

We want you to feel better, recover faster.



# Who is SimulCare II designed for?



HOW IT WORKS

HOME





# For Athletes

# Invest in your body, your career, your recovery.

\*Dr. Vetanze introduced me to the SimulCare three years ago and I have used it ever since The thing is MAGIC! I love it and use it regularly and also travel with it. Thanks Dr. V.

-Rod Smith, Denver Bronco, "Retired"

Your body is your living. You need it to function at its peak.

After years of research and testing, Xanacare Technologies is proud to offer the revolutionary, FDA-cleared SimulCare II. When you're suffering from achy, sore muscles, and strains or injuries, SimulCare II can get you back in action.

SimulCare II is safe and effective for use after every workout, every day, in the dugout, on the sidelines, or on the bench. SimulCare's lightweight, portable, and straightforward design makes recovery, healing, and pain relief simple and drug-free.

Your doctor or trainer will customize your treatment with a few simple selections. You'll receive a customized combination of TENS (e-stim/microcurrent), LED red light, LED infrared light, and vibratory massage simultaneously. Together, these treatments promote better health and wellbeing from the cellular level. Just apply the soft pad, set the timer, and start your recovery.

SimulCare II is available by prescription only.



#### TENS: E-Stim / Microcurrent

Transcutaneous nerve stimulators (TENS) are a noninvasive modality applied to the surface of the skin that use electrical stimulation (E-stim) to activate underlying nerves.

### **LED Red Light**

LED red light increases the energy inside cells that speeds up healing in both soft and deep tissue and creates a soothing, pain-relieving effect.

#### **LED Infrared Light**

LED infrared light therapy uses a low-level laser light from below the red spectrum and couples the positive effects of red light with the added benefits of heat to help heat deep tissue and speed recovery.

## Vibratory Massage

Five levels of vibratory massage therapy increase blood flow and oxygen to the area which helps reduce muscle soreness and encourages the removal of cellular waste.

# TENS: E-Stim/Microcurrent

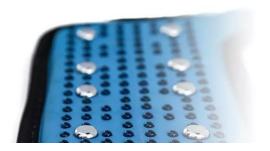
conductive metal nodes to activate underlying nerves & speed healing

# TENS: E-Stim

Transcutaneous electrical nerve stimulation (TENS) is a non-invasive modality applied to the surface of the skin that uses electrical stimulation (E-stim) to activate underlying nerves. This action inhibits sensitivity from cells that detect pain.<sup>±2</sup>

Researchers since the late 1960's have recorded the positive effects of TENS in wound healing, pain management, and accelerated rehabilitation, sometimes at twice the rate of control groups. Studies show that TENS is an effective treatment for relieving chronic musculoskeletal pain as well as pain from acute injury or postoperative pain.

E-stim has also been shown to preserve and build muscle strength by inducing repeated muscle contractions. Researchers note E-stim's effectiveness in reducing muscle weakness, building muscle mass, and avoiding muscular atrophy especially after sports injury.





# LED Red Light (640 nm)

LED red light increases the energy inside cells that speeds up healing. It is considered a Photo-biostimulation modality used to increase circulation and trigger nitric oxide from the promotion of RBC (red blood cell) oxygen potential.

Studies have shown that red light therapy is effective in reducing musculoskeletal pain and decreasing inflammatory cells. 33.12.13

Used extensively to treat injuries in soft tissue areas as well as systematic trigger points, red light can penetrate 15 millimeters beneath the skin producing thermal vibration (heat).

SimulCare II's LED red light provides a soothing and painrelieving effect.

# LED Infrared Light (870 nm)

LED infrared light therapy uses a low-level laser light from below the red spectrum and couples the positive effects of red light with the added benefits of heat to help heal deep tissue and speed recovery.

Compared to red light, infrared light penetrates more deeply and activates the electron transport chain, increasing ATP that carries and transfers energy in the body's cells.

LED infrared light treatment has been shown to elevate blood circulation and reduce fatigue in athletes help reduce pain and stiffness associated with arthritis and chronic back pain.  $^{\underline{550}}$  and even inhibit the reproduction of cancer cells  $^{\underline{54}}$