

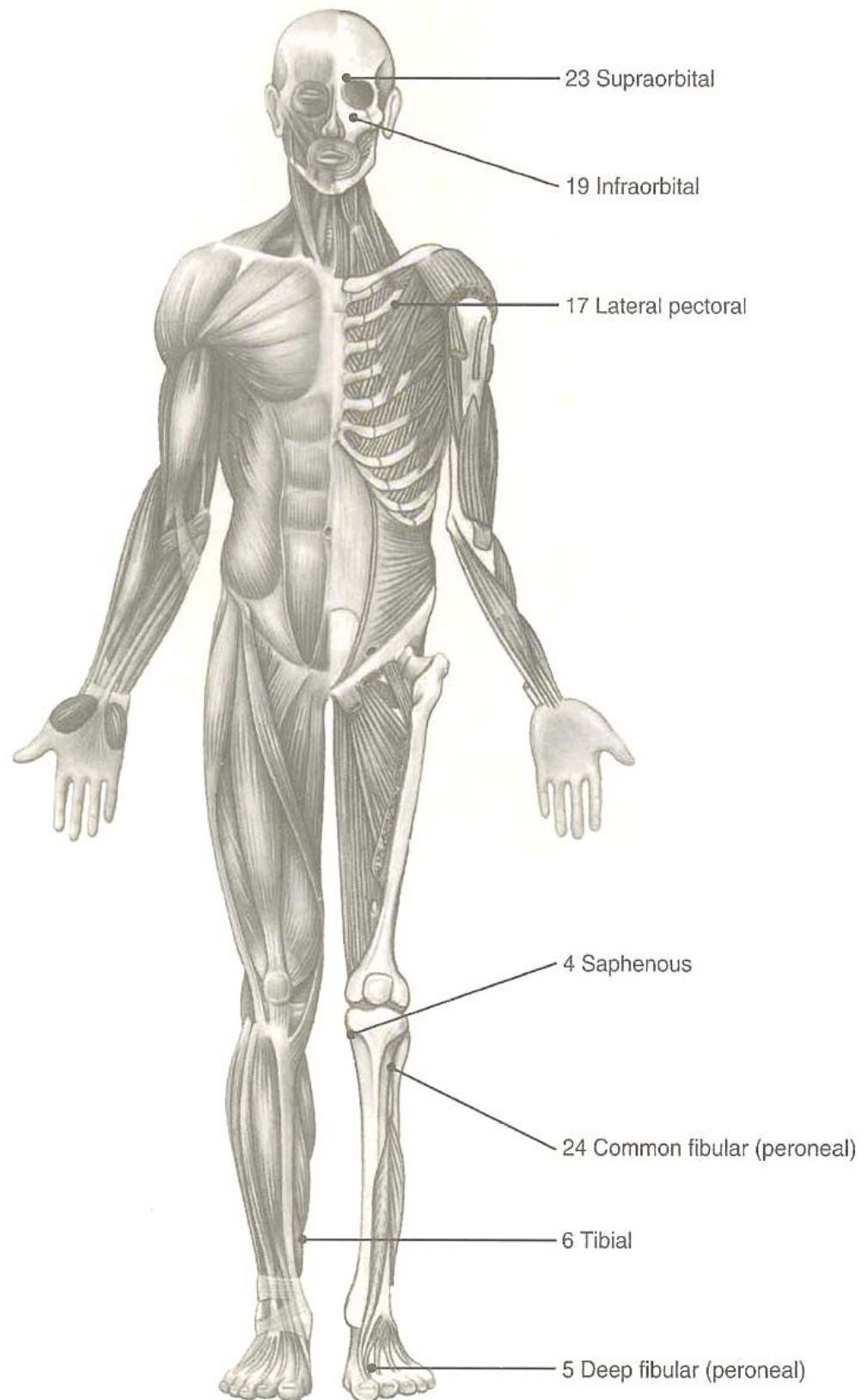
Treatment protocol to treat the Homeostatic Sites

These points can be used in two different ways. If you are treating an area of localised pain then it can be beneficial to treat the homeostatic points that are close to that area. Treat for about a minute on each point.

