

EUROTHERAPY

Relieve Pain the Natural Way



TABLE OF CONTENTS

	SECTION		SECTION
INTRODUCTION	1.0		
INFORMATION	2.0	INSTRUCTIONS FOR USE	3.0
Arthritis	2.01	Foot and Toe	3.01
Ankylosing Spondylitis	2.02	Ankle	3.02
Blood Pressure	2.03	Knee	3.03
Bursitis	2.04	Hip, Pelvis and Groin	3.04
Cellulite	2.05	Lower Back	3.05
Cellulitis	2.06	Stomach	3.06
Circulation	2.07	Middle Back	3.07
COPD/ Asthma/ Bronchial	2.08	Chest	3.08
Cramps	2.09	Upper Back	3.09
Diabetes	2.10	Neck	3.10
Diverticulitis	2.11	Shoulder	3.11
Dupuytren's Contracture/ RSI/ Carpal	2.12	Elbow	3.12
Fibromyalgia	2.13	Wrist	3.13
Gout	2.14	Hand, Finger and Thumb	3.14
Inflammation Arthritis	2.15	Muscles	3.15
Migraine	2.16	Face, Eye, Nose and Ear	3.16
Osteoarthritis	2.17	Scalp	3.17
Pelvic Floor Dysfunction	2.18		
Plantar Fasciitis	2.19	SPORTS THERAPY	4.0
Polymyalgia	2.20		
Prostate	2.21	ATTACHMENTS	5.0
Psoriatic Arthritis	2.22	Cosmetic Sponge	5.1
Raynaud's Disease	2.23	Thumb Guard	5.2
Rheumatoid Arthritis	2.24	Suction Bell	5.3
Sciatica/Trapped nerves/Backache	2.25	Reflexology Pad	5.4
Sinusitis	2.26	Spiked Pad	5.5
Spider Veins	2.27		
Spinal Stenosis	2.28	CUSTOMER TESTIMONIALS	6.0
Swelling	2.29		
Tension	2.30	TECHNICAL DATA & SAFETY	7.0
Tinnitus	2.31		
Tennis/Golfers Elbow	2.32	DEMONSTRATION NOTES	8.0
Trigger Finger/Thumb	2.33		

1.0 INTRODUCTION

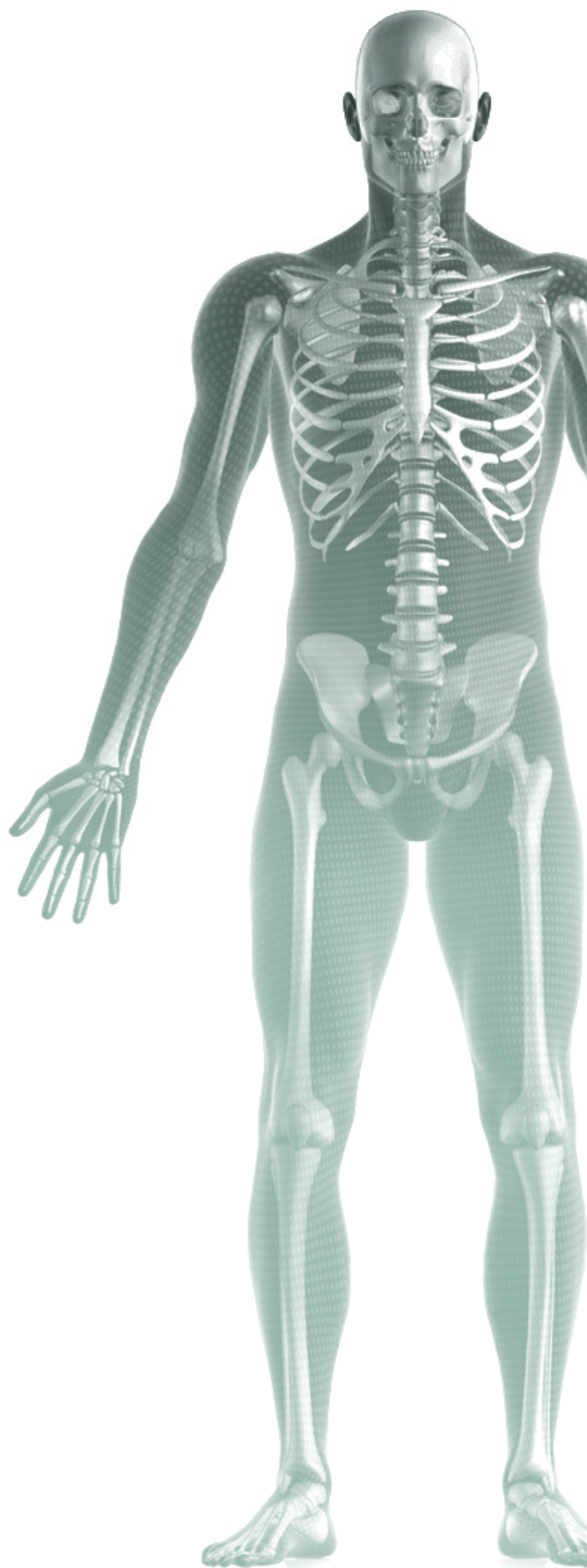
The Eurotherapy Classic is based on cyclo-therapy which is an oscillating-pad technology that can be applied to any joint or muscle. Originally designed solely for the use of disabled people, our equipment has utility for those suffering from chronic and non-chronic conditions.

Although you can ask someone else to help you, the equipment has a unique carry-case stabilisation system which is designed to allow you to use it at home by yourself.

Don't take our word for it, see if it's right for you and decide for yourself. If you suffer from any general aches and pains, ask for a no-obligation demonstration from one of our device consultants and see how it may be able to work for you.

Our equipment does not provide a cure. The aim is to help alleviate the painful symptoms of a number of aches and pains associated with poor circulation, wear and tear, tension and general injury.

Read what our satisfied customers have to say about our equipment in the Testimonials Section.



2.01 Arthritis

Arthritis is a joint disorder that can cause extreme inflammation, stiffness and pain, limiting flexibility and movement. There are over one hundred different forms of arthritis which in turn can be caused through a number of underlying conditions such as infections, viruses or just general wear and tear.



