

Introducing EPRT to Your Clinic

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Introduction

Introducing any new therapy into your clinic can be a challenge.

For the therapy to be beneficial for both your clients and your therapists all systems must be set up first, and it will often take a few months to practice all systems and refine them.

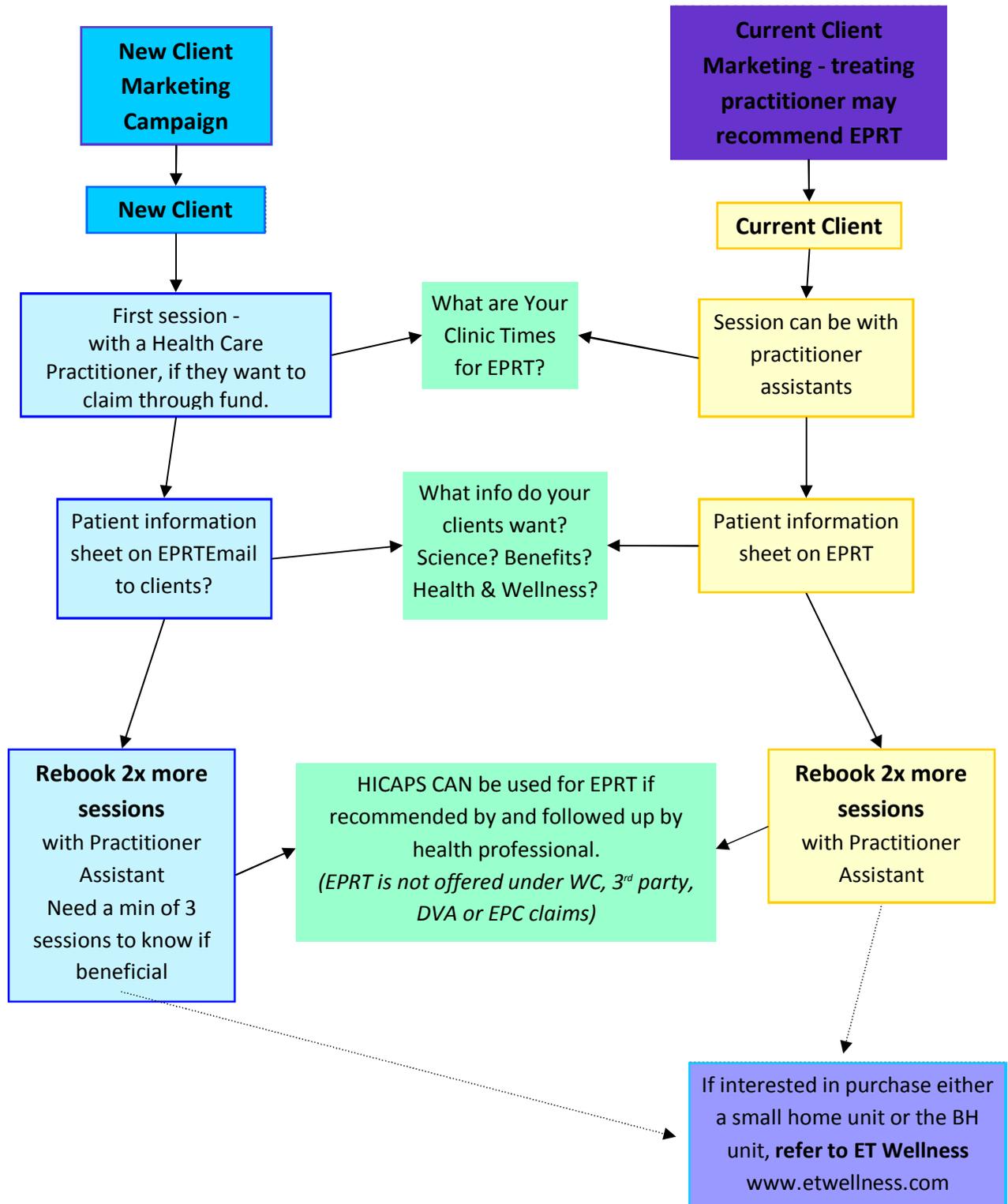
Knowledge of EPRT therapy and the BodiHealth unit is essential, as staff will need to provide an explanation of the therapy by phone, at reception and at the time of a consultation. The explanation must be concise, clear and factual. Informing a client on potential effects they may experience, and following up after a consultation is also essential. Marketing must also be considered, and must be appropriate for your target demographic and current clients. Recommendations for ongoing sessions must also be clear.

