



Instruction manual



Did you know?

The applications from this book and others can also be found as video instructions in our app. New treatment videos are regularly uploaded there and you are able to provide feedback. Download now.



<https://novafon.com/de/app>

If you have any questions about our products or how they can be used, we would be happy to advise you personally to deal with your individual needs and concerns. Contact us by phone, email or via our social media channels.

[novafon.en/contact](https://novafon.com/en/contact)

# 01 Preface

At **NOVAFON**, we give many people access to treatment which alleviates the symptoms of a wide range of health complaints, improves quality of life and helps them to cope with everyday life. The gentle vibrations of **NOVAFON** help to reduce pain and muscular tension, and treat the symptoms of neurological disorders.<sup>1</sup>

The **NOVAFON** brand is an ambassador for local vibration therapy and represents quality and innovation. Our tried-and-tested therapeutic devices are made in Germany. As a manufacturer of medical devices, our quality management process is certified in accordance with DIN ISO 13485 and our products are governed by strict safety regulations — for the safety and well-being of our customers.

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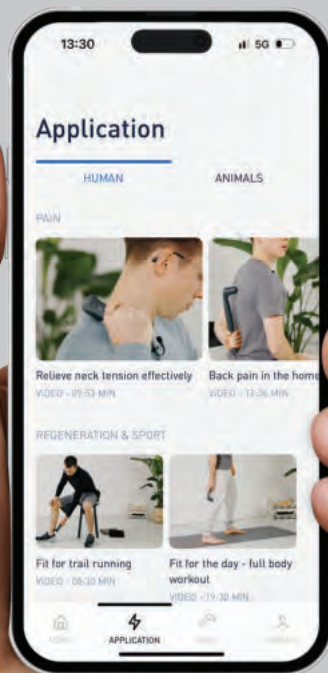
## DISCOVER THE NOVAFON APP.

Treat it right:  
The NOVAFON treatment guide

### THE PERFECT ADDITION TO THE NOVAFON SOUND WAVE DEVICE

The NOVAFON treatment guide offers you the opportunity to get to know the device better and to find, understand and carry out the right treatment.

Additionally, the app supports you in better integrating the **NOVAFON** treatment into your everyday life.



- Receive useful information about the device and how it works
- Find out what you need to know about areas of the body and backgrounds
- Let our step-by-step instructions guide you

Scan the QR code & download the app for free



## THE FUTURE IS SMART Practical Bluetooth connectivity

The direct Bluetooth connection between the new **NOVAFON power 2** and the free **NOVAFON** app provide you with an even greater range of customisable settings.

Immerse yourself in the smart future of local vibration therapy.



### ADJUSTABLE INTENSITY LEVELS

The large range of intensities, with a total of 15 levels, enables versatile application according to your sensitivity and allows for the systematic treatment of each muscle.

From gentle intensity for sensitive and painful body parts to high intensity for compact muscle groups and stubborn tension - the **NOVAFON power 2** can be easily adjusted to your individual needs.

### GET CREATIVE

Make the **NOVAFON power 2** your personal companion and let it greet you individually. Select your favourite display colour and save your personal treatment processes. Course of treatment.





NEW: The 75 Hz frequency helps to promote blood flow to the muscles before exercising. The 75 Hz frequency is only available with the NOVAFON power 2.

A vibration describes an oscillation that is controlled by the variables of frequency and amplitude.

**Frequencies** A frequency is described by the unit Hertz (Hz) which indicates the number of vibrations per second. **THE NOVAFON** and **THE NOVAFON power** each feature two frequency settings, while **THE NOVAFON power 2** has a third additional setting.

**50 Hz**  
Relaxing the muscles &  
metabolic stimulation

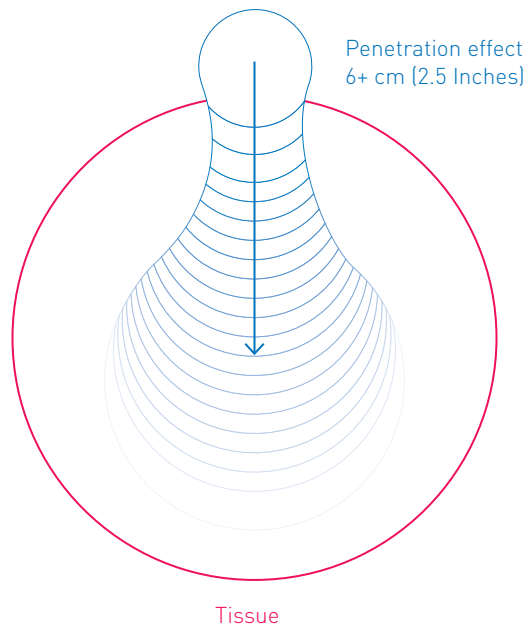
**From 75 Hz**  
Activating the muscles &  
metabolic stimulation

**100 Hz**  
Relieving muscle  
pain & metabolic  
stimulation

**Amplitude (intensity)** In a regular vibration curve, amplitude describes the maximum measurement between the highest and the lowest point of the curve. The higher the amplitude, the greater the intensity of the vibration of the **NOVAFON**.

The intensity setting can be adjusted in 3 settings from low to high with the **NOVAFON** and **NOVAFON Power** using the upper button on the multi-function button. With the **NOVAFON Power 2**, the intensity of the three settings can be configured via the app and saved as an option.

**Penetration effect** The vibrations of the **NOVAFON** penetrate up to 6 cm (2.5 Inches) beneath the skin. This has been confirmed by the Fraunhofer Institute. In this way, the vibrations also reach deep tissue treatment areas.



**Gate control theory** When sensory stimuli such as heat, cold, or vibrations interact with nerve fibres, the transmission of pain signals to the brain can be interrupted as the sensory stimuli overlay the pain stimuli. Through regular use, this effect can also be sustained long after treatment.<sup>2</sup>

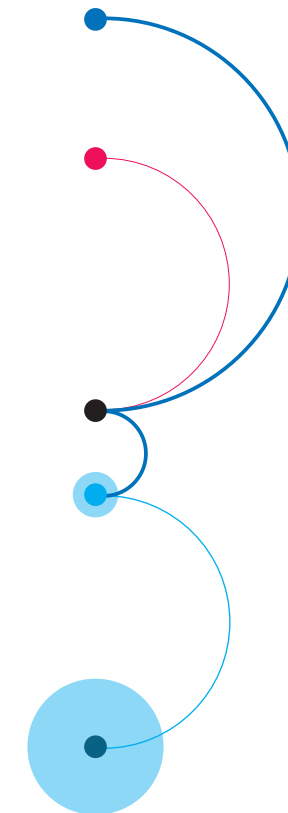
Sensory stimuli  
e.g. vibrations, heat, cold  
on thick nerve fibres

Pain stimuli  
on fine nerve fibres (are  
superposed by sensory  
stimuli)

Gate (determined)

Transmission Cell  
(communicated)  
filtered information trans-  
mission (sensory stimuli  
is relayed to the brain)

Stimulus perception



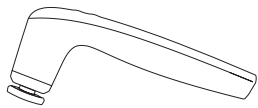

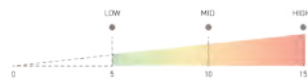
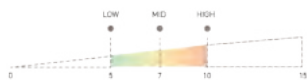


Result:  
Sensory stimuli predominate and are perceived,  
the pain stimulus is no longer perceived

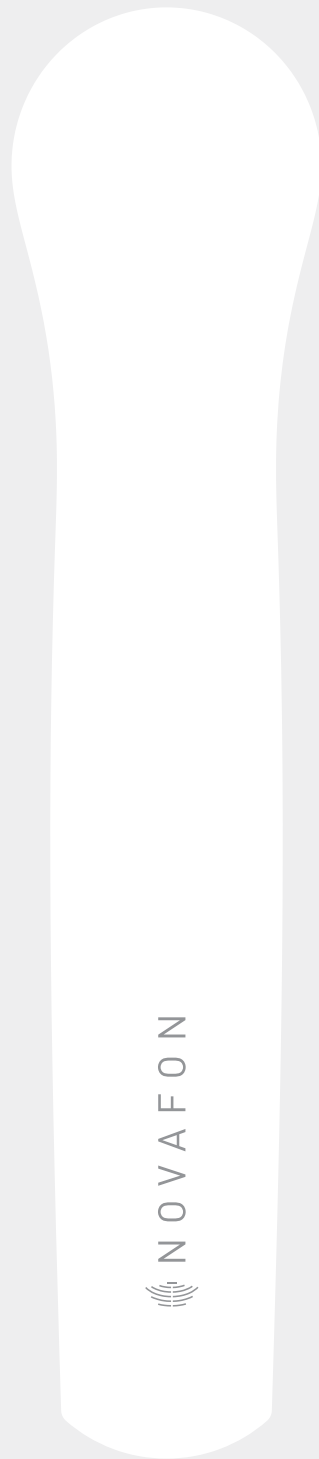
**Comparison** Which **NOVAFON** is best for me? You can use our comparison chart to find out which **NOVAFON** model is best suited to you and your needs.

For the gentler treatment of sensitive areas of the body, we recommend the new **NOVAFON**. For the treatment of large, compact muscle groups, for example in athletes, the new **NOVAFON power** might be the better choice thanks to its wider range of intensities, greater amplitude and more deeply penetrating effect. We would be happy to provide you with tailored advice by phone.

**THE NOVAFON power 2** combines the treatment areas of all previous models in one device and is the best choice if you need to treat multiple areas.

	DAS NOVAFON POWER 2	DAS NOVAFON POWER	DAS NOVAFON
			
USER GROUPS	For personal and professional use. For people & animals – all areas of the body	For personal and professional use. For people & animals – all areas of the body	For personal and professional use. For people & animals – especially sensitive body parts
INTENSITY LEVELS			
AREAS OF APPLICATION	Pain, tension, sports injuries, scars, CMD, joint pain/arthritis, logopaedic & neurological symptoms and regeneration	Pain, tension, sports injuries, scars, logopaedic & neurological symptoms and regeneration	Pain, mild tension, sports injuries, scars, CMD, joint pain/arthritis, logopaedic & neurological symptoms
TECHNICAL SPECIFICATIONS*			
Frequencies	100 Hz   75 Hz   50 Hz	100 Hz   50 Hz	100 Hz   50 Hz
Amplitude	0.3 – 4 mm	0.5 – 4 mm	0.3 – 3.5 mm
Water resistance	IP44 - Splash-proof	IP22 - Drip-proof	IP22 - Drip-proof
Dimensions	83 x 187 x 38 mm (W x H x D)	83 x 187 x 38 mm (W x H x D)	83 x 187 x 38 mm (W x H x D)
App connectivity	2.4 GHz	-	-
App	Settings & display customisation	-	-
	course of treatment tracking	Treatment videos possible on the app	Treatment videos possible on the app
	default settings optimisation	-	-

\*detailed technical information can be found in the product data sheets in the download area of our website [www.novafon.de/downloads](http://www.novafon.de/downloads)



## 04 Basis for Application

#### THE NOVAFON THE NOVAFON power



Frequency  
100 Hz



Frequency  
50 Hz

#### THE NOVAFON power 2



Frequency  
100 Hz



Frequency  
75 Hz



Frequency  
50 Hz

**TIP** Not yet familiar with the device?

Then start on the lowest intensity setting and increase it as required during treatment.

**1. Turning on/off** Fully charge the device prior to initial start-up. Press the ON/OFF button once to switch the **NOVAFON** on. To switch off, press this button three times or until you see "Standby (0 Hz)" (**THE NOVAFON power 2**).

**THE NOVAFON power 2** is locked upon delivery and must first be unlocked. Unlock the device by pressing and holding down the ON/OFF button for 3 seconds. For more details, please refer to the operating instructions.

**2. Settings** The device is set at 100 Hz when the ON/OFF button is pressed once. By continuing to press this button, the frequency of the device can be reduced to 75 Hz or 50 Hz. You can see the current frequency setting in the **NOVAFON power 2** on the display directly and on the LED display beneath the multi-function button (frequencies) on the other two models. You can regulate the intensity by repeatedly pressing the "Intensity setting" button. Here you can choose from three intensity levels: low, medium, and high. The intensity selection is indicated on the display above the multi-function button (Intensity) and on the outer ring of the display with the **NOVAFON power 2**. You can also set up to 15 intensity levels using the app. The device always starts on the lowest intensity level. Choose from 5 intensity levels per frequency with the **NOVAFON power 2** app.

**3. Charging** Without a charging stand: Connect the charger cable to the device and finally to the mains power supply unit. Then, insert the mains power supply unit into the socket.

With the charging stand: Place the device on the charging stand. Connect the charger cable to the charging stand and finally to the mains power supply unit. Then, insert the mains power supply unit into the socket.

**4. Safety** Before use, please carefully read and observe the instruction manual for your **NOVAFON sound wave device** and its accessories.

**5. Treatment** The suggested duration of treatment is up to 20 minutes. Treatment can be repeated several times per day (up to three times) as required. Longer or more frequent treatment offers not further benefit. Please note that **NOVAFON** sound wave devices only alleviate symptoms and do not treat the underlying disease or act as a replacement for visiting a doctor.

Despite their safe, simple and non-invasive application, we suggest that you discuss the treatment with your treating physician or therapist. Should symptoms worsen, please seek medical advice.

**6. Contraindications** Local vibration therapy is a simple, safe, and effective therapeutic method. However, please note the following contraindications and information regarding side effects. Use of the **NOVAFON** is not permitted with:

- Open wounds/eczema (in the body region being treated)
- Arteriosclerosis (in the body region being treated)
- Current episodes of epilepsy
- Pregnancy
- Implants (in the body region being treated)
- Heart pacemakers
- Thromboses (in the body region being treated)
- Brain pacemakers
- Cardiac arrhythmia
- Tumours (cancerous and benign)
- Acute inflammations (in the body region being treated)
- Acute episodes of inflammatory diseases
- Pain or swelling from an unknown cause

**7. Side effects** Please note that in rare cases the following side effects may occur:

- Intensification of pain/unpleasant sensations
- Discomfort/dizziness
- Skin irritation
- Reflex/involuntary muscle contractions

Please cease treatment immediately if once of this side effects occurs. Note that, especially with pain management, an initial worsening of the complaint may occur before you notice an improvement. Please note that slight reddening and warming of the skin do not represent a cause for concern. This is a desired effect of local vibration therapy, resulting in increased blood flow.



Disc attachment



Ball attachment



Magnetic attachment



Sensory roller



Disc attachment XL Rehab set



Pin attachment Rehab set



Cone attachment Rehab set



Fascia wedge Physio set



Fascia ball Physio set



Fascia fork Physio set



Oval attachment (Modular set)



Grip module (Modular set)



Nub module (Modular set)



Trigger module (Modular set)

**8. Attachments NOVAFON** has an intelligent system for connecting attachments. Planar treatments are carried out using the disc attachment, pin attachment or sensory roller, while spot treatments use the magnetic, ball or cone attachment. Deeper treatments (such as fascia treatments) are carried out using the Physio or Modular set.

**9. Changing the attachments** All attachments can be easily connected/disconnected by rotating them one quarter turn. Attachments should only be exchanged once the device has been turned off. Attachments have been properly connected once the brackets on the device and attachment lie flush on top of each other.

**10. Additional products** Only use creams and gels if you can ensure that no liquid will enter the device. This may shorten the service life of the device. Clean the device and any attachments thoroughly afterwards.

**11. Clothing** Treatment can be applied directly to the skin and through clothing or a towel. The intended effect is guaranteed in all cases.