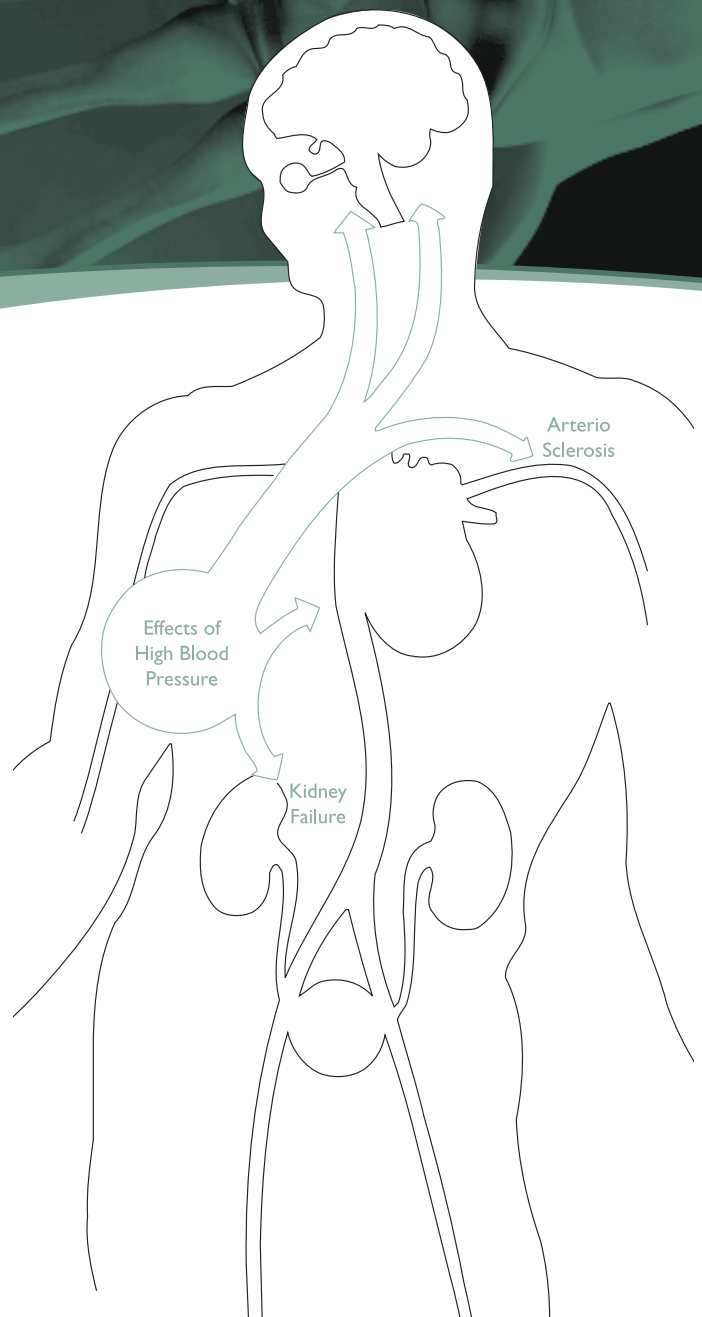
2.02 Ankylosing Spondylitis

Ankylosing Spondylitis (AS) is a form of arthritis that affects the spine but other joints can also be affected. It causes inflammation of the vertebrae that can lead to severe pain and discomfort. In some of the most advanced cases this inflammation can lead to new bone formation on the spine, causing the spine to fuse in a fixed, immobile position, sometimes creating a stooped posture. AS can also cause inflammation, pain and stiffness in other areas of the body such as shoulders, hips, ribs, heels and small joints of the hands and feet. Sometimes the eyes can become involved (known as Iritis or Uveitis), also the lungs and heart can be affected but this is rare. The characteristic feature of AS is the involvement of the sacroiliac joints during the progression of the disease, which are the vertebrae at the bottom of the spine, where the spine joins the pelvis.

2.03 Blood Pressure

Most people with high/low blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels. Although some people with early-stage high blood pressure may have dull headaches, dizzy spells or a few more nosebleeds than normal, these signs and symptoms typically don't occur until high blood pressure has reached a severe stage.

For most adults, there's no identifiable cause of high blood pressure. This type of high blood pressure, called essential hypertension or primary hypertension, tends to develop gradually over many years. Whilst exercise can help the heart and lungs in promoting circulation, this may prove difficult to do during our later years. Sometimes blood thinning agents such as aspirin can help, but may then lead to further side effects.



2.04 Bursitis

Bursitis is the inflammation of the bursa, a small sack that is filled with a jelly-like fluid. There are over 150 bursae throughout the body. These sacks provide a cushion between bones and the overlying soft tissue. This helps to reduce friction during movement. The most common joint affected by bursitis is the knee, but can also affect hips, elbows etc..

2.05 Cellulite

Cellulite is nothing more than normal fat beneath the skin. The fat appears bumpy because it pushes against connective tissue, causing the skin above it to pucker and dimple. Cellulite isn't harmful though many people would like to get rid of it because of the way it looks.

2.06 Cellulitis

Cellulitis is a bacterial infection (such as MRSA) that typically affects the skin and the tissues beneath the skin and can occur anywhere on the body.

2.07 Circulation

Blood vessels (arteries, veins, and capillaries) are responsible for the delivery of oxygen and nutrients to the tissue. Oxygen-rich blood enters the blood vessels through the heart's main artery called the aorta. The forceful contraction of the heart's left ventricle forces the blood into the aorta which then branches into many smaller arteries which run throughout the body. The inside layer of an artery is very smooth, allowing the blood to flow quickly. The outside layer of an artery is very strong, allowing the blood to flow forcefully. The oxygen-rich blood enters the capillaries where the oxygen and nutrients are released. The waste products are collected and the waste-rich blood flows into the veins in order to circulate back to the heart where pulmonary circulation will allow the exchange of gases in the lungs. Renal circulation is where blood passes through the kidneys for filtration of waste. Blood sugars are filtered via the liver for use by the body later. Your body is reliant on a healthy circulatory path; it not only controls every muscle and joint but also insures the health of every organ.

2.08 COPD/Asthma/Bronchial

Chronic obstructive pulmonary disease (COPD), also known as chronic obstructive lung disease (COLD), chronic obstructive airway disease (COAD), chronic airflow limitation (CAL) and chronic obstructive respiratory disease (CORD), is the occurrence of chronic bronchitis or emphysema, a pair of commonly co-existing diseases of the lungs in which the airways narrow over time. This limits airflow to and from the lungs, causing shortness of breath (dyspnea). COPD is caused by noxious particles or gas which triggers an abnormal inflammatory response in the lung.

2.09 Cramps

As we normally use our muscles, they alternately contract and relax as we move our limbs back and forth. Similarly, the muscles that maintain our posture contract and relax in a synchronized fashion. A muscle that involuntarily contracts without our consciously willing it is called a "spasm." If the spasm is forceful and sustained, it becomes a cramp. A muscle cramp is an involuntarily and forcibly contracted muscle that does not relax. Muscle cramps cause a visible hardening of the muscle.



2.10 Diabetes

Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. This is because your pancreas does not produce any or not enough insulin to help glucose enter your body's cells, or the insulin that is produced does not work properly (known as insulin resistance). Among the known side effects for diabetics is poor circulation to extremities mostly the feet which can lead to the onset of many ailments from neuropathy, to open sores and in severe cases gangrene.

2.11 Diverticulitis

Diverticulitis happens mainly when pouches form in the wall of the colon but can also form in any part of the digestive tract. If these pouches get inflamed or infected, it is called diverticulitis.

2.12 Dupuytren's Contracture/ RSI/ Carpal

Dupuytren's disease is an abnormal thickening of the tissue just beneath the skin known as fascia. This thickening occurs in the palm and can extend into the fingers. Firm cords and lumps may develop that can cause the fingers to bend into the palm. Although the skin may become involved in the process, the deeper structures such as tendons are not directly involved but may be forced into part of the contraction.

2.13 Fibromyalgia

Fibromyalgia is a condition known for chronic pain throughout the body, accompanied by tenderness around the joints, muscles, tendons and soft tissues. Symptoms range from tiredness, aching bodies and sore areas that become more painful with any form of contact. This condition can lead to a whole host of physical ailments that can make it difficult for people to go about their daily routines. The chronic aches and pains along with other complications related to Fibromyalgia result in a lower quality of life.

2.14 Gout

Gout (gouty arthritis) is a particular form of arthritis that occurs when there is too much uric acid in the blood, resulting in inflammation of the joints. Uric acid is formed when the body breaks down a substance known as purine, which is found in certain types of foods. Uric acid typically dissolves in the blood, passes through the kidneys and is expelled through urine. However, when there is too much uric acid present in the blood, gout can develop. The uric acid forms 'spiky crystal chains' which can pierce into muscle, tissue or skin causing severe pain around the joint; most common around the big toe but gout can affect most joints on the body.

2.15 Inflammation Arthritis

The characteristic symptoms of inflammation arthritis are pain and swelling of one or more joints, which may feel warmer than usual. Stiffness when getting up in the morning, or after sitting still for a while, is very common and sometimes the first symptom. Sufferers of inflammatory arthritis usually have multiple joint complaints similar to immune based arthritic complaints such as rheumatoid arthritis.

