

Heal Faster with ARPWave TECHNOLOGY



Many Elite members have used ARPWave Therapy to rapidly recover from sports injuries. Want to know if ARP is appropriate for your injury or pain? See the physical therapist in any of the S.M.A.R.T. Clinics or contact Mike Thompson, S.M.A.R.T. Clinic Director, at 262-754-3446.

By Mike Thompson, LAT,
Director of the S.M.A.R.T. Clinic

Q What is the ARPWave machine?

A The ARPWave is the only direct current electric muscle stimulation (EMS) device capable of delivering amazingly fast recovery from sports injuries and other painful conditions. This is why hundreds of professional athletes in the NFL, NHL, MLB and others have invested the \$15,000 to protect their multi-million dollar body parts and recover faster when injured.

Q How does it do that? It sounds too easy!

A It really is! I've heard descriptions of ARP range from "It's a miracle" to "Party Trick." While we know it works from empirical evidence, the exact mechanism is unclear and there are many theories. In the 1980's Dr. Becker, orthopedic surgeon, wrote 'The Body Electric'. He outlined the healing effects of electricity on the human body and the electrical disturbances in injured or unhealthy cells. This "Charge of Energy" theory goes a long way in explaining why the results are so instantaneous and long lasting.

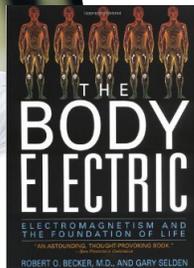
Q Is it just for sports injuries? What other conditions have been treated with ARP?

A With the cost of an ARP being 10 to 100 times greater than other E-stim machines, the professional athlete market was the first to benefit. Clinics like S.M.A.R.T. Clinic allowed ARP to provide benefits to a larger audience. **S.M.A.R.T. Clinic was the first** --and I believe still the only **clinic in Wisconsin to offer this!** Because it works directly on the nervous system, conditions like neuropathies, sciatica, Parkinsons, and stroke patients have been helped. It also does well with chronic pain conditions also osteoarthritis, fibromyalgia, back pain, and more. Because so many of our traditional therapies ignore the electrical nature of the nervous system, anyone who has failed treatment should give the ARPWave system a try.

Mike Thompson, S.M.A.R.T. Clinic Director.



Djokovic, recent Wimbledon winner, uses ARP Wave Therapy in his training



The Body Electric by Dr. Becker

Q What does an ARP session look and feel like?

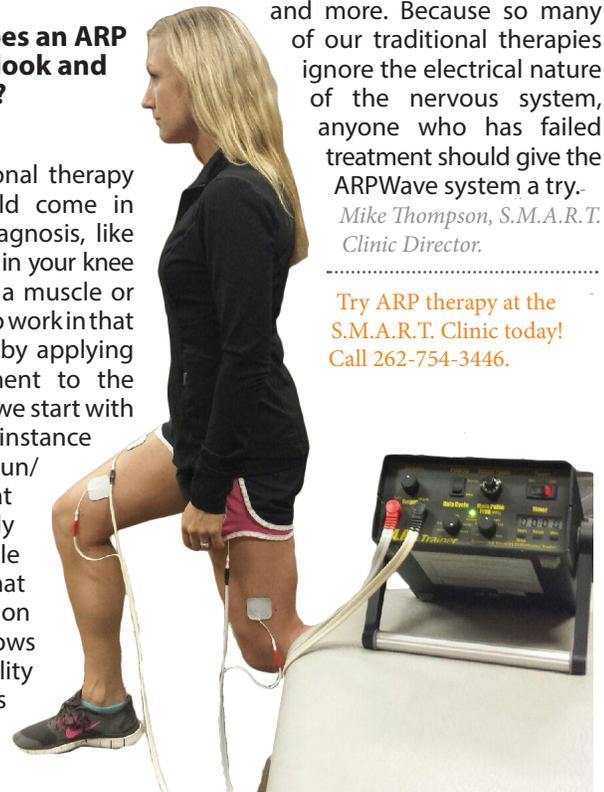
A In traditional therapy you would come in with a diagnosis, like tendonitis in your knee

or a sprain or strain of a muscle or tendon, and we will go to work in that painful or injured area by applying modalities and treatment to the area. In an ARP session, we start with

"what can't you do?" Say for instance you can't do squats or stairs or run/jump. We directly address that functional limitation and apply the ARP to the responsible muscle groups and get you moving in that direction. This 'move in the direction of pain' technique is what allows us to restore the functional ability to do your activity, sometimes in as little as one session.

Q What does it do?

A In addition to eliminating pain and speeding up the healing process, the ARP can also dramatically and rapidly increase flexibility. Say you can't raise your arm overhead as much as before, and it's affecting your tennis serve. We put the electrodes on your shoulder and stretch and move you through the tennis serve motion. Even the most stubborn movement restrictions can be resolved, sometimes in as little as one session.



Patient using ARP-Wave Technology

Try ARP therapy at the S.M.A.R.T. Clinic today! Call 262-754-3446.

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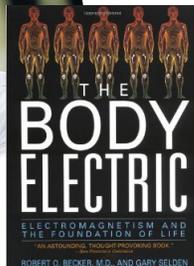
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*The Body Electric
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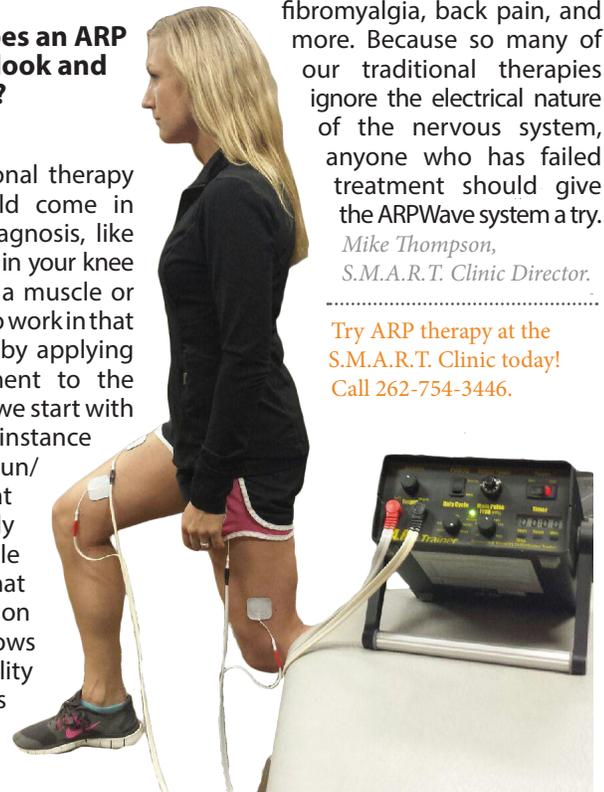
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