**12. Movement patterns** Place the **NOVAFON** onto the area to be treated. You can use the device in a planar or spot-treating fashion. In doing so, you can perform the following movements:



Linear stroke



Continuous gentle circular motion



Gentle circular motion



Spot-treat





## 05 Applications



Alleviate pain



Relieve tension



Improvement  
of gait



Improve grip

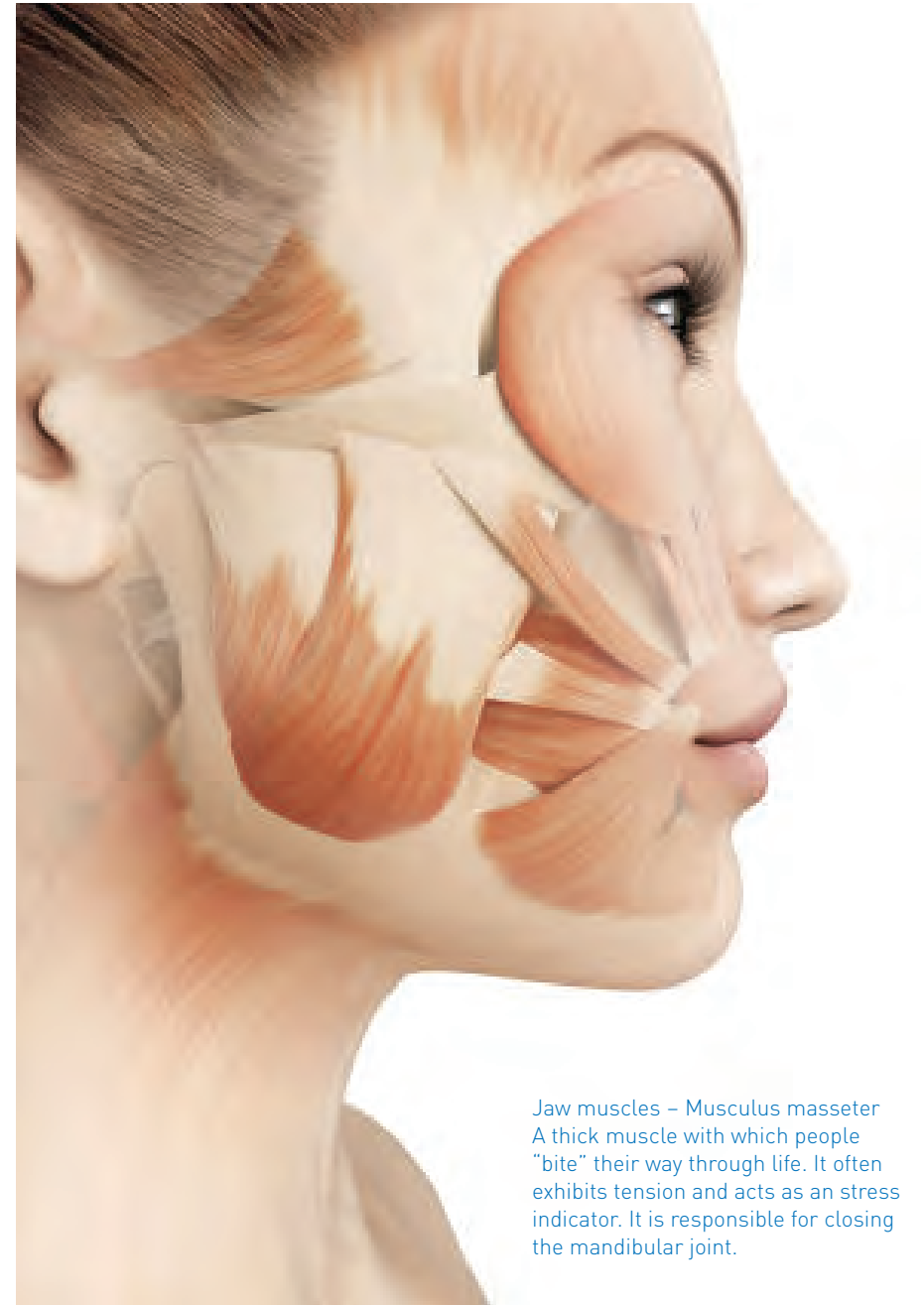


Preparation and regeneration  
of muscles

## Treating the jaw

**Useful background knowledge** Many patients have increased muscle tension in the lower jaw area which can be accompanied by pain in the jaw muscles. Often, there are also mandibular joint sounds such as cracking and problems opening and closing the mouth. Many people also grate their teeth, especially during the night, or they press them together. Especially under stress, those affected “bite” their way through life. Loosening and relaxation exercises can help reduce unnecessary stress. The **NOVAFON** can help you to relax the muscles.<sup>4</sup>

**NOTE**  
Prior to starting treatment, discuss the symptoms with your dentist or orthodontist and get a clear diagnosis.



**Jaw muscles – Musculus masseter**  
A thick muscle with which people “bite” their way through life. It often exhibits tension and acts as an stress indicator. It is responsible for closing the mandibular joint.

“Easy and pleasant to use. So far I’ve used it to treat my very tense jaw muscles (I grind my teeth). It’s very comfortable and relaxing! [...] I use it regularly; it’s great!”<sup>3,4</sup>

User S., 15/02/2017, **NOVAFON power**



#### Using the **NOVAFON** on the jaw

The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas of the jaw muscles (musculus masseter). Total treatment duration with the **NOVAFON** should be 10–15 minutes and can be repeated up to three times a day.

Before you begin, ensure you are sitting comfortably on a chair. Carry out treatment on both sides. Make sure to follow the two steps outlined here precisely.



Disc attachment



Sensory roller

Fascia ball  
Physio set

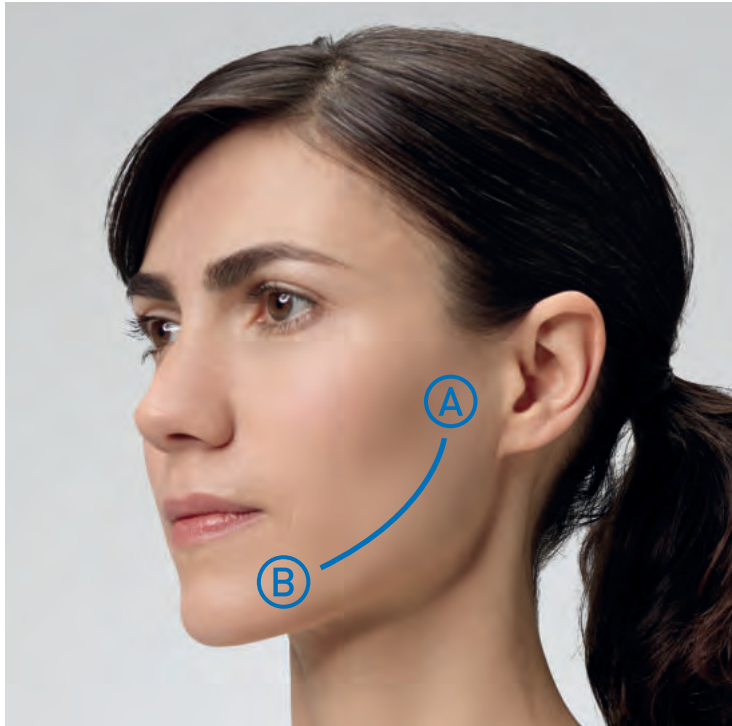
#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

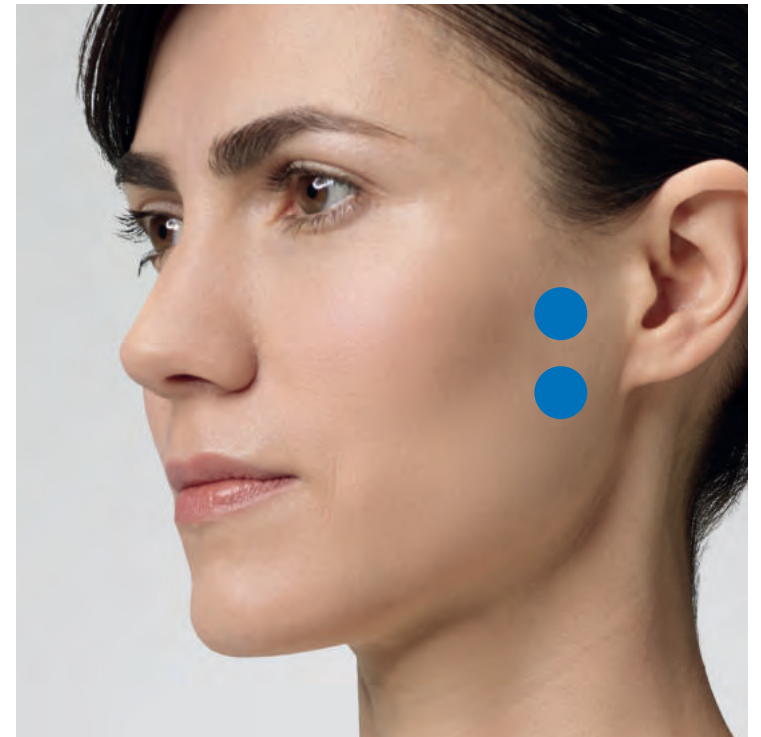
Frequency  
50 HzLinear  
stroke

**Step 1 Stroking/smoothing the jaw muscles** In step 1, the jaw muscles are stroked/smoothed. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. Start stroking/smoothing the jaw muscles from the ear down to the chin (A-B). You can also stroke/smooth from the chin up to the ear (B-A). Treat each side of the face for 2-3 minutes. During the treatment you can also slowly open and close the mouth. Then, proceed to step 2.



**TIP** To optimise treatment, use a sensory roller or fascia ball from the Physio set in place of the disc attachment.

**TIP** To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment

Cone attachment  
Rehab setMagnetic  
attachment

#### THE NOVAFON THE NOVAFON power

Frequency  
100 Hz

#### THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

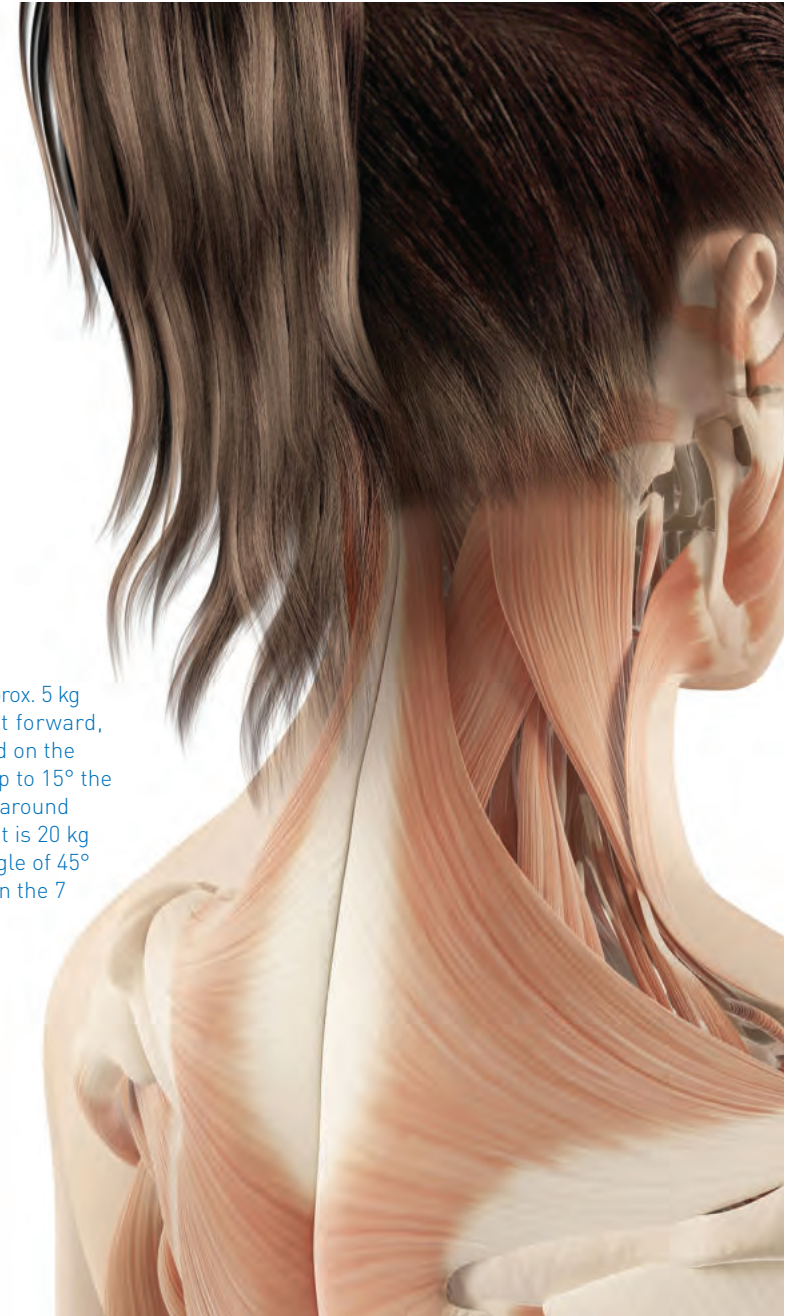
**Step 2 Treating the sore areas** In step 2, the sore areas are treated. While opening and closing the mouth, use your fingertips to find the location of the jaw joint. It is located at the level of the ear. Strained areas are usually situated below the jaw. There may be several actively sore areas. To treat these areas, connect the ball attachment, select 100 Hz and adjust the intensity accordingly. Treat the sore area for approx. 1-2 minutes either in a stationary manner, or with small, gentle circular motions. After this, treat the next sore area.

## Treating the neck

**Useful background knowledge** Everyone has experienced wrenching, sharp pains in the region of the shoulders and neck. The most common causes are a lack of exercise, poor posture, and weak back muscles. While driving and at the desk, “we’re on the ropes”, and increased amounts of time spent staring at mobile phones and tablets can strain the neck. It’s time to act! Stand up, move around. Stretching and strengthening exercises help. Moreover, the **NOVAFON** can help alleviate pain.

**NOTE**  
Prior to starting treatment, discuss the symptoms with your doctor and get a clear diagnosis.

The head weighs approx. 5 kg (11 lb) – when we tilt forward, we increase the load on the neck. When tilting up to 15° the weight increases to around 13 kg (28 lb), at 30° it is 20 kg (44 lb), and at an angle of 45° 24 kg (53 lb) press on the 7 cervical vertebrae.



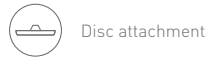
“After being treated with a similar device by a physiotherapist, my father wouldn’t stop talking about it. We then bought him one for his birthday. It’s now used almost everyday – by the entire family. I myself was surprised at how comfortably and quickly it relieves tension. I can only recommend it!”<sup>1, 3</sup> User S., 13/10/2016, **NOVAFON power**



#### Using the **NOVAFON** on the neck

The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas of the shoulder and neck muscles. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably on a chair. If your movement is restricted, ask a second person to help you. While treating, remember not to work on the spinous process of the spine, rather to the left and right of it. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



Disc attachment



Sensory roller

Fascia ball  
Physio set

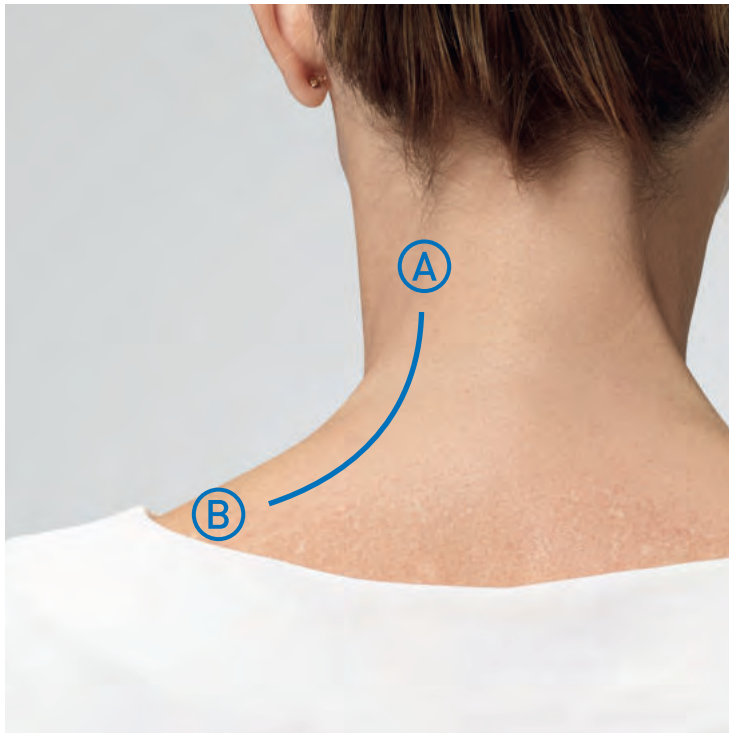
#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 1 Planar stroking/smoothing of the shoulder and neck muscles** In step 1, the shoulder and neck muscle areas are stroked/smoothed in a planar fashion. Use the disc attachment for this, select 50 Hz and set the intensity so that you can relax. Using your fingertips, initially press on the bones behind the ear on the affected side, the so-called mastoid bone (processus mastoideus). Draw an imaginary line, approx. 3–4 finger's width, downwards along the midline of the back from this bony crest. Now stroke/smooth the area in a planar fashion from this line across the neck up to the shoulder (A–B). Repeat each smoothed track three to four times (A–B, B–A).