2.16 Migraine

A migraine is a severe, painful headache that is often preceded or accompanied by sensory warning signs such as flashes of light, blind spots, tingling in the arms and legs, nausea, vomiting, and increased sensitivity to light and sound. The excruciating pain that migraines bring can last for hours or even days. These result from a combination of blood vessel enlargement and the release of chemicals from nerve fibers that coil around these blood vessels. During the migraine, an artery enlarges that is located on the outside of the skull just under the skin of the temple (temporal artery). This causes a release of chemicals that cause inflammation, pain, and further enlargement of the artery. It causes the sympathetic nervous system to respond with feelings of nausea, diarrhea, and vomiting. This response also delays the emptying of the stomach into the small intestine (affecting food absorption), decreases blood circulation (leading to cold hands and feet), and increases sensitivity to light and sound.



2.17 Osteoarthritis

Osteoarthritis (OA) is a result of aging - wear and tear to joints. It is also the most common form of arthritis, usually affecting the knees, hips, hands and spine. OA is a painful joint disease that happens when cartilage in joints is broken down. Since cartilage normally serves as a shock-absorbing cushion between bones, its breakdown results in bones rubbing directly against one another during movement. Such friction causes the bone to thicken so that spurs (bony growths) may develop between joints. Stiffness, pain and loss of movement may occur as the joint lining becomes inflamed by cartilage breakdown and spur growth. Over time, such abrasions between bones may result in permanent joint damage.

2.18 Pelvic Floor Dysfunction

For most people, having a bowel movement is an automatic function. For some individuals, the process of evacuating stool may be difficult. Symptoms of pelvic floor dysfunction include constipation and the sensation of incomplete emptying of the rectum when having a bowel movement. Incomplete emptying may result in the individual feeling the need to attempt a bowel movement several times within a short period of time. The process of having a bowel movement requires the coordinated effort of different muscles. The pelvic floor is made up of several muscles that support the rectum like a hammock. When an individual wants to have a bowel movement the pelvic floor muscles are supposed to relax allowing the rectum to empty. While the pelvic floor muscles are relaxing, muscles of the abdomen contract



Lime salts start to form on the surface of the joint.



Lime salts alter the joints and the surface of the joints break down in different places.



Osteophytes (knobby irregularities) obstructing the joint as a hinge, prevent its normal range of movement and causes crippling.

to help push the stool out of the rectum. Individuals with pelvic floor dysfunction have a tendency to contract instead of relax the pelvic floor muscles. When this happens during an attempted bowel movement, these individuals are effectively pushing against an unyielding muscular wall.

2.19 Plantar Fasciitis

Plantar Fasciitis is the most common cause of heel pain. The plantar fascia is the ligament that connects your heel bone to your toes. It supports the arch of your foot. If you strain your plantar fascia, it gets weak, swollen, and inflamed. Then your heel or the bottom of your foot hurts when you stand or walk. After a period of time the heel may well show signs of osteoarthritis and calcification (bone spurs) may set in.

2.20 Polymyalgia

Polymyalgia (PMR) is permanent stiff and sore muscles. It is an inflammatory disorder that causes widespread muscle aching and stiffness, primarily in your neck, shoulders, upper arms, thighs and hips. Although some people develop these symptoms gradually, Polymyalgia can literally appear overnight. Just what triggers PMR isn't known, but the cause may be a problem with the immune system, perhaps involving both genetic and environmental factors. Aging also appears to play a role — Polymyalgia almost always develops in people age 50 and older.

2.21 Prostate

Benign Prostatic Hyperplasia (BPH) is the medical term for an enlarged prostate. A non-cancerous disorder, an enlarged prostate is the most common prostate health problem among men. Half of men between the ages of 50 and 60 will develop it, and by the age of 80, about 90 percent will have experienced BPH symptoms. It may result in a range of uncomfortable symptoms such as frequent urination, incomplete emptying of the bladder, a weak urine stream or difficulty starting urination. As the prostate slowly continues to enlarge, symptoms may gradually worsen, interfering with sleep, physical comfort and routine activities. In rare cases, an untreated enlarged prostate may lead to an inability to urinate, incontinence, bladder stones, kidney infections, and damage to the bladder, kidneys and urethra. Whilst the Prostate periodically grows throughout your lifetime it is the muscles around the prostate contracting, allowing the prostate to enlarge and become enflamed, that can cause symptoms to advance leading to more permanent and serious problems.

2.22 Psoriatic Arthritis

Psoriatic arthritis is a form of arthritis that typically affects joints in the fingers or toes but can affect any joint. It is often characterized as having swollen, sausage-like fingers and toes with nail deformities, but may also affect the lower back, wrists, knees or

ankles.

2.23 Raynaud's Disease

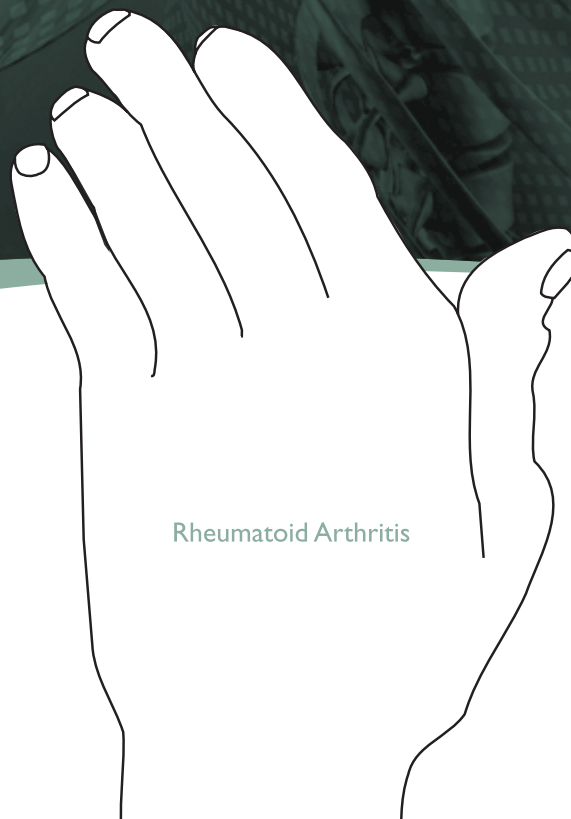
Raynaud's disease is where the blood vessels in your fingers spasm and contract wildly, seriously constricting blood flow to your hands. Your fingers or fingertips turn white. It is an over-reaction of the body's defence system to protect the body's core temperature and protect your vital organs by drawing blood away from the extremities and surface of the skin deeper into the body. In the case of Raynaud's attacks, it appears to be a hypersensitive overreaction to change in temperature or even emotional stress.

2.24 Rheumatoid Arthritis

Rheumatoid arthritis (RA) is a condition that causes the joints, tendons, ligaments, muscles and cartilage to become inflamed. It is an autoimmune condition that occurs when the body attacks its own joints. While most types of arthritis affect older adults, rheumatoid arthritis can affect people of all ages, including teenagers and children. In addition to joint pain, heart, lung, and eye damage can result from the condition. It is often kept at bay and masked with heavy anti-inflammatory and immune suppressant drugs.

2.25 Sciatica/ Trapped nerve/Backache

Sciatica is a common type of pain affecting the large nerve extending from the lower back down the back of each leg (sciatic nerve). The muscles around the lower lumbar area of the spine (lumbosacral spine) contract causing compression of the spine which in turn causes irritation to the spine sending referred pain down the leg sometimes as far as the feet and toes. Numbness, burning sensation and weakness in the leg are also common symptoms.



Rheumatoid Arthritis

2.26 Sinusitis

Sinusitis (sinus infection), inflammation of a sinus mainly the sinus in the cheek but can also affect the nose and above the eyebrows. Complications can lead to chronic sinusitis with the infection spreading to nearby structures.

