

The Triomed Compact device for EHF-IR therapy is ideal for use in emergency situations and in the field, in other words, in any abnormal conditions.

The best effect is achieved when the device is used in the first minutes after the injury has been incurred or the symptoms of the diseases have appeared. That is why it is recommended to start using the device as soon as possible.



First and foremost, the device can be used as first aid to alleviate injuries and acute conditions or to boost the ability of the body to adapt to adverse conditions of the external environmental as well as during stress, strong emotional disturbance or psycho-emotional distress.

## **ADVANTAGES OF THE DEVICE:**

- SIMPLICITY, USER-FRIENDLINESS;
- COMPACT DIMENSIONS;
- PAINLESSNESS;
- VERY FEW CONTRAINDICATIONS.

The effect of the device is based on impulse low-intensity electromagnetic radiation in the millimeter and infrared bands that

- has an anti-inflammatory, analgetic and anti-oedematous action;
- stimulates tissue regeneration processes,
- increases the general resistance of the body by boosting the immune system,
- improves blood circulation;
- relieves stress;
- normalises the functioning of the autonomic nervous system.

# MODES OF THE TRIOMED COMPACT DEVICE

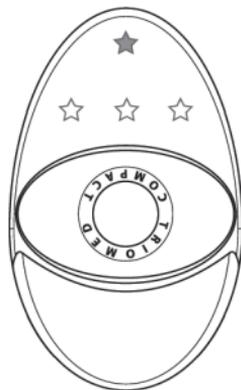
## Distant Mode (“Harmony»)

---

This is a distant stimulation mode. The device does not touch the surface of the skin, but is placed at a certain distance (up to 50 cm) from the body.

This mode boosts the ability of the body to adapt to negative factors of the external environment, prevents the development of chronic stress, increases your performance at work, reduces fatigue, enhances stress tolerance and improves sleep.

Preparing for a journey or a business trip, start using the device beforehand in the Harmony Mode for 30 minutes 2-3 times a day. Having found yourself in extreme circumstances, switch on this mode immediately.



## Universal Mode

---

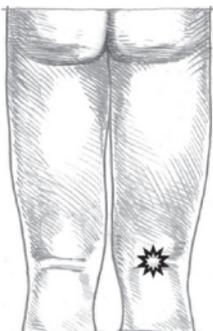


This mode is meant for preventing acute conditions and exacerbation of chronic diseases by stimulating the immune system. To achieve this, stimulate zones 79, 28, 4, 63 in the following succession: (fig.) If you are not quite sure which mode to choose, select the Universal Mode.

### 1<sup>st</sup> day

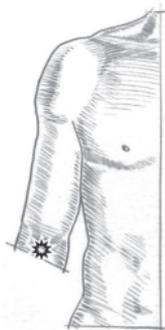
	<p><b>Zone 79</b> stimulate the zone in the middle of the popliteal fold - <b>on the left</b></p>
	<p><b>Zone 28</b> stimulate the zone in the middle of the ulnar fold - <b>on the left</b></p>

## 2<sup>nd</sup> day



### Zone 79

stimulate the zone in the middle of the popliteal fold - **on the right**



### Zone 28

stimulate the zone in the middle of the ulnar fold - **on the right**

## 3<sup>rd</sup> day



### Zone 4

stimulate the zone at the edge of the popliteal fold when the knee joint is bent on the inside- **on the right**

	<p><b>Zone 63</b> stimulate the zone on the outside near the ulnar fold that forms when the arm is bent at the elbow joint - <b>on the right</b></p>
---	--

#### 4<sup>th</sup> day

	<p><b>Zone 4</b> stimulate the zone at the edge of the popliteal fold when the knee joint is bent on the inside - <b>on the right</b></p>
---	---

	<p><b>Zone 63</b> stimulate the zone on the outside at the ulnar fold that forms when the arm is bent at the elbow joint - <b>on the right</b></p>
---	--

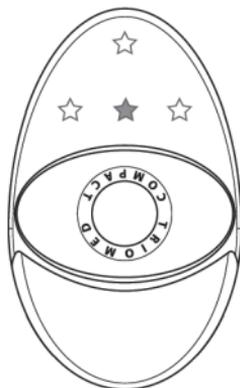
## Healer Mode

---

This mode helps cure wounded surfaces, relieve pain and reduce inflammations of any origin.

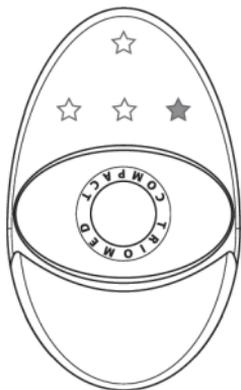
It is recommended for extended supportive therapy in the periods between using the Phoenix Mode. To use the Healer Mode, first bring the device to the area selected and only then switch it on.

After the device has stopped working in this mode we recommend leaving the device fixed to the area of stimulation because the device keeps on having an effect in the passive mode for an indefinite period of time.



