

MADE IN RUSSIAN FEDERATION

**VIBROACOUSTIC AND INFRARED APPARATUS**

**«VITAFON-2»**

**User Manual**

Registered in Russian Federation  
Included in State Registry of medical products  
and medical devices

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## ATTENTION!

The present manual contains information and recommendations, which should be followed to make application of the VITAFON-2 apparatus, correct, safe and effective.

A list of diseases to be treated by VITAFON-2 and treatment schemes are given in section **PHONATION METHODS**.

**Before using VITAFON-2 read attentively the present Exploitation Manual and the User Guide.**

To be checked while purchasing:

- working in all modes;
- complicity of the kit;
- distributor's stamp in the Act of Acceptance and Guaranty Coupon.

## SAFETY RULES

### WARNING

- No modification of this equipment is allowed.
- Follow general safety rules for exploitation of electrical devices. Switched on apparatus has dangerous alternating voltage of 220 V.
- Keep the main body of the device dry. IT IS FORBIDDEN to wipe a switched device with a wet napkin and to use the apparatus in the bathrooms or at the shower cabins.
- For fire safety before using the device makes sure that the socket is in order and the plug is undamaged. Do not prevent natural heat balance of the device – do not close a switched apparatus with pillows, blankets etc.
- Do not connect patient leads to mains wall outlets or in conductive connection to the earthed parts.

### ATTENTION

- Do not use on damaged tissues (wounds, cuts, allergic rash, etc.)
- The unit shall not be used for use in an oxygen rich environment.
- The unit it is not intended to be used with flammable anesthetics and not intended for use in conjunction with flammable agents.

### CAUTION

- Before carrying out procedure, establish vibrophones on skin and only then having pressed the start button pass to procedure. The vibrophones not established on skin, emit a sound which exceeds 80 dB and it can damage the hearing aid.

- Vibrophones heat during operation. To avoid overheating of the working surfaces vibrophones and risk of burns:
  - Do not turn the device without first pushing vibrophones to the skin through a napkin.
  - Do not leave the device performing the procedure unattended and with vibrophones not pressed to the skin.
  - Do not exceed procedure time established in the User's guide.
- Keep the apparatus from falling down. Its converters include optical and fine mechanical parts that should be kept from hitting by hard surface. Do not lay converters cords along.
- It is recommended to place the apparatus at the table, bed-side table etc. where it will be safe from falling and easy to operate. When the treatment is over, the device should be switched off and placed to its original box.

## **GENERAL INFORMATION**

Vibroacoustic and Infrared Apparatus VITAFON-2 is a medical device, produced in accordance with the Russian State Standard "GOST R 50444-92" and certified.

Its safety characteristics answer the requirements the of the Russian State Standard "GOST R 50267.0-92" for the equipment of class 2, type BF, non-water resistant.

## **FUNCTIONS OF VITAFON-2**

The apparatus is to be used for prevention and treatment of the diseases, caused by dysfunctions of capillary blood and lymph flows. Via its removable vibroacoustic converters VITAFON-2 produces microvibration of continuously changing frequency and via its IR-converter - impulse infrared emanation. Vibroacoustic and infrared therapy, applied together or separately, produce local increase of capillary blood and lymph flow leading to detectable healing effect of inflammation diseases and traumas.

VITAFON-2 is to be used in hospitals, other medical institutions and sanatoriums. It can be also effectively applied by a patient at home, after consultation with a doctor and under his supervision.

## **INDICATIONS**

- Adenoma of the prostate gland
- After-effects (sequelae) of infantile cerebral palsy, flaccid paralysis
- After-effects (sequelae) of spinal injuries
- Arthritis, arthrosa, trauma
- Bronchial asthma
- Bronchitis

- Burns, scalds
- Chronic colitis
- Chronic gastroduodenitis
- Chronic pyelonephritis
- Chronic viral hepatitis
- Constipation
- Corns
- Cystitis
- Diabetic angiopathy
- Disruptions of the menstrual cycle
- Effects (sequelae) of scoliosis
- Fractures
- Frostbite, chilblains
- Gout
- Haemorrhoids
- Head cold, running nose
- High blood pressure, including that with a renal origin
- Impotence and erection
- Infertility due to blockage of the testicular duct as a result of inflammation (deferentitis)
- Inflammation of the epididymis
- Inflammation of the middle ear (otitis)
- Insomnia
- Lymphostasis of lower extremities
- Maxillary sinusitis
- Neurosensory hearing disorder
- Osteochondrosis, radiculitis
- Prostatitis
- Serous mastitis, lactostasis
- Sprains, dislocations
- The mouth —periodontitis, stomatitis, parodontosis
- Tissue oedema (swelling), haematoma, bruises, boils, carbuncles, acne
- Tonsillitis, sore throat
- Traheitis
- Trophic ulcers
- Urinary and faecal incontinence
- Vegetovascular dystonia
- Wounds, surgical incisions

and also:

- Alleviating fatigue
- Cosmetic purposes
- In sports training
- Prevention of diseases
- Restoring and developing the voice

## TECHNICAL CHARACTERISTICS

Supply voltage, V.....	220-240
Power supply frequency, Hz .....	50
Power consumption, VA, not more than .....	15
Fuse.....	T50mAL 250V
Duration of continuous work, hours, not less than.....	8
Preparation time from the switching moment, sec, not more than .....	3
Average term of service, years .....	5
Weight, net, kg, not more than .....	3,25
Overall dimensions , mm, not more than .....	185x195x85

### Setting Parameters

Dependences of Duration of Frequency Change Cycle (DFC) and Duration of Average Power Change Cycle (DPC) of the IR-matrix on the active MODE are given in the Table 1.

Table 1

Type of cycle program	Duration of Frequency Change Cycle (DFC), sec.	Duration of Average Power Change Cycle (DPC), sec.
MODE 1	150 ± 15	300 ± 30
MODE 2	150 ± 15	150 ± 15
MODE 3	300 ± 30	150 ± 15
MODE 4	150 ± 15	150 ± 15
MODE 5	740 ± 60	740 ± 60
MODE 6	150 ± 15	300 ± 30
MODE 7	108 ± 10	216 ± 10
MODE 8	67 ± 6	—

Note – MODE 8 is active only for point converter

Range of frequency changing during microvibrations:

lower limit F <sub>H1</sub> , Hz, within .....	38 ± 5
upper limit Hz <sub>B</sub> , not more than.....	20 000
Duration of impulse frequency modulations (T <sub>ИМ</sub> ) for MODE 3 & MODE 4, sec., within .....	0,8 – 1,2

Microvibrations amplitude (produced by every converter at the lowest possible frequency according to the type of converter applied):

max  $A_{max}$ ,  $\mu\text{m}$ , within

single vibrophone.....	16 – 28
double vibrophone.....	10 – 22
vibroplate.....	2 – 6
point vibrophone.....	10 – 30
min $A_{min}$ , $\mu\text{m}$ , not more than.....	$0,2 A_{max}$

Partial values of microvibrations amplitude for single and double vibrophones and vibroplate according to the given parameters ENERGY and WEIGHT:

Weight	ENERGY 4	ENERGY 3	ENERGY 2	ENERGY 1
> 85	$A_{max}$	$(0,6 - 0,9)A_{max}$	$(0,3 - 0,6)A_{max}$	$\leq 0,2A_{max}$
< 15	$(0,5 - 0,8)A_{max}$	$(0,3 - 0,6)A_{max}$	$(0,2 - 0,4)A_{max}$	$\leq 0,2A_{max}$

Infrared Emanation Power of the IR- matrix:

Min, mW, not more than .....	3,0
Max*, mW, within.....	20,0 – 40,0
Average length of infrared wave of IR- matrix, $\mu\text{m}$ , within ...	$0,95 \pm 0,04$

\* Radiation at the surface of the infrared emitter Vitafon-2 is less than 2.5 W, which is a safe level of radiation to human tissue, as well as for cornea and lens.

## COMPLECITY OF KIT

A complete kit of the VITAFON-2 apparatus should include the following items:

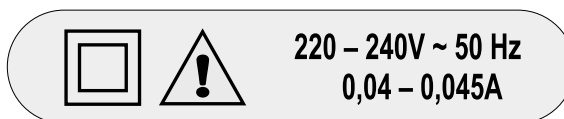
Main block	1
Set of removable converters:	
– single vibrophone.....	1
– double vibrophone.....	2
– vibroplate.....	1
– point vibrophone.....	—
– IR- matrix.....	1
Set of fixing belts:	
– narrow belt.....	—
– broad belt.....	—
– fixing cuff.....	1
Exploitation Manual.....	1
User Guide.....	1
Package.....	1





**NOTE.** Set of removable converters and fixing belts can vary the quantity of every position. See notes on quantity supplied.



## SYMBOLS ON MARKING

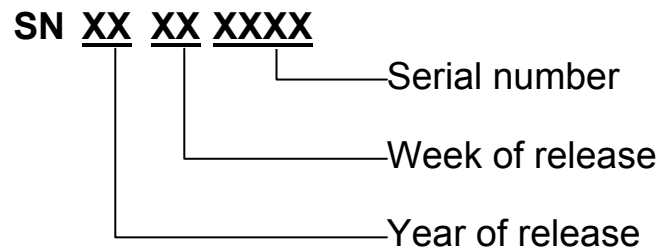
### Main unit:



	CLASS II equipment, electrical equipment in which protection against electric shock does not rely on BASIC INSULATION only, but in which additional safety precautions such as DOUBLE INSULATION
	Caution: Apparatus has dangerous alternating voltage of 220 - 240V
class II	CLASS II equipment, electrical equipment in which protection against electric shock does not rely on BASIC INSULATION only, but in which additional safety precautions such as DOUBLE INSULATION
type BF	An applied part that includes a patient connection that is intended to deliver an physiological signal (microvibration) to the patient
	Applied part type BF
IP20	<p>The IP Code (or International Protection Rating) consists of the letters IP followed by two digits. It classifies the degrees of protection provided against the intrusion of solid objects (including body parts like hands and fingers), dust, accidental contact, and water in electrical enclosures.</p> <p>The first digit indicates the level of protection that the enclosure provides against access to hazardous parts (e.g., electrical conductors) and the ingress of solid foreign objects: 2 - Fingers or similar objects</p> <p>The second digit indicates the level of protection that the enclosure provides against harmful ingress of water. 0 - Not protected</p> <p><b>keep dry</b> - forbidden to store and use the device in a location where it may be exposed to water or fluids (e.g. bathroom)</p>
	Address of the manufacturer

<b>SN</b>	<b>Serial Number</b>
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### Example serial number