TIP To optimise treatment, use a sensory roller or fascia ball from the Physio set in place of the disc attachment.

TIP To optimise treatment, use the XL disc attachment from the Rehab set instead of the disc attachment.



Disc attachment

Disc attachment XL  
Rehab set

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 2 Treating the upper back and shoulder blades** In step 2, you treat the upper back and shoulder blades. Start by stroking/smoothing the upper half of the shoulder blade from the spine towards the shoulder (A–B) for 2–3 minutes with the disc attachment on 50 Hz, and with a comfortable intensity setting. Be sure not to treat the spine, rather place the device next to it. Next, stroke/smooth repeatedly between the shoulder blade and the spine from top to bottom (A–C) and circle around the shoulder blade up to the underarm area (C–D). Position yourself for the full movement pattern as shown in the figure. Then, proceed to step 3.



Ball attachment



Magnetic attachment

#### THE NOVAFON THE NOVAFON power

Frequency  
100 Hz

#### THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

**Step 3 Treating sore areas** Following the planar treatment in steps 1 and 2, the sore areas will now be treated. Here, switch to the ball attachment and 100 Hz on the device and once again set the right intensity for you. Now, using gentle circular motions, move the device over the sore areas for 30–60 seconds per area. Alternatively, you can also simply hold the device over the area(s). To locate sore areas, position yourself as shown in the figure.



**TIP** To optimise treatment, use the magnetic attachment instead of the ball attachment.



### Did you know?

**NOVAFON** has been proving its therapeutic effectiveness in rehabilitation centres and medical practices for many years, and has been approved as a medical product. This also means that its efficacy has been proven through studies. In most cases it is advisable to continue therapy with the **NOVAFON** at home after therapeutic treatment.

[novafon.en/specialistusers](https://novafon.en/specialistusers)

[novafon.en/selfusers](https://novafon.en/selfusers)

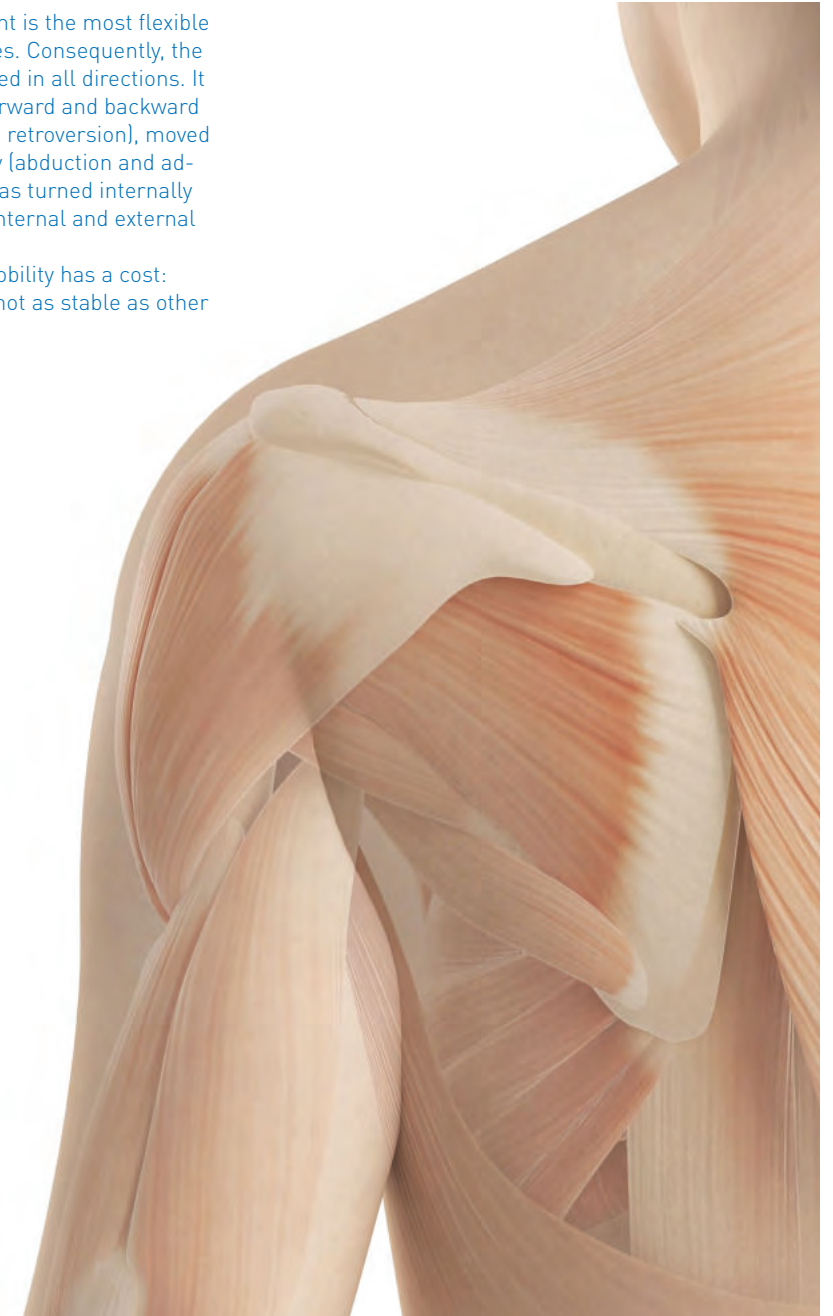
# Treating the shoulder

**Useful background knowledge** Most shoulder complaints are related to an issue with the rotator cuff. The rotator cuff is made up of a group of four muscles whose tendons form a tendon capsule which includes the shoulder joint. It pulls from the shoulder blade to the humerus. The most important functions of the rotator cuff are stabilising the shoulder joint and centring the humerus in the joint socket. The four muscles are responsible for internal and external rotation as well as the lateral elevation of the arms. Most people suffers from shoulder pain at least once in their lives. Often shoulder pain occurs from overloading or a fall. Pains can likewise result from regularly working overhead. Both strengthening and relaxation exercises can help. The **NOVAFON** can help you to relax the muscles. Should pain persist for longer or completely restrict your movement, you should consult an orthopaedic specialist.

**NOTE**  
Here, a medical diagnosis is extremely important for ruling out ruptures, calcareous deposits, degenerative diseases and other differential diagnoses.

The shoulder joint is the most flexible joint in our bodies. Consequently, the arm can be turned in all directions. It can be swung forward and backward (anteversion and retroversion), moved toward and away (abduction and adduction) as well as turned internally and externally (internal and external rotation).

However, this mobility has a cost: The ball joint is not as stable as other bodily joints.



“I use it almost every day to treat the tension in my shoulder – the magnetic attachment particularly helped me with a trigger point. But also for strained jaw and neck muscles. Loosening and relaxing – I’m quite happy!”<sup>1, 3</sup>

User A., 02/03/2017, NOVAFON power



#### Using the NOVAFON on the shoulders

The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas of the shoulder muscles. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably on a chair. If your movement is restricted, ask a second person to help you. Perform the treatment on the affected side; on both sides if required. Make sure to follow the four steps outlined here precisely.



Disc attachment

Fascia wedge  
Physio set

#### THE NOVAFON THE NOVAFON power

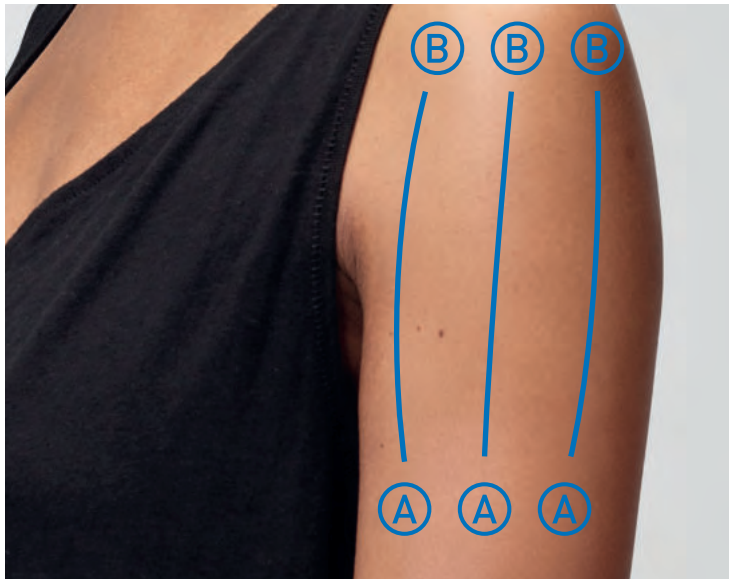
Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzFrequency  
75 HzLinear  
stroke

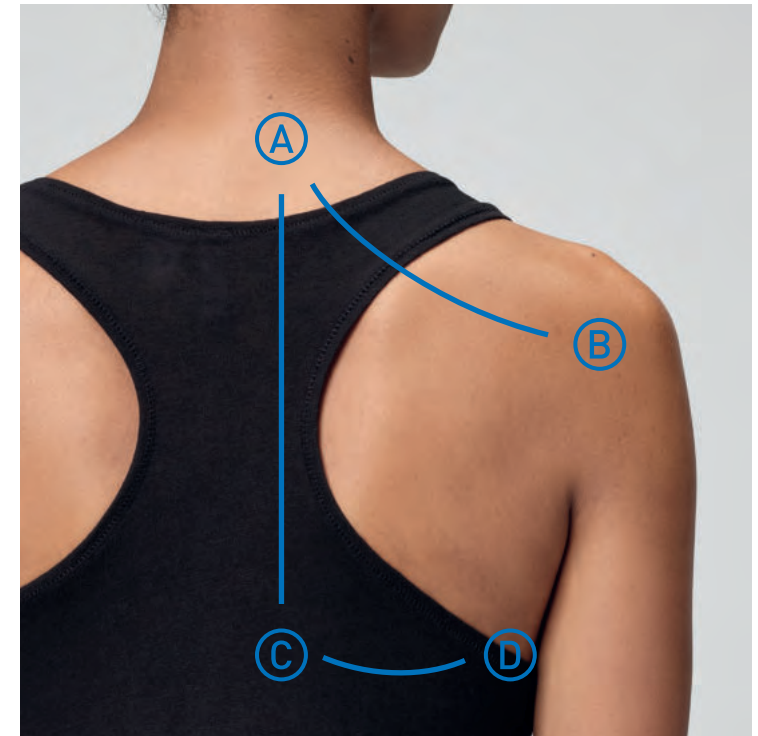
**Step 1 Treating the shoulder from the front** In step 1, the shoulder is stroked/smoothed in a planar fashion from the front. Initially use the disc attachment for this. Select 50 Hz and a comfortable intensity with which you can relax, but also feel the vibrations. Let the arm of the affect shoulder hang freely so that the palms face the body. Now, using the disc attachment, stroke/smooth the area in long tracks from the middle of the humerus up to the acromion (A–B). Then, repeat the same procedure with the arm turned so that the palms face away from the body. Repeat the movement for 2–3 minutes. Position yourself for the full movement pattern as shown in the figure.

**Optional with NOVAFON power 2:** Activate the front and lateral shoulder muscles with the 75 Hz frequency. To do so, stroke/smooth the entire area between the front and lateral shoulders from top to bottom (A–B), and also from bottom to top (B–A).



**TIP** To optimise treatment, use the fascia wedge from the Physio set instead of the disc attachment.

**TIP** To optimise treatment, use the XL disc attachment instead of the disc attachment, or the pin attachment from the Rehab set.



Disc attachment

Disc attachment XL  
Rehab setPin attachment  
Rehab set

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 2 Treating the shoulder blade** In step 2, you treat the upper back and shoulder blades. With the disc attachment on 50 Hz, begin stroking/smoothing the upper half of the shoulder blade with a comfortable intensity setting from the spine towards the shoulder (A–B). Be sure not to treat the spine, rather place the device next to it. Then, stroke/smooth repeatedly between the shoulder blade and the spine from top to bottom (A–C) and circle around the shoulder blade up to the under-arm area (C–D). Position yourself for the full movement pattern as shown in the figure. Then, proceed to step 3.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power

Frequency  
100 Hz

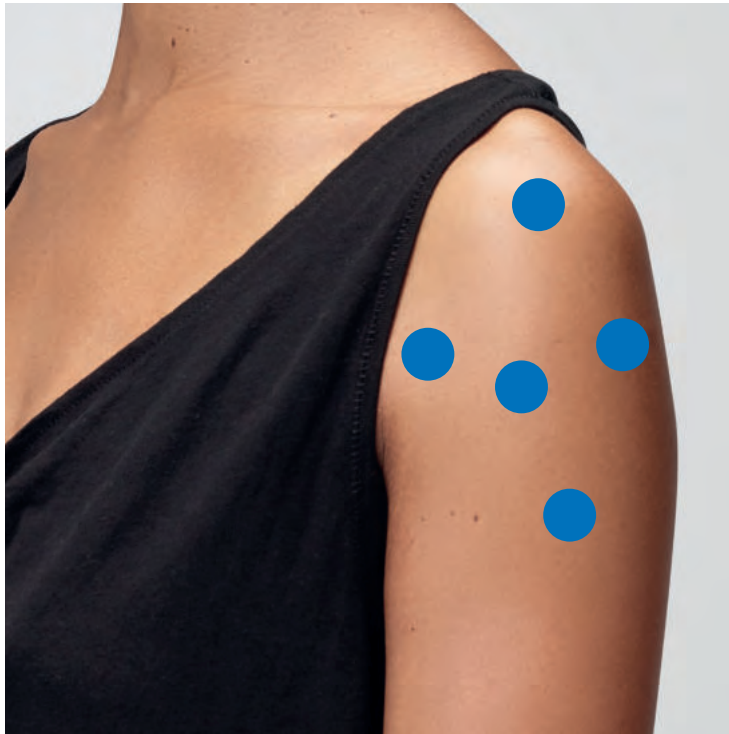
THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

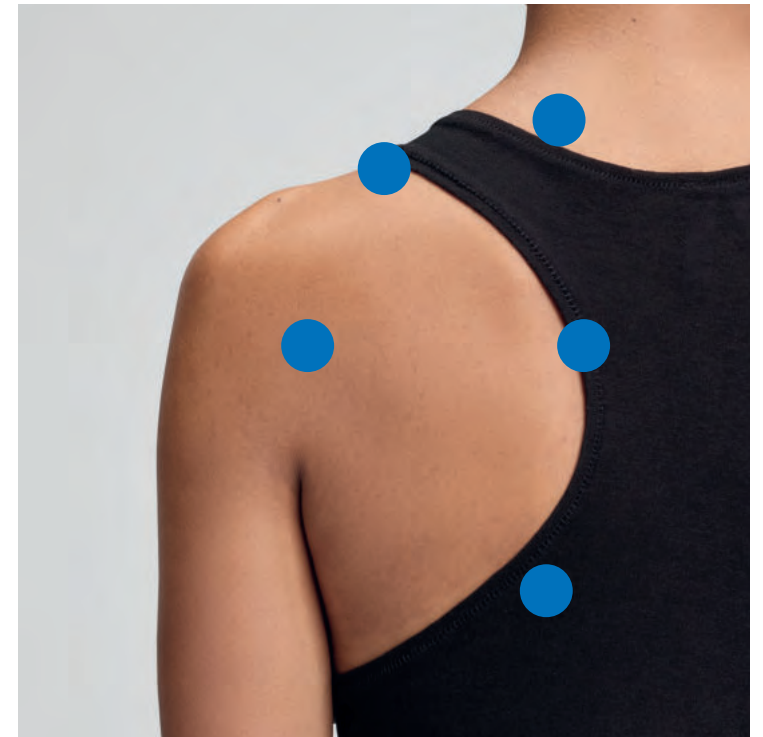
### Step 3 Treating the sore areas of the anterior shoulder

Did you noticed any sore areas while stroking/smoothing? Then switch from the disc to the ball attachment and treat each sore area for 30-60 seconds at 100 Hz. You can also make gentle circular motions or hold the device over the area. Sore areas are mainly located in the upper third of the humerus.