This manual covers all systems and practical considerations that are required to allow a smooth, streamlined process for any practitioner interested in using the BodiHealth unit as a form of therapy in their clinic.

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EPRT Implementation – Clinic Systems



EPRT = Electro Pressure Regeneration Therapy

What is EPRT?

It is recommended that all staff study the information in the BodiHealth instruction manual, available from www.bodihealth.com – the following information is a summary. The goal is to be able to explain the technology in 4 – 5 minutes in language that a client can understand.

EPRT = Electro Pressure Regeneration Therapy

EPRT is technology which uses ultra-low microcurrents to promote healing, at a cellular level.

There is a wealth of information around microcurrent technology. It has been used for a wide range of conditions for many years from healing bone fractures to improving skin elasticity and reducing stress. What differentiates EPRT from other microcurrent units is that it works at a much lower frequency – hence it is called an ultra-low microcurrent.

General Overview:

- Often there is an imbalance in the body, which is not always obvious from the outside. If there is a cellular imbalance, it may prevent healing, or stop some body systems from functioning normally.
- EPRT works on the whole body, so that any cellular imbalance is addressed and the body as a whole can function more effectively.
- That is why there is no definite answer to how each individual will experience EPRT – it will depend on their body's cellular balance.
- Also, most people will experience stress at times. When stress becomes a daily concern it can have a serious impact on their health and wellbeing.
- EPRT reduces stress levels by relaxing the body, decreasing stress hormones and balancing melatonin and serotonin levels in the body – again, restoring balance to the body as a whole.

Some of the conditions EPRT may improve include:

- Stress and anxiety
- Sports recovery and DOMS
- Long standing pain
- Sleeplessness
- Nerve pain
- TMJ pain
- Fractures and bone injuries
- Bruising and swelling
- Jetlag
- Sports and athletic performance
- Psoriasis and skin conditions

EPRT Information for Clients

What are you going to provide your clients?

- A flyer with Info and FAQ's?
- A link to www.bodihealth.com on your website or via email?

It is important consider who your clients are, and match your information to that demographic.

EPRT Wellness Session flyers used at PPFC:

Physio Posture Fitness Clinic

Wellness Sessions

- now being offered at PPFC!

EPRT is a therapy now offered at our clinic.

This technology offers the benefits of relaxation and improved injury and sports recovery.

What is EPRT?
EPRT is Electro Pressure Regeneration Therapy.

Research has shown that EPRT Technology promotes relaxation, stress relief, and an overall sense of wellbeing.

It has also been shown to assist in the relief of pain and inflammation, and to shorten injury recovery times by promoting cellular regeneration.

How does EPRT work?
EPRT therapy is delivered using a Registered Medical Device (TGA Aust) called a **Bodihealth unit**. The unit delivers electrons to the mitochondria within a cell in a gentle, non-invasive way using an ultra-low frequency current.

Mitochondria manufacture Adenosine Triphosphate (ATP) which is the form in which cells store and utilise energy.

The ultra-low EPRT current is compatible with naturally occurring electrical current with ATP Molecules.

Therefore the body is able to recognise and utilise the electrons to produce more ATP, to fully energise cells that is not in ideal balance.

How the Bodihealth unit works
A small wrap is applied to each of your ankles and your feet, and a very low current flows through the muscles, ligaments and other soft tissues of your body. You may experience a slight tingling in your ankles but for most people a deep sense of relaxation is experienced. The unit operates in 3 different cycles, each of 23 minutes in duration. The total treatment lasts approximately 70 minutes, so we suggest you allow yourself 1.5 hours for this session.

EPRT Therapy suitable for me?
Exercise, stress, poor diet, injury, pain, and living an unhealthy lifestyle all interfere with cellular balance. If you are unable to recover from exercise or injury easily, get recurrent colds and flu, or are generally unwell, EPRT could be healthier at a cellular level.

