

# THE IPLIKATOR-Everything you need to know



## What is the IPLIKATOR?

The IPLIKATOR is a system of plastic structures with sharp spikes, which are attached to a polyethylene fabric. It has been specifically designed to eliminate acute and chronic pain and stress.

### Clinical trials find it effective for:

- acute and chronic muscular or joint pain (back pain, neck pain, fibromyalgia, osteoarthritis of the knees and hips etc)
- insomnia, sleeping disorders
- stress and anxiety
- muscle fatigue

**WARNING! There are numerous fake IPLIKATORS on the market under different name. Nine of these have passed clinical trials or have been registered with the institutions of drugs control.**

**There are also well known cases of severe allergic reaction after using these uncertified products.**

**Our product has been clinically tested, certified and patented as a medical product in the European Union therefore it is safe to use.**

## How does it work?

### Local effect:

Pressure on the spikes irritates the skin receptors and leads to dilatation of blood vessels (histamine release), leading to improve blood circulation, which results in:

- feeling of warmth at the site
- washing away waste products of metabolism
- relaxation of muscles
- relief from painful muscle spasms

Global effect:

It stimulates the sympathetic and parasympathetic nervous system resulting in global pain control and reduced tiredness (endorphin release), reduced stress/anxiety and better sleep (serotonin release).

It is basically a big stimulator that induces relaxation of muscle structure, activates the lymphatic and blood circulation, and improves nutrition of all body parts.

It can also be used virtually anywhere: at work, at home or on the go

### What can it be used for?

- Muscle fatigue
- Muscle cramps
- Myofascial (muscular pain) syndrome (acute and sub-acute phase)
- Pain from degenerative changes:
- Tension Headache
- Insomnia
- Sciatica, nerve entrapment
- Low back pain
- Neck pain
- Joint Pain

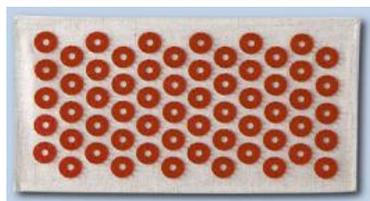
### How to use the Iplikator?

The use of Iplikator is very versatile. It can be used by the pressure of its or your own weight, as well as by simply pressing the Iplikator onto the body by hands.

Depending on the type of pain, the treatment time of Iplikator is 5 to 30 minutes. To improve the performance of the body and to remove fatigue, 7-10 minutes is usually sufficient. To weaken the stress of the body, for overall relaxation, the total time of use is increased to 20 to 30 minutes.

It is very effective to use the Iplikator simultaneously with physiotherapy treatment

**SMALL IPLIKATOR - 35×19 cm (13.5”x7.5”)**



The small Iplikator can be used for any small area of the body. It should be attached to the painful area (on skin), then pushed with your hands until you reach the pain threshold. The Iplikator can be held for a longer time on the painful area (typically 30-45 minutes) and it should be pushed or fastened with an elastic bandage, belt, towel and so on.

When used on the joints, the Iplikator must be attached to the outer side of the joint so that the spikes of the Iplikator do **not** push on the neurovascular system (which is located behind the knees, armpits, groins and on the inner side of the elbow).

LARGE IPLIKATOR - 38×68 cm (approx. 15”x27”)



While lying on a large Iplikator, you will feel exposure of sharp spikes just the first few minutes (a thin T-shirt can be used until you get used to the pressure). The more you relax during application, the less pressure is on your skin. Later you will feel the flow of heat and pleasant relaxation that will last throughout the time lying on the Iplikator. It is advisable to lie on a soft base - bed, mattress, quilt etc. After using the Iplikator the skin will be red, which is normal. In case of chronic back pain and insomnia, we recommend using the Iplikator for 15-20 days regularly before sleep.

Different positional ideas:



This position is suitable for beginners with lower back and thoracic pain.



This position is great for spinal pain including the neck.  
This is also great for insomnia.



This position is excellent for neck and shoulder pain, also for mid back pain. It will help with insomnia as well.

**Important:**

The stimulus from the Iplikator does not replace a physiotherapist or doctor's treatment. If you are in doubt please contact us or ask your GP.

### Contraindications

The Iplikator is not recommended for acute stages of skin disorders (eg eczema, psoriasis and acne), acute skin irritation (eg sunburn), acute inflammatory conditions such as the acute stages of rheumatoid arthritis or thrombophlebitis.

We don't recommend using it during the first three months of pregnancy.

Moles and warts should be covered with a strong plaster.

### Side effects

There are no known side effects.

### CLEANING

The models made of textile or linen can be washed separately in a washing machine at 40 °C. Please make sure that the foam insert is removed first.

For hygienic reasons, the Iplikator should only be used by one person.

Keep the Iplikator out of the reach of children.