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.

TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power

Frequency  
100 Hz

THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

### Step 4 Treating the sore areas of the shoulder blade

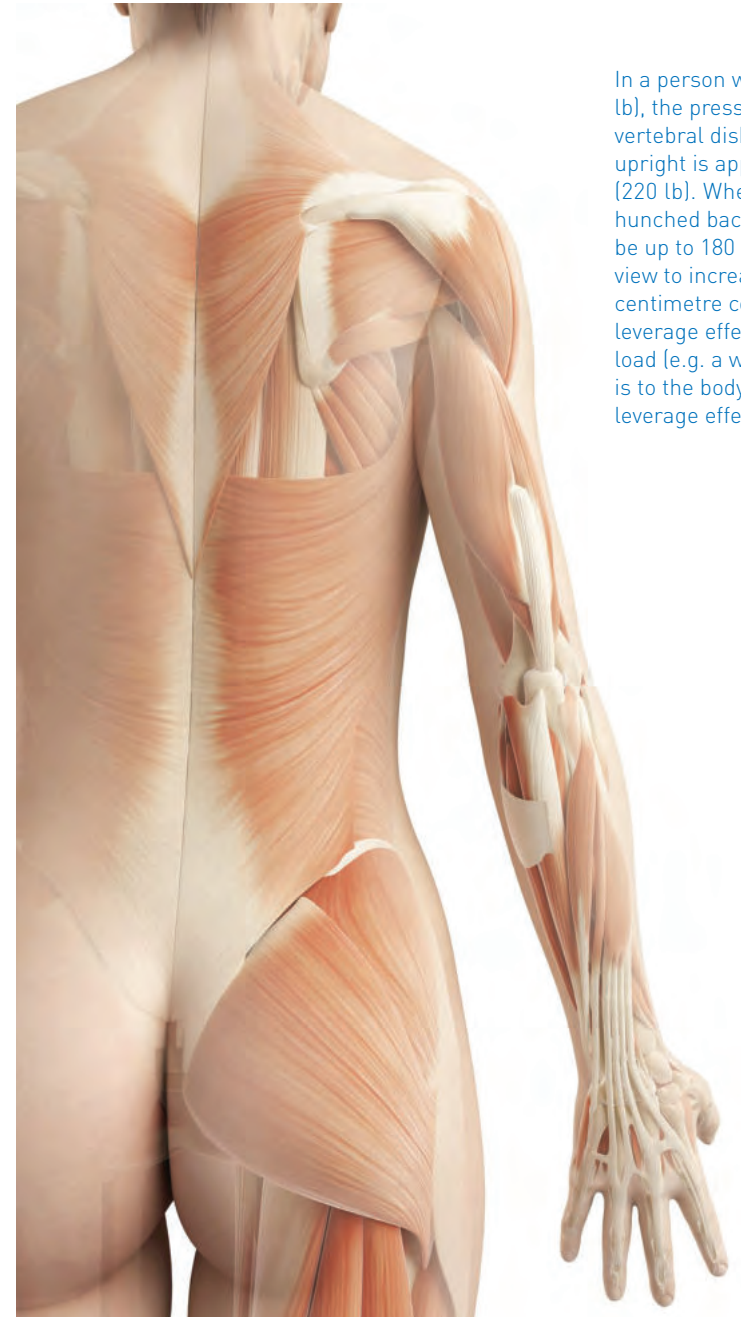
For sore areas of the shoulder blade, similarly treat the individual areas for 30-60 seconds with the ball attachment and set at 100 Hz. Sore areas may arise individually or in the areas displayed. You can also make gentle circular motions or hold the device over the area.

# Treating the back

**Useful background knowledge** Back pain is one of the most common complaints in industrialised nations. Causes mainly include a lack of exercise, obesity, stress, poor posture, or unilateral strain. With regards to treatment, the spine is divided into the cervical, thoracic, and lumbar vertebrae (CS, TS, LS).

## NOTE

If back pain arises, it must always be medically examined to rule out vertebral issues and further differential diagnoses. Besides treatment with the NOVAFON, back-strengthening and mobilisation exercises should still be performed. Please consult your doctor or physiotherapist about this.



In a person weighing 75 kg (165 lb), the pressure on the lower vertebral disks when standing upright is approximately 100 kg (220 lb). When sitting with a hunched back, the load can be up to 180 kg (397 lb). With a view to increasing loads, every centimetre counts due to the leverage effect. The closer the load (e.g. a water container) is to the body (the spine), the leverage effect is reduced.



“(...) comfortable handling. I use it on my shoulder and neck area, and for severe sciatic pains. Very satisfied, I tried the device in rehab.” <sup>1, 3</sup> User U.,

25/03/2017,

NOVAFON pro



#### Using the NOVAFON on the back

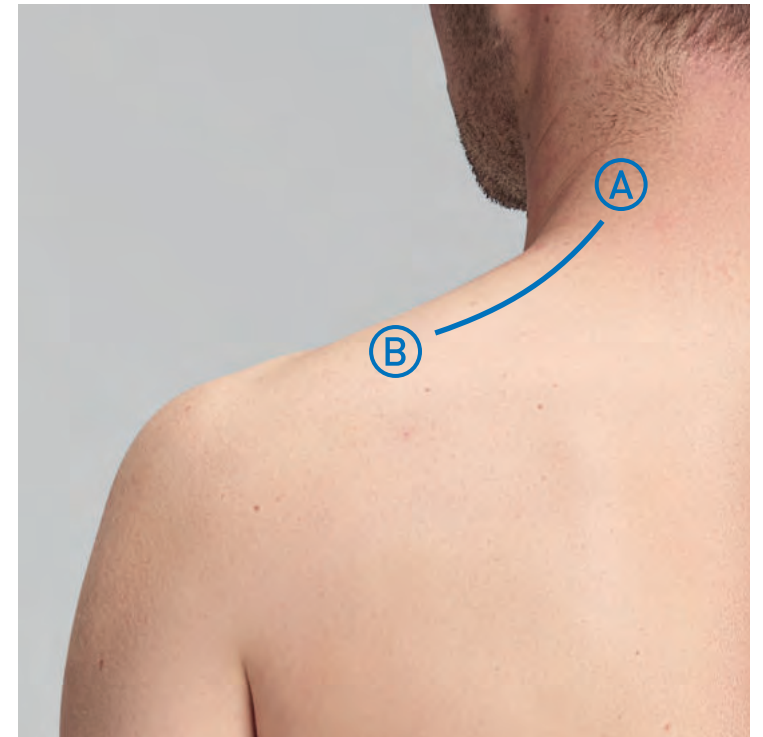
The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas of the back muscles. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably on a chair. If your movement is restricted, ask a second person to help you. When treating, remember not to work on the spinous process of the spine, rather to the left and right of it. Perform the treatment on the affected side; on both sides if required. Make sure to follow the steps outlined here precisely.

The cervical spine is the upper and most flexible section of the spine. This is because the head, with its main sensory organs, the eyes and ears, requires the greatest possible flexibility for perfect orientation in space.



TIP To optimise treatment, use a sensory roller or fascia ball of your choice from the Physio set in place of the disc attachment.



Disc attachment



Sensory roller



Fascia wedge  
Physio set

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



Linear  
stroke

### Step 1 Planar stroking/smoothing of the neck and shoulder muscles

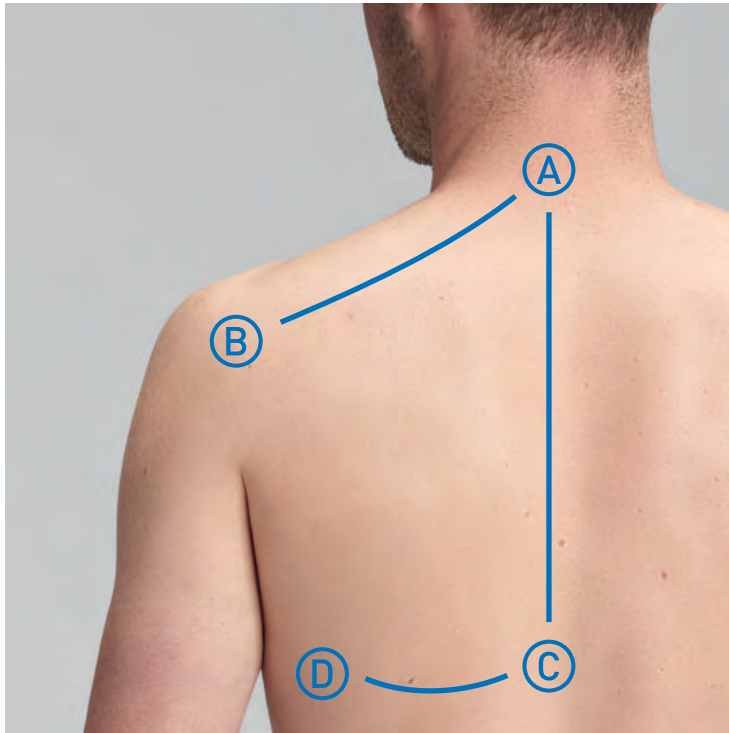
In step 1, the shoulder and neck muscle area is stroked/smoothed in a planar fashion. Use the disc attachment for this, select 50 Hz and set the intensity so that you can relax. Using your fingertips, initially press on the bones behind the ear on the affected side, the so-called mastoid bone (processus mastoideus). Draw an imaginary line, approx. 3–4 finger's width, along the midline of the back from this bony crest up to the centre (spine). Now stroke/smooth the area in a planar fashion from this line across the neck up to the shoulder (A–B). Repeat each smoothed track three to four times (A–B, B–A).



Disc attachment

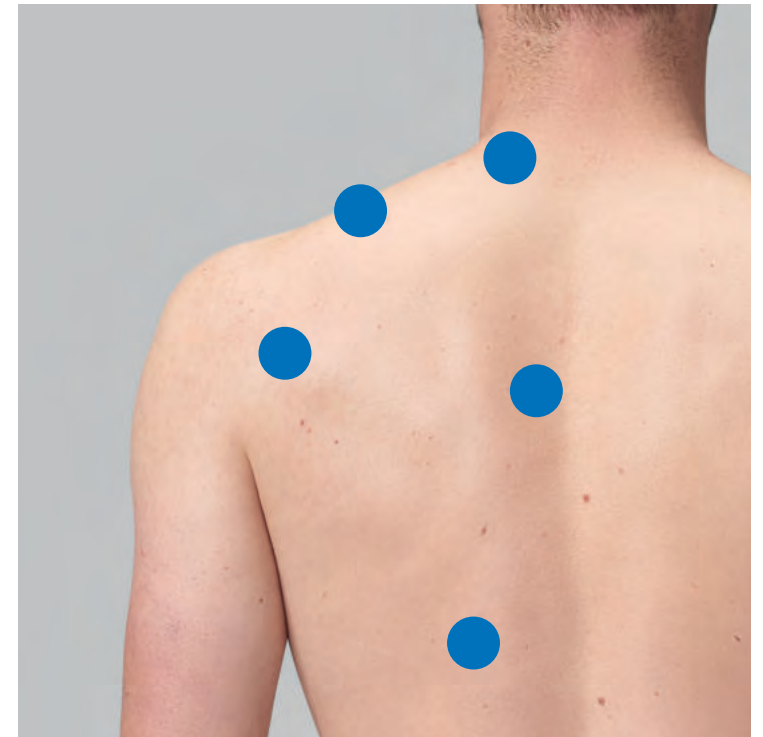
Disc attachment XL  
Rehab set
**THE NOVAFON**  
**THE NOVAFON power**
Frequency  
50 Hz
**THE NOVAFON power 2**
Frequency  
50 HzLinear  
stroke

**Step 2 Treating the upper back and shoulder blades** In step 2, you treat the upper back and shoulder blades. With the disc attachment on 50 Hz, start to stroke/smooth the upper half of the shoulder blade with a comfortable intensity setting from the spine towards the shoulder (A-B). Be sure not to treat the spine, rather place the device next to it. Then, stroke/smooth repeatedly between the shoulder blade and the spine from top to bottom (A-C) and circle around the shoulder blade up to the underarm area (C-D) for 2-3 minutes. Position yourself for the full movement pattern as shown in the figure. Then, proceed to step 3.



TIP To optimise treatment, use the XL disc attachment from the Rehab set instead of the disc attachment.

TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



Ball attachment

Magnetic  
attachment
**THE NOVAFON**  
**THE NOVAFON power**
Frequency  
100 Hz
**THE NOVAFON power 2**
Frequency  
100 HzGentle, circular  
motion

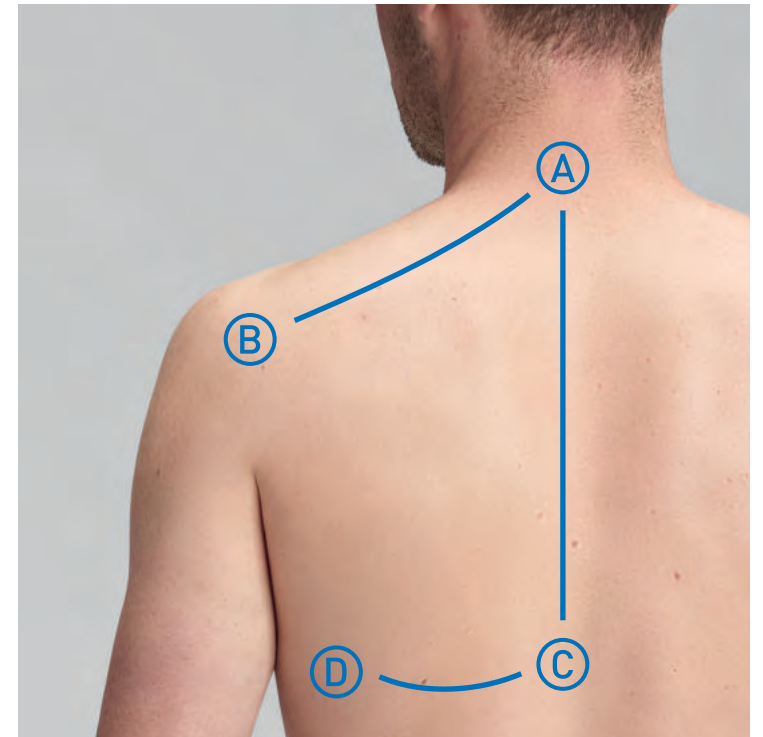
Spot-treat

**Step 3 Treating sore areas** Following the planar treatment in steps 1 and 2, the sore areas will now be treated. Here, use the ball attachment, 100 Hz on the device, and once again set the right intensity for you. Now, using gentle circular motions, move the device over the sore areas for 30-60 seconds per area. Alternatively, you can also simply hold the device over the area(s). To locate sore areas, position yourself as shown in the figure.

The thoracic spine has articulated connections to the ribs. As a result, pain is mostly associated with movement and breathing. TS pains are often dull, pressing pains which can also be perceived as belt-shaped with radiance into the chest. When treating the TS, it is important to also include the shoulder areas.



TIP To optimise treatment, use the XL disc attachment from the Rehab set instead of the disc attachment.



Disc attachment



Disc attachment XL  
Rehab set

#### THE NOVAFON

THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



Linear  
stroke

#### Step 1 Treating the upper back and shoulder blades

In step 1, you will treat the upper back and shoulder blades. With the disc attachment on 50 Hz, start to stroke/smooth the upper half of the shoulder blade with a comfortable intensity setting from the spine towards the shoulder (A-B). Be sure not to treat the spine, rather place the device next to it. Then, stroke/smooth repeatedly between the shoulder blade and the spine from top to bottom (A-C) and circle around the shoulder blade up to the underarm area (C-D) for 2-3 minutes. Position yourself for the full movement pattern as shown in the figure. Continue with step 2.