2.27 Spider Veins

Spider veins are like varicose veins but smaller. They also are closer to the surface of the skin than varicose veins. Often, they are red or blue. They can look like tree branches or spider webs with their short, jagged lines. They can be found on the legs and face and can cover either a very small or very large area of skin. It occurs because of weak circulation through the smaller veins causing the blood to back-up.

2.28 Spinal Stenosis

Spinal Stenosis is an abnormal narrowing of the spinal canal that may occur in any of the regions of the spine. This narrowing, mainly through muscular contraction, causes a restriction to the spinal canal, resulting in a neurological deficit. Symptoms include pain, numbness, paraesthesia (tingling or prickling sensation), and loss of motor control. The location of the stenosis determines which area of the body is affected. With spinal stenosis,

the spinal canal is narrowed at the vertebral canal between the vertebrae where the spinal cord or nerve roots pass through. There are several types of spinal stenosis: lumbar stenosis and cervical stenosis being the most frequent. While lumbar spinal stenosis is more common, cervical spinal stenosis is more dangerous because it involves compression of the spinal cord.

2.29 Swelling

Swelling can occur on any part of the body and can result from a variety of causes. Your skin or organs may enlarge as a result of fluid gain. Swelling may occur as a physical response to an injury, poor circulation, or as an allergic reaction. Symptoms that accompany swelling include pain, sensations of heat, red discoloration, and itchiness. You may have trouble using the part of the body that is swollen. Swelling can occur for a variety of reasons and can vary in degree. For example, slight swelling can occur due to an allergy, and severe swelling can occur when you break a bone. Swelling will also look different depending on the affected body part.

2.30 Tension

Tension Headaches and Muscle Tension are conditions that occur in the body generally from stress, the muscles around the spine particularly on the neck and upper back tighten and contract making the muscle attachments become tender and painful, usually from the shoulders through the neck to the back of the head.

2.31 Tinnitus

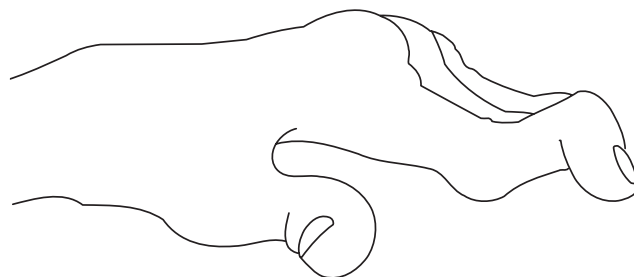
Tinnitus is abnormal ear noise and can arise in any of the four sections of the ear: the outer ear, the middle ear, the inner ear, and the brain. Tinnitus is a ringing, swishing, or other type of noise that seems to originate in the ear or head. Anything, such as ear wax or a foreign body in the external ear, that blocks these background sounds will cause us

to be more aware of our own head sounds. Fluid, infection, or disease of the middle ear bones or ear drum can also cause tinnitus. One of the most common causes of tinnitus is damage to the microscopic endings of the hearing nerve in the inner ear.

2.32 Tennis/Golfers Elbow

Tennis Elbow (lateral epicondylitis) is a common term for a condition caused by overuse of arm, forearm, and hand muscles that result in elbow pain. Tennis elbow is caused by either abrupt or subtle injury of the muscle and tendon area around the outside of the elbow. Tennis elbow specifically involves the area where the muscles and tendons of the forearm attach to the outside bony area of the elbow.

Golfer's Elbow (medial epicondylitis) refers to the same process occurring on the inside of the elbow. Overuse injury can also affect the back or posterior part of the elbow as well.



2.33 Trigger Finger/Thumb

In trigger finger one of your fingers or your thumb gets stuck in a bent position and then straightens with a snap — like a trigger being pulled and released. If trigger finger is severe, your finger may become locked in a bent position. Often painful, trigger finger is caused by a narrowing of the sheath that surrounds the tendon in the affected finger. People whose work or hobbies require repetitive gripping actions are more susceptible. Trigger finger is also more common in women and in anyone with diabetes.

3.0 TREATMENTS

Basic Operation

Always use this device in accordance with these instructions.

To operate the device without the heat setting, switch to the I position. To operate the device with heat, switch to the II or position.

When applying this device to your body, always stroke towards the heart. The spine should not be massaged but the muscles either side may be.

Please note that you should avoid using this device in close proximity to a pacemaker or if you have cancer. If you have a new injury or condition as a result of using the device, such as inflammation and swelling, you should stop using the device. If you are in any doubt you should consult your doctor.

Safety

The product has virtually no side effects when used in accordance with these instructions.

Never use the product near water, for example in the bath or shower.

Only connect to an AC current.

If the tool should overheat, it turns off automatically to avoid damage.

Do not pull the plug out by the mains cable or hold the product by the mains cable.

Remove the cable from the groove in the case housing prior to use.

Remove from socket prior to cleaning.

Do not use if the mains cable is damaged.

Damaged products should be repaired by Eurotherapy only.

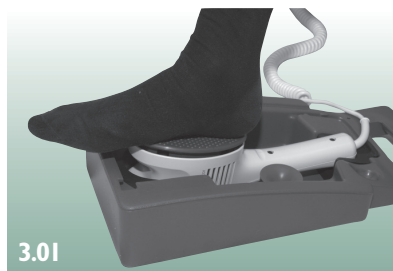
Children and persons with restricted physical, sensory or mental skills are prohibited from using this product

These instructions are also available at www.eurotherapy.co.uk

Listed below are all the main areas for use. Use in accordance with the timings in your demonstration notes, remembering it is always better to treat 'a little and often' rather than prolonged treatments in one session.

3.01 Foot and Toe

Place the Classic in the case positioning directly in front of you with the handle nearest you. Put the heel of your foot at back of the base plate so that toes hang over the front. This gives benefit to the whole of the foot. If necessary split treatment times between heel and toes, i.e. toes at front of base plate so that heel hangs over back. Toes can also be treated using the Cosmetic sponge if so directed. You may also be directed to repeat treatments using the Reflexology Pad.



3.02 Ankle

Initial treatment as per feet. Extra treatments, where necessary, as directed using the Suction Bell around the point of pain on the ankle.



3.03 Knee

Initial treatment as per feet. Treatment should be around the knee joint and not directly on the kneecap (to treat the kneecap directly use the Suction Bell if directed) concentrating mainly on the inside and muscles behind.



3.04



3.04



3.04 Hip, Pelvis & Groin

Place the Classic in the case and position directly behind you in a chair or sofa.

When treating the hip, start from the muscles around the lower spine and progress round to the side of the hip so the case is beside you.

The groin area is treated with leg straight out in front and use the Classic as hand held directly onto the muscles around the groin.

3.05



3.05 Lower Back

Place the Classic in the case and position directly behind you in a chair or sofa.

When treating the back start on the spine initially but concentrate on the muscles each side of the spine. There is no need to apply pressure, just rest against the Classic. The treatment will naturally radiate out throughout the back.

3.06



3.06 Stomach

Use the Classic as hand held; make gentle circular movements around the stomach.

3.07



3.07 Middle Back

Place the Classic in the case, position directly behind you in a chair or sofa.

Angle the unit to a point that will allow you to rest back so that you treat the affected area.

Start on the spine but concentrate on the muscles each side of the spine.

Just rest against the Classic there is no need to apply any pressure.

3.08 Chest

Use the Classic as hand held to apply to the front of the chest area (gentle circular motion) or use in its case and place directly behind you in a chair (approx two thirds of the way up your back) this will penetrate through your body to the chest.