### Removable converters:

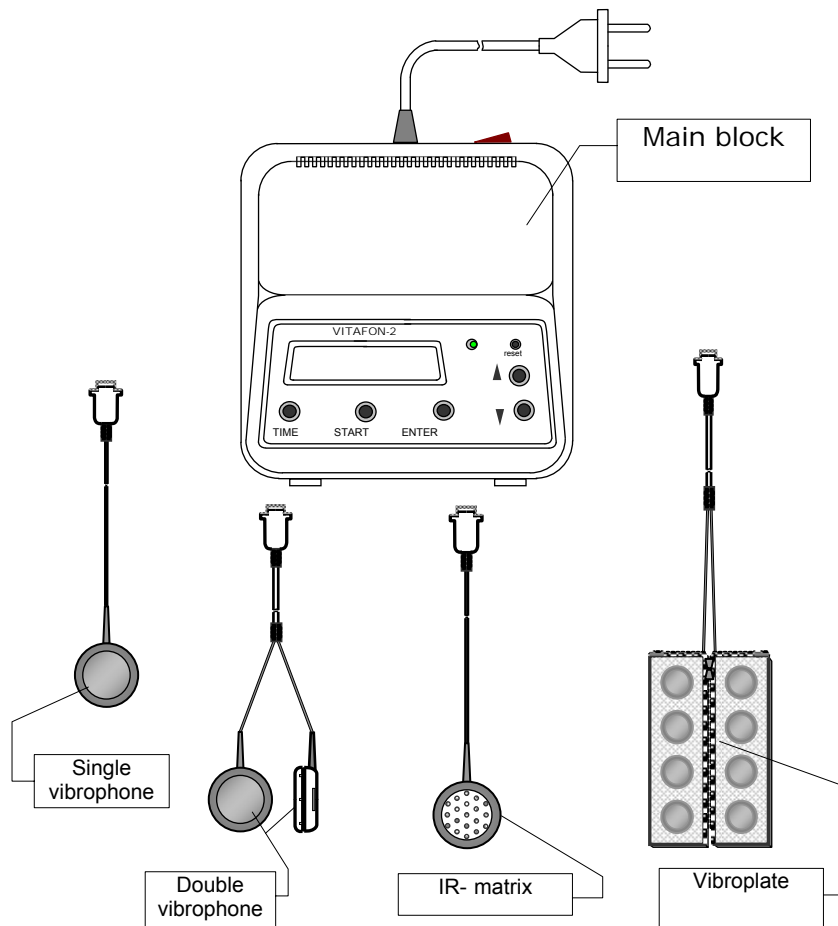
- 1V** – single vibrophone
- 2V** – double vibrophone
- IR** – IR- matrix
- VP** – vibroplate

## STRUCTURE AND WORKING PRINCIPLES

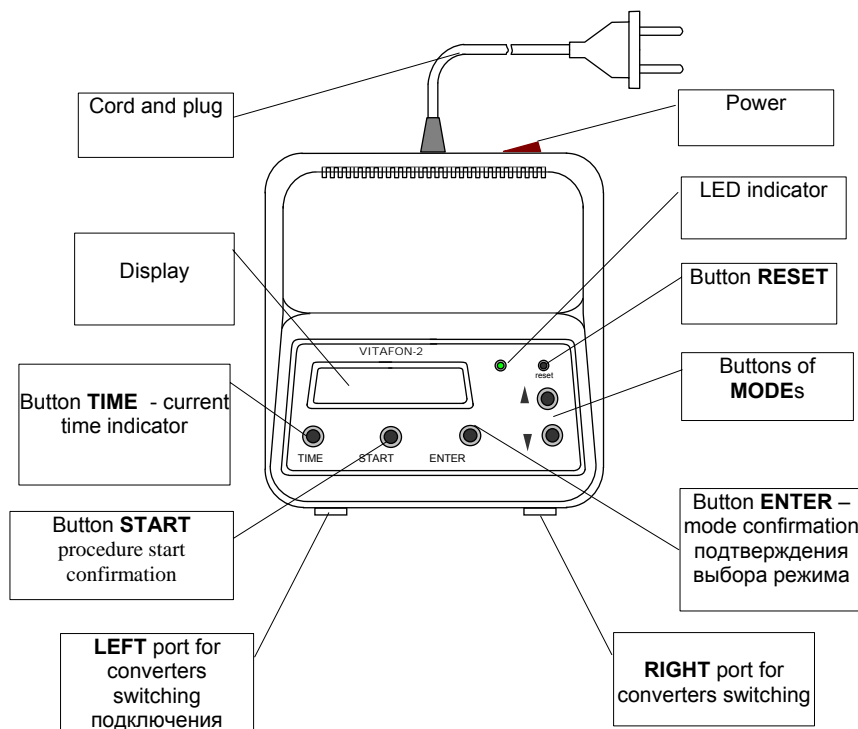
The VITAFON-2 apparatus consists of main block, removable converters and IR- matrix. Working surface of a vibrophone is a membrane of special alloy with decorative coating. Working surface of an IR- matrix is metal-chromed plate with equally located holes containing build-in optical elements. Semiconductor radiators of invisible infrared radiation are used as optical elements, from which one central and three equally distant are equipped with red light indicators. On the face panel of the main block there are main tools of data entry and control - see Picture 2 “Control panel of VITAFON-2: options of data entry and control”.

In contact with body tissues, membranes of vibrophones produce microvibrations. IR- matrix treats the tissues with infrared emanation. Frequency of microvibrations and infrared emanation impulses automatically changes in accordance with a pre-given cycle program within the range of sound frequencies.

Working modes should be chosen manually during healing procedure data entry. The modes are to be entered in accordance with the schemes and recommendations given in section **PHONATION METHODS** for a particular disease.



**Picture 1 – VITAFON-2 and its removable parts**



**Picture 2 – Control panel of VITAFON-2: options of data entry and control**

## **VITAFON-2 PERFORMES THE FOLLOWING FUNCTIONS AND SERVICES:**

- 1) Light indication of electrical switching on;
- 2) Application of one or two removable converters from the converter set at a time. Automatic definition of the converter applied on the display;
- 3) Manual choose of necessary treatment modes by special buttons (results shown on the display);
- 4) Automatic change of microvibrations frequency produced by vibrophones in accordance with a pre-given cycle program within the range of sound frequencies in accordance with the manually chosen MODE (see picture 3);
- 5) Option of manual choose of microvibration amplitude by ENERGY parameter corrected according to the patient's weight and height;
- 6) Option of choosing patient's weight within the range of 3 - 120 kg, the step of 1 kilo;
- 7) Option of choosing patient's height within the range of 50 - 200 centimeters, the step of 1 centimeter;
- 8) Automatic change of average power of infrared impulses produced by IR-matrix in accordance with a pre-given cycle program within the range of sound frequencies in accordance with the manually chosen MODE (see picture 4);
- 9) Option of current time indication (after pressing of the button TIME);
- 10) Countdown and indication of the procedure time left on the display;
- 11) Option of choosing procedure duration within the range of 1 - 60 minutes, the step of 1 minute;
- 12) Option of single data entry for one - three daily sessions with automatic start;
- 13) Short sound signals confirming pressing of buttons during data entry process;
- 14) Short sound signals when the procedure is near to be over. A long signal indicates that the procedure is over.

## **CONTRAINDICATIONS**

### **The application of the device is contraindicated:**

- in body areas of oncological pathology;
- in pregnancy;
- in body areas affected by thrombophlebitis;
- in body areas of evident atherosclerosis;
- in acute infectious diseases;
- in high temperature;
- in the vicinity of implanted pacemakers.

It is forbidden to apply vibrophones right at the heart area for no treatment schemes exists by now.

If particular body areas having stones (gall and urinary bladder etc.) become part of treatment zone, the therapy should be performed only after doctor's permission and under his control.

## **HYGIENIC RULES**

**Warning!** Do not use on damaged tissues (wounds, cuts, allergic rash, etc.)

Wipe off the surface of the operating vibroacoustic converters (vibrophones) for **30 seconds** using a cloth moistened with a 3% solution of hydrogen peroxide to disinfect before using the device. Apply vibrophones their membranes on the surface of the body through the gauze, paper or cotton cloth. At a time when not in use, store the vibroacoustic converters (vibrophones) dry and clean.

## **EXPLOITATION, TRANSPORTATION AND STORAGE**

The apparatus is to work properly for a long time in the following conditions: air temperature:  $+ (25 \pm 10)^\circ\text{C}$ ; relative humidity: 45-80 %.

To keep the device in working condition, one should ship and store it duly packed, air temperature being within (  $-10 - +40^\circ\text{C}$ ) and relative humidity not more than 80 %. To prevent damage of liquid-crystalline display it is not advisable to utilize the device than the air temperature is less than  $- 10^\circ\text{C}$ .

During long breaks between using sessions the apparatus should be stored in its initial package. After a long-distance shift or cooling, the device is to stay in the normal conditions (room temperature) unswitched for 4 hours.

For disinfection the main body and removable converters are to be wiped with a napkin slightly moistened with a 3% hydrogen peroxide solution.

## **ENSURING THE ELECTROMAGNETIC COMPATIBILITY**

The electromagnetic compatibility of the device answers the requirements of the Russian State Standard R 50267.0.2-2005 and EN60601-1-2:2007 and should be used taking into consideration the following characteristics and recommendations.

**WARNING.** The exploitation of the device together or in connection with some other equipment is not provided. If such operation is necessary, the fact of normal functioning of the device in such configuration should be proved by an experiment.

## **NOISE-EMISSION**

The noise-emission of the device answers the requirements of the Russian State Standard R51318.11-99 and CISPR 11 for the equipment of the B class, group 1, which are intended for use in all placements, including private

houses and buildings directly connected to the distributive electrical network for living houses. Radio-frequency energy is used by the device only for the performance of its inner functions. It has a low level of noise-emission and cannot effect the work of any electrical devices located nearby.

#### NOISE-IMMUNITY

The apparatus can undergo the electrostatic discharges of about  $\pm 4$  kilovolt. On this basis the floor of the room where the device is used should be made of wood, concrete or ceramic tiles. If the floors are covered with some synthetic material, relative air humidity in the room should be not less than 80%. If some antistatic materials are used, relative air humidity in the room should be not less than 30%.

Quality of the electric current, the levels of power frequency magnetic field in an electrical network of the building must comply with the conditions of a typical hospital or commercial centers' environment.