How many times do I need therapy before I feel better?
We suggest you attend 3 sessions within 10 days more often if you are in pain. If you require regular EPRT sessions, you can have ongoing sessions, or hire one of our rental units.

Will it affect my medication?
If you are on antibiotics, we recommend that you wait until you have finished your course before beginning with EPRT. Other medications: You will still receive the benefits of cellular regeneration, but please discuss with your practitioner if you are uncertain regarding this.

For PPFC Clients
Sessions \$125
For more information or to book in!
www.bodihealth.com
399
June 30, 2013

adverse side effects of EPRT, however, we recommend you avoid pregnancy or while you are on antibiotics.

Physio Posture Fitness Clinic
Wales Medical Centre
Lvl 4, 66 High St
Randwick
9399 7399
enquiries@ppfc.com.au

EPRT Wellness Information
www.physio posturefitness.com

Bookings & Considerations

Who will the EPRT practitioners be?

- Consider support staff who may want more hours, eg. Pilates instructors, massage therapists, or a part time admin staff member.
- They will be distracted from their main role to support their EPRT clients – who often have questions, want to spend some time talking through what they are feeling, and some people have an emotional response – so all practitioners must have a foundation skill base of working with clients.

Timing

- One way to ensure that the practitioner's time is used wisely is to have 2 EPRT machines set up, and two patients set up, booked in 15 mins apart for their start time.
- Allocate time for the clients to relax after their session, and time for the practitioner to refresh/reset the room. A standard session of EPRT for wellness usually takes less than 75 mins, but it is best to leave 90 mins, to be safe.

Example EPRT Timing:

	Susie - Room 3	Susie - Room 4
11.00am		
11.15am	James Smith - EPRT	
11.30am		Joan Smith - EPRT
11.45am		
12.00pm		
12.15pm		
12.30pm		
12.45pm		
1.00pm		
1.15pm		
1.30pm	Sarah Jones - EPRT	
1.45pm		Sam Jones - EPRT
2.00pm		
2.15pm		

Administration/Documentation

- All treatment especially a new therapy to your clinic requires prior **informed consent** – this can be included on the screening form.
- A record must be kept of all EPRT treatments, and the practitioners must record how each patient feels before and after the treatment, and how they have felt since their last EPRT treatment as well.

Using with HICAPS / Private Health Fund rebates

- Some practitioners may be able to offer health fund rebates, if it is prescribed by a health professional. Ensure that this fits within your profession's guidelines.

Marketing

EPRT provides you with the potential to offer a new therapy to current clients and new clients.

Introducing EPRT to your current clients and referrers

Offer an introductory rate or complimentary voucher to:

- Your long term clients
- Referrers or local allied health practitioners
- Local business owners who could start referring to you for EPRT

Introducing EPRT to potential clients

Have you added EPRT or Wellness Sessions advertising to:

- Your website?
- Phone message?
- Social media pages?
- Online directories?
- Other Advertising? (Newspapers, on hold messages, signage)

It is worth considering that people might search online for EPRT or Wellness practitioners.

For all marketing material: Do not make claims that are not supported.

Client Screening Sheet

Below is an example of a screening sheet including Informed consent

Physio Posture Fitness Clinic
Client Details – EPRT Today's date: _____

Surname: _____ **First Name:** _____ **Date of Birth:** ____ / ____ / ____

Street No. & Name _____ **Suburb:** _____ **Postcode** _____

Mobile: _____ **Email:** _____

Who referred you to our clinic? / How did you hear about us? _____

Privacy Statement

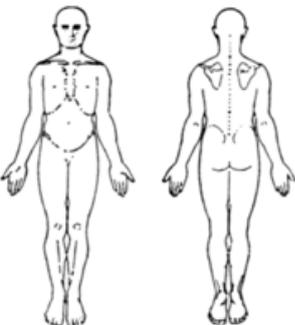
I understand all information given to my Physiotherapist/Therapist will be kept in confidence, unless specified

As a medical clinic, we are required to request your emergency contact.