Disc attachment



Sensory roller

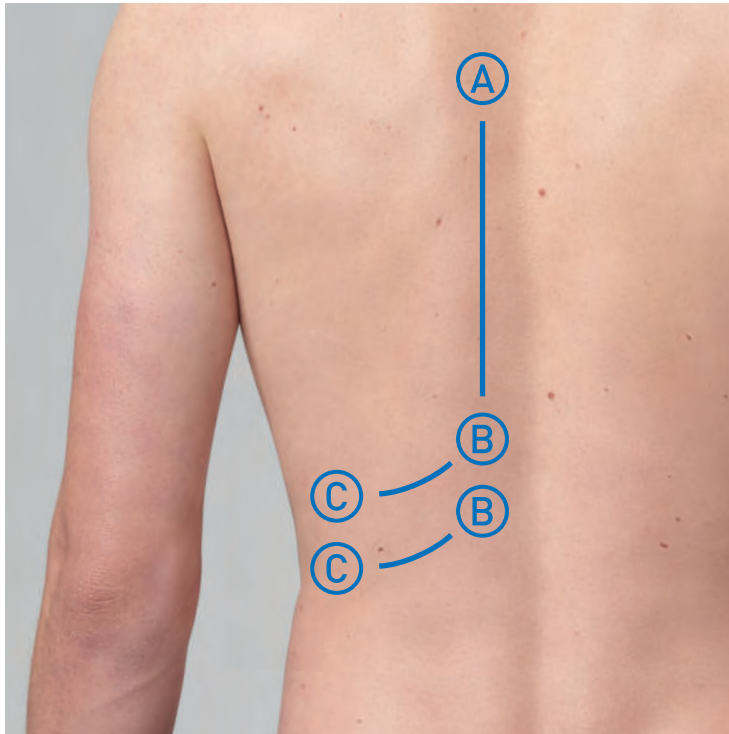
#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

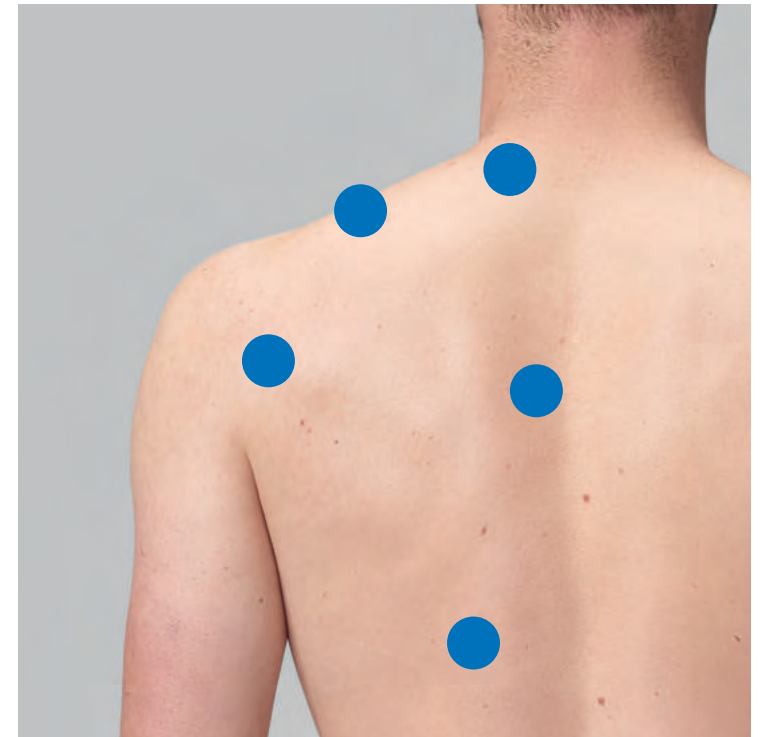
Frequency  
50 HzLinear  
stroke

**Step 2 Treating the thoracic spine** In step 2, the muscles both to the left and right of the spine are treated in long tracks using the disc attachment and 50 Hz. In doing so, stroke/smooth the entire area between the spine and the shoulder blades from top to bottom (A-B), and also from bottom to top (B-A). Then, stroke/smooth the entire area along the ribs diagonally from the spine to the flanks (B-C). You can also breath in and out deeply; this increases the effect. Repeat the procedure 2-3 minutes on each side.



**TIP** To optimise treatment, use the XL disc attachment from the Rehab set instead of the disc attachment.

**TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.



Ball attachment

Magnetic  
attachment

#### THE NOVAFON THE NOVAFON power

Frequency  
100 Hz

#### THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

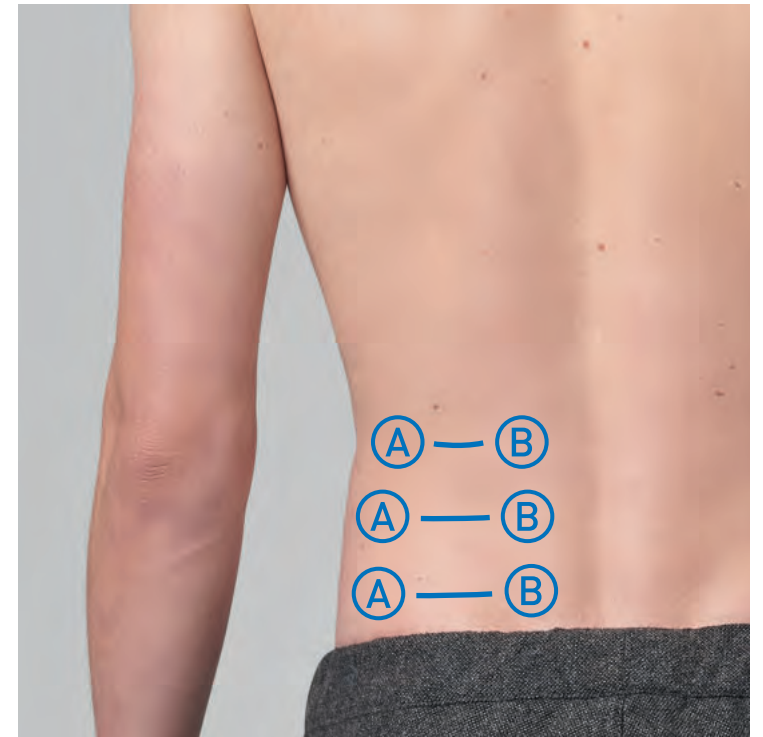
Spot-treat




**Step 3 Treating sore areas** Following the planar treatment in steps 1 and 2, the sore areas will now be treated. Here, change to the ball attachment, 100 Hz on the device, and once again set the right intensity for you. Now, using gentle circular motions, move the device over the sore areas for 30-60 seconds per area. Alternatively, you can also simply hold the device over the area(s). Sore areas can arise individually or in the areas shown.

The lumbar spine is the most common area of the back affected by pain. The LS carries the entire weight of the body. Over the course of the day, the vertebrae, which serve as a buffer and suspension, lose a portion of their fluid and shrink. Overnight, this fluid is once again replenished. However, the extent of this “replenishment” reduces with advanced aging. Consequently, this results in diminished muscle tension, the back becomes arched, and the pressure load increases.



**TIP** To optimise treatment, use a sensory roller or fascia ball from the Physio set in place of the disc attachment.



-  Disc attachment
-  Sensory roller
-  Fascia ball  
Physio set

**THE NOVAFON**  
**THE NOVAFON power**

-  Frequency  
50 Hz

**THE NOVAFON power 2**

-  Frequency  
50 Hz

-  Linear  
stroke

**Step 1 Treating the lumbar spine** In step 1, the area of the lumbar spine is stroked/smoothed in a planar fashion. Use the disc attachment for this, select 50 Hz, and set the intensity that is comfortable for you. Now stroke/smooth the areas between the ribs and the back in a planar fashion in both directions left and right of the spine [A–B, B–A]. Repeat the movement for 2–3 minutes. Position yourself for the full movement pattern as shown in the figure.



Disc attachment



Sensory roller

Fascia ball  
Physio set

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 2 Treating the back** Now, work the areas of the back and buttock muscles. Keep the settings from step 1 and treat the entire area up to the gluteal fold for 2–3 minutes (A–B). Repeat the movement on the other buttock. Position yourself for the full movement pattern as shown in the figure.



**TIP** To optimise treatment, use a sensory roller or fascia ball from the Physio set in place of the disc attachment.

**TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.



Ball attachment

Magnetic  
attachment

#### THE NOVAFON THE NOVAFON power

Frequency  
100 Hz

#### THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

**Step 3 Treating the sore areas** Did you notice any sore areas during steps 1 or 2? Then, in the last step, switch from the disc attachment to the ball attachment, and from 50 to 100 Hz. Once again set an intensity which is comfortable for you. Now, using gentle circular motions, move the device over the sore areas for 30–60 seconds per area.

Alternatively, you can also simply hold the device over the area(s). To locate sore areas, position yourself as shown in the figure.

# Treating the elbow

**Useful background knowledge** Through repeatedly carrying heavy loads, or through frequent repeated movement of the hand and forearm, pain in the area of elbow can occur. In this case, you should immediately reduce and avoid pain-triggering movements. It can be helpful to perform forearm strengthening and stretching exercises. The **NOVAFON** can help you relax the muscles and alleviate pain. If pains persist, you should consult an orthopaedic specialist.

NOTE  
Prior to starting treatment with the NOVAFON, clarify the symptoms and get a clear diagnosis.

The elbow joint connects the humerus to the two forearm bones: the ulna and radius. The angular cusp at the back, called the olecranon, is actually part of the ulna, and the two smaller, equally tactile inner and outer bony protrusions are connection points for the tendons and form the distinctive key features of the joint. The result is a joint with a high range of movement: The forearm can elongate up to 10°, flex up to 140°, and turn 90° inward and outward.



"A friend recommended the **NOVAFON** to me for my persistent tendonitis in the elbow area. I get enormous pain relief from it, whether it will go away completely with it, I do not know just yet."<sup>1,3</sup>

User C., 15/03/2018, NOVAFON pro



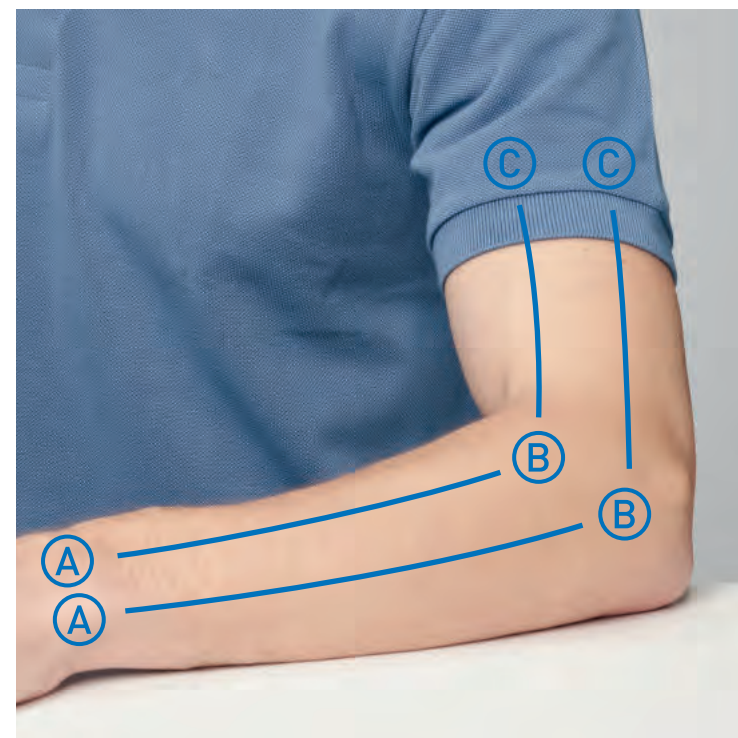
#### Using the NOVAFON on the elbows

The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas of the elbow. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably on a chair and put your arm down. Perform the treatment on the affected side; on both sides if required. Make sure to follow the steps outlined here precisely.



TIP To optimise treatment, use the fascia wedge from the Physio set instead of the disc attachment.



Disc attachment



Fascia wedge  
Physio set

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



Linear  
stroke

### Step 1 Stroking/smoothing the outer side of the arms

In step 1, the outer side of the arm is treated. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. Initially stroke/smooth the area between the wrist and elbow in long tracks (A – B, B – A). Then, treat from the elbow up to the middle of the upper arm (B – C, C – B). Repeat this procedure 2 – 3 minutes. Then, proceed to step 2.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power

Frequency  
100 Hz

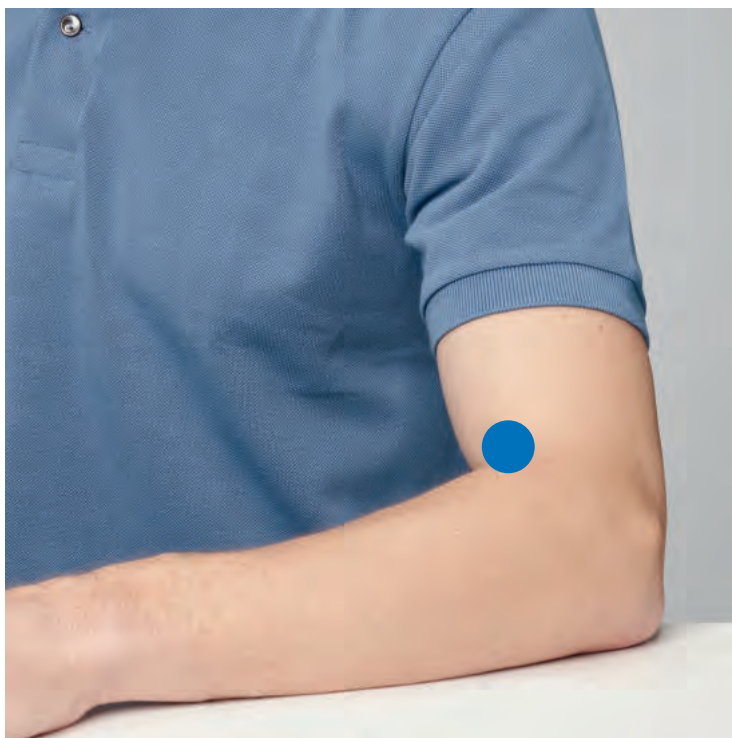
THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

### Step 2 Treating sore areas on the outer side of the arm

Following the planar treatment in step 1, the sore areas will now be treated. Here, change to the ball attachment, 100 Hz on the device, and once again set the right intensity for you. To locate sore areas, press the area concerned with your thumb. Now treat the sore areas. In most cases, a main area of soreness is located in the crook of the elbow. You can intensively treat this sore area for up to 3 minutes.



TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.