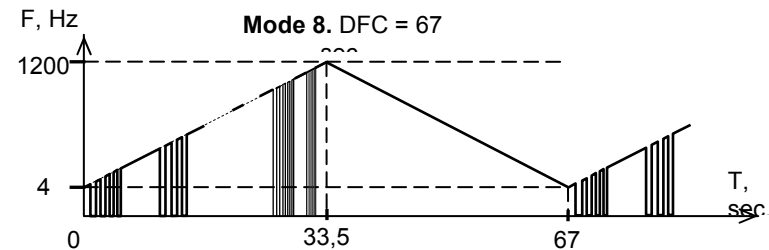
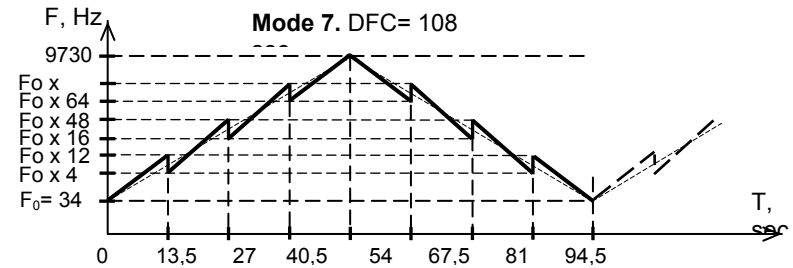
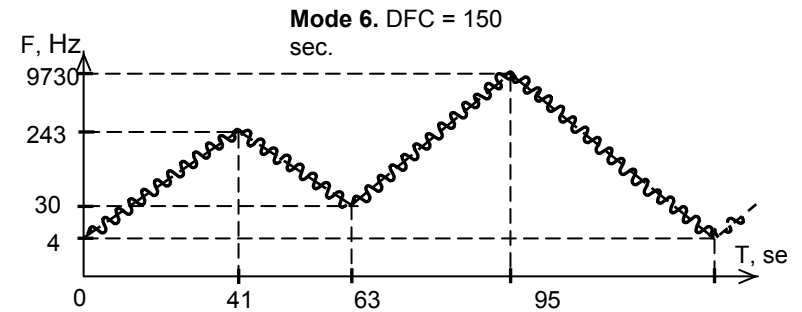
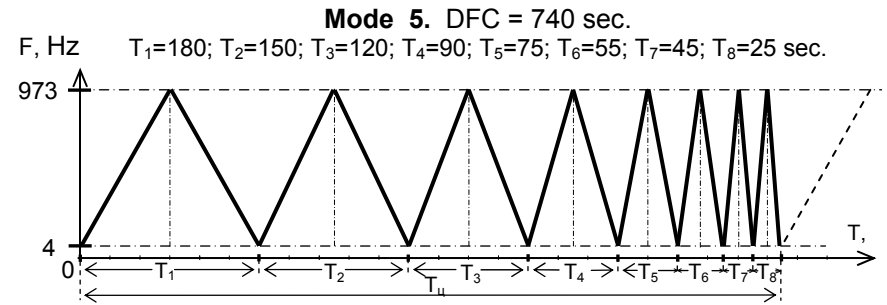
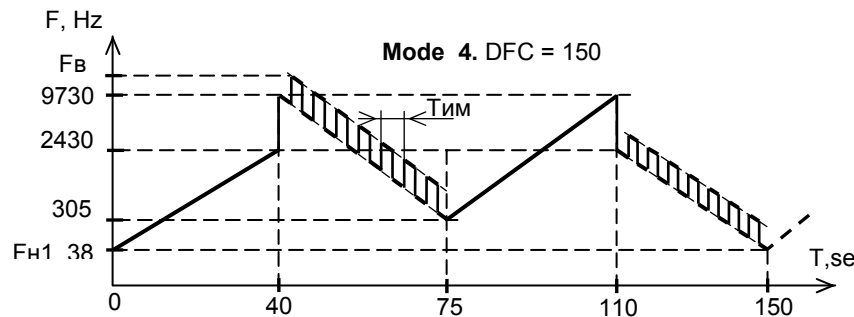
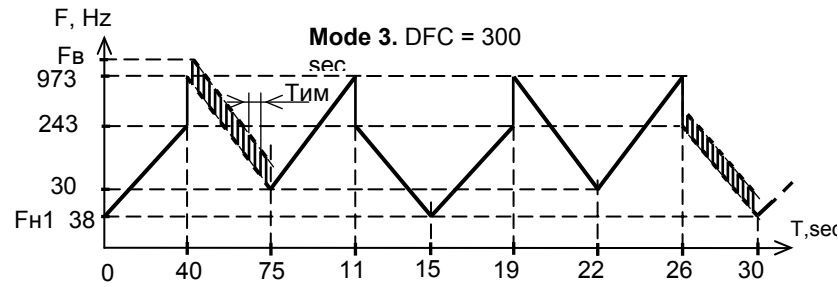
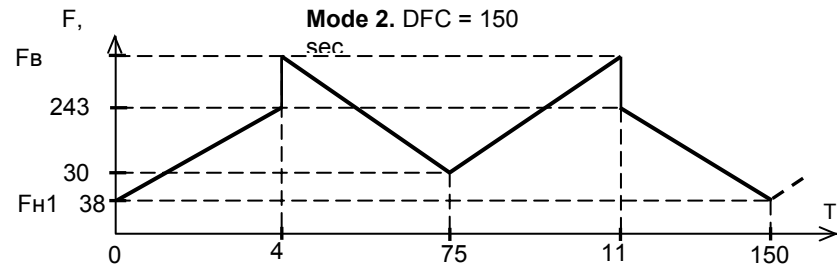
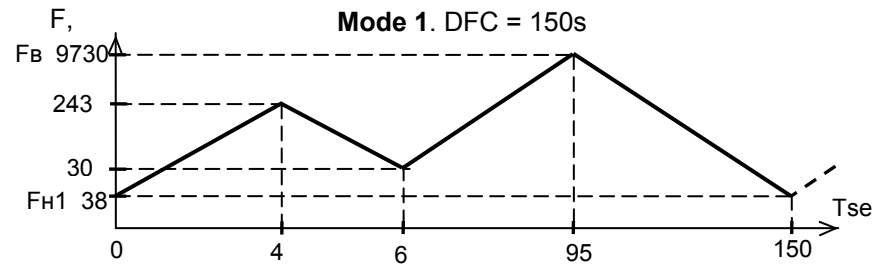
When using the device near stationary transmitters, such as base station radio telephone networks (cellular / wireless) and land mobile radio stations, amateur radio, AM and FM broadcast transmitters, television transmitters etc. one should attentively monitor the working process of the device to verify its proper functioning. If a deviation from normal operation is revealed, it is likely to undertake additional measures such as reorientation or shifting of the device.

It should be borne in mind that the use of mobile radio frequency means of communication may have an impact on the device.

The distance between the mobile phones or radio-frequency communications facilities in use and any component of the device including cables, should not be less than the recommended distance of 2,3 m.

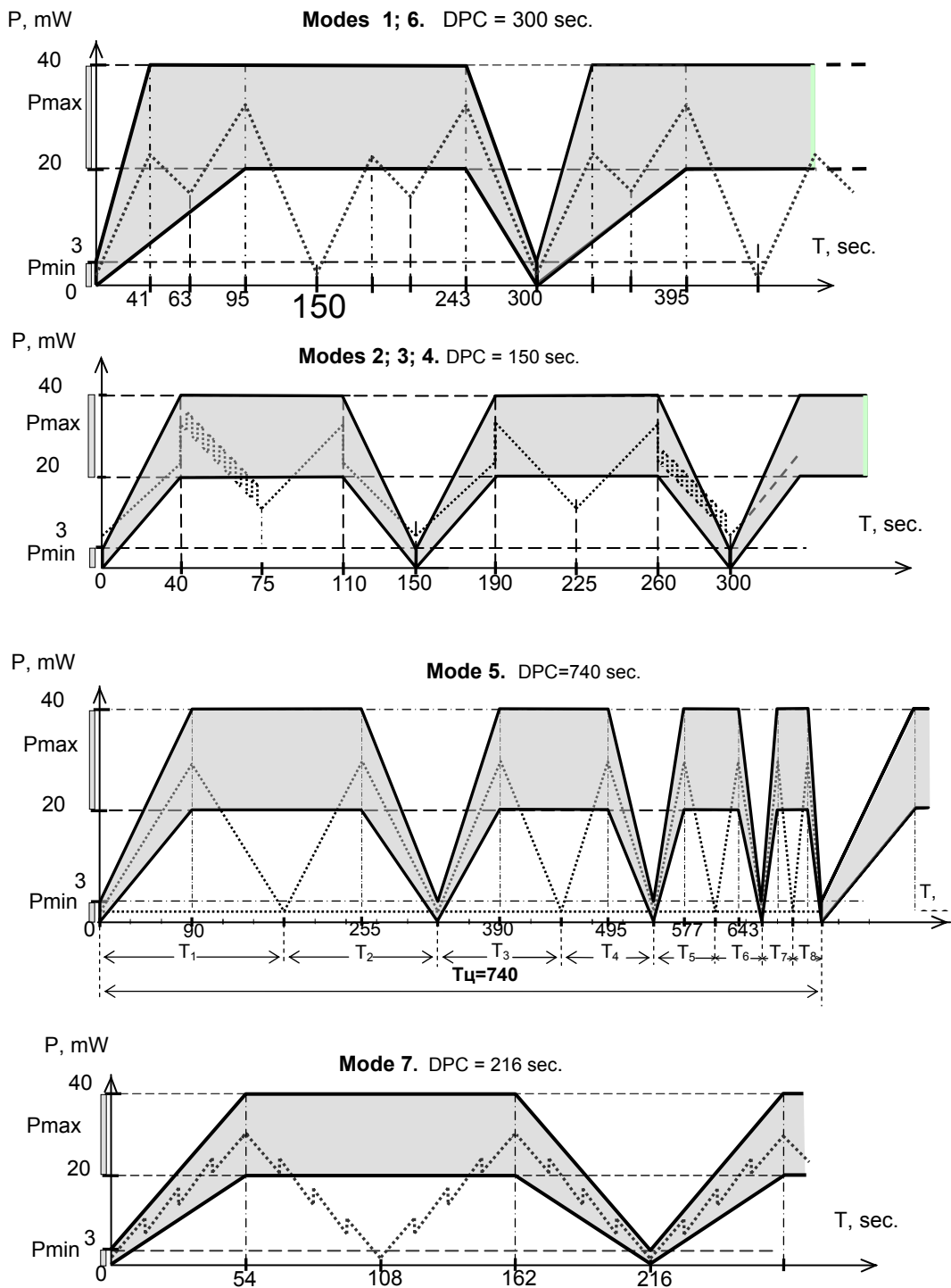
Interference may occur near the equipment marked with sign:





Continued from the picture 3

Picture 3 – Types of Frequency Change Cycles



Picture 4 – Types of Average Power Change Cycles of the IR- matrix



## LED INDICATOR: COLOR AND FUNCTION

- Orange color – the device is ON and is in a waiting mode of the beginning of procedure
- Green color – is carried out procedure
- Red color – an error of connection of converters (**SWITCHING ERROR**)  
(See paragraph 7 of the next chapter)

## PREPARATION OF THE APPARATUS AND THE OPERATION PROCEDURE

1. Make sure that the apparatus and converters are not damaged.

2. Place the apparatus at the table, bed-side table etc. where it will be safe from falling and easy to operate. Connect the converter prescribed in the particular treatment scheme (see User Guide) to the main block. Connect the apparatus to mains. Close the switch **POWER**. After that the light indicator will switch and on the display one will see the note about converters connected. If there are no connected converters, the note on the display will be as follows:

<b>L</b>	<b>OFF</b>
<b>R</b>	<b>OFF</b>

3. To read up current time data, press the button **TIME**. After that on the display one will see the note "CURRENT TIME" in the upper line and indication of hours, minutes and seconds in the lower line. For example, the note on the display can be as follows:

<b>CURRENT TIME</b>		
<b>16:25</b>	<b>25</b>	

To finish current time data reading up, press the button **TIME** again.

4. To adjust current time data, press the button **TIME** and hold it for 4 seconds. After that the note on the display will be as follows:

<b>CURRENT TIME</b>		
<b>16</b>	<b>25</b>	<b>25</b>

Using buttons «▲» and «▼», set the right indication of hours (e.g. 18) and confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>CURRENT TIME</b>		
<b>18</b>	<b>: 25</b>	<b>32</b>

Then, using buttons «▲» and «▼», set the right indication of minutes (e.g. 00) and press the button **RESET** to make the indication of seconds equal to zero. Confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>CURRENT TIME</b>	
<b>18:00</b>	<b>00</b>

To finish current time data adjustment, press the button **TIME** again. Now your clocks are in working mode and will continue right current time indication.

Current time data will be stored within the apparatus in cases of electrical supply interruptions and within the month when the apparatus is switched off.

