

PHITEN THERAPY FOR ACUTE AND CHRONIC CONDITONS



Neck Tension / Tension Headaches

Place 1 patch on tension at hairline, 1 on the point of tension or pain at top of shoulder and one at inside edge at bottom of scapular. Apply lotion over area for extra relief. To support lasting relaxation try a Rakuwa necklace.

Hi End Necklace

© Phiten Performance

- Phiten Patches
- Phiten Lotion / Gel
- Site of pain



Treating Shoulder Pain

Place 1 patches on pain in soft spot at front of shoulder.

Place 1 patch on back of shoulder exactly opposite position of patch placed on front. Apply additional patches any other points of tension or pain. Apply lotion over whole area for extra relief

If there is also pain on upper arm apply additional patches on area of pain as required. Apply lotion over whole area for extra relief

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- Phiten Patches
- Phiten Lotion / Gel
- Site of pain

Tennis Elbow



Place 1-2 patches on pain in elbow, and 1-2 along line of tension or pain in forearm. For extra relief apply Metax Lotion or Relax Gel. For chronic conditions use Phiten Elbow support.

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- Phiten Patches
- Phiten Lotion / Gel
- Site of pain



Sore and stiff fingers

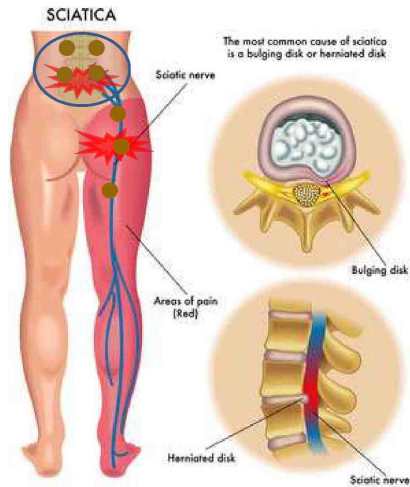
Place 1 patch above wrist 1 in middle of forearm. Apply lotion over hand and forearm for extra relief. For chronic conditions such as arthritis or carpal tunnel a bracelet can help support ongoing relief

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- Phiten Patches
- Phiten Lotion / Gel
- Site of pain



Lower Back and Sciatic Pain



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Lower Back

Gentle lean forward to identify area of tension and pain.

Place 1 patches either side of spine at point of tension. Lean again – if tension is relieved apply lotion / gel over entire area.

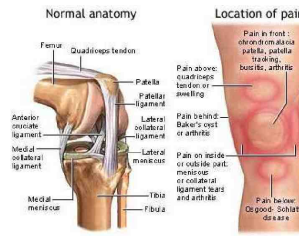
If tension has moved apply additional patches to new area and then apply lotion /gel as above.

Sciatica

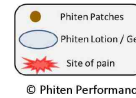
For sciatic pain apply additional patches at hip and centre of buttock



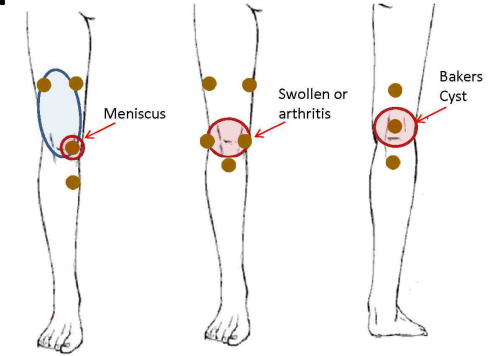
Stiff or painful Knee



Phiten Knee Supports for Chronic Conditions



© Phiten Performance



Meniscus

Place 1-2 patches on the pain, one below and two on lower thigh.

Sore, swollen or arthritic knee

Place 1 patch either side of knee where it is tender to touch, 1 below and 2 above,

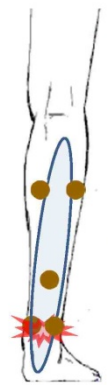
Bakers Cyst or Arthritis

Place 1-2 patches on the pain, one below and two on lower thigh.



Lower leg and ankle

Sore Achilles Tight Calf



© Phiten Performance

Achilles / Calf

Place patches either side of Achilles pain a patch on lower calf and 1 – 2 patches on upper calf. Apply lotion or gel over lower leg.

The application will also help to relieve and prevent cramps.



Socks

Ankle Pain

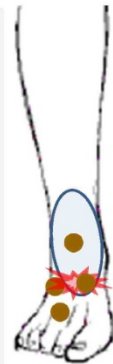
Place 1-2 patches on the points of pain and one in centre of foot in front of toes.

For additional relief of chronic ankle pain also apply patches on back of leg as per relief of Achilles pain.

For ongoing relief try Phiten anklet & socks



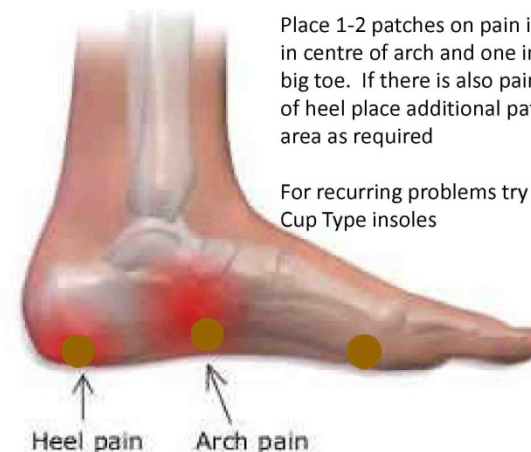
Anklet



© Phiten Performance



Plantar Fasciitis



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Place 1-2 patches on pain in heel, 1 in centre of arch and one in front of big toe. If there is also pain on side of heel place additional patches on area as required

For recurring problems try Phiten Cup Type insoles



Phiten Insoles