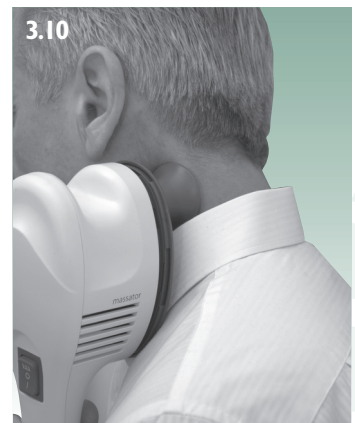
3.09 Upper Back

Place the Classic in the case and position directly behind you in a chair or sofa.
Rest the case so that the handle is at the bottom and base plate at the top.
When treating the back start on the spine initially concentrating on the muscles each side of the spine. There is no need to apply pressure, just rest against the Classic.
The treatment will naturally radiate throughout the back.



3.10 Neck

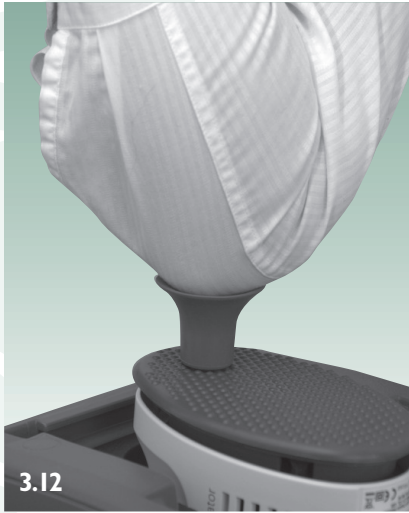
Place the Classic in the case and position directly behind you in a chair or sofa.
Rest the case so that the handle is at the bottom and base plate at the top.
Treat as high up the back as is comfortable; the treatment will radiate up to the neck area.
When treating the back start on the spine initially but concentrating on the muscles each side of the spine. There is no need to apply pressure, just rest against the Classic.
If directed, you can treat the neck area using the Suction Bell.



3.11 Shoulder

Place the Classic in the case and position directly behind you in a chair or sofa, directly behind the shoulder blade and rest back, without any overdue pressure. The same treatment can be obtained by using the Classic as hand held, cradle directly into the front of the shoulder. Using the Classic in this way also allows you to treat the muscles at the top of the arm and the rotator cuff joint where the arm joins the shoulder.
If directed, you can also treat the shoulder using the Suction Bell.





3.12 Elbow

Place the Classic in the case positioning on your lap.
Rest the palm of your hand on the base plate, increasing circulation through the elbow.
Use the Suction Bell as directed on the elbow joint.



3.13 Wrist

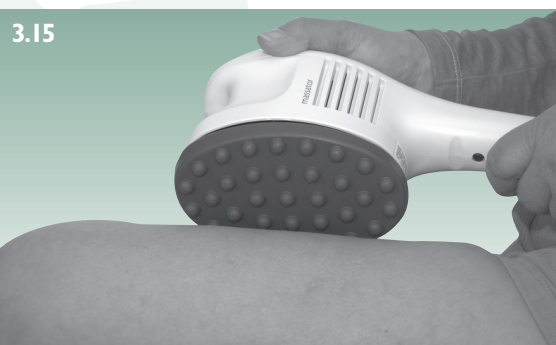
Place the Classic in the case positioning on your lap.
Rest the palm of your hand on the base plate, increasing circulation through the wrist.
If directed, use the Suction Bell on the wrist joint.
If directed, use the Thumb guard against the thumb joint.

3.14 Hand, Finger and Thumb

Place the Classic in the case and place directly on your lap.



Rest the palm of your hand on the base plate, increasing circulation to the hand.
If directed, use the Cosmetic sponge on the finger joints, knuckles and palm.
If directed, use the Thumb guard against the thumb joint.



3.15 Muscles

Using the Classic as hand held.
Apply to any muscle using a gentle circular motion as directed.

3.16 Face, Eye, Nose and Ear

Using the Classic as hand held.

Treatments to facial areas can be carried out using either the Cosmetic sponge or the Suction Bell.



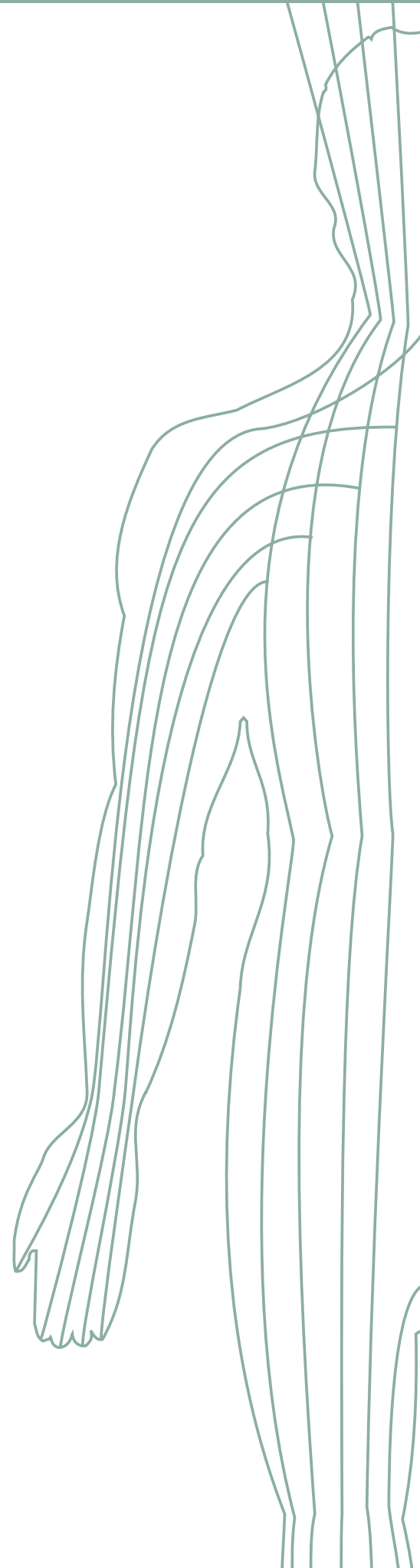
3.17 Scalp

Using the Classic as hand held. Attach the Spiked pad to the base plate. Gently comb backwards across the scalp. There is no need to apply pressure.



4.0 SPORTS THERAPY

When carrying out sports activities we create problems and imbalances in the soft tissues in and around our muscles leading to prolonged muscle tension and then in turn these muscles affect the tendons, ligaments and musculo-skeletal system. Excessive use of a muscle during sports activities can lead to the abnormal build up of lactic acid, particularly when an activity is stopped suddenly (i.e. no warm down). Lactic acid is produced in muscles when the body breaks down the energy glucose fuelling muscle activity. The day after aches and pains are caused by tissue inflammation, cramps are caused by the nervous receptors in the muscles reacting to muscle fatigue.



5.1 Cosmetic Sponge

Use to treat small joints (Fingers, toes etc) and can be used on facial areas.



5.2 Thumb Guard

Use to treat thumb/wrist joints and deep point pressure therapy.



5.3 Suction Bell

Use to treat bony areas/joints directly and can also be used on facial areas.



5.4 Reflexology Pad

Use on feet as reflexology (tendons and nerve endings) and skin surface for skin conditions.



5.5 Spiked Pad

Use to treat scalp.



Muscle Pain. “The best investment I ever mad. My wife had painful calves for many years. We have had many tests and numerous treatments done and spent a lot of time and money but all in vain. Your device was the only one which helped my wife”.

Mr Patel from Northampton.

Ankylosing Spondylitis / Arthritis. “I am 37 years old and have Ankylosing Spondylitis. I have been using my Euro therapy classic for nearly a year now and have found that it helps me very much. I would recommend it to anybody else who suffers with arthritis”.

Catherine from Raunds, Northamptonshire.

Stiff Joints. “I was delighted to meet you at The Cotswold Show to discuss the use of my device which I purchased many years ago. You showed me how to use the various attachments correctly and I am so grateful to you for this and for the programme you gave me to follow in order to relieve my osteoarthritis, I have followed your recommendations daily. There is no doubt that by following your instructions and using this marvellous machine daily my joints aren't as stiff as they use to be. It is lovely to be able to move my fingers and legs more freely”.