Emergency Contact _____ Phone Number _____

EPRT Technology is being used at PPFC as part of our Wellness Program

Please complete and indicate on the body chart –
any key areas of your health or pain that you would like to improve.



i) _____ 0 1 2 3 *

ii) _____ 0 1 2 3

iii) _____ 0 1 2 3

**scale: 0 =minimal problem; 3 =very problematic*

Informed Consent – EPRT

I have received information on EPRT and consent to using this therapy as an adjunct to other treatments and/or medications I am currently using.

Signed _____

Client Follow Up Sheet

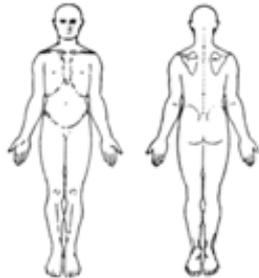
Consider how you will record their experiences and responses to EPRT, and forward this on to their treating practitioner.

Below is an example of a patient follow up sheet.



EPRT Patient Follow Up

Surname: _____ First Name: _____



What is the key area of your health or pain that you would like to improve?

- i) _____ 0 1 2 3 *
- ii) _____ 0 1 2 3
- iii) _____ 0 1 2 3

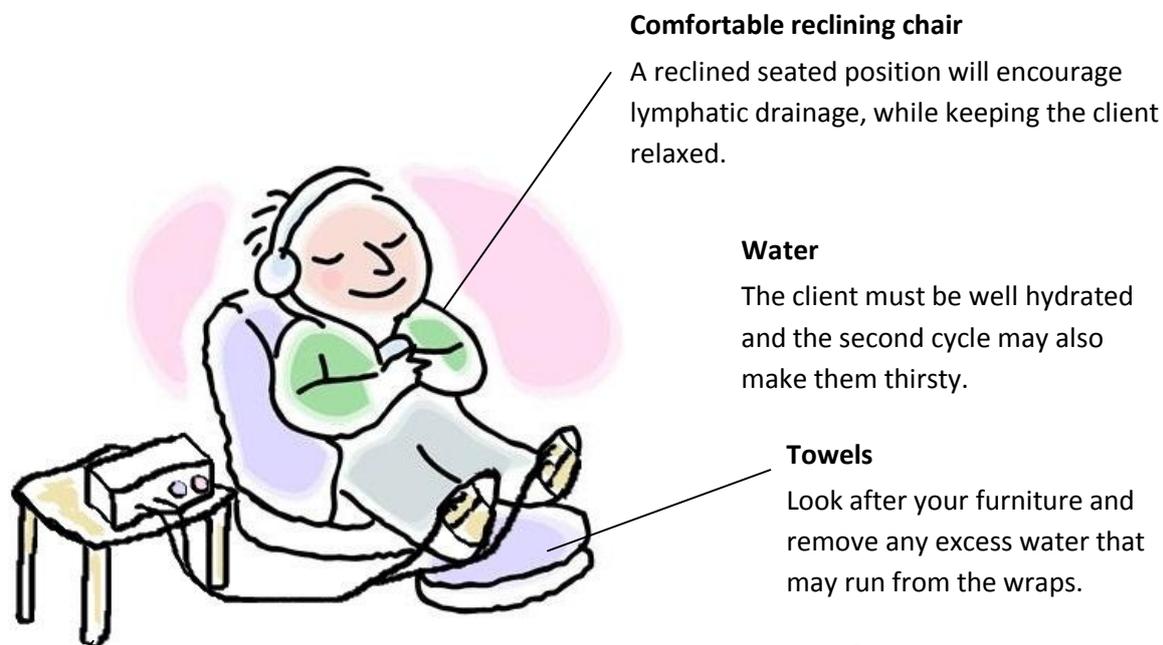
*scale: 0 = minimal problem; 3 = very problematic

Date	How are you feeling at the end of your session?	Date	Feedback from previous session <i>(include no change if need to)</i>	Any other comments?	Practitioner

Summary and Recommendations -

Room Set Up

Consider the environment your client will be set up in for their session. We recommend the following set up, to ensure they are as comfortable as possible.



Comfortable reclining chair

A reclined seated position will encourage lymphatic drainage, while keeping the client relaxed.

Water

The client must be well hydrated and the second cycle may also make them thirsty.

Towels

Look after your furniture and remove any excess water that may run from the wraps.