**5.** When the apparatus is switched on and the converters prescribed in the particular treatment scheme (see User Guide) are connected to the main block, one will see on the display the note about converters connected to the **LEFT** and **RIGHT** ports:

**L** – **LEFT** port of converters switching on the main block;

**R** – **RIGHT** port of converters switching on the main block.

Indications of the converters connected on the apparatus display:

**1 VIBROPHONE** – single vibrophone;

**2 VIBROPHONE** – double vibrophone;

**VIBROPLATE** – vibroplate;

**IR-MATRIX** – IR- matrix;

**Any of the converters can be switched to any port (LEFT and /or RIGHT) in any combination, the name of the connected converters will adequately be displayed on the display.**

**EXAMPLE 1:** there is only one single vibrophone, connected to the **LEFT** port of the main block. The note on the display will be as follows:

<b>L</b>	<b>1 VIBROPHONE</b>
<b>R</b>	<b>OFF</b>

**EXAMPLE 2:** there are two converters connected - double vibrophone is connected to the **LEFT** port and IR-MATRIX is connected to the **RIGHT** port. The note on the display will be as follows:

<b>L</b>	<b>2 VIBROPHONES</b>
<b>R</b>	<b>IR-MATRIX</b>

**EXAMPLE 3:** there is a point converter connected to the **LEFT** or **RIGHT** port. The note on the display will be as follows:

**SWITCHED ON  
POINT VIBROPHONE**

**ATTENTION!** No other converter should be connected to the main block together with the point converter!

**6.** Connect necessary converters to the main block (e.g. single vibrophone) and confirm the data on the converters connected by pressing the button **ENTER**. After that the note on the display will be as follows:

**START MANUAL <  
\* START AUTO**

Use buttons «▲» and «▼» to choose necessary start mode (manual or auto start). If auto start is chosen, a procedure will be started automatically in the prescribed moment in accordance with the program pre-given.

Now one can press the button **START** to start the treatment procedure, if there is no need to adjust **MODE**, **ENERGY**, **WEIGHT**, **HEIGHT** and **DURATION** parameters. In such case, these parameters will be taken from the last procedure performed.

To interrupt or discontinue the procedure, press the button **RESET**. After that the note on the display will be as follows:

**SESSION  
INTERRUPTED**

In 30 seconds this note will be automatically changed to the data on the converters connected.

To adjust **MODE**, **ENERGY**, **WEIGHT**, **HEIGHT** and **DURATION** parameters, press the button **ENTER**. The last entered indications of all these parameters will be stored within the apparatus automatically, even if it was switched off. So, there is no need to adjust them every time for the treatment of one and the same patient according to one and the same treatment scheme.

Every pressing of any button will be followed with a single sound signal. Double sound signal after pressing of the buttons «▲» and «▼» indicates that you've chosen **min** or **max** possible value of the parameter.

If during the process of data entry or adjustment the converters on any reason were disconnected from the main block, the following note will appear on the display after pressing of the button **START**:

**SWITCHING  
ERROR**

To correct the error, press the button **ENTER**. After that one will see on the display the note on the converters connected. Check whether all the necessary converters are in fact connected to the main block and whether the rest entered data is correct.

### **DATA ENTRY IN CASE WHEN ONLY ONE CONVERTER IS TO BE CONNECTED**

**EXAMPLE.** The following parameters are indicated in the particular treatment scheme of the User Guide: single vibrophone, MODE 2, ENERGY 3, treatment DURATION 35 minutes. The weight of the patient to be treated is 75 kg, the height – 180 cm.

Connect the single vibrophone to the main block. After that the note on the display will be as follows:

<b>L</b>	<b>1 VIBROPHONE</b>
<b>R</b>	<b>OFF</b>

Confirm the data on converters connected by pressing the button **ENTER**. The note on the display will be as follows:

<b>START MANUAL &lt;</b>
<b>* START AUTO</b>

To adjust the necessary parameters in accordance with the particular treatment scheme of the User Guide, press the button **ENTER**. The note on the display will be as follows:

<b>MODE</b>
<b>2</b>

Using buttons «▲» and «▼», choose the necessary MODE and confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>ENERGY</b>
<b>3</b>

According to the same scheme, use buttons «▲» and «▼» to choose the necessary ENERGY and confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>WEIGHT</b>
<b>75</b>

WIEGHT and HEIGHT of the patient, as well as treatment DURATION are to be entered subsequently according to the same principle. The note on the display will be as follows:

**HEIGHT**  
**180**

**DURATION**  
**35**

**DATA ENTERED.**  
**START?**

Then all the necessary parameters are entered, locate the converters on the patient's body at the zones, prescribed by the particular treatment scheme of the User Guide. Press the button **START**. After that the treatment session begins and up to the moment, when the procedure is over, the note on the display will be as follows:

**SESSION ENDS**  
**IN 35:00**

The figures on the display indicate minutes and seconds left to the procedure completion.

When the treatment session is almost over, one will see yellow and green blinking of the light indicator and hear short sound signals. The longer sound signal indicates that the procedure is over. After that the note on the display will be as follows:

**SESSION**  
**FINISHED**

In 30 seconds or after pressing of the button **ENTER**, this note will change to the data on the converters connected:

**L 1 VIBROPHONE**  
**R OFF**

To perform the next treatment procedure with the same parameters, press the button **START**.

### **DATA ENTRY IN CASE WHEN ONLY IR- MATRIX IS TO BE CONNECTED**

For the treatment by IR- matrix, one should the data on the MODE and treatment DURATION is to be entered according to the particular treatment scheme of the User Guide.

**EXAMPLE.** The following parameters are indicated in the particular treatment scheme of the User Guide: IR-MATRIX, MODE 5, treatment DURATION 25 minutes.

Connect the IR- matrix to the main block. After that the note on the display will be as follows:

<b>L</b>	<b>IR-MATRIX</b>
<b>R</b>	<b>OFF</b>

Confirm the data on converters connected by pressing the button ENTER. The note on the display will be as follows:

<b>START MANUAL &lt;</b>
<b>* START AUTO</b>

To adjust the necessary parameters in accordance with the particular treatment scheme of the User Guide, press the button **ENTER**. The note on the display will be as follows:

<b>MODE</b>
<b>3</b>

Using buttons «▲» and «▼», choose the necessary MODE and confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>DURATION</b>
<b>25</b>

According to the same scheme, use buttons «▲» and «▼» to choose the necessary treatment DURATION and confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>DATA ENTERED.</b>
<b>START?</b>

Then all the necessary parameters are entered, locate the converters on the patient's body at the zones, prescribed by the particular treatment scheme of the User Guide. Press the button **START**. After that the treatment session begins and up to the moment, when the procedure is over, the note on the display will be as follows:

<b>SESSION ENDS</b>
<b>IN 25:00</b>

The figures on the display indicate minutes and seconds left to the procedure completion.

When the treatment session is almost over, one will see yellow and green blinking of the light indicator and hear short sound signals. The loner sound signal indicates that the procedure is over. After that the note on the display will be as follows:

**SESSION  
FINISHED**

In 30 seconds or after pressing of the button **ENTER**, this note will change to the data on the converters connected:

**L IR-MATRIX  
R OFF**

To perform the next treatment procedure with the same parameters, press the button **START**.

### **DATA ENTRY IN CASE WHEN TWO CONVERTERS ARE TO BE CONNECTED**

**EXAMPLE.** The following parameters are indicated in the particular treatment scheme of the User Guide: single vibrophone and vibroplate, MODE 4, ENERGY 3 for single vibrophone and ENERGY 4 for vibroplate, treatment DURATION 30 minutes. The weight of the patient to be treated is 75 kg, the height – 175 cm.

Connect the single vibrophone to the **LEFT** port of the main block and the vibroplate to the **RIGHT** port. After that the note on the display will be as follows:

**L 1 VIBROPHONE  
R VIBROPLATE**

Confirm the data on converters connected by pressing the button **ENTER**. The note on the display will be as follows:

**START MANUAL <  
\* START AUTO**

To adjust the necessary parameters in accordance with the particular treatment scheme of the User Guide, press the button **ENTER**. The note on the display will be as follows:

**MODE  
2**

Using buttons «▲» and «▼», choose the necessary MODE (e.g. 4) and confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>ENERGY</b>	
<b>L=2</b>	<b>R=2</b>

Using buttons «▲» and «▼», choose the necessary value for the converter, connected to the **LEFT** port (e.g. 3). On the display you will see a

pointer near the parameter to be chosen. Confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>ENERGY</b>	
<b>L=3</b>	<b>R=4</b>

Using buttons «▲» and «▼», choose the necessary value for the converter, connected to the **RIGHT** port (e.g. 4). On the display you will see a pointer near the parameter to be chosen. Confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>WEIGHT</b> <b>75</b>
----------------------------

WIEGHT and HEIGHT of the patient, as well as treatment DURATION are to be entered subsequently according to the same principle. The note on the display will be as follows:

<b>HEIGHT</b> <b>175</b>
-----------------------------

<b>DURATION</b> <b>30</b>
------------------------------

<b>DATA ENTERED</b> <b>START?</b>
--------------------------------------

Then all the necessary parameters are entered, locate the converters on the patient's body at the zones, prescribed by the particular treatment scheme of the User Guide. Press the button **START**. After that the treatment session begins and up to the moment, when the procedure is over, the note on the display will be as follows:

<b>SESSION ENDS</b> <b>IN 30:00</b>
--

The figures on the display indicate minutes and seconds left to the procedure completion.

When the treatment session is almost over, one will see yellow and green blinking of the light indicator and hear short sound signals. The loner sound signal indicates that the procedure is over. After that the note on the display will be as follows:

<b>SESSION</b> <b>FINISHED</b>
-----------------------------------

In 30 seconds or after pressing of the button **ENTER**, this note will change to the data on the converters connected:



L	1 VIBROPHONE
R	VIBROPLATE

To perform the next treatment procedure with the same parameters, press the button **START**.

### **DATA ENTRY IN CASE WHEN ONE CONVERTER AND IR- MATRIX ARE TO BE CONNECTED**

**EXAMPLE.** The following parameters are indicated in the particular treatment scheme of the User Guide: double vibrophone and IR- matrix, MODE 2, ENERGY 3, treatment DURATION 35 minutes. The weight of the patient to be treated is 75 kg, the height – 180 cm.

Connect the double vibrophone to the **LEFT** port of the main block and the IR- matrix to the **RIGHT** port. After that the note on the display will be as follows:

L	2 VIBROPHONES
R	IR-MATRIX

Confirm the data on converters connected by pressing the button **ENTER**. The note on the display will be as follows:

<b>START MANUAL &lt;</b>
<b>* START AUTO</b>

To adjust the necessary parameters in accordance with the particular treatment scheme of the User Guide, press the button **ENTER**. The note on the display will be as follows:

<b>MODE</b>
<b>3</b>

Using buttons «▲» and «▼», choose the necessary MODE (e.g. 2) and confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>ENERGY</b>
<b>4</b>

According to the same scheme, use buttons «▲» and «▼» to choose the necessary ENERGY (e.g. 3) and confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>WEIGHT</b>
<b>85</b>

WIEGHT and HEIGHT of the patient, as well as treatment DURATION are to be entered subsequently according to the same principle. The note on the display will be as follows:

<b>HEIGHT</b> <b>180</b>
-----------------------------

<b>DURATION</b> <b>35</b>
------------------------------

<b>DATA ENTERED.</b> <b>START?</b>
---------------------------------------

Then all the necessary parameters are entered, locate the converters on the patient's body at the zones, prescribed by the particular treatment scheme of the User Guide. Press the button **START**. After that the treatment session begins and up to the moment, when the procedure is over, the note on the display will be as follows:

<b>SESSION ENDS</b>
<b>IN 35:00</b>

The figures on the display indicate minutes and seconds left to the procedure completion.

When the treatment session is almost over, one will see yellow and green blinking of the light indicator and hear short sound signals. The loner sound signal indicates that the procedure is over. After that the note on the display will be as follows:

<b>SESSION</b> <b>FINISHED</b>
-----------------------------------

In 30 seconds or after pressing of the button **ENTER**, this note will change to the data on the converters connected:

<b>L</b>	<b>2 VIBROPHONES</b>
<b>R</b>	<b>IR-MATRIX</b>

To perform the next treatment procedure with the same parameters, press the button **START**.