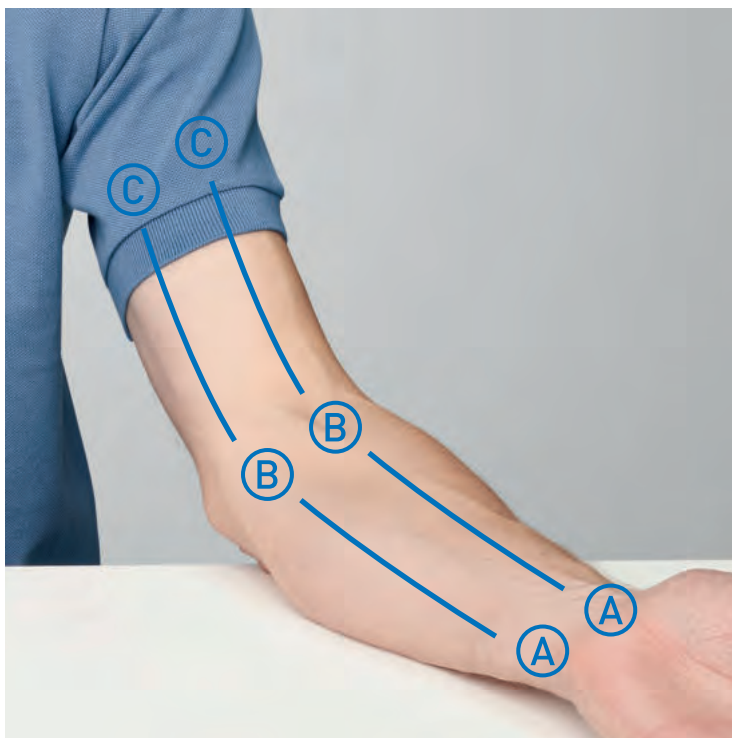




Disc attachment

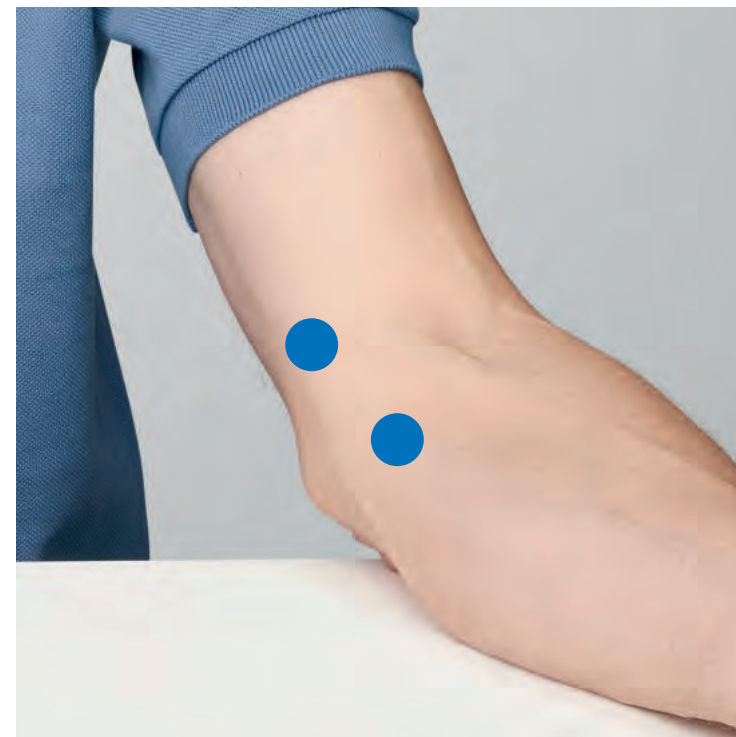
Fascia wedge  
Physio set
**THE NOVAFON**  
**THE NOVAFON power**
Frequency  
50 Hz
**THE NOVAFON power 2**
Frequency  
50 HzLinear  
stroke
**Step 1 Stroking/smoothing the inner side of the arm**

In step 1 of the treatment, the inner side of the arm is initially stroked/smoothed. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. Stroke/smooth the area between the wrist and the crook of the arm in long tracks (A – B, B – A). Then, treat from the crook of the arm up to the middle of the upper arm (B – C, C – B). Repeat this procedure for 2 – 3 minutes.



**TIP** To optimise treatment, use the fascia wedge from the Physio set instead of the disc attachment.

**TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.



Ball attachment

Magnetic  
attachment
**THE NOVAFON**  
**THE NOVAFON power**
Frequency  
100 Hz
**THE NOVAFON power 2**
Frequency  
100 HzGentle, circular  
motion

Spot-treat

**Step 2 Treating sore areas in the crook of the arm**

Following the planar treatment, the sore areas will now be treated. To locate sore areas, press the area concerned with your thumb. Then, switch to the ball attachment and 100 Hz, and treat each sore area for 30 – 60 seconds. The main area of soreness is located either towards the shoulder, behind the palpable bones at the crook of the arm, or before it towards the wrist. You can intensively treat this sore area for up to 3 minutes.

## Treating the wrist

**Useful background knowledge** Wrist pains are common and can be very different. Aside from sporting injuries, they are often provoked by being under continuous load or chronic conditions. Should you suffer from persistent wrist pain, consult a doctor about the symptoms. The **NOVAFON** can help you relax the muscles and alleviate pain.

**NOTE**  
Prior to starting treatment with the NOVAFON, clarify the symptoms and get a clear diagnosis.



The hand is constructed in a very slender and complex manner. 8 carpal bones, 5 metacarpal bones, and 14 finger bones are flexibly connected by joints with their capsules and ligaments. The muscles and joints of the hand therefore have great diversity of movement and precision. The right and left hand are each controlled by the opposite hemisphere of the brain. Usually, one hand is preferred for fine, intricate sequences of movement – here, we refer to right and left-handers.

“I heard about **NOVAFON** from my occupational therapist and I am really happy with the device. My hand was stiff and now I can almost write normally again.”<sup>3, 5, 6</sup> User C., 03/01/2018, NOVAFON

classic



#### Using the NOVAFON on the wrists

The **NOVAFON** can be used for the regulation of muscle tone and treating sore wrist areas. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, ensure you are sitting comfortably on a chair and put your arm down. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



Disc attachment

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2

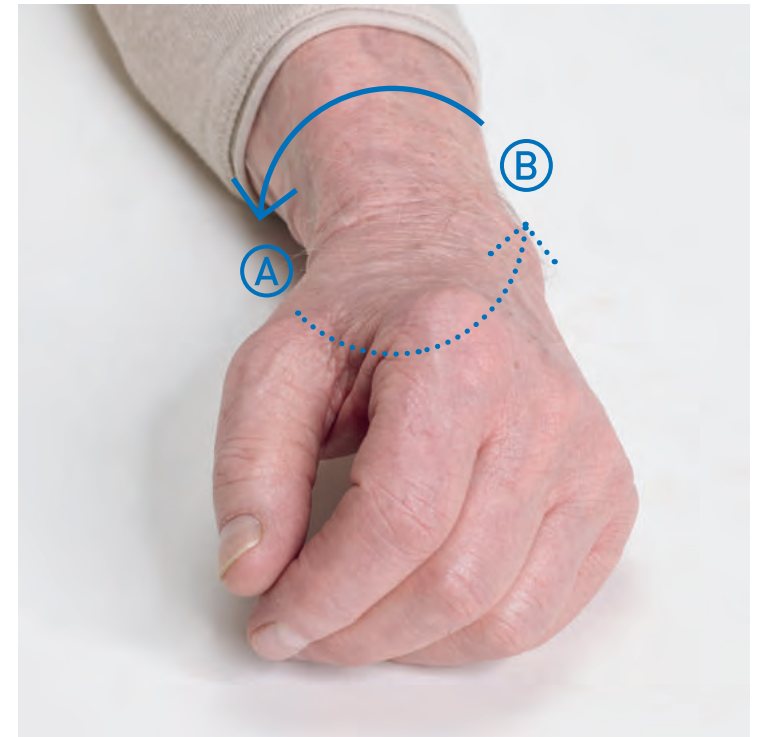
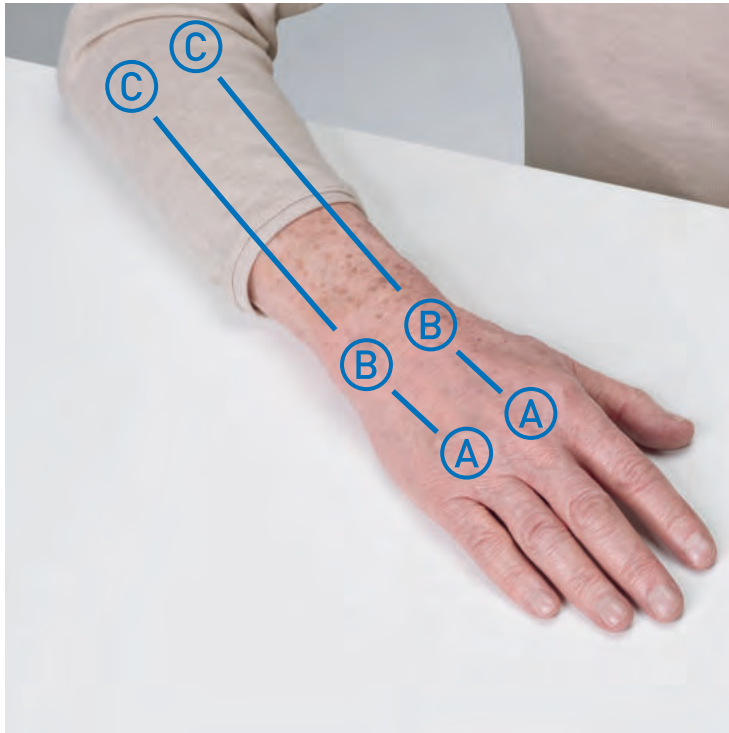


Frequency  
50 Hz



Linear  
stroke

**Step 1 Treating the hands and the inner and outer forearms** In step 1 of treating the wrist, both the hand and forearm are treated. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. Work on the outer side of the hand for 2–3 minutes (A–B, B–A). Move along the forearm between the wrist and elbow (B–C, C–B), and then along the outer side of the hand (B–A, A–B). Repeat the same procedure for 2–3 minutes on the inner side of the forearm and hand.



Disc attachment

THE NOVAFON  
THE NOVAFON power



Frequency  
50 Hz

THE NOVAFON power 2



Frequency  
50 Hz



Continuous gentle  
circular motion

**Step 2 Circling the wrist** After stroking/smoothing the hand and forearm, now orbit the wrist using the same settings from step 1 (A–B, B–A). Be sure to treat it from all sides. Perform this movement for 2–3 minutes.



Ball attachment



Magnetic attachment

Cone attachment  
Rehab set

#### THE NOVAFON THE NOVAFON power

Frequency  
100 Hz

#### THE NOVAFON power 2

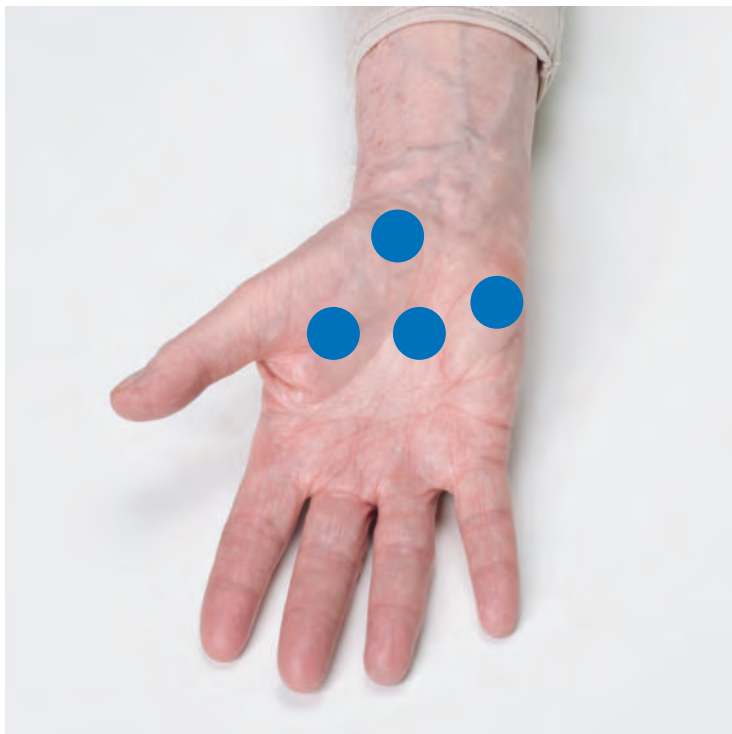
Frequency  
100 Hz

Gentle, circular motion



Spot-treat

**Step 3 Treating the sore areas** To treat sore areas, change to the ball attachment and 100 Hz, and set an intensity that is comfortable for you. Sore areas can arise in varied places. Palpating the wrist and hand often helps, or perhaps you may have clearly felt the sore areas during steps 1 and 2. A method for locating sore areas is shown in the image. Treat the individual sore areas for 30–60 seconds.



**TIP** To optimise treatment, use the magnetic attachment or the cone attachment from the Rehab set instead of the ball attachment.



## Treating the finger

**Useful background knowledge** Our hands are one of the most slender body parts and perform very precise movements. Finger joint pain often results from inflammation or overloading. The smallest movements are painful and intricate handwork, lifting items, or typing on a keyboard can be difficult. The **NOVAFON** can help alleviate pains in the hand and improve mobility.

**NOTE**  
Before starting treatment, discuss the symptoms with your orthopaedist or GP and get a clear diagnosis.

The finger tips are a particular masterpiece of our body. They can sense tiny elevations of just 0.006 millimetres. One point of braille print is 167 times larger. This fine sensory quality is owing to our skin of many sensory cells which, like surface sensors, relay stimuli to the spinal cord. Through the sensors in our skin, we can sense whether something is hot or cold; whether we are injured; whether something is pressing, rubbing, or whether it feels rather nice.



“I’m very happy with the device. It was used in an occupational health office for the arthritis in my fingers and I found the treatment to be very pleasant. I can move my fingers much better after using it.”<sup>1, 6</sup>

User E., 19/07/2017, NOVAFON classic



#### Using the NOVAFON on fingers

The **NOVAFON** can be used for the regulation of muscle tone and treating sore finger joint areas. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, ensure you are sitting comfortably on a chair and put your arm down. Perform the treatment on the affected hand; on both hands if required. Make sure to follow the two steps outlined here precisely.



Disc attachment

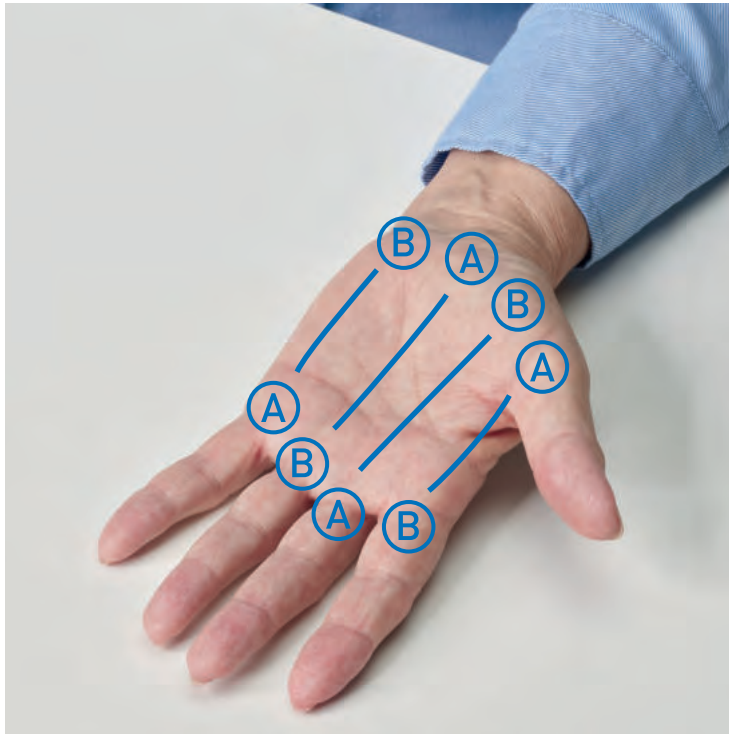
THE NOVAFON  
THE NOVAFON power

Frequency  
50 Hz

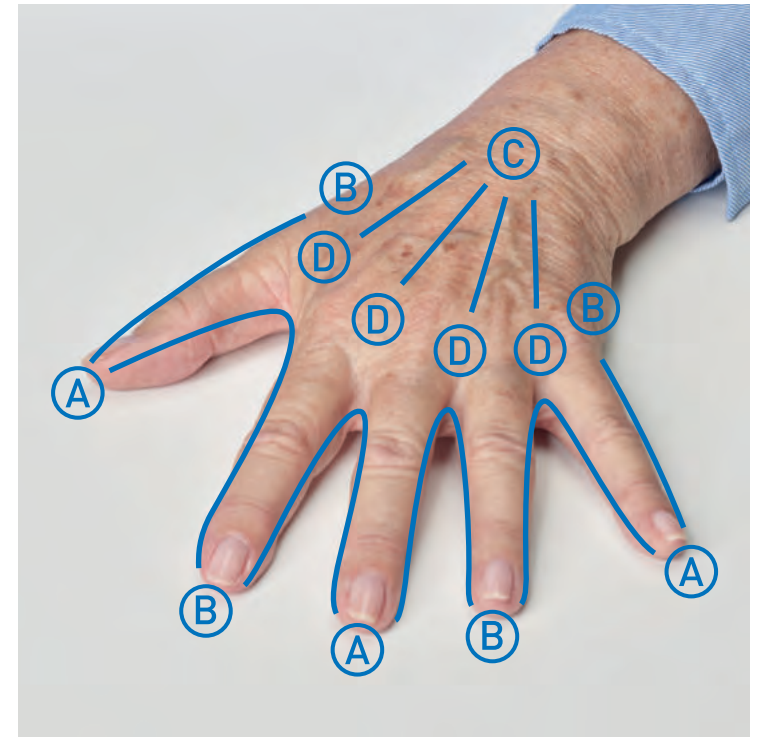
THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 1 Relaxing the palm area and back of the hand** To begin treating the finger joints, the palm and back of the hand will be initially relaxed. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. In a planar fashion, work on the palm area for 2–3 minutes. Then, repeat the same procedure for 2–3 minutes on the back of the hand. Position yourself for the full movement pattern in the figure [A–B].