Ann Freeth (via email).

Arthritis and Migraines. “I purchased my classic about 3 years ago as I had been diagnosed with arthritis in my knees. The doctor could not do much and as I was 50 at the time ruled out knee replacement surgery for at least 10 years. At the time I was walking with sticks and in constant pain from my knees purchased the classic in desperation and on the thought that I would use it for 10 days and if it did not seem to help my problem return it within the 14 day period. Well, I used it as directed every day for 10 days but almost immediately had less pain and better movement. 3 years on I use it about weekly and still have better movement and mobility then 3 years ago. I do get occasional pain and this generally means I need a treatment session. I now only need sticks to help me on the steepest inclines and can happily walk my dogs for 2-3 miles with no discomfort. I am amazed the doctors do not recommend this as a treatment as there are no side effects, it takes minimal effort and is so effective. I have recommended the classic to a number of my friends who have similar knee problems. I have just started to use it to treat my migraines and it seems to be working for this as well!”

Diane Metters, Sarisbury Gree, Hampshire

Stiff Joints. “I was at the motorhome and caravan show a couple of weeks ago and was hobbling past your stand and was called in to experience wonderful relief from you in the form of the the eurotherapy classic. I am so far very impressed with the effect it is having on me.

I have the machine plugged in and ready to go every day and have noticed a lot more movement in my joints, with more movement as well.”

Julie Headland (via email).

Fibromyalgia, Tendons and Golfer's

Elbow. "I had many aches and pains, some similar to that of Fibromyalgia and I have always had a tendency to have problems with my tendons. You gave me a practical demonstration for about 10 minutes and while I walked round the show I realised that my back felt much less tense. To be honest was a bit daunted by the price but as I could feel a difference I decided that I would give it a go. What use was money in the bank if I was taking the maximum dose of painkillers every day?

I followed your instructions and very gradually noticed that I wasn't having to take so many painkillers so I can't have been in so much pain. It's a strange thing but you don't seem to notice when you are feeling a bit better!

Four months down the line some of the aches have gone and I am left with one area which still bothers me so I will take your advice to start an intense treatment of that particular area and also the instructions for the Golfer's Elbow.

Another big thank you.....I am now able to spend hours, not just minutes doing my beloved garden and if I do over-do it I can get my hubby to run the massager over my back!"

Margaret Stewart (email).

Carpal Tunnel Syndrome (Trigger Finger). "About 10 years ago I was suffering from a condition in my hands whereby if I closed my fingers past a certain limit I couldn't open them again and had to manually prise them apart (Carpal Tunnel?). I was told by doctors that I would require an operation to cure it.

On a visit to the BBC Gardener's World exhibition at the NEC, as I was passing the Eurotherapy stand, I was approached by an agent who asked if he could demonstrate the Bio Classic Massager to me. Naturally I didn't want to waste valuable exhibition time but he persisted and I am glad he did. He used the massager on my hands and literally within minutes I could open my hands normally. I bought a machine on the spot. I use the massager regularly and my hands have remained normal ever since.

This of course has been of immense benefit to me as one of my favourite hobbies is wood carving. I am a member of a woodcarving association which has won awards for charity work. We produce large relief carved panels to generate funds for local hospices. Two of our panels are on exhibition at the Royal Armouries in Leeds. There is no way I could have been involved in these projects without the benefits of your device."

David Hey, Huddersfield, West Yorkshire

17 INVERKAE DRIVE
PAISLEY
RENFREWSHIRE
PA2 9HG.
Nov 22nd 2011.

Dear Sir,

As it is now 6 months since I bought the Eurotherapy Classic hand massager, I wanted to tell you what it has done for me. The short answer would be that it has prevented me from buying a walking stick.

Osteo-Arthritis led to early Retirement in November 2007. Knee pain gradually reduced leisure or shopping time to half a day at most, with some time in bed to recover. But now I can be on the go all day, every day, within reason, and with much less painkillers.

Thank you very much for this.

Yours faithfully,
Ann Sommerville

Indel. ANNE-MARGARET SOMMERVILLE
PHONE: 01505-815937

Pain Relief. “Just to say what a difference your device has made to our aches and pains. Thought I was heading for a knee operation but using the machine has eased the pain away. Recapping on how we could use it was really helpful, thanks”.

John Rowland, St Albans, Hertfordshire

Professional Use, Physiotherapy and Back Problems. “I heard about this equipment through one of my patients with a long-standing back problem. I have since used it on my own patients with considerable success. It is particularly useful for the alleviation of painful muscle spasm. My wife who is a physiotherapist has also found it extremely useful”.

Jonathan Lane, Consultant Obstetrician.

Osteoarthritis. “I purchased my Biocomfort machine at the Malvern Show in 2006 and I have found it such a help to keep my osteo-arthritic joints mobile. As a retired Physiotherapist I know how important it is to keep affected joints working with as much range of movement as possible and the biocomfort machine has really helped to do this.

It also relieves quite a lot of the pain enabling the user to exercise and maintain the muscle power, which is important in keeping as active as possible. In 2005 I was told I needed my 2nd knee replaced but 6 years later I still do not need the operation. I use it daily usually before getting up in the morning.”

M K Crundwell (email).

Lower Back Pain. “Both I and my partner have found the hand massager to be a valuable means of relief of lower back pain over the past 8 years since we purchased the unit. The added facility of having heat during massage is most pleasant when applied to areas of tension in neck, arm, foot or back areas. We have been very pleased with our purchase and know the unit will give us many more years of therapy for the times when our bodies are in need of a massage.”

Charles Perry (email).

24/11/12.

Mrs P.A. Hitchcock
2 Eccles Rd
Ipswich.
IP2 9RQ
Tel 01473-682169

Dear Mrs Alderson,

Thank you so much for your quick response in sending out my replacement machine. We don't think there is much wrong with the machine, maybe just in the lead.

The machine is invaluable to me. Having had two years problems with my legs, having an M.R.I. and different treatments to my legs to no avail.

After just one week of using the machine I noticed a big difference, and after one month I could go shopping to town again.

I would recommend this machine to any person with joint problems.

Thank you once again.

Regards

Ella Hitchcock

Inflammation Arthritis. "I

purchased my machine on 21st Sept 2011, and as instructed I did twice daily treatments for the first ten days and then daily for several months before reducing treatments to occasionally as I improved. I treated the whole of my body for arthritis of both knee, inflammatory arthritis of both ring finger and general reduction in my mobility.

I had difficulty walking up and down stairs, loss of flexibility and was getting very down and concerned about what the future held for me, as I used to be very active person and enjoyed rambling, sailing, skiing and being fit enough to look after and be with the grandchildren, I found myself getting depressed, less active and gained weight, which all became a vicious circle. I am just 60 years of age.

My life is now very different, I have regained flexibility, my husband said that I had my spring back, the pain in my hand disappeared and I stopped taking Naproxen 500mg twice daily, (this was causing gastric problems for me) 9 months ago. I can now jump off the boat onto a pontoon without difficulty and climb up ladders, walking up and down stairs does not create any difficulty or discomfort, and I can transfer weight through both legs instead of hobbling about transferring weight through one leg. I have broken out of the vicious circle, have lost weight and am more happier and pain free than I have been for a long time. I have had problems with arthritis for a number of years, I have seen the consultants at the hospital and spend £100's and £100's on all sorts of alternative therapies which relieved symptoms for short periods of time. I know that I will never be cured, but now feel as though I am in control and can restart the treatments as I need to, which I have done recently for spot pain in my elbow and knee, this has relieved the pain within days. Even though the machine may appear expensive, it is the best thing that I have purchased and has in fact saved money. My husband was sceptical about me spending the money and made me walk around the boat show to think before I purchased, but I knew it would be worth the expenditure and I have proved that to myself and other's."