### **AUTO START. DATA ENTRY IN AUTOMATIC TIMER**

In automatic mode it is possible to enter at a time data for starting 3 daily procedures with different treatment duration.

Connect the converters prescribed. Then, using buttons «▲» and «▼», auto start The note on the display will be as follows:

<b>START MANUAL</b> <b>* START AUTO &lt;</b>
---

Confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

**\* MODE**  
**2**

To change the procedure parameters according to the particular scheme, choose the necessary **MODE** and confirm the data by pressing the button **ENTER**. Then, following the same principles, enter **ENERGY**, **WEIGHT** and **HEIGHT** parameters. The note on the display will be as follows:

**\* SESSION 1 START**  
**0←00**

It indicates initial time of the first session beginning (0 hours 00 minutes). Indicator “←” shows that one may start changing this initial time for real starting time of the first session. To adjust indication of hours, use buttons «▲ » and «▼ ».

Confirm the data by pressing the button **ENTER**.

**\* SESSION 1 START**  
**9:00←**

Now you see the indicator “←” after the minutes parameter. To adjust indication of minutes in accordance with the actual starting time of the first procedure, use buttons «▲ » and «▼ ».

Confirm the data by pressing the button **ENTER**.

**\* DURATION 1**  
**15**

The note on the display informs you that the initial duration (entered automatically) of the first procedure (**DURATION 1**) is 15 minutes. Adjust this data within the limits of 1 – 60 minutes, using the buttons «▲ » and «▼ ».

Single pressing on either of these buttons will change the procedure duration for one minute. If you keep the button pressed, the data will be changed automatically in a speed mode. Confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

**START?**  
**DATA ENTRY ON?**

If you are to perform daily a single session, it is enough to press the button **START** and the apparatus will automatically start the treatment procedure at the time entered. If you are to perform one more daily treatment session, after the pressing of button **ENTER** you should enter the data for the second session following the same algorithm, as described above for the first session data

entry. Then, accordingly, you may enter the data for the third daily treatment session.

In the case the note on the display is as follows:

<b>TIME BUSY SESSION No</b>
---------------------------------

It means that you've chose the wrong starting time (it is busy with the previous session). Press the button **START** and enter correct data on hours and minutes of the following session. Confirm the data by pressing the button **ENTER**. The note on the display will be as follows:

<b>* DATA ENTERED. START?</b>
-----------------------------------

Press the button **START**. The note on the display will be as follows:

<b>*</b>	<b>TIME</b>	<b>HH:MM</b>
<b>SESSION No</b>		<b>HH:MM</b>

In the upper line you will see indication of the current time (hours and minutes);

In the lower line you will see a number of the nest session (№ - 1, 2 or 3) and the time rest before its beginning.

At the time indicated for the beginning of this session, you will hear a sound signal and the treatment session will begin. The note on the display will be as follows:

<b>* SESSION ENDS IN           MM:CC</b>
--

Indication **HH:CC** is a timer, working backwards. It shows the time, rest before the end of the ongoing session in minutes and seconds.

During the course of the treatment procedure, color of the light indicator will be green. When the treatment session is almost over, one will see yellow and green blinking of the light indicator and hear short sound signals. The loner sound signal indicates that the procedure is over. After that the note on the display will be as follows:

<b>*</b>	<b>TIME</b>	<b>HH:MM</b>
<b>SESSION No</b>		<b>HH:MM</b>

In the upper line you will see indication of the current time (hours and minutes);

in the lower line you will see a number of the next session (№ - 1, 2 or 3) and the time rest before its beginning.

A symbol « \* » on the display indicates that the apparatus is working in the automatic mode.

When the apparatus is in automatic mode, all the buttons are blocked. You will not be able to change anything by pressing the buttons.

If you want to discontinue the automatic working of the apparatus, you should firstly press the button **RESET**, then the button **ENTER**. All the settings will be in their initial state, as before the beginning of data entry for the session 1.

## **APPARATUS SWITCHING OFF**

When all the treatment procedures are over, switch the apparatus off, disconnect the converters and put them into their original covers. If necessary, disconnect the apparatus from the mains and put it into its original package.

## **PHONATION METHODS**

### **GENERAL RULES OF PHONATION**

Phonation is a comfortable procedure performed by the user without assistance with the help of easy-to-use vibroacoustic devices. The general purpose of phonation is to provide the organism with microvibration energy in those areas where own microvibration is insufficient. Phonation is performed according to the schemes which include the list of exposed areas, duration and power of the exposure and frequency of procedures.

**ATTENTION!** For selecting a phonation scheme, it is necessary to make a diagnosis correctly and also to reveal areas included in the list of contraindications.

### **Peculiarities of phonation in some areas**

When performing the phonation procedures, one should bear in mind the following:

in patients with nephroptosis in all cases, when zone K are indicated in the schemes, vibrophones should be applied on the area of the descended position of the kidneys;

if large concrements (more than 4 mm) are present in the kidneys, phonation should be performed with medical aid readily available. The microvibration exposure cannot move large concrements but they may start moving because of other causes, therefore, medical aid may be required. The earlier the concrements are discharged, the better is the situation;

if the gall bladder contains concrements or if it is removed, in all cases when zone M are indicated in the scheme, they should be replaced by zone M5;

if a patient has only one kidney, both vibrophones should be applied to the area of this kidney: the first one is placed on zone K and the second one in projection of the ureter (under the first vibrophone).

### **Rules for applying vibrophones**

A converter, which transfers microvibrations when contacting with the body is called "vibrophone". Vibrophones are applied with their membranes to the body surface through a gauze, paper or cotton cloth. Vibrophones are attached with the help of the elastic bandage, special fixing cuffs for the devices of "Vitaфон" series, held with the hands or pressed by the own weight (e.g. when a patient lies on his back). The membrane surfaces should tightly adjoin to the body. The maximum sensation of low frequency microvibration (when sound is the lowest) serves as a criterion of correct application. Do not press the membranes to the body with excessive effort. This will result in stopping of microvibration and absence of the recovering effect.

As a rule, two vibrophones are applied to a area. Vibrophones may be located at any distance from each other (if their position is not prescribed by the scheme), both in one plane and at a certain angle to each other (e.g., during phonation of joints). The depth of the effect from the vibrophone membrane plane deep into the tissues is 10 cm.

In patients with severe tissue damage (gangrene, congelation, abscess etc.), when performing phonation of the respective affected area, vibrophones should be applied on the certainly treatment zone adjoining to the damaged tissue. This is necessary to avoid the excessive entering of harmful metabolism products in the blood under the influence of microvibration from the affected area. As the recovery progresses, the phonation treatment zone is moved closer to the margin of the affected area.

If there no special instructions, phonation is performed in position lying on the back or in sitting position.

### **The course duration**

Phonation is performed in courses. The basic phonation course includes a large number of procedures, as a rule, several times a day for 5-7 days a week (as indicated in the scheme description). If the scheme description does not indicate duration of the basic course, frequent phonation should be continued till complete recovery or achieving a desired result. The result is achieved after a period from several days to several months depending on the nature and severity of the disease and phonation activity.

If full recovery does not occur or it is not possible (depending on the disease), the basic course is interrupted for not less than 5 days (but not more than 1 month) after 3 months if another term is not indicated in the description of phonation scheme.

If any changes in the organism are not observed during one month, it is necessary to check the device running order, make the diagnosis, prime cause of the disease and phonation scheme more precise.

After achieving a desired result, you should turn from the basic course to supporting procedures, i.e. reduce the number of daily and weekly procedures as compared to the basic course. The supporting procedures are performed with the reached sufficient time for exposed areas (the time indicated in the last line of the schemes). The recommended number of supporting procedures for prevention of a specific disease is indicated in scheme descriptions and if it is not indicated, the user selects himself their number taking into account the life circumstances but it is advisable that their number should be not less than 1 procedure a week. When the resource consumption increases (stress, cooling, physical fatigue etc.), it is recommended to increase the number of weekly supporting procedures proportionally. The supporting procedures may be performed both as per the phonation scheme for a specific disease and as per scheme 1.

In addition to supporting procedures, the basic phonation courses are repeated to improve the result (in particular, in chronic diseases). If the interval in phonation is less than 1 month (taking into account the supporting procedures), procedures should be started just from the time indicated in the last line of the scheme.

On the whole, it is recommended to perform regular phonation as per scheme 1 with a purpose of prevention irrespective of the necessity to treat a specific disease. When phonation is performed regularly, the organism resources are accumulated what is manifested in general well-being, increased capacity for work, lowered rate of chills.

But the resource condition gradually returns to the initial level because of the constant effect of damaging factors, and the effect is preserved for not more than 3 months.

## HOW TO USE THE METHODS

The phonation methods are presented as follows. Each section concerning a certain pathology or problem describes briefly the understanding of the problem causes starting from the resource approach to the health and also formulates those results which can be achieved by phonation.

The method description includes phonation schemes (type of vibrophones used, duration and scheme of the exposure to each zone), instructions concerning the frequency of procedures, the course duration and also additional measures which are also significant for achieving a result.

Each phonation scheme is followed by the *description* of the sequence of connection and transposition of vibrophones which will allow shortening the time of the procedure as per the scheme.

The following terminology is used in the schemes and description:

**Vibrophone** is a vibroacoustic converter which is applied to the body.

**Left converter** is a converter connected to connector L of the left port of the device. Abbreviation: **Left**.

**Right converter** is a converter connected to connector R of the right port of the device. Abbreviation: **Right**.

## **Attention!**

The doubled vibrophone applied on zone “K” for the whole time of the procedure is connected to the left channel in most schemes. The doubled vibrophone, single vibrophone, vibroplate or IR-matrix is connected to the right port.

The procedure time is set for the right port. The right converter is successively moved from one treatment zone to another as per the scheme during the procedure. The total time for these zones is equal to phonation time of zone “K”.

Explanations for the phonation scheme are available in other cases.

## **Performing the procedures**

As the time is set simultaneously for the left and right port, the procedure can be performed in two versions. Choose the version which is convenient for you.

**Version 1.** The time is set as per the scheme for the right port.

Connect the converters to the left and right ports as per the phonation scheme. Use the scheme to choose the mode corresponding to phonation day and energy for each port and set them. Set the weight and height approximately. Set the time according to the phonation day and chosen treatment zone of the right port. Press the button “START”.

Set the left doubled vibrophone on zone K and leave it thereon till the end of the procedure. The phonation time of zone K is equal to the total phonation time of the treatment zones using the right vibrophone.

Use the right vibrophone to phonate successively all zones indicated in the scheme for the right port. While doing this, apply the converters at first on the next zone, then change the time and energy for this zone, if necessary, and press the button “START”. The order for phonation of the treatment zones does not matter.

Example; Scheme 1, day 1

Connect two doubled vibrophones to the device, set mode 1. Set energy 3 for the left vibrophone and energy 2 for the right vibrophone. Then set the weight and height. Set the time for zone M: 5 minutes. Apply the left doubled vibrophone on zone K and leave it thereon till the end of the procedure. Apply the right vibrophone on zone M. Press the button “START”.

Upon completion, set the time for zone E3: 2 minutes. Move the right vibrophone to zone E3. Press the button “START”.

Upon completion, move the right vibrophone to zone E4. Press the button “START”.

Upon completion, set the time for zone E11: 1 minute. Move the right vibrophone to zone E11. Press the button “START”.