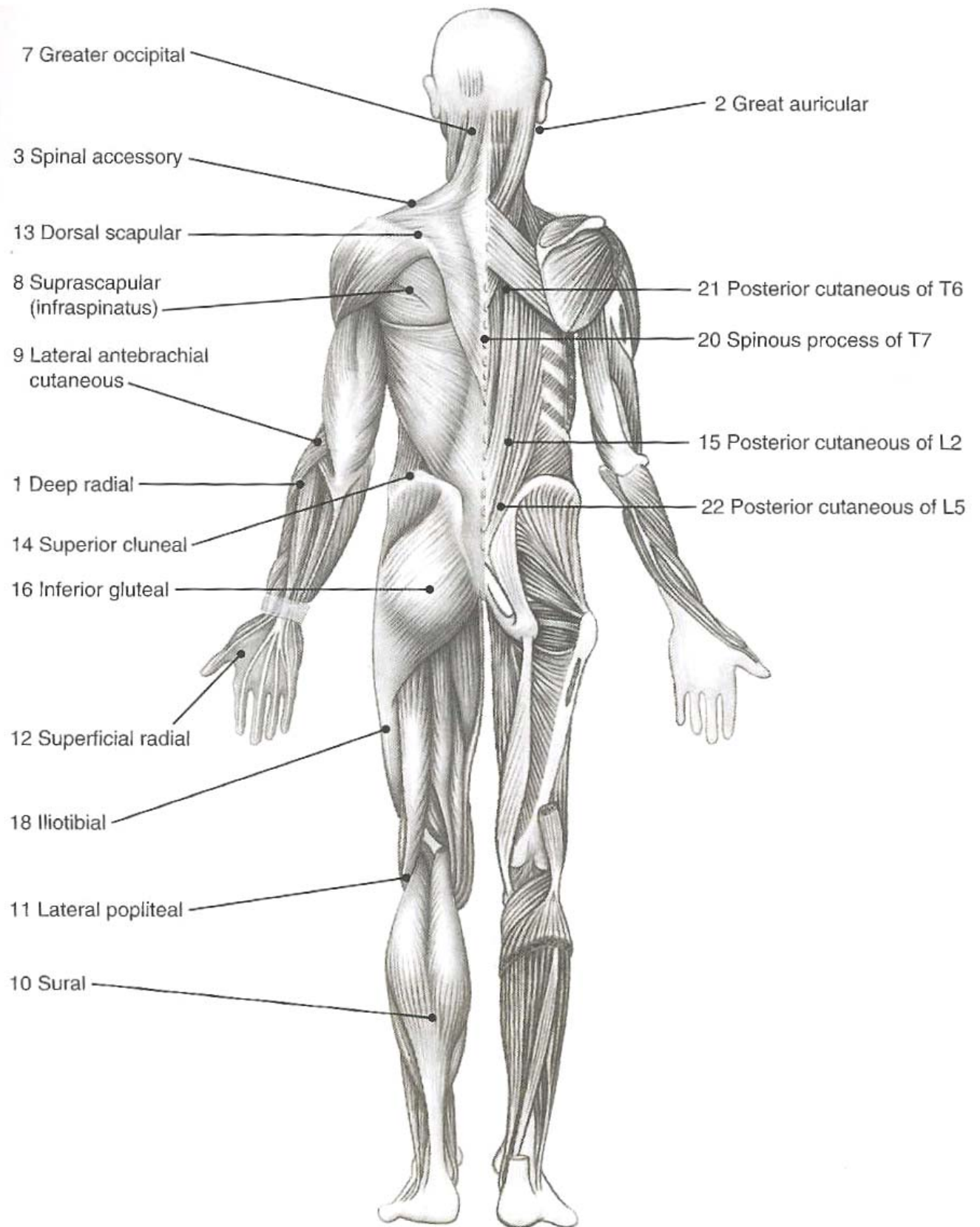
Alternatively, for more difficult conditions that may have a larger area of pain, treat each point in order from 1-24 (plus contra-lateral, so 1-48 in total). Treat each point for about a minute or until the sensation from the device starts to travel. Depending on how much time is available will determine how many points get treated.

Before treating each point, check for tenderness to pressure. If the point is tender, then treat it, if not then move onto the next point. While treating each point, ensure that the sensation from the device is a comfortable tingling.

Homeostatic Sites	Treat here because General Pain is in more than one of these areas:
HS2 – great auricular; HS7 – greater occipital; HS3 – spinal accessory; HS13 – dorsal scapular; HS8 - suprascapular	Head, Neck, Shoulders, Arms, and/or Hands
HS12 – superficial radial; HS1 – deep radial; HS9 – lateral antebrachial cutaneous	Shoulders, Elbows, Arms and/or Hands
HS20 – spinous process of Th7; HS21 – posterior cutaneous of Th6	Chest, Mid-Upper Back
HS14 – superior cluneal; HS15 – posterior cutaneous of L2; HS22 – posterior cutaneous of L5;	Abdomen, and/or Mid-Lower Back
HS16– inferior gluteal;	Lower back, Pelvis
HS18 - iliotibial HS11 – lateral popliteal; HS10 - sural HS4 – saphenous HS6 – tibial HS5 – deep fibular (peroneal) HS24 – common fibular (peroneal)	Legs, Hips, knees, and/or Feet



Picture 1. 24 Homeostatic Sites



Picture 2. 24 Homeostatic Sites

Index of the location of the HS's

HS1 – *deep radial* – the deep radial nerve (C5 – 8) is one of the terminal branches of the brachial plexus, 4cm distal to the lateral epicondyle, where the radial nerve branches into two: superficial and deep radial, in between m.brachioradialis and m. extensor carpi radialis longus.