TIP To optimise treatment, use the cone attachment from the Rehab set instead of the ball attachment.



Ball attachment

Cone attachment  
Rehab setMagnetic  
attachment

THE NOVAFON  
THE NOVAFON power

Frequency  
100 Hz

THE NOVAFON power 2

Frequency  
100 HzLinear  
stroke

Spot-treat

**Step 2 Treating the fingers** In step 2, you will now treat the fingers. Select the ball attachment, switch to 100 Hz, and set an intensity which is comfortable for you. Work slowly between your fingers; along all the spaces between the fingers [A–B, B–A]. Should you experience more intense pain in a specific finger, hold the device there for 20–30 seconds and allow the ball attachment to move laterally over the joint several times. Next, run the ball attachment over the back of the hand for 2–3 minutes on the areas between the extensor tendons. The areas between the extensor tendons can be easily seen by lifting your finger.

## Treating the pelvis and buttocks

**Useful background knowledge** Doctors term continued sitting “static overloading”. In fact, considerable weight comes into play here. When sitting, the weight of the entire upper body, including the head and arms, is borne by the lumbar spine and back – one and half times more than while standing. Through excessive sitting and a lack of movement, many people complain of pain in the area of the buttocks which can extend from the back of the thighs to the knees, and even to the calves. The **NOVAFON** can help you to relax the muscles.

### NOTE

As these symptoms are often comparable to that of a slipped disc, a correct medical diagnosis must be made.



The back encompasses the section of the body which connects the legs and torso. It supports our upright posture and enables a secure stance. There are anatomical differences between the male and female back. The male back is narrow, slim and tall. In contrast, the wings of the ilium in females are significantly more extended and the pelvic outlet is much broader to enable childbirth.

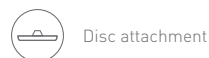
“I play a lot of sport, particularly table tennis, so I always have major problems with muscle tension. The **NOVAFON** pro is a great help for loosening my tense muscles. I use it almost every day.” <sup>1, 3</sup>

User U., 07/03/2018, NOVAFON pro



#### Using the NOVAFON on the pelvis and buttocks

The **NOVAFON** can be used for the regulation of muscle tone and treating sore back and buttock areas. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, lay on your side. If your movement is restricted, ask a second person to help you. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



Disc attachment



Sensory roller

Fascia ball  
Physio set

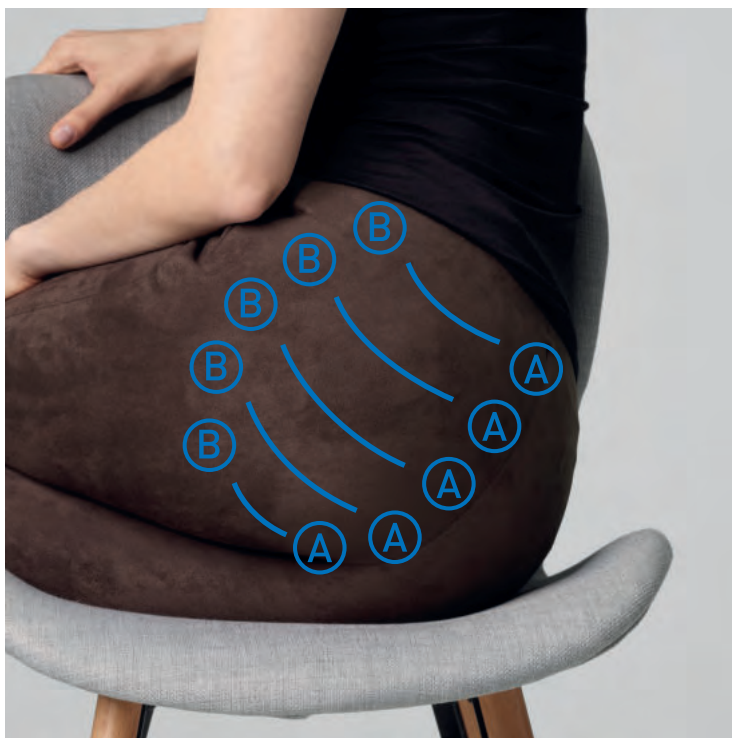
#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 1 Treating the back and buttock muscles** In step 1, the back and buttock muscles are treated. For this, select the disc attachment and 50 Hz. Set the intensity so that it is comfortable for you. Initially work the area of the back and buttock muscles respectively. In long tracks, treat from the region of the hip up to the gluteal fold. Position yourself for the full movement pattern shown in the figure [A – B]. Repeat this movement for 2–3 minutes.



**TIP** To optimise treatment, use a fascia ball or sensory roller of your choice in place of the disc attachment.

**TIP** To optimise treatment, use the fascia wedge from the Physio set instead of the disc attachment.



Disc attachment



Sensory roller

Fascia wedge  
Physio set

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 2 Treating the thigh** In step 2, the back of the thigh is treated. For this, apply the setting from step 1. Stroke/smooth the entire area between the buttock and the hollow of the knee in both directions for 2–3 minutes respectively [A–B]. Once you have treated the back of the thigh, repeat the same procedure on the outer side of the thigh: Treat the area from the region of the hip up to the outer side of the knee [C–D] for 2–3 minutes respectively. Then, proceed to step 3.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power

Frequency  
100 Hz

THE NOVAFON power 2

Frequency  
100 Hz

Gentle, circular motion



Spot-treat

### Step 3 Treating the sore areas of the back

In steps 1 or 2, did you notice any sore areas? Then to treat the sore areas of the back, change to the ball attachment and 100 Hz, and set an intensity that is comfortable for you. Treat the individual sore areas for 30–60 seconds. You can also make gentle circular motions or hold the device over the area. A method for locating sore areas is also shown in the image.



TIP To optimise treatment, use the magnetic attachment in place of the ball attachment.



### Did you know?

In addition to pain therapy and neurorehabilitation, local vibration therapy is also used in speech therapy to treat swallowing, speech and voice disorders. [novafon.en/speech therapy](https://novafon.en/speech-therapy)

The **NOVAFON** is also suitable for treating complaints in animals. It is not without reason that the NOVAFON is enjoying growing popularity with veterinary therapists as well as with animal owners. It has been shown that dogs, horses and cats relax during treatment, even showing true enjoyment. [novafon.en/animaltherapy](https://novafon.en/animaltherapy)

# Treating the hip

**Useful background knowledge** Hip pain mainly impacts the groin; in the crease between the lower abdomen and the thigh. It also often radiates to the legs. Hip pain is common and can have very different causes. Persistent symptoms often result in the restriction of movement and can lead to a loss of strength. Consult a specialist immediately about your symptoms. The **NOVAFON** can help you to relax the muscles.

**NOTE**  
Seek a clear medical diagnosis before you start treatment with the NOVAFON. Consult a specialist for this.

The hip joint is the connection between the back and the thighbone. It enables leg movement and stabilises the body when walking. The hip joint is the second largest and most heavily loaded joint. With a body weight of around 65 kg (143 lb), pressure loads of more than double the body weight are experienced in the hips when walking.



“(...) My husband used the NOVAFON on his hips. He had osteoarthritis and needed a hip replacement. After daily treatment with the **NOVAFON**, he had significantly less pain. We also bought more attachments and the case. I’ve already recommended the device to several pain patients.” <sup>1,3</sup> User U., 04/08/2019, NOVAFON pro



#### Using the NOVAFON on the hips

The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas in the hip region. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, lay on your side. If your movement is restricted, ask a second person to help you. Perform the treatment on the affected side; on both sides if required. Make sure to follow the two steps outlined here precisely.



Disc attachment

Disc attachment XL  
Rehab setPin attachment  
Rehab setFascia ball  
Rehab set

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 1 Treating the hip region** Lay on your side to begin treating the hip region. The affected side should be on top with the knee flexed. The lower leg should be extended. You can support both your head and flexed leg with a pillow. Use the disc attachment, select 50 Hz, and set the intensity that feels comfortable to you. Using long tracks, move from the back to the knee (A–B) and over the hip area using shorter tracks (A–C) for 2–3 minutes respectively.



TIP To optimise treatment, use the XL disc attachment instead of the disc attachment, or the fascia ball from the Physio set.

TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment

Magnetic  
attachment

#### THE NOVAFON THE NOVAFON power

Frequency  
100 Hz

#### THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

**Step 2 Treating the sore areas of the hip** To treat the sore areas in the hip region, switch to the ball attachment. Select 100 Hz and once again set an intensity which is comfortable for you. Treat the individual sore areas for 30–60 seconds. You can also make gentle circular motions or hold the device over the area. A method for locating sore areas is also shown in the image.

# Treating the knee

**Useful background knowledge** Knee pain is common, especially in athletes. Most attribute the cause to overloading due to improper stresses or intensive training. Knee pain is also common as we get older. It can result in loss of strength and/or restriction of movement, as well as swelling. If you are suffering from knee pain, you should seek a clear medical diagnosis in order to receive the appropriate therapy. The **NOVAFON** can help you to relax the muscles.

**NOTE**  
Seek a clear medical diagnosis before you start treatment with the NOVAFON. Consult a specialist for this.



The knee and the knee joint – known as the articulatio genus – is the largest joint in the human body. It links the thigh bone, kneecap and tibia. The knee joint is a hinge joint. It enables the bending and straightening of the legs as well as a slight inward and outward rotation when flexed. As a consequence, the knee joint is secured and stabilised by an intricate series of ligaments comprising tendons and muscles, the knee joint capsule, knee joint cartilage, and menisci.

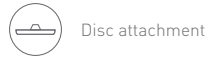
"I used the device every day. I had intense pain in my foot. After about 3 days there was clear improvement and now I'm virtually pain-free again. I use it daily on my knee (swelling and restricted movement following an operation). Both of these have improved and my movement is much better."<sup>3</sup>

User M., 16/02/2018, NOVAFON classic



#### Using the NOVAFON on the knees

The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas of the knee. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily. Before you begin, ensure you are sitting comfortably. Perform the treatment on the affected side; on both sides if required. Make sure to follow the five steps outlined here precisely.



Disc attachment



Sensory roller



Fascia wedge

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

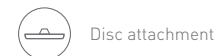
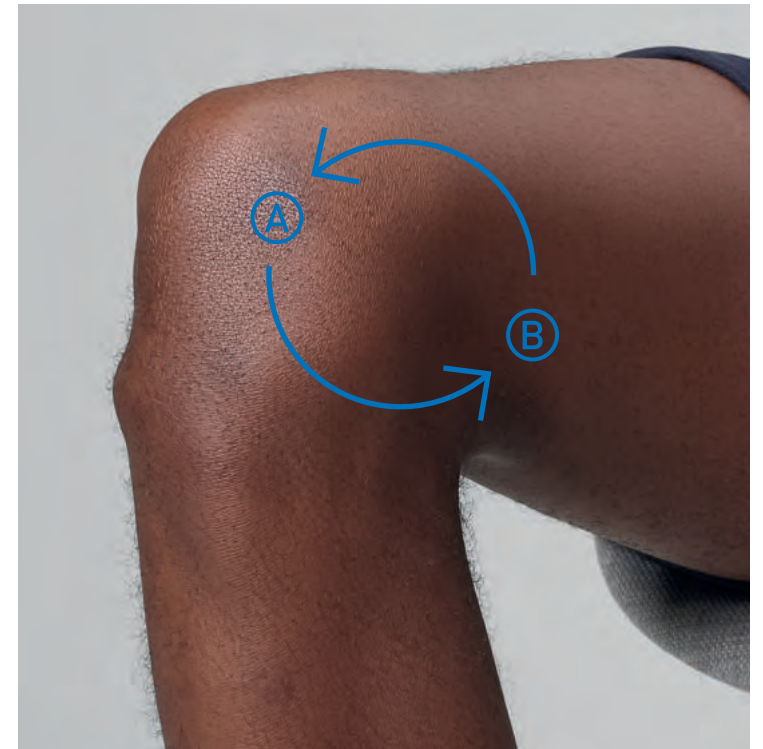
#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 1 Stroking/smoothing the upper knee muscles** In step 1, the upper knee muscles are smoothed/stroked. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. Work the upper knee muscles on the anterior aspect of the thigh muscle. In doing so, treat the entire area of the inner side up to the outer side of the thigh for 2–3 minutes (A–B).



**TIP** To optimise treatment, use a sensory roller or fascia wedge of your choice from the Physio set in place of the disc attachment.



Disc attachment



Sensory roller

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 2 Circling the lateral knee joint** Then, circle around the lateral knee joint. Continue to apply the setting from step 1. Treat the inner and outer sides of the knee joint. Draw an imaginary line up to the area where the knee flexes. Treat for 2–3 minutes along this circle. Position yourself for the full movement in the figured treatment pattern (A – B, B – A). Then, proceed to step 3.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power

Frequency  
100 Hz

THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

**Step 3 Circling the kneecap** After circling the knee joint, attach the ball attachment, select 100 Hz, and set the intensity that is comfortable for you. Move around the kneecap with the **NOVAFON** for 2–3 minutes (A – B, B – A). Position yourself for the full movement pattern as shown in the figure.



TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.

TIP To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power

Frequency  
100 Hz

THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

**Step 4 Treating the sore areas** Depending on the symptoms, sore areas can be located in completely different places. You will certainly have noticed sore areas in steps 1–3 which you should now intensively treat this final step. Treat the individual areas with the ball attachment on 100 Hz for 30–60 seconds in a circular motion, or hold the device over the area. Sore areas are mainly located in the upper half of the knee and no further away than a hand's width. With kneecap issues there is usually a sore area just below the kneecap and above the tibia. To locate sore areas, position yourself as shown in the figure. Please see step 5 on the next page.



Disc attachment

Fascia ball  
Physio set

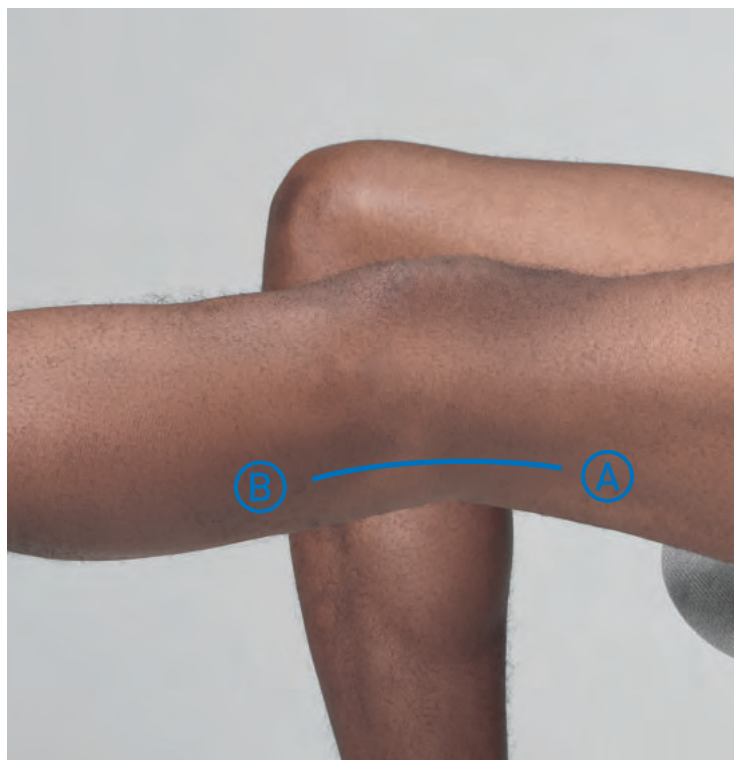
THE NOVAFON  
THE NOVAFON power

Frequency  
50 Hz

THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 5 (OPTIONAL) Treating the back of the knee** In this optional step, the back of the knee is also involved, in case you have pain in this area. This area is often very sensitive after surgery, and it can be also be difficult to completely straighten the leg. Following consultation with your doctor or therapist, it is recommended to treat the back of the knee as well. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. Stroke/smooth the back of the knee in both directions for 2–3 minutes. Position yourself for the full movement pattern in the figure (A–B).