**Version 2.** The time is set according to the scheme for the left vibrophones.

In this case it is not necessary to re-program the device but it is required to observe the phonation time for each zone of the right vibrophones and move this vibrophones to the next zone in due time. Such method is suitable for that part of the phonation scheme, in which it is not required to change the parameter “Energy” or “Mode”.



If only one converter is used for phonation, the time should be set for this converter.

**Abbervations and Definitions:**

**ILN** – Inguinal Lymph Nodes;

**P and UB** – Perineum and Urinary Bladder;

**SCBT** – The center of a scrotum between testicles;

**PREVENTION OF DISEASES**

Perform phonation as per **Scheme 1**. Repeat procedures **1-3 times a day 2-7 times a week**. It is recommended to start a course at every stable change of the environment temperature by more than 7 degrees.

**The course duration** is 2-3 weeks. Two-four courses per year (from September to May) are performed for prevention of chill diseases. The prevention is justified by the better state of health, mood and significantly higher capacity for work.

To reduce the phonation time during one procedure, zones E11, E3 and E4 may be replaced by one zone E40 (picture 9), which requires moving the vibrophones along the vertebral column when performing the procedures. The rate of phonation time increase is the same as that for E11.

**Scheme 1. Treatment for prevention of diseases**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	M	E11	E3	E4
1-2	MODE 1	10	5	1	2	2
3-4	MODE 1	12	6	2	2	2
5-6	MODE 2	14	7	2	3	2
7-8	MODE 2	16	8	2	3	3
9-10	MODE 2	18	9	3	3	3
11-12	MODE 2	20	10	3	4	3
13-14	MODE 2	22	10	3	5	4
15-16	MODE 2	24	10	4	6	4
further	MODE 2	27	10	5	7	5

The sequence of actions is stated in the section "Performing the procedures".

**ALLEVIATING FATIGUE**

Perform phonation as per **Scheme 2**. Repeat procedures **1-3 times a day 2-7 times a week in the period of intensified** physical, mental and psychic stresses. The more intense stresses are, the more procedures are required but even one procedure is beneficial.

## Scheme 2. Treatment for alleviating fatigue

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone	
		LEFT ENERGY 3	RIGHT ENERGY 2
		K	M
1	MODE 1	5	5
2	MODE 1	6	6
3	MODE 2	7	7
4	MODE 2	8	8
5	MODE 2	9	9
6	MODE 2	10	10
7	MODE 2	11	11
8	MODE 2	12	12
9	MODE 2	13	13
further	MODE 2	15	15

The sequence of actions is stated in the section "Performing the procedures".

## IN SPORTS TRAINING

Perform phonation as per **Scheme 3**. If phonation was performed earlier (provided that there is no interval of more than 1 month), choose the start day in the scheme based on the reached time for kidney zone K. Repeat procedures **1-3 times a day in the period of intensified physical stress**. If the hands are phonated, press vibrophones in the fists with their membranes turned to the palms. Fix vibrophones on the other areas of the extremities using the elastic bandage or with the help of cuffs.

### Scheme 3. Treatment for sports training

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone	
		LEFT ENERGY 3	RIGHT ENERGY 3
		K	The most tired groups of muscles
1	MODE 1	9	3 minutes for group
2	MODE 1	15	5 minutes for group
3	MODE 2	21	7 minutes for group
4	MODE 2	24	8 minutes for group
further	MODE 2	30	10 minutes for group

The sequence of actions is stated in the section "Performing the procedures".

## INSOMNIA

Perform phonation as per **Scheme 4**. Phonation as per scheme 4 before going to bed favors falling asleep and improvement of sleep quality.

#### Scheme 4. Treatment for insomnia

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3		RIGHT ENERGY 2	
		K	M	D1	D2
1-2	MODE 1	5	2	1	1
3-4	MODE 1	7	3	2	2
5-6	MODE 2	9	5	2	2
7-8	MODE 2	11	7	2	2
9-10	MODE 2	13	9	2	2
11-12	MODE 2	15	10	2	3
13-17	MODE 2	17	12	2	3
18-16	MODE 2	19	14	2	3
17-18	MODE 2	20	15	2	3
further	MODE 2	20	15	2	3

The sequence of actions is stated in the section "Performing the procedures".

#### HIGH BLOOD PRESSURE, INCLUDING THAT WITH A RENAL ORIGIN

In most cases, lowering the blood pressure (BP) is achieved using **Scheme 5 and 6**. If hypertension is caused by vascular insufficiency of the spinal cord or brain, **Scheme 7** is more effective.

**The course duration.** Continue phonation till achieving the optimum BP level. After achieving the optimum BP, turn to supporting phonation procedures: the number of procedures may be reduced to 1-2 a day but perform one procedure more (2-3 times a day) in case of intensified physical stresses, overcooling, long stress. If necessary, perform the repeated courses 2-3 times a year.

**Schemes 5 and 6** are used in patients with arterial hypertension of degree 1-3 **if the systolic BP is usually lower in the morning than in the evening without taking hypotensive drugs**. If only systolic pressure increases in the evening, perform phonation as per **Scheme 5**. If both systolic and diastolic BP increase in the evening, perform phonation as per **Scheme 6**. Repeat procedures **2-3 times a day**.

Hypertension of degree 1 (BP level is within the range of 125/90 - 159/99 mm Hg) is treated without pharmacotherapy. Hypertension of degree 2 and 3 (BP level is higher than 160/100 mm Hg) is treated using hypotensive drugs with gradual increase of the dose. Perform phonation using a full daily dose of hypotensive drugs during the first 2 weeks. Then decrease the dose by  $\frac{1}{2}$  of the daily dose every 2-3 weeks in case of hypertension of degree 2 and by  $\frac{1}{4}$  of the daily dose every 2-3 weeks in patients with hypertension of degree 3. The daily dose is understood as a dose of the drug recommended by a physician for permanent intake. The complete refusal from hypotensive drugs is possible if the systolic BP does not exceed 160 mm Hg with ongoing phonation procedures.

**Scheme 5. Treatment for patients with hypertension of degree 1-3 when only systolic BP increases in the evening**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes			
		LEFT double vibrophone ENERGY 3			
		K			
1-2	MODE 1	5			
3-4	MODE 1	7			
5-6	MODE 2	9			
7-8	MODE 2	11			
9-11	MODE 2	14			
12-14	MODE 2	17			
15-17	MODE 2	20			
18-22	MODE 2	25			
23-27	MODE 2	30			
28-32	MODE 2	35			
further	MODE 2	20-30 for high blood pressure 1 degree 30-40 for high blood pressure 2-3 degree			

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 6. Treatment for patients with hypertension of degree 1-3 when both systolic and diastolic BP increase in the evening**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes				
		LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	M	M5	C	E50
1-2	MODE 1	10	3	3	3	1
3-4	MODE 1	12	4	3	3	2
5-6	MODE 2	14	4	4	3	3
7-8	MODE 2	16	4	4	4	4
9-10	MODE 2	18	5	4	4	5
11-12	MODE 2	20	6	4	4	6
13-14	MODE 2	22	6	5	4	7
15-17	MODE 2	25	7	5	5	8
18-22	MODE 2	30	8	6	7	9
23-27	MODE 2	35	9	8	9	9
further	MODE 2	40	10	10	10	10

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 7** is used in patients with hypertension of degree 1-3 if **systolic BP is higher by 10 and more units in the morning than in the evening without taking hypotensive drugs** (hypertension caused by vascular insufficiency). As a rule, hypotensive drugs are not effective in hypertension of such type, therefore, procedures are performed without pharmacotherapy. Perform phonation as per

**Scheme 7.** Repeat procedures **2-3 times a day**. Peculiarities of applying vibrophones in the areas of the eyes are indicated in picture 10.

**Scheme 7. Treatment for patients with hypertension of degree 1-3 if systolic BP is higher by 10 and more units in the morning than in the evening.**

WEEK	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		Part 1		Part 2		Part 3	
		LEFT ENERGY 3	RIGHT ENERGY 2	LEFT ENERGY 2	RIGHT ENERGY 2	LEFT ENERGY 2	RIGHT ENERGY 2
		K	M	LEFT EYE	RIGHT EYE	D1	E50
1 week	MODE 1	3	3	1	1	1	1
2 week	MODE 1	4	4	2	2	2	2
3 week	MODE 2	5	5	3	3	3	3
4 week	MODE 2	6	6	4	4	4	4
5 week	MODE 2	7	7	5	5	5	5
6 week	MODE 2	8	8	5	5	5	5
7 week	MODE 2	9	9	5	5	5	5
8 week	MODE 2	10	10	5	5	5	5
9 week	MODE 2	11	11	5	5	5	5
10 week	MODE 2	12	12	5	5	5	5
11 week	MODE 2	13	13	5	5	5	5
12 week	MODE 2	14	14	5	5	5	5
further	MODE 2	15	15	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

Phonate at first zone K (left) and zone M (right).

Then phonate area of the left eye (L) and area of the right eye (R).

After that phonate zone D1 (left) and zone E50 (right).

## THE METHOD FOR PHONATION OF THE VERTEBRAL COLUMN

Perform phonation as per **Schemes 8-12** in position lying on the back. Put a pillow under the neck and shoulders for application of vibrophones during the procedures in the area of the cervical spine so that vibrophones fit sufficiently tightly to the treatment zone.

If there are problems in several parts of the vertebral column (e.g., osteochondrosis of the cervical spine and discal hernia in the lumbosacral spine), one scheme is chosen for the most problem affected area. Phonation as per two schemes simultaneously is possible in patients with moderate vertebral degradation; in this case phonation in one day as per each of the schemes should be performed with an interval of not less than 2 hours.

If the user suffers from essential hypertension, the arterial blood pressure should be checked before starting the procedure and 30 minutes after its ending when performing the procedures. It may change. The blood pressure should be maintained at the optimum level when the patient feels himself best and has maximum capacity for work. When using hypotensive drugs, phonation of the kidney area may cause the excessive lowering of arterial blood pressure. In this situation you should correct (reduce) the doses of drugs in order to maintain the

blood pressure at the optimum level. If the blood pressure increases, if the patient develops dizziness or weakness, the duration of the procedures on the vertebral column area should be shortened.

Perform phonation of the thoracic spine as per scheme 9A in patients with cardiac arrhythmia and after myocardial infarction: start the exposure of the thoracic spine (E11, E2, E21) from the minimum time (1 minute) and increase it very gradually by 1 minute every 3-4 days.

**Possible exacerbation.** If the user has chronic diseases of the vertebral column, as a rule, painful sensations are temporarily exacerbated after several procedures with simultaneous increase of the range of movements. This is evidence of the restored blood supply of the nerve paths and a positive change in the vertebral column condition. Do not stop the procedures. The more evenly the procedures are performed during the day, the higher the effect is and the lower the probability of exacerbation of painful sensations is.

The **course duration** depends to a significant extent on the severity, duration and nature of the disease and varies from several days to several months in patients with osteochondrosis and radiculitis. The stable and complete rehabilitation of patients with discal hernias and scoliosis will require from one to three years (depending on the disease severity and the degree of observing the additional measures).

It is advisable to **exclude shock and damaging loads on the vertebral column.**

## OSTEOCHONDROSIS, RADICULITIS

Perform phonation as per **Schemes 8-11** depending on the part of the vertebral column where osteochondrosis, radiculitis is localized (cervical, thoracic, lumbar, lumbosacral spine). Repeat the procedures **2-4 times a day**. When choosing a scheme, orientate yourself to picture 8 illustrating the treatment zones indicated in the schemes: treatment zones mentioned in the scheme should coincide with the affected area.

**ATTENTION!** Before starting the use of the chosen scheme, read the section "The method for phonation of the vertebral column".