Ruth Kelly

November. 2011

Dear Eurotherapy,

I have owned my H.M.F. Classic Massager for about 15 months. Before I had it, I woke up every night with pain in my neck. I now use my massager for 1 or 2 minutes, several times a week, before I go to bed and sleep all night pain free! I also had pain in the joints of my hands and feet, with uric acid crystals forming, I had tried to beat this through diet, but it had not been completely successful, since using my massager I can keep pain free, and don't have to resort to pain relief pills.

My Massager is my best friend, and I would not want to be without it for long!

Maryanne Lafferty

Rheumatoid Arthritis. “As a sufferer of Rheumatoid Arthritis, I know that there is no such thing as an actual cure and the best that one can hope for is some kind of relief. My arthritis is in my hands and wrists and apart from the worry of what at times is limited use of the hands, there is the excruciating pain. I am on lifelong medication to help relieve the pain and to keep it's spread under control. This in itself was not enough and as a result I found myself searching for other answers. I was buying all sorts of so called relief ointments, magnets etc. and forked out £150.00 for an extremely small massage unit which required the ongoing purchase of a gel application. This was absolutely useless and fortunately I was able to get my money back. I started to attend an electro treatment centre, which was costing me around £65.00 for an hour's session. I found that to obtain any sort of ongoing benefit I needed to attend at least every 2 weeks, so this was very costly but anything seemed worth it to get that extra relief. I must admit I was desperate to try almost anything as I began to have thoughts about the loss of use of my hands.

In September 2010, I was visiting the Chatsworth House Country Fair, when my husband eagerly dragged me over to an Exhibition Stall called Eurotherapy. I must admit that at the time I was not particularly enthusiastic but decided to see what was being offered. There was a small queue and I could see that everyone was receiving an individual consultation. When my turn came, a pleasant gentleman by the name of Jonathan introduced himself and we sat down with him. I was thinking that he was about to spin me a load of Sales Talk to sell me one of these expensive machines. I was pleasantly surprised when without me saying much about myself, he looked at my hands and wrists and started explaining my condition and symptoms to me. He had a full understanding of my condition and as to how it was making me feel.

He explained about the Cyclo Massager and spent about 5 minutes treating my hand and wrists with it. To my great surprise, after this treatment I felt I had relief and I was able to turn my wrists without pain and had more flexibility in my hand and fingers. Jonathan didn't try to force any sale upon me and he told me to continue going round the Fair and come back later to tell him how I felt. To be truthful I was still very sceptical and quite expected the treatment was one of those 5 minute wonders and that it wouldn't be long before the relief wore off.

I spent the next few hours wandering around with my husband and to my amazement my hands were still feeling the best they had for quite some time.

My husband and I had a discussion as to what I should do as it did seem a lot of money to part with on the back of just one 5 minute treatment from it. My husband said anything was worth it for me to obtain relief and with how much I was spending out on other treatment, the machine would soon pay for itself.

We went back to Jonathan at the Eurotherapy Stand and completed a purchase.

Jonathan wrote out an initial personal treatment plan for me which he stressed I needed to follow to obtain the ultimate benefit.

I followed the plan and have to be totally honest in saying that it worked and everything he had told me was fulfilled.

Well here I am exactly 2 years later and what do I have to say about this machine now?. It's absolutely amazing, it really does work and has been worth every penny of the cost. It has completely changed my life in giving me relief from pain and enabled me to get back everyday use of my hands. My medication can only do so much for me but this machine does the rest. The great thing is that it has not been necessary for me to have to use it

everyday, but it's there for me whenever I feel the need. I can enjoy my holidays as I take it with me and treat any flare up of my arthritis.

Apart from my arthritis, we both treat ourselves with it whenever we have any aches or pains in our backs, joints etc.

I can't praise it enough and would thoroughly recommend it to anyone who suffers with arthritis. I believe that if this machine doesn't work for anyone then there is nothing else that can help them.

I sincerely thank Jonathan and Eurotherapy for the great change it has made to my life."

Sonja McCabe, Raunds, Northants

Stiff Muscles. "I was pleased to see you again at the Ideal Homes show on Friday 22nd March. We are regularly using the machine for all our family aches and pains! Thomas is running in the Under 13 Hampshire cross country team and enjoys a post-race massage of tired and stiff legs. I have kept up mountain biking throughout the miserable winter and wife Gwen uses it following a rotor cuff operation a couple of years ago. Therefore, we continue to be very happy with our purchase and look forward to receiving a copy of the new handbook you told me about at the show."

Chris Coleman, Fareham

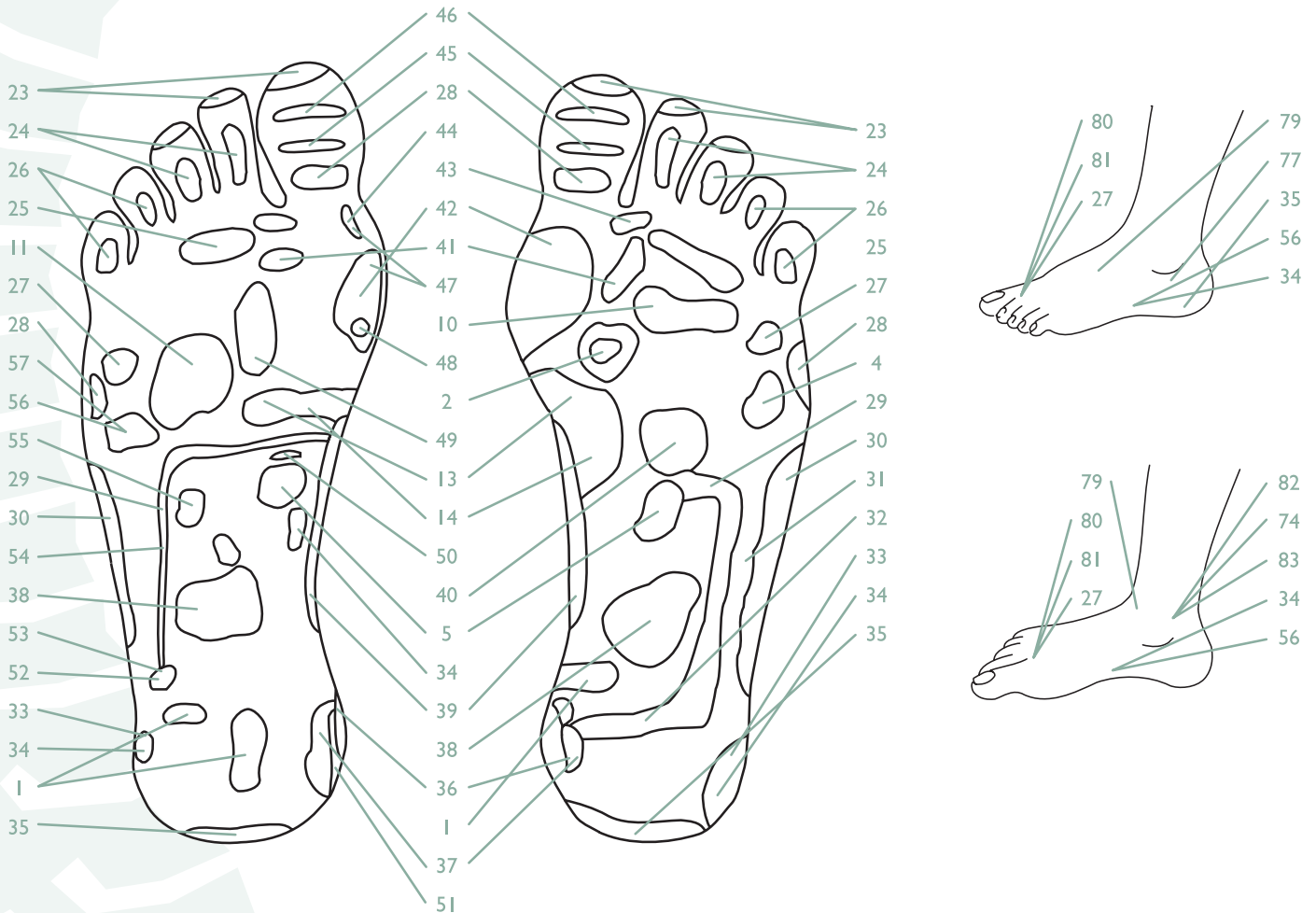
Sports Treatments. "I saw you at the Ideal Home Show on Monday 1 April and had a chat with you about the HMF classic Eurotherapy machine. I brought the machine 6 years ago from yourselves at the same show, on purchasing the machine I was quite sceptical on the performance and what you said it could deliver, well 6 years on and the machine is still working well and I must say I am very impressed with its quality, ease of use and the results I have experienced with my clients. I am a Sports and Complementary therapist and the classic has been a great help to many of my clients, and to me, helping with the deeper treatments. I have also used it on myself many times and found greater and quicker relief from lower back pain and RSI. The classic in my opinion has been built to a high standard and is a very robust piece of equipment and well worth the money paid."