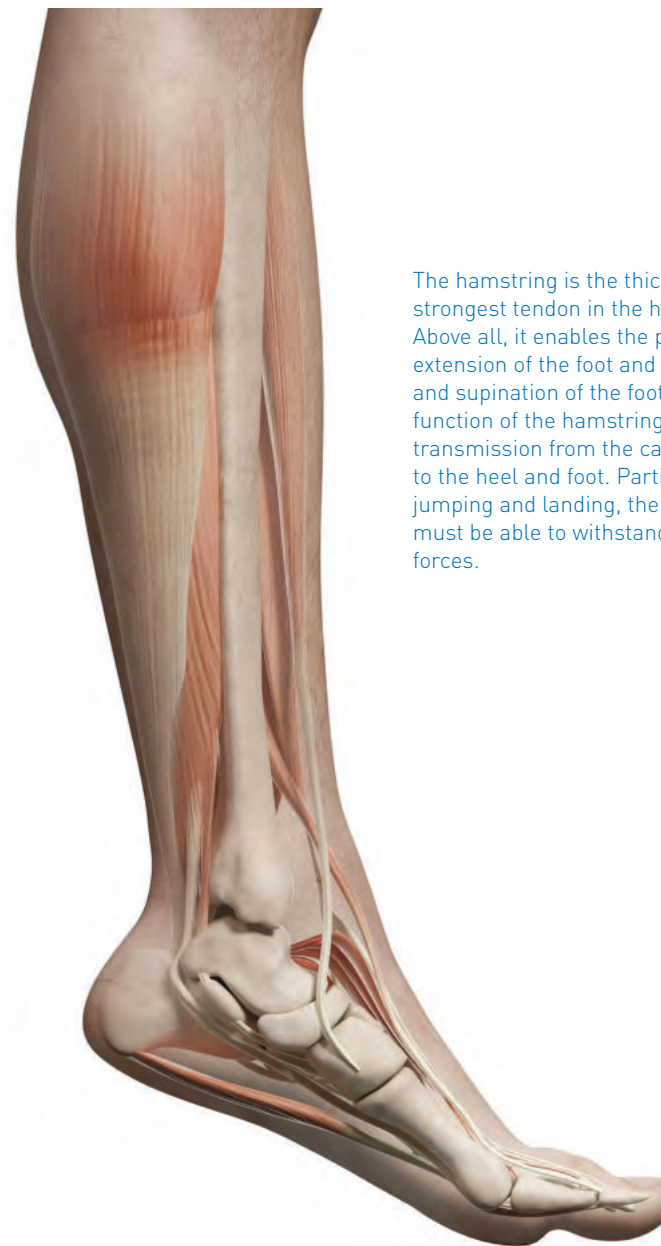
**TIP** To optimise treatment, use the fascia ball from the Physio set instead of the disc attachment.



## Treating the calves and hamstrings

**Useful background knowledge** Particularly for runners, hamstring pain is a common issue. The calf muscle consists of three parts. These parts meet in the lower area of the calf at the hamstring, which is attached to the heel bone at the back. The hamstring transfers the entire contractility of the calf muscle to the bony structures; the foot in particular. Consequently, the connection of the hamstring to the foot and to the heel respectively is one of the most heavily loaded areas of the human body. Complaints usually result from overloading. Symptoms of overloading often originate from unilateral strain, incorrect movement patterns, or external factors such as, for example, hard ground, intensive training, incorrect footwear, or obesity. Consult a specialist for an exact diagnosis. The **NOVAFON** can help you to relax the muscles.

**NOTE**  
Seek a clear medical diagnosis before you start treatment with the NOVAFON. Consult a specialist for this.



The hamstring is the thickest and strongest tendon in the human body. Above all, it enables the powerful extension of the foot and the inversion and supination of the foot. The main function of the hamstring is power transmission from the calf muscles to the heel and foot. Particularly when jumping and landing, the hamstring must be able to withstand very large forces.

"I use the device to relieve muscle tension in my lower leg, to treat knee problems, and my hamstring. In 3 weeks, my symptoms have reduced by half. I'm going to keep using it." <sup>3</sup>

User G., 29/05/2017, NOVAFON power



#### Using the NOVAFON on calves and hamstrings

The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas on the calf and hamstring. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



Disc attachment



Sensory roller

Fascia wedge  
Physio set
**THE NOVAFON**  
**THE NOVAFON power**
Frequency  
50 Hz
**THE NOVAFON power 2**
Frequency  
50 HzLinear  
stroke

**Step 1 Stroking/smoothing the calf muscles** In step 1, the calf muscles are treated. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. Stroke/smooth the area between the back of the knee and the heel for 2–3 minutes. Ensure that you work both the inner and outer aspects of the calf as well as its central region (A–B, B–A).



**TIP** To optimise treatment, use a sensory roller or fascia wedge of your choice from the Physio set in place of the disc attachment.

**TIP** To optimise treatment, use the magnetic attachment instead of the ball attachment.



Ball attachment

Magnetic  
attachment
**THE NOVAFON**  
**THE NOVAFON power**
Frequency  
100 Hz
**THE NOVAFON power 2**
Frequency  
100 HzGentle, circular  
motion

Spot-treat

**Step 2 Sore areas of the calf** Now treat the sore areas of the calf. You will have almost certainly felt these areas when stroking/smoothing. Here, change to the ball attachment and select 100 Hz. Set the intensity so that it is comfortable for you. Treat the individual areas for 30–60 seconds in a circular motion or hold the device over the area. Sore areas are often located on the outer aspect of the calf or its central region. A method for locating sore areas is shown in the image. Then, proceed to step 3.



Ball attachment



Magnetic attachment

#### THE NOVAFON THE NOVAFON power

Frequency  
100 Hz

#### THE NOVAFON power 2

Frequency  
100 HzLinear  
strokeGentle, circular  
motion

Spot-treat

**Step 3 Treating the hamstring** In step 3, the hamstring is treated. The hamstring can be easily seen and palpated. Continue to apply the treatment settings from step 2. Treat the hamstring from all three sides for 2–3 minutes. Start from the back and move slowly onto and away from the hamstring. Should you experience more intense pain in a specific area, you can hold the device there for approx. 30 seconds. Repeat the same process on the inner and outer aspects of the hamstring (A–B, B–A).



**TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.



### Did you know?

A range of different attachments can be fitted to all NOVAFON devices. The disc attachment and ball attachment are included in delivery. Our product range includes further attachments which make some treatments even more effective. [novafon.en/products](https://novafon.en/products)

## Treating the heel

**Useful background knowledge** In mammals, the heel, or the calcaneus, is the protrusion at the rear of the foot. Its contour is shaped by the heel bone, the overlying fatty tissue, and the skin. The heel is the point of connection for the hamstring and the skin on either side of it dips in slightly. As humans walk upright, the heel takes on a much more complex function than simply forming the leverage arm of the hamstring. In humans, the tarsal bones are therefore shaped very specifically. The gait pattern emerges from the interaction of the heel and the forefoot. Many people suffer from heel pain and this is often associated with morning warm-up pain.

**NOTE**  
Seek a clear medical diagnosis before you start treatment with the NOVAFON. Consult a specialist for this.



The human foot comprises 7 tarsal bones, 5 metatarsal bones, and 14 phalanges. These bones are connected by more than 33 joints, stabilised by 20 muscles and 114 ligaments, and kept in motion. Of the entire musculo-skeletal system, the feet are subjected to the greatest daily burden as they carry a person's entire weight. In obese persons, the burden is particularly large.

“I bought the device 3 weeks ago to treat my heel spur. Since then, I’ve already used it a lot and it’s getting slowly better. I found that using it daily on my feet is too strenuous and I’ve switched to 2–3 times a week now. I can handle that well. (...) I’d recommend the device any time.”<sup>3</sup>

User B., 27/08/2019, NOVAFON pro



#### Using the NOVAFON on the heels

The **NOVAFON** can be used for the regulation of muscle tone and treating sore areas of the foot muscles. Total treatment duration with the **NOVAFON** should be 10–15 minutes per side and can be repeated up to three times daily.

Before you begin, ensure you are sitting comfortably. Perform the treatment on the affected side; on both sides if required. Make sure to follow the three steps outlined here precisely.



Disc attachment



Sensory roller



Fascia wedge

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

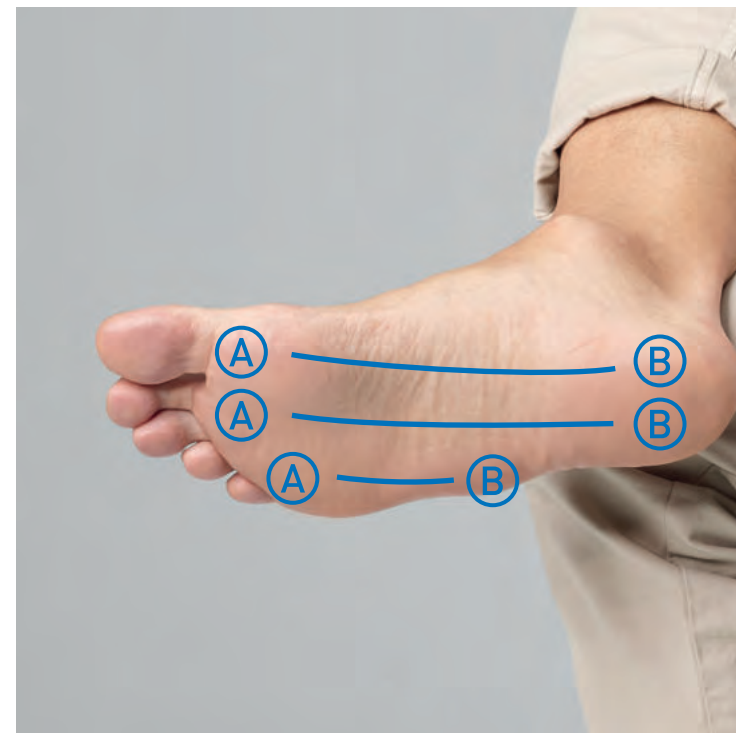
#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 1 Stroking/smoothing the calf muscles** In step 1 of treating the heel, the calf muscles are stroked/smoothed. As the calf muscles also play an important role in heel pain, these should be treated first. Use the disc attachment for this. Select 50 Hz and set the intensity so it feels comfortable for you. Stroke/smooth the area between the back of the knee and the heel for 2–3 minutes. Ensure that you work both the inner and outer aspects of the calf as well as its central region (A–B, B–A).



**TIP** To optimise treatment, use a sensory roller or fascia wedge of your choice from the Physio set.



Disc attachment



Sensory roller

#### THE NOVAFON THE NOVAFON power

Frequency  
50 Hz

#### THE NOVAFON power 2

Frequency  
50 HzLinear  
stroke

**Step 2 Stroking/smoothing the foot muscles** Now, the foot muscles are stroked/smoothed. Continue to apply the setting from step 1. Now work on the sole of the foot in a planar fashion. Stroke/smooth the entire region of the heel up to the toes for 2–3 minutes (A–B, B–A). Then, proceed to step 3.



Ball attachment



Magnetic attachment

THE NOVAFON  
THE NOVAFON power

Frequency  
100 Hz

THE NOVAFON power 2

Frequency  
100 HzGentle, circular  
motion

Spot-treat

**Step 3 Treating the sore areas** In the final step, treat the sore areas of the heel. For this, change to the ball attachment, select 100 Hz, and set the intensity that feels comfortable to you. Treat the individual areas for 30–60 seconds in a circular motion or hold the device over the area. In most cases, the main area of soreness is located on the outer edge of the heel towards the toes. Further sore areas can be located to the left and right of it or also between the balls of the foot and the heel.



**TIP** To optimise treatment, use the magnetic attachment in place of the ball attachment.



## Case studies

"Easy and pleasant to use. So far I've used it to treat my very tense jaw muscles (I grind my teeth). It's very comfortable and relaxing! (...) I use it regularly and am happy to!"<sup>3,7</sup>

[S., Self-application, 2021, Google](#)

"I discovered this device at the rehab centre in Herxheim. We bought one for ourselves and use it every day. For rheumatism and tension, headaches, scar treatment, ankle joint pain and metatarsal pain. Can recommend it to everyone, it is soothing (...)."³

[M, Self-application, 2021, Website](#)

"I've had the **NOVAFON** for over six months now and I'm so happy with this investment! I often suffered from neck pain and so-called "tennis elbow" in both arms, and thanks to regular use of the **NOVAFON**, my elbows are back to normal and my neck pain has gone. (...)"<sup>3,7</sup>

[B., Self-application, 2022, Google](#)

"The device is a great addition to traditional physiotherapy. The **NOVAFON** has become an indispensable work tool for me. It's easy to use, comes with different attachments and has lots of possible applications. Can thoroughly recommend it!"<sup>3</sup>

[A., Physiotherapist, 2019, Website](#)



- 1 **Serritella et al.** Local Vibratory Stimulation for Temporomandibular Disorder Myofascial Pain Treatment: A Randomised, Double-Blind, Placebo-Controlled Preliminary Study. *Pain Research Management*. Pain Res Manag. 2020 Dec 5;2020:6705307. **Staud et al.** Attenuation of Experimental Pain by Vibro-Tactile Stimulation in Patients with Chronic Local or Widespread Musculoskeletal Pain. *Beinert et al.* After-effects of neck muscle vibration on sensorimotor function and pain in neck pain patients and healthy controls - a case-control study. *Disabil Rehabil*. 2019 Aug;41(16):1906-1913. **Guieu et al.** Substance P-like immunoreactivity and analgesic effects of vibratory stimulation on patients suffering from chronic pain. *Can J Neurol Sci*. 1993 May;20(2):138-41. **Lundeberg T.** Vibratory Stimulation for the Alleviation of Pain. *The American Journal of Chinese Medicine*, 1984, Summer, 23 (1-4): 60-70. **Lundeberg T.** Long-term results of vibratory stimulation as a pain relieving measure for chronic pain. *Pain*. 1984 Sep;20(1):13-23. doi: 10.1016/0304-3959(84)90807-8 **Lundeberg T.** The pain suppressive effect of vibratory stimulation and transcutaneous electrical nerve stimulation (TENS) as compared to aspirin. *Brain Res*. 1984 Mar 5;294(2):201-9. **Lundeberg T.** Relief of pain from a phantom limb
- 2 **Melzack and Wall.** 1965. Pain mechanisms: a new theory. *Science*. 1965 Nov 19; 150 (3699): 9719. **Smith et al.** 2004. Vibration anaesthesia: a noninvasive method of reducing discomfort prior to dermatologic procedures. **Dermatol Online J**. 2004 Oct 15; 10 (2): 1. Please note that this is a human study. There is no evidence of transferability to animals.
- 3 Individual case studies: There may not be sufficient clinical data to verify the general adequacy of local vibration therapy for the symptoms described. This is a user quotation taken from NOVAFON product reviews on our website.
- 4 **Serritella et al.** 2020. Local Vibratory Stimulation for Temporomandibular Disorder Myofascial Pain Treatment: A Randomised, Double-Blind, Placebo-Controlled Preliminary Study. *Pain Research Management*. Jaw pain is a common symptom of temporomandibular joint dysfunction [TMJ]. Local vibration therapy at 100 Hz produces pain-relieving effects
- 5 **Ault et al.** 2018. Scar massage for hypertrophic burns scarring-A systematic review. **Burns**. 2018 Feb;44(1):24-38. **Donnelly and Wilton.** 2002. The Effect of Massage to Scars on Active Range of Motion and Skin Mobility, *The British Journal of Hand Therapy*. 2002; 7(1): 5-11,
- 6 Results of a user survey from 2019 (267 participating occupational therapists): Local vibration therapy with the NOVAFON sound wave device is a proven form of therapy for various hand and finger complaints. There may be insufficient clinical data to verify the general adequacy of local vibration therapy for the symptoms described.
- 7 **Google review:** This is a user opinion that was published by the user on Google reviews.

For further sources, go to the Download section of our website: <https://novafon.com/de/informieren>



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