### Scheme 8. Treatment for osteochondrosis, radiculitis of cervical spine.

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3		RIGHT ENERGY 2		
		K	M	D1	D2	E1
1-3	MODE 1	10	5	1	2	2
4-6	MODE 1	14	7	2	2	3
7-9	MODE 2	18	9	3	3	3
10-12	MODE 2	22	11	3	4	4
13-15	MODE 2	26	13	4	4	5
further	MODE 2	30	15	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

### Scheme 9. Treatment for osteochondrosis, radiculitis of thoracic spine

День	Режим	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	M	E11	E2	E21
1-3	MODE 1	11	5	2	2	2
4-6	MODE 1	15	7	2	3	3
7-9	MODE 2	19	9	3	4	3
10-12	MODE 2	22	11	3	4	4
13-15	MODE 2	26	13	4	5	4
further	MODE 2	30	15	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

### Scheme 9A. Treatment for osteochondrosis, radiculitis of thoracic spine in combination with cardiac arrhythmia and after myocardial infarction

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	M	E11	E2	E21
1-3	MODE 1	8	5	1	1	1
4-6	MODE 1	12	7	1	2	2
7-9	MODE 2	17	9	2	3	3
10-12	MODE 2	22	11	3	4	4
13-15	MODE 2	26	13	4	5	4
further	MODE 2	30	15	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

### Scheme 10. Treatment for osteochondrosis, radiculitis of lumbar spine

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	M	E21	E3	E31
1-3	MODE 1	11	5	2	2	2
4-6	MODE 1	15	7	2	3	3
7-9	MODE 2	19	9	3	4	3
10-12	MODE 2	23	11	3	5	4
13-15	MODE 2	27	13	4	6	4
further	MODE 2	30	13	5	7	5

The sequence of actions is stated in the section "Performing the procedures".

## Scheme 11. Treatment for osteochondrosis, radiculitis of lumbosacral spine

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		Постоянно	Part 1		Part 2	
		LEFT ENERGY 3	RIGHT ENERGY 2		RIGHT ENERGY 3	
		K	M	E3	E31	E4
1-3	MODE 1	11	5	2	2	2
4-6	MODE 1	15	7	3	2	3
7-9	MODE 2	20	9	4	3	4
10-12	MODE 2	24	11	5	3	5
13-15	MODE 2	28	12	6	4	6
further	MODE 2	32	13	7	5	7

The sequence of actions is stated in the section "Performing the procedures".

Phonate at first zone K (left) and zones M, E3, E31 (right).

After that phonate zone K (left) and zone E4 (right).

### EFFECTS (SEQUELAE) OF SCOLIOSIS

Perform phonation as per **Scheme 12**. Repeat procedures **2 times a day 6-7 days a week**.

#### Scheme 12. Treatment for effects (sequelae) of scoliosis

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 3	RIGHT ENERGY 2				
		K	M	E1	E2	E3	E4
		1-2	MODE 1	10	2	2	2
3-4	MODE 1	14	4	2	2	3	3
5-6	MODE 2	18	6	3	3	3	3
10-12	MODE 2	22	8	3	3	4	4
13-15	MODE 2	26	8	4	4	5	5
further	MODE 2	30	10	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

### THE METHOD FOR PHONATION OF THE JOINTS

Perform phonation as per **Schemes 13-15** in position lying on the back. Not more than two joints may be treated in one course.

Examples of applying the vibrophones on different joints are illustrated in pictures 6 and 7. It is better to fix the vibrophones with a special cuff.

**Possible exacerbation.** Painful sensations are exacerbated and edema is temporarily increased sometimes after several procedures when phonating a joint. This is caused by intensification of immune reactions thanks to microvibration.

Phonation should not be stopped, and the patient usually has to beat it for several days because it is not recommended to take analgesics. This



psychological barrier should be overpassed. Microvibration perfectly fulfills its work for cleansing the tissues from harmful metabolism products and this is always positive for the joint health. You may use anti-inflammatory drugs prescribed by your physician.

In order to improve the tolerance and relieve painfulness, you may make the following changes in the scheme so that phonation should be tolerated easily, in particular:

- 1) set energy 2 for the right or left vibrophone instead of the energy 3 or 4 when phonating a joint. Then return to set of the energy 3 after some time;
- 2) shorten the phonation time of a joint during one procedure. It is not recommended to reduce the number of daily procedures;
- 3) turn to phonations of only one joint if the procedures were performed for two joints simultaneously.

**The course duration.** The course duration depends to a significant extent on the severity, duration and nature of the disease. In patients with not advanced disease, a course till stopping of pains and achieving the normal mobility of a joint varies from several weeks to several months depending on the total phonation time and degree of observing the additional measures. Irreversible processes could develop in case of advanced disease, and then phonation can only prevent further degradation and slight relief of painfulness.

## ARTHRITIS, ARTHROSA, TRAUMA

Perform phonation as per **Schemes 13-15** depending of the affected joint. Repeat the procedures **2-3 times a day**. **Schemes 13** and **14** are divided in two parts: both parts should be performed during each procedure.

Apply the vibrophones in the area of the shin on the anterior and posterior muscles (picture 7). When phonating the area of ILN, apply the vibrophones on the inguinal lymph nodes (ILN) of the leg where the affected joint is located (picture 12).

### Scheme 13. Treatment for disease of hip joint. Part 1

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3	RIGHT ENERGY 3		RIGHT ENERGY 2
		K	Muscles of the Left Shin	Muscles of the Right Shin	M
1	MODE 1	9	2	2	5
2	MODE 1	12	3	3	6
3	MODE 2	15	4	4	7
4-5	MODE 2	18	5	5	8
6-7	MODE 2	21	6	6	9
8-9	MODE 2	24	7	7	10
10-11	MODE 2	26	7	7	12
12-13	MODE 2	28	7	7	14
further	MODE 2	30	7	7	16

The sequence of actions is stated in the section "Performing the procedures".

### Scheme 13. Treatment for disease of hip joint. Part 2.

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 4	RIGHT ENERGY 2			
		Joint	E3	E31	E4	ILN
1	MODE 1	4	1	1	1	1
2	MODE 1	6	2	2	1	1
3	MODE 2	8	2	2	2	2
4-5	MODE 2	10	3	3	2	2
6-7	MODE 2	12	3	3	3	3
8-9	MODE 2	14	4	4	3	3
10-11	MODE 2	16	4	4	4	4
12-13	MODE 2	18	5	5	4	4
further	MODE 2	20	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

### Scheme 14. Treatment for disease of ankle-joint, knee-joint (arthrosis, arthritis, non advanced meniscus detachment). Part 1.

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3	RIGHT ENERGY 3		RIGHT ENERGY 2
		K	Muscles of the Left Shin	Muscles of the Right Shin	M
1	MODE 1	9	2	2	5
2	MODE 1	12	3	3	6
3	MODE 2	15	4	4	7
4-5	MODE 2	18	5	5	8
6-7	MODE 2	21	6	6	9
8-9	MODE 2	24	7	7	10
10-11	MODE 2	26	7	7	12
12-13	MODE 2	28	7	7	14
further	MODE 2	30	7	7	16

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 14. Treatment for disease of ankle-joint, knee-joint (arthrosis, arthritis, non advanced meniscus detachment). Part 2.**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 4	RIGHT ENERGY 2			
		Joint	E3	E31	E4	ILN
1	MODE 1	4	1	1	1	1
2	MODE 1	6	2	2	1	1
3	MODE 2	8	2	2	2	2
4-5	MODE 2	10	3	3	2	2
6-7	MODE 2	12	3	3	3	3
8-9	MODE 2	14	4	4	3	3
10-11	MODE 2	16	4	4	4	4
12-13	MODE 2	18	5	5	4	4
further	MODE 2	20	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 15. Treatment for disease of hand joints**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2		RIGHT ENERGY 4	
		K	M	D2	E1	Joint
1-2	MODE 1	10	3	1	1	5
3-4	MODE 1	15	4	2	2	7
5-6	MODE 2	20	5	3	3	9
7-8	MODE 2	25	6	4	4	11
9-10	MODE 2	30	7	5	5	13
11-12	MODE 2	33	8	5	5	15
13-14	MODE 2	36	9	5	5	17
further	MODE 2	40	10	5	5	20

The sequence of actions is stated in the section "Performing the procedures".

## GOUT

Perform phonation as per **Scheme 16**. Repeat the procedures **2-3 times a day**.

### Scheme 16. Treatment for patients with gout

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone		
		LEFT ENERGY 3	RIGHT ENERGY 3	LEFT ENERGY 3
		K	Affected Joint	K
1	MODE 1	3	3	7
2	MODE 1	5	5	8
3	MODE 2	7	7	9
4	MODE 2	9	9	10
5	MODE 2	12	12	10
6-7	MODE 2	15	15	10
8-9	MODE 2	18	18	10
10-11	MODE 2	21	21	10
12-13	MODE 2	25	25	10
further	MODE 2	30	30	10

The sequence of actions is stated in the section "Performing the procedures".

Phonate at first zone K (left) and the zone of the affected joint (right). Then disconnect the right vibrophone and continue phonation of zone K.

## ADENOMA OF THE PROSTATE GLAND

Perform phonation as per **Scheme 17**. Repeat the procedures **2 times a day 6-7 days a week**. This method is used when blood PSA level is not more than 4 ng/ml and the residual urine quantity is not more than 150 ml.

Perform phonation in position lying on the back. If necessary, put a small pillow under the pelvic area to ensure the horizontal position of the body. Apply one vibrophone in the space between the anus and root of the penis under the scrotum for phonation of the perineum area (P). At the same time, apply the second vibrophone on the area of the urinary bladder (UB), in the inferior part of the abdomen so that the membrane center should be above the pubis by 3-4 cm.

When phonating area P and UB, alternate mode 2 with mode 4 from one procedure to another.

**The course duration.** The duration of the phonation course is 3 months and it should be repeated 2 times a year. Perform the supporting procedures during the rest of the year: 1-2 times a week or 1-2 procedures within 24 hours after each coitus.

## Scheme 17. Treatment for patients with prostate adenoma

DAY	ENERGY, MODE, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone						
	Part 1				Part 2		
	MODE	LEFT ENERGY 3	RIGHT ENERGY 2			MODE	LEFT ENERGY 3
		K	M	E3	E4		P and UB
1-2	MODE 1	10	5	3	2	MODE 1	5
3-4	MODE 1	12	6	3	3	MODE 1	6
5-6	MODE 2	14	7	4	3	MODE 2	7
7-8	MODE 2	16	8	4	4	MODE 2	8
9-10	MODE 2	18	9	5	4	MODE 2	9
11-12	MODE 2	20	10	5	5	MODE 3	10
13-14	MODE 2	22	10	6	6	MODE 3	11
15-16	MODE 2	24	10	7	7	MODE 3	12
17-18	MODE 2	26	10	8	8	MODE 3	13
19-20	MODE 2	28	10	9	9	MODE 3	14
further	MODE 2	30	10	10	10	MODE 3 or 2	15

Phonate zones K+M, then zones K+E3, then zones K+E4 during the first part.

After that, switch off the right converter and phonate area of the perineum and the urinary bladder. If the patient has body weight of more than 90 kg, do not switch off the right vibrophone but apply it on the perineum and apply both vibrophones of the left converter on the area of the urinary bladder. You may perform part 1 and part 2 in different time of the day.

## PROSTATITIS

Perform phonation as per **Scheme 18**. Repeat the procedures **3 times a day during the first month and then 2 times a day**.

