



## Quick Reference Training *for patients*

BEST-PRO 1™ Device  
Biofeedback Electro-Stimulation Technology



## Get Started

**NOTE:** The information in this Quick Reference Training is not intended to be medical advice and is not a substitute for personal medical care. It is general health information and does not take into account your particular health status.

Only your personal physician or other health professional can best advise you

1. **Caution:** U.S. federal law restricts this device to sale by or on the order of a physician.
2. **Read Owner's Manual** for important safety information, including contraindications for pacemakers and pregnancy.
3. **Use only as directed** for pain relief.

on matters of your health. Your physician or other health professional can assess your medical history and your family's medical history and help explain how the information provided in this booklet may apply to your personal situation.



## Getting Started for Foot Protocol

The healthcare professional and the patient should become familiar with parts of the Avazzia devices. Below is the BEST-PRO 1 diagram. The PRO-SPORT diagram is in the Owner's Manual and on the Quick Start Reference.



## Tips Before Starting Treatment at Home or in the Clinic

Limit treatment of one area of the body to 20-30 minutes for each treatment. For the foot protocol study, limit treatment to 20 minutes. Over-stimulation of one muscle group may cause soreness, headaches or discomfort, especially the day after an initial application.

To minimize these symptoms, drink 8 ounces of water immediately after treatments.

Hold the BEST™ device or electrode firmly on the skin and use a power setting that is comfortable.

Moist skin is more conductive than overly dry skin. For very dry skin, use a cloth to apply a light saline-water solution (about 1 tsp salt mixed in 1 cup of water). Let skin dry two to three minutes for it to fully absorb.

Do not use while unattended. Do not use while napping or sleeping.

Treatments may be repeated two or three times a day, as needed.



## Accessories for This Study

When using the onboard electrodes of the BEST™ device is inconvenient – for example because the point of desired application is hard to reach – accessories such as conductive pads can be used in conjunction with lead wires. *For this study, conductive pads are used on the bottoms of the feet.*

### Conductive pads

1. Make sure device is OFF. Attach a lead wire connector to the BEST™ device; at the ends, connect to the conductive pads.
2. For this study, place one pad on the balls of each foot, right below the toes.



In general, pads facilitate application to the back, legs, feet or other parts of the body. Pads are positioned on the either side of the point of desired application (point of pain). This application may be used two or three times each day for 10-20 minutes at each application.

Remove pads when not in use.

## Which Device To Use

### **BEST-PRO 1**

- Offers the four most popular modes for treatment of pain.
- Simple-to-use menu allows effective treatment with less training.
- LED lights indicate power levels and treatment mode.
- Accessory port allows use of all options, including Y-electrode and conductive pads.
- Best for at-home use.



## Which Mode and Setting To Use

### **BEST-PRO 1**

- Offers the four most popular modes for treatment of pain.
- When using device for this foot protocol, both in clinic and at home, use Deep Stimulate mode.
- Patient should be given device during treatment in clinic to adjust power as needed.
- LED lights indicate power levels and treatment mode. If all lights are on, turn off unit, turn back on and reset.
- Accessory port allows use of all options, including Y-electrode and conductive pads.
- Best for at-home use.



## Treating Feet at Home With BEST-PRO 1

1. Make sure device is OFF. Attach a lead wire connector to the BEST™ device; at the ends, connect to the conductive pads.
2. Turn device on. Select Deep Stimulate mode. Power up until you feel just a slight tingling in the foot.
3. Run treatment for 20 minutes. Patient may adjust power to comfortable for treatment duration.
4. Treatment may be repeated two to three times per day.
5. Go to [avazziatraining.com](http://avazziatraining.com) for more information.

*Place pads on the balls of the feet. In the clinic, put initials on the pads to identify pads of each patient. Keep pads in patient folder between clinic visits.*





## Other Treatment Options

BEST-PRO 1 may be used for simple on-site pain treatment as well as advanced treatment options for pain.

Other treatment protocols include “Little Wings” as well as treatment for pain associated with scarring, eczema, shingles, diabetes, back pain, chronic sports injuries, carpal tunnel syndrome and fibromyalgia.

For information about treatment for these conditions and more, go to [avazziatraining.com](http://avazziatraining.com).