Bell

Ensure your client can alert the practitioner if necessary.

Sturdy table

Ensure the unit is on a stable surface.

Music

If you are in a loud environment, you may suggest that your client brings along their ipod and some headphones, or consider playing some relaxing music in the background.

Tissues

Sometimes people will have an emotional response when using EPRT. This is quite normal - ensure that you are ready to support them.

Heater / blankets / air conditioning / etc

The client needs to be as comfortable as possible during the EPRT treatment. Ensure there is a warm blanket nearby, just

Setting up the client

- Check if they'd like to use the bathroom before they start the session – they will be there for 1.5 hours
- Let them make themselves comfortable in the chair
- Discuss with your client: What are their health concerns? What are their goals?
- **Wet the cuffs** and put them around client's ankles or feet (or alternative areas if they have a localised concern. (eg wrap wrists for neck pain)
- Connect the wires on to the cuffs – both black on one leg, both red on the other leg
- Make sure they have a glass of water and the bell within their reach
- Set your alarm for 23 minutes to reset the machine in time



Pictures extract from www.bodihealth.com

Troubleshooting

if the BodiHealth EPRT unit continues beeping

- Are the wraps wet enough?
- Are the wraps tight enough?
- Does the client have cream or moisturiser on their legs / feet?
- Are the cables plugged correctly into the unit and onto the wraps?
- Is the machine set correctly for the cycle?
- Is the client dehydrated? Give them a glass of water
- **Has the Bodihealth unit been charged recently, or is the battery flat? You cannot use the unit while it is charging!**

Basic EPRT Settings

Below is the Basic information that is kept with the BH unit in the clinic

The majority of your clients will use the following Basic Protocol which is 3 cycles, each of 23 mins duration – the entire session will last approx. 1 hour 10 mins

Cycle 1

- **Turn ON** the unit and wait for the unit to calibrate and **beep**
- Set Program **A**; **no Z** ('Z' & 'one cycle' buttons are OFF) - Press **RUN**
- End of the cycle will be at 23 mins, unit will beep and all lights will come on
- Press **RESET** (lights will flash again and the unit will beep when finished calibrating)

Cycle 2

- Set - Program **4**; **no Z** ('Z' button is OFF, 'one cycle' button is ON) - Press **RUN**
- End of the cycle will be at 23 mins, unit will beep and all lights will come on
- Press **RESET** (lights will flash again and the unit will beep when finished calibrating)

Cycle 3

- Set - Program **4**; **with Z** ('Z' & 'one cycle' buttons are ON) - Press **RUN**
- End of the cycle will be at 23 mins, unit will beep and all lights will come on
- Press **PAUSE** and **SWITCH OFF** the unit.

During the Session

- Ensure that they are comfortable and if they want to talk with you, be available to them. Particularly in their first session, they may want assurance that what they are feeling is normal, and it is very relaxing and stress relieving to be able to just talk with someone.
- **Make sure you are always aware of how long you have left!** If there's only 1 minute left before your timer goes off, don't take a phone call or start a long job!
- If they need a break, press 'pause' and remove their wraps. When they are ready to continue, reapply the wraps and press 'run'.
- Ensure that when you leave their room, they have a bell within reach, and some soft gentle music playing in the background.

After the Session

- At the end of the third cycle remove electrodes from the cuffs
- Remove the cuffs and rinse them out
- Let the client get up and leave in their own time (they may need a few minutes)
- Ask the client for feedback from the session and record this on their assessment form.
- You might also give them a self-assessment form so they can record what they experience over the coming days, as many people feel the effects after the session as well.
- If the client has any questions that you don't feel comfortable answering, bring these points to the attention of a more experienced practitioner.
- Make another appointment for the client. The more regular their EPRT sessions, the more benefit they will see. They may also be interested in renting a BodiHarmoni Portable unit, to continue the EPRT process while at home, if they can't get into the clinic again for a week or longer.

Charging your unit after the session

Ensure that the BodiHealth unit is charged weekly so that it is ready to be used for each session. Charging OVERNIGHT is recommended.

Enjoy using EPRT in your clinic as an additional therapy

The more time you spend setting up your systems, the more effective and beneficial EPRT will be for your clients, your staff and your business!