Perform phonation in position lying on the back. If necessary, put a small pillow under the pelvic area to ensure the horizontal position of the body.

Apply one vibrophone in the area between the anus and root of the penis under the scrotum for phonation of the perineum area (P). At the same time, apply the second vibrophone on the area of the urinary bladder (UB), in the inferior part of the abdomen so that the membrane center should be above the pubis by 3-4 cm.

Phonation may be combined with pharmacotherapy. The treatment of acute prostatitis is combined with the use of antibiotics prescribed by an urologist.

If the procedures as per **Scheme 18** provide an insufficient effect, there are, probably, other factors which favor maintaining of the inflammatory process.

1) The most probable cause may consist in significant percentage of dead spermatozoa coming from the testis. Unfortunately, the sperm analyses do not provide information on the number of dead spermatozoa among immobile spermatozoa. The number of immobile spermatozoa may be normal but the percentage of dead ones may be already sufficient for maintaining the inflammation. In order to reduce the percentage of dead spermatozoa, you may have a therapeutic course using the **method for phonation in male infertility** for 2-3 months. .

2) Discal hernia in the lumbosacral spine may be another cause slowing

down the recovery. If hernia is present, it is necessary to have a course using the **method for phonation in patients with discal hernia** at first and then observe the measures for protection of the vertebral column health.

3) Concrements in the prostate gland (**calculous prostatitis**) may be the third cause maintaining the inflammatory process. Areas P and UB are not exposed in patients with calculous prostatitis and these areas are replaced by phonation of inguinal lymph nodes (ILN). Perform phonation as per **Scheme 19**.

**Possible exacerbation.** If prostatitis is combined with the disease of the urinary bladder, products of cleansing and recovery processes may be discharged with urine in the first days. After several days, urine becomes transparent, pains stop, the number of urinations is significantly reduced, potency improves and the coitus becomes longer.

The painfulness in the area of the prostate gland may be exacerbated in patients with chronic prostatitis, even with gradual increase of the procedure time. Do not stop the procedures but do not extend the phonation duration for some time until painfulness disappears. If painfulness developed already after reaching the maximum phonation time, you may return to day 22 of the phonation scheme and repeat the increase of the dose.

If unrevealed pathologies are present in the areas of the lumbosacral spine, painful sensation in the lumbar area and even pain irradiating to the leg or other areas of the inferior part of the body may develop after several days. In this case you should return to the beginning and continue from the first day of the phonation scheme to reduce the reaction acuteness.

**The course duration.** Continue phonation till achieving the desired result. The course duration depends on the general condition and degree of anatomic lesions in the prostate gland. After achieving the desired result, supporting procedures should be performed 1-2 times a day 4-6 times a week to avoid a recurrence.

**Additional measures.** It is important to observe moderateness in the sexual life for 3-6 months; the frequency of sexual relations should be once in 1-2 weeks during the basic course. The legs and pelvic area should be kept warm (e.g. warm knitted wear under the trousers) during the cold period of the year.

### Scheme 18. Treatment for patients with prostatitis Standard course

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		Part 1					Part 2
		LEFT ENERGY 3	RIGHT ENERGY 2				LEFT ENERGY 3
		K	M	E3	E31	E4	P and UB
1-3	MODE 1	10	4	2	2	2	3
4-6	MODE 1	13	5	3	3	2	4
7-9	MODE 2	16	6	4	3	3	5
10-12	MODE 2	19	7	4	4	4	6
13-15	MODE 2	22	8	5	4	5	7
16-18	MODE 2	25	9	6	5	5	8
19-21	MODE 2	27	10	7	5	5	9
22-24	MODE 2	28	10	8	5	5	10
25-27	MODE 2	29	10	9	5	5	11
28-30	MODE 2	30	10	10	5	5	12
31- 33	MODE 2	30	10	10	5	5	13
34-36	MODE 2	30	10	10	5	5	14
further	MODE 2	30	10	10	5	5	15

Phonate zones K+M, then zones K+E3, K+E31, K+E4 successively during the first part. After that, switch off the right converter and phonate the areas of perineum and urinary bladder.

### Scheme 19. Treatment for patients with calculous prostatitis. Repeat the procedures 2-3 times a day.

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 3	RIGHT ENERGY 2				
		K	M	E3	E31	E4	ILN
		1-3	MODE 1	12	4	2	2
4-6	MODE 1	15	5	3	3	2	2
7-9	MODE 2	19	6	4	3	3	3
10-12	MODE 2	23	7	4	4	4	4
13-15	MODE 2	27	8	5	4	5	5
16-18	MODE 2	30	9	6	5	5	5
19-21	MODE 2	32	10	7	5	5	5
22-24	MODE 2	33	10	8	5	5	5
25-27	MODE 2	34	10	9	5	5	5
28-30	MODE 2	35	10	10	5	5	5
further	MODE 2	35	10	10	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

### IMPOTENCE AND ERECTION

Perform phonation as per **Scheme 20**. Repeat procedures **1-3 times a day**. The local exposure on the perineum and the urinary bladder area (P and UB) is

sometimes sufficient but the effect is proportional to the total accumulated dose and number of phonation areas.

Perform phonation in position lying on the back. If necessary, put a small pillow under the pelvic area to ensure the horizontal position of the body.

Apply one vibrophone in the area between the anus and root of the penis under the scrotum for phonation of the perineum area (P). At the same time, apply the second vibrophone on the area of the urinary bladder (UB), in the inferior part of the abdomen so that the membrane center should be above the pubis by 3-4 cm.

**The course duration:** 1-3 months, then 1-2 procedures are performed within 24 hours after the coitus with the purpose of prophylaxis.

### Scheme 20. Treatment for improvement of erection

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		Part 1					Part 2
		LEFT ENERGY 3	RIGHT ENERGY 2				LEFT ENERGY 3
		K	M	E3	E31	E4	P and UB
1	MODE 1	10	4	2	2	2	3
2	MODE 1	13	5	3	3	2	5
3	MODE 2	16	6	4	3	3	7
4	MODE 2	19	7	4	4	4	8
5	MODE 2	22	8	5	4	5	9
6	MODE 2	25	9	6	5	5	10
7	MODE 2	27	10	7	5	5	11
8	MODE 2	28	10	8	5	5	12
9	MODE 2	29	10	9	5	5	13
10	MODE 2	30	10	10	5	5	14
further	MODE 2	30	10	10	5	5	15

Phonate zones K+M, then zones K+E3, K+E31, K+E4 successively during the first part. After that, switch off the right converter and phonate the areas of perineum and the urinary bladder. If the patient has body weight of more than 90 kg, do not switch off the right vibrophone but apply it on the area of perineum and apply both vibrophones of the left converter on the area of the urinary bladder.

You may perform part 1 and part 2 in different time of the day.

### INFERTILITY DUE TO BLOCKAGE OF THE TESTICULAR DUCT AS A RESULT OF INFLAMMATION (DEFERENTITIS)

Perform phonation as per **Scheme 21**. Repeat the procedures **2 times a day (in the morning and in the evening) 5-6 days a week**, while alternating zones E3 and E4 from one procedure to another.

In case of local exposure, apply vibrophones in the scrotum center between the testes (area SCBT). Close swimming trunks may be used for holding the vibrophone.

**The course duration.** Continue phonation till achieving the desired result which can take place in 1-3 months. The deadline for waiting the result (good



spermogram or pregnancy) is 9 months provided that 2 procedures are performed daily.

### Scheme 21. Treatment for male infertility

Day	MODE	ENERGY, body areas and Duration vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		Part 1		Part 2		
		LEFT ENERGY 3	RIGHT ENERGY 3	LEFT ENERGY 2	RIGHT ENERGY 2	
		K	SCBT	M	E3 morning	E4 evening
1	MODE 1	5	5	5	5	5
2	MODE 1	7	7	6	6	6
3	MODE 2	9	9	7	7	7
4	MODE 2	11	11	8	8	8
5	MODE 2	13	13	9	9	9
6	MODE 2	15	15	10	10	10
7	MODE 2	15	15	10	10	10
further	MODE 2	15	15	10	10	10

Phonate zones K+SCBT during the first part.

Phonate zones M+E3 in the morning or zones M+E4 in the evening during the second part.

### INFLAMMATION OF THE EPIDIDYMIS

Perform phonation as per **Scheme 22**. Perform the procedures 2-3 times a day in the mode 3 for the first 5 days. The mode 4 is used during the next 5 days, the procedure time is 15-20 minutes once a day. The mode 3 is used during the next 5 days, the procedure time is 15-20 minutes once a day. It is recommended to combine **Scheme 22** with **Scheme 1** to increase the effect.

### Scheme 22. Treatment for patients with epididymitis

Day	MODE	ENERGY, body areas and Duration vibroacoustic therapy in minutes LEFT – double vibrophone	
		LEFT ENERGY	SCBT
1	MODE 3	ENERGY 2	7 minutes 2-3 time per day
2-5	MODE 3	ENERGY 2	15 minutes 2-3 time per day
6-10	MODE 4	ENERGY 3	15 minutes 1 time per day
11-15	MODE 3	ENERGY 2	20 minutes 1 time per day

The sequence of actions is stated in the section "Performing the procedures".

### DISRUPTIONS OF THE MENSTRUAL CYCLE

Perform the first course as per **Scheme 23**. It should be started immediately upon completion of menstruation or on any day of menstruations are absent. Perform the repeated courses as per **Scheme 24**.

### Scheme 23. Treatment for women with disruptions of the menstrual cycle

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	M	M1	E3	E4
1-3	MODE 1	10	2	2	3	3
4-6	MODE 1	15	6	3	3	3
7-9	MODE 2	20	8	4	4	4
10-12	MODE 2	25	10	5	5	5
13-15	MODE 2	28	12	6	5	5
further to menstruation	MODE 2	32	15	7	5	5
during menstruation	MODE 2	30	17	3	5	5

The sequence of actions is stated in the section "Performing the procedures".

### Scheme 24. Treatment for in women with disruptions of the menstrual cycle. Repeated courses.

Период	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	M	M1	E3	E4
Between menstrual periods	MODE 1	32	15	7	5	5
Menstruating	MODE 1	30	17	3	5	5

The sequence of actions is stated in the section "Performing the procedures".

### SEROUS MASTITIS

Perform phonation as per **Scheme 25**. Repeat the procedures **2-3 times a day 7 days a week**. Apply the vibrophones on the morbid area (mammary gland) near painful indurations on the sound breast tissues located closer to the auxiliary crease (auxiliary lymph nodes).

### Scheme 25. Treatment for patients with serous mastitis

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	M	D2	E1	Affected area
1	MODE 1	10	3	2	2	3
2	MODE 1	15	5	3	3	4
3	MODE 2	18	7	3	3	5
4	MODE 2	21	9	3	3	6
5	MODE 2	23	10	3	3	7
6	MODE 2	26	12	3	3	8
7-14	MODE 2	30	14	3	3	10

The sequence of actions is stated in the section "Performing the procedures".

### LACTOSTASIS

Perform phonation as per **Scheme 26**. Repeat the procedures **4 times a day**.  
**The course duration:** till resolution of symptoms and 2 days more.

### Scheme 26. Treatment for patients with lactostasis

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone		
		LEFT ENERGY 3	RIGHT ENERGY 2	
		K	Breast Center 4 sm above Nipple (Papilla)	
1 and further	MODE 1	5	5	

The sequence of actions is stated in the section "Performing the procedures".

### CHRONIC PYELONEPHRITIS

Perform phonation as per **Scheme 27**. Repeat the procedures **2-3 times a day**. Phonation is performed in combination with pharmacotherapy in the