HS2 - *greater auricular* – is located just behind the earlobe on the anterior border of the sternocleidomastoid muscle, the greater auricular nerve branches from the cervical nerve plexus

HS3 – *spinal accessory* – the spinal accessory nerve originates from both cranial roots and spinal roots of C1 and C6. The branch of spinal accessory nerve enters the trapezius muscle at the point over the shoulder bridge in the middle of the front edge of the upper trapezius.(neuromuscular site)

HS4 – *saphenous*-is located at the medial side of the knee below the condyle of the tibia, innervation of L2 – 4

HS5 – *deep fibular* – 2cm proximal to the web between the great and second toes where the deep common femoral nerve terminates

HS6 – *tibial* – at the medial aspect of the leg, about 6 to 8 cm from the medial malleolus and calcaneus

HS7 – *greater occipital* – is located at the base of the occipital region, 2 – 3 cm from the midline and is at the dorsal rami of C2 spinal nerve.

HS8 – *infraspinatus* – is located right on the infraspinatus muscle (innervated by the suprascapular nerve (C5 – 6), at the fossa infraspinatus (neuromuscular site)

HS9 – *lateral antebrachial cutaneous*-is located at the lateral end of the skin crest at the elbow joint and easy to detect when the forearm is flexed at 90 degree angle, the site is where the antebrachial cutaneous nerve piercing the deep fascia

HS10 – *sural*- is located at the posterior aspect of the leg in between two heads of the gastrocnemius muscle where the sural nerve piercing the fascia.

HS11 – *lateral/ medial popliteal*- is located on the medial side of the tendon of the biceps femoris

HS12 – *superficial radial* – is located where the superficial radial nerve emerges to the surface and branches on the web between the thumb and the index finger.

HS13 – *dorsal scapular* – the dorsal scapular nerve is a branch of C5, the site is located about 1cm superior to the base of the spine of the scapula (neuromuscular site)

HS14- *superior cluneal* – is located at the highest point of the iliac crest, the superior cluneal muscle innervates superior two thirds of the buttock

HS15 – *posterior cutaneous of L2* – lateral border of the erector spinae at the level of the waist

HS16 – *inferior gluteal* – is located at the centre of the gluteal region, the inferior nerve innervates L5, S1, S2

HS17 – *lateral pectoral* – the lateral pectoral nerve (C5 – 7) pierces clavipectoral fascia and enters the pectoralis major muscle at the spot about 4 -5cm inferior to the middle point of the clavicle. (neuromuscular site)

HS18 – *iliotibial*- at the lateral surface of the thigh half way between the hip and the knee on the iliotibial tract

HS19 – *infraorbital* -is located on the infraorbital foramen, the infraorbital nerve, cutaneous branch from the maxillary branch of the trigeminal nerve

HS20 –*spinous Process of T7*- as a mechanic pivot, T7 is most vulnerable

HS21 – *posterior cutaneous of T6* – 3cm laterally from the spinous process of T6

HS22 – *posterior cutaneous of L5* – 3cm lateral from the L5

HS23 – *supraorbital* - is located on the supraorbital notch, where the pAS' sage of the supraorbital nerve, the cutaneous nerve from the ophthalmic branch of the trigeminal nerve and which extends to the top of the head.

HS24 – *common fibular* – is located just anteriorinferior to the head of the fibula, at the branching point where the common femoral nerve branches into superficial and deep terminal nerves

Home Treatment

Treat each Point for 2 minutes in Preset 2

Using the flex array pad and starting at the neck place the pad here for 5 minutes. When finished move down to the next segment and stimulate for 5 minutes and so on.

Day 1	Points 1-5	Spine: Preset 2
Day 2	Points 6-10	
Day 3	Points 11-15	Spine: Preset 3
Day 4	Points 16-20	
Day 5	Points 20-24	Spine: Preset 2
Day 6	Points 1-5	
Day 7	Points 6-10	
Day 8	Points 11-15	Spine: Preset 3
Day 9	Points 16-20	
Day 10	Points 20-24	Spine: Preset 2
Day 11	Points 1-5	
Day 12	Points 6-10	Spine: Preset 3
Day 13	Points 11-15	
Day 14	Points 16-20	
Day 15	Points 20-24	