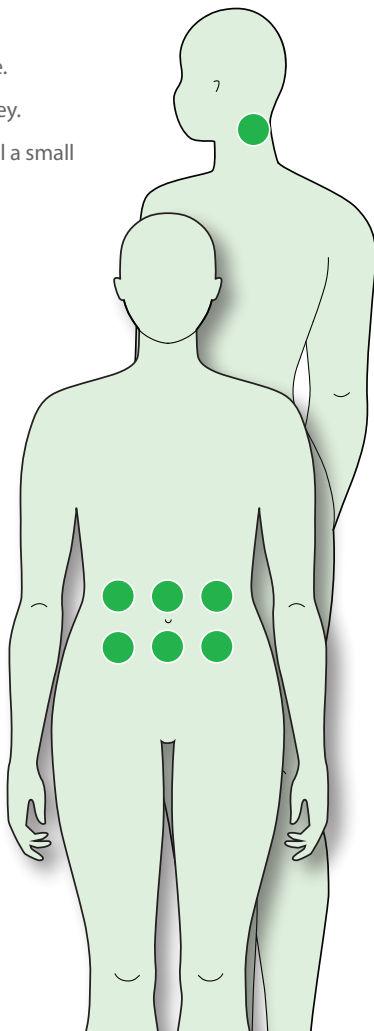
First Week of Treatment

For your first week of treatment, we recommend starting with half the dosage. Simply follow the below instructions but use the Low Depth Setting. On the low depth setting **9**, treat each area for 30 seconds, which is indicated by an audible beep. After the first week, move onto the full protocol on the intermediate setting.

The Abdomen

- 5 Set the Depth Setting to Intermediate.
- 6 Press the laser end of the DuoCare 904 onto the abdomen.
- 7 Press the start button to commence treatment.

Hold the device comfortably on the bare skin of the abdomen in a 6 spot grid pattern, as shown in the diagram (make sure there is a physical connection between the three metal diodes and skin).



You should only aim to be in this general vicinity as exact placement is not required. Hold the device in each position for 60 seconds. When you are using the Intermediate Depth Setting, an audible beep will sound after 60 seconds of treatment—once this sounds move on to the next position.

Using your belly button as a centre point, treat in one straight line a few centimetres above and below. Please always treat below your rib cage and above your pelvis to ensure best results.

The Back of the Neck

After applying the DuoCare 904 to the gut, press the device against the neck at the base of the skull (top of neck) for 60 seconds. Ensure that the diodes are lined horizontally across the neck.

Turn off the DuoCare 904

1. Turn off the DuoCare 904 using the POWER button **3**.
2. The green light within the POWER button will now turn off.
3. Turn key **1** anti clockwise and remove key.
4. To double check the laser has been fully turned off, the light underneath the key slot will not be illuminated **2**.

Charging the Battery

1. Turn off the device with the key switch and remove the key **1**.
2. Connect the cable of the battery charger to the DuoCare **8**.
3. Connect the charger to the mains power via wall-socket.
4. Check that the light on the battery charger is lit. The red light indicates charging of battery. This light will turn green once the battery is fully charged.
5. If the light on the charger is not lit—neither green nor red—then the charger is not functioning as intended. Contact SYMBYX Customer Care for support via: info@symbyxbiome.com

NOTE: THE DEVICE CAN BE USED WHEN CONNECTED TO THE CHARGER, AS WELL AS DURING CHARGING.

DuoCare & SYMBYX Neuro Combined Treatment

The below protocol is for those already following the DuoCare Parkinson's Gut-Brain Protocol, and looking to begin treating with the SYMBYX Neuro as well.

Week 1-4

	M	T	W	T	F	S	S
DuoCare	●		●		●		

Follow the FULL Parkinson's Gut-Brain protocol 3 days per week on alternating days, without any use of the SYMBYX Neuro helmet for 4 weeks.

(If you have already been using a SYMBYX handheld laser for at least 4 weeks, start from week 5-6)

Week 5-6

	M	T	W	T	F	S	S
DuoCare	●		●		●		
SYMBYX Neuro		●		●			

After following the Parkinson's Gut-Brain protocol for 4 weeks, introduce the SYMBYX Neuro 2 times per week, on alternating days.

Week 7

	M	T	W	T	F	S	S
DuoCare	●		●		●		
SYMBYX Neuro	●	●		●			

In week 7, increase the SYMBYX Neuro to 3 times per week (Mon Tues, Thurs).

Week 8

	M	T	W	T	F	S	S
DuoCare	●		●		●		
SYMBYX Neuro	●	●	●	●			

In week 8, increase the SYMBYX Neuro to 4 times per week (Mon, Tues, Wed, Thurs).

Week 9 onwards


	M	T	W	T	F	S	S
DuoCare	●		●		●		
SYMBYX Neuro	●	●	●	●	●		

If you are feeling good after completing week 7-8, you may increase the SYMBYX Neuro to 5 days per week for week 9 and onwards.



DuoCare & SYMBYX Neuro

Visual Reference



Week 1–4

DEVICE	M	T	W	T	F	S	S
	●		●		●		



Week 5–6

DEVICE	M	T	W	T	F	S	S
	●		●		●		
		●		●			



Week 7

DEVICE	M	T	W	T	F	S	S
	●		●		●		
	●	●		●			

Week 8

DEVICE	M	T	W	T	F	S	S
	●		●		●		
	●	●	●	●			

Week 9 onwards

DEVICE	M	T	W	T	F	S	S
	●		●		●		
	●	●	●	●	●		

Please review the Safety Precautions and Contraindications page on our website and the User Guide before use. SYMBYX is not your primary healthcare provider and you are advised to consult with one if ever in doubt. A level of caution should be exercised when commencing any new therapy as there is always a small risk of producing unwanted side effects. These may include mild and transient nausea, vomiting, dizziness and/or vertigo. These symptoms are usually transient, and almost always fully resolve with a short break from the therapy. Please perform your treatment sitting or lying down, and take your time standing up to minimise any risk of falls or injury. If you experience any adverse reactions, please cease the therapy immediately and contact our Clinical Support Team at clinicalsupport@symbyxbiome.com for further instructions.

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