

Commonly Used Pulses by Anatomy
Using the FLE0103 Applicator

Energy Settings: Start at "3" or "4" and work up to "5" or "6."

	Anatomical Area	Approx Pulses 1st Application	Approx Pulses Subsequent Applications, within 10 days of previous	Tips
1	Single Finger	300	200 - 300	Flex each joint
2	Hand	1000 - 1200	800 1200	
3	Wrist (and periphery)	800-1000	600-1000	
4	Elbow	1000 - 1200	800-1200	flex, emphasis at posterior 180 degrees
5	Shoulder	1200-1500	1000 - 1500	Capsule and all adjacent muscles groups
6	Neck w/ <u>Shoulders</u>	2200	2000 - 2200	1000 pulses per shoulder (E 4-6) w/100-200 pulses at posterior neck (E 1-3)
7	Back, Upper	1000- 1500	800 - 1500	always bilateral
8	Back, Mid	1000 - 1500	800 - 1500	" "
9	Back, Low	1500 - 2000	1000 - 2000	""+ emphasis on SI jts, incl ASIS & IT Bnd
10	Groin (1 side)	1000	600 - 1000	
11	Hip (1 side)	1200 - 1500	1000 - 1200	capsule, adjacent areas
12	Knee	1000 - 1200	800 - 1200	
13	Hamstrings, including IT Band and ASIS/Hip Flexors (each side)	2000	1500 - 2000	<i>best results for tight hamstrings</i>
14	Hamstring (alone)	1200	1200	E 4-6
15	IT Band	1000	500 - 1000	E 4-6
16	ASIS, Hip Flexors, ea	200-500	200 - 500	E 3-5
17	Ankle	1000	800 - 1200	
18	Foot	1000 - 1500	1000 - 1500	Best to do entire foot and ankle
19	Plantar fascia, heel, achilles tendon & calf	1200 - 1500	1200 - 1500	touch on and around anterior fibular head