Denise Paice, Feel Good Therapies, Hampshire

Response Zones on Feet

There are response areas to the Whole body located on the feet. The hands and feet are easier to massage, but nevertheless important response areas also exist on the arms and legs. This chart illustrates some of the common problems and their associated response areas. Such areas correspond to the zones illustrated on page 27.

Besides the response areas on the bottom of the foot there are many important areas on the sides, back and top of the foot. This chart includes those response areas.



- | | | | | | |
|---------------------|-------------------------|-------------------------|--------------------------|-----------------------------|-----------------------------|
| 1. Sciatica & nerve | 16. Liver | 29. Transverse colon | 44. Right side of throat | 58. Response to face & head | 72. Right foot |
| 2. Heart | 17. Stomach ulcers | 30. General relaxation | 45. Pituitary | 59. Calf | 73. Left foot |
| 3. Gas | 18. Memory | 31. Descending colon | 46. Pineal | 60. Ankle | 74. Prostrate |
| 4. Spleen | 19. Stop headache | 32. Sigmoid colon | 47. Nose | 61. Bunion | 75. Ovaries |
| 5. Kidney | 20. Reproductive organs | 33. Knee | 48. Parathyroid | 62. Back | 76. Lengthen left leg |
| 6. Constipation | 21. Sympathetic nerves | 34. Hip | 49. Thymus | 63. Arm | 77. Lengthen right leg |
| 7. Blood | 22. Pelvis | 35. Haemorrhoids | 50. Adrenals | 64. Elbow | 78. Reflex to lumbar region |
| 8. Goitre | 23. Brain | 36. Base of spine | 51. Piles | 65. Wrist | 79. Lymph glands |
| 9. Intestines | 24. Eye | 37. Anus | 52. Appendix | 66. Palm-up | 80. Lungs |
| 10. Left lung | 25. Sinus | 38. Small intestines | 53. Ileocecum | 67. Stammering | 81. Bronchial tubes |
| 11. Right lung | 26. Ear | 39. Spine | 54. Ascending colon | 68. Hand | 82. Rectum |
| 12. Sex stimulation | 27. Shoulder | 40. Solar plexus | 55. Pyloric Valve | 69. Bed wetting | 83. Uterus |
| 13. Abdomen | 28. Back of neck | 41. Tonsils | 56. Gall-bladder | 70. Tail bone | |
| 14. Pancreas | | 42. Thyroid gland | 57. Liver-bladder | 71. Tip of spine | |
| 15. Paralysis | | 43. Left side of throat | | | |

Mains Voltage	240v, 50-60Hz
Motor Power Consumption	45 Watts
Motor Speed	2750 l/min
Warm Base Capacity	50 Watts
Base Heating Time (20C – 45C)	50 sec (approx)
Temperature Range (Heat setting on)	35C (lower) – 45C (upper)
Cable length (usable)	3 metres (approx)
Weight (Classic)	1.4kg
Weight (Case)	1.3kg

Warranty

The Eurotherapy Classic carries a comprehensive warranty, the length of which is covered on your invoice. This covers both electrical and mechanical faults in materials and assembly. Evidence of misuse, or repairs or modifications carried out by unauthorised third parties will invalidate the warranty. Normal wear and tear and any usage outside of that intended will fall outside of the warranty. Please keep your invoice safely as this will act as proof of purchase and validate your warranty. In order to assert a claim under the warranty, please send the complete device to the authorised service address, together with the invoice.

Test Certificate

The Eurotherapy Classic has been tested by TUV to EU Safety and Essential Performance criteria and has met the standards of EN 60335-2-32:2003+A1:2008 // EN60335-1:2002+A11:2004+A1:2004+A12006+A2:2006+A13:2008+A14:2010 +A15:2011 // EN62233:2008.

Cleanliness

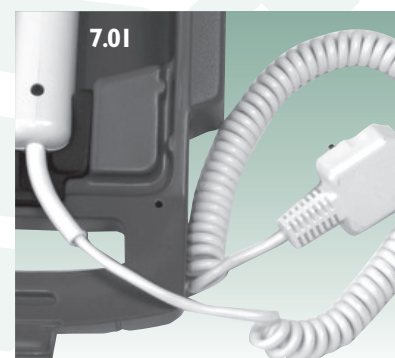
Both the Eurotherapy Classic and the accessories should be cleaned with a very mild cleansing agent or alcohol-based cleaning wipe prior to being used by a person. No highly scented or abrasive products should be used as these may affect the cosmetic finish. The body of the device should never be allowed to become wet; it should certainly never be immersed in water or held under a running tap.

Maintenance

The Eurotherapy Classic has been designed not to require any maintenance during normal use. There are no user serviceable parts in the massager and the casing should not be opened or tampered with.

Safety

The product has virtually no side effects when used for the treatments in this user manual. Never use the product near water, for example in the bath or shower. Only connect to an AC current. If the tool should overheat, it turns off automatically to avoid damage (this should be reported to Eurotherapy). Do not pull the plug out by the mains cable or hold the product by the mains cable. Remove the cable from the groove in the case housing prior to use (7.01). Remove from socket prior to cleaning. Do not use if the mains cable is damaged. Damaged products should be repaired by Eurotherapy only. Children and persons with restricted physical, sensory or mental skills are prohibited from using this product. These instructions are also available at www.eurotherapy.co.uk



AREA	TIMING (Minutes)	ADDITION COMMENTS / ATTACHMENTS
Foot	1 – 2 – 3 – 4 – 5 – 6	
Knee	1 – 2 – 3 – 4 – 5 – 6	
Hip	1 – 2 – 3 – 4 – 5 – 6	Heat Optional
Lower Back	1 – 2 – 3 – 4 – 5 – 6	Heat Optional
Hand	1 – 2 – 3 – 4 – 5 – 6	
Elbow	1 – 2 – 3 – 4 – 5 – 6	
Shoulder	1 – 2 – 3 – 4 – 5 – 6	Heat Optional
Upper Back	1 – 2 – 3 – 4 – 5 – 6	Heat Optional
Middle Back	1 – 2 – 3 – 4 – 5 – 6	Heat Optional
Circulation	As Hands, Feet & Back	
Blood Pressure	As Hands & Feet	
Initial Treatments:		
Use daily for	10 – 11 – 12 – 13 – 14	Consecutive Days
Maintenance Treatments:		
Use	Once / Twice	Per Week or when required

Consultation Date:

/ /

Consultant:



EUROTHERAPY
Euro Therapy UK Ltd
Coopers Yard
Shripney Road
Bognor Regis
PO22 9LN

Tel: 01273 441 986
www.eurotherapy.co.uk