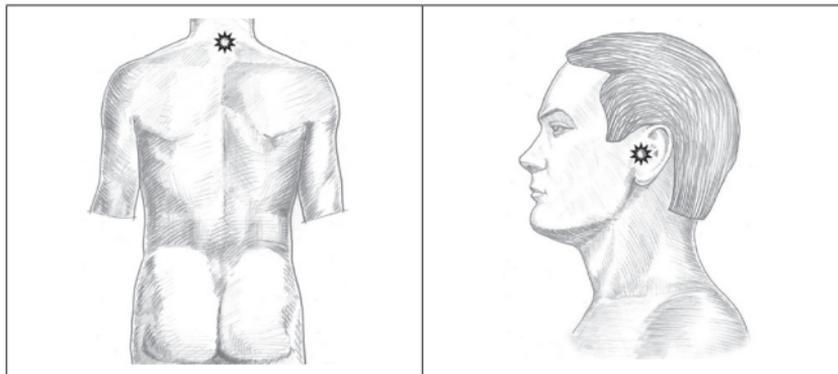
## Stress-buster Mode

---



The Stressbuster Mode is used in the case of increased fatigability, overfatigue, increased irritability, psycho-emotional distress, sleep disorders and low spirits.

As an emergency measure the working surface of the device should be placed between the 7th cervical vertebra and the 1st thoracic vertebra, on the tragus area or moved in slow circular motions clockwise along the palm of the left hand for 10 minutes.



## Anti-inflammatory Mode ("Phoenix»)

---

This mode has an anti-inflammatory effect. It is used for treating wounds, scratches and burns (as it reduces the likelihood of infection and considerably accelerates regeneration of damaged tissues) as well as various acute and exacerbated chronic (incl. articular) inflammations (as it reduces oedema and pain).



## Antihypoxic Mode ("Edelweiss»)

---

This mode enhances the resistance to hypoxia (oxygen deficiency) of all kinds. This mode is recommended for conditions which create the risk of insufficient oxygen supply to the cells (mountaineering, staying in poorly ventilated environments, living in air-polluted cities, suffering from overfatigue) as well as for acute and chronic diseases accompanied



by intoxication or exacerbated by respiratory failure or circulatory deficiency.

This mode increases the supply of energy to the body.



### **Trophic Mode ("Youth»)**

This mode is used to restore the nourishment (trophism) of the tissues and normalise the metabolism. It stimulates microcirculation and improves the functioning of the organs.



### **Infrared Mode ("Photon")**

This mode prepares sluggish wounds and trophic ulcers for further stimulation using other modes.

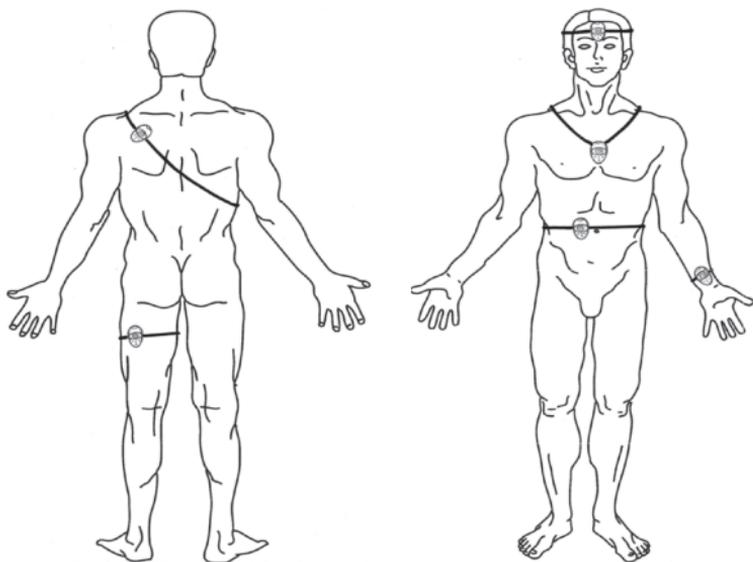
## GENERAL RULES FOR OPERATING THE DEVICE:

Select the necessary mode. Switch the device on. Holding the device in your hand place its working surface on the area to be stimulated and fasten it on the body using whatever tools you have at hand (bandage, rope, straps) passing them through the side clips or through the eyelet at the top.



Remember that you should place the device on the body before switching on the Healer Mode.

The area of stimulation is a biologically active zone recommended by the programme or a place of maximum painfulness. The working surface should be in the centre of the area of stimulation.



fastening of the device

If the area of stimulation is larger than 4cm<sup>2</sup> (burn, abrasion, long cut), move the working surface in slow and smooth concentric circles from the healthy tissue to the centre. Repeat several time to cover the entire area.

**You should stimulate:**

- 1) healthy tissues around the damaged area;
- 2) the zone of borderline inflammation: reddening, oedema;
- 3) the damaged area itself.

# FIRST AID USING THE TRIOMED COMPACT DEVICE

## **Fractures, bruises, sprains**

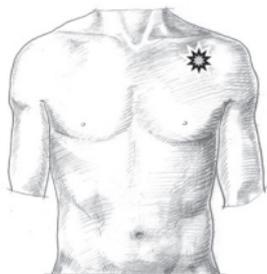
---

Place the device on the area of maximum painfulness and switch it in the Anti-inflammatory Mode (Phoenix). If a bandage or a plaster has been put on, use the device on their surface. The bandage (plaster) should be dry. The area should be stimulated 3 times a day.

## **Skin injuries (wounds, abrasions, burns, frostbites)**

---

Having cleaned a small wound, stimulate the edges of the wounded surface using the Anti-inflammatory Mode (Phoenix) After a bandage has been put on, stimulate the surface of the bandage. If the wounded surface is large, use the variant for stimulating large zones. In the case of a large burn, move the radiator of the device in circular motions first on the healthy tissues around the burn, then on the borderline area and then in concentric circles towards the centre. The damaged area should be stimulated 3 times a day.



### **Zone 55**

stimulate the zone of the outer third of the subclavian area - **on the left**



### **Zone 35**

stimulate the zone of the shoulder above the olecranon of the ulnar bone (2 cm above the elbow) - **on the left**

## **Any kinds of traumas**

Having stimulated the injured area, stimulate zone 55 and then zone 35 in the Universal Mode for 10 minutes each. This will intensify the regeneration process in the tissues of your body. In two hours repeat the procedure: stimulate the injured area for 15 minutes and then zones 55 and 35 for 10 minutes each. In the period between these treatments use the device in the Healer Mode. After the device has stopped working in this mode comfortably fix the device on the injured area leaving it there for passive stimulation. Switch on the Healer Mode every 30-40 minutes.

## Overexposure to heat or cold

---

In the case of overexposure to heat or cold stimulate two zones - first, zone 35 and then zone 80 - in the Universal Mode. After the active stimulation cycle has finished, leave the switched on device on zone 35, having comfortably fixed it there for long exposure. Every 30-40 minutes switch on the device for about 1 minute.

	<p><b>Zone 80</b> stimulate the area between the lateral malleolus (in the middle) and the Achilles tendon - <b>on the left</b></p>
	<p><b>Zone 35</b> stimulate the zone of the shoulder above the olecranon of the ulnar bone (2 cm above the elbow) - <b>on the left</b></p>

## Stress

---

To soothe your nervous system, relieve stress, relax and overcome insomnia, use the Stressbuster Mode stimulating the zones specified below.

Start with zone 94. You can select only one zone, or stimulate all three of them. If you have decided to stimulate two or three zones, select the ones on both sides (for, instance, zone 94 on the left and zone 9 on the right). Next day, alternate the zones.

	<p><b>Zone 94</b> stimulate the zone in the tragus area - <b>on the left</b></p>
	<p><b>Zone 9</b> stimulate the zone 1,5 cm behind the frontal angle of the scalp - <b>on</b> <b>the left</b></p>

	<p><b>Zone 19</b> stimulate the zone near the wrist joint 1,5 cm above the radiocarpal fold on the side of the little finger - on the left</p>
---	--

## Increased blood pressure

In the case of increased blood pressure stimulate zones 35 and 43 in turns.

	<p><b>Zone 43</b> stimulate the zone near the inner edge of the knee joint two fingers below the edge of the kneecap - <b>on the left</b></p>
	<p><b>Zone 35</b> stimulate the zone of the shoulder above the olecranon of the ulnar bone (2 cm above the elbow) - <b>on the left</b></p>

## **Pain in the heart**

---

In the case of pain in the heart place the device on the area of maximum painfulness and stimulate it in the Universal Mode.

## **Pain of any origin**

---

When experiencing pain place the device on the area of maximum painfulness and stimulate it in the Universal Mode. After that you can repeatedly stimulate the painful spot in the Healer Mode leaving the device there for as long as possible.

ADVANTAGES OF THE DEVICE:	2
MODES OF THE TRIOMED COMPACT DEVICE	3
Distant Mode ("Harmony»)	3
Universal Mode	4
Healer Mode	7
Stress-buster Mode	8
Anti-inflammatory Mode ("Phoenix»)	9
Antihypoxic Mode ("Edelweiss»)	9
Trophic Mode ("Youth»)	10
Infrared Mode ("Photon")	10
GENERAL RULES FOR OPERATING THE DEVICE:	11
FIRST AID USING THE TRIOMED COMPACT DEVICE	13
Fractures, bruises, sprains	13
Skin injuries (wounds, abrasions, burns, frostbites)	13
Overexposure to heat or cold	15
Stress	16
Increased blood pressure	17
Pain in the heart	18
Pain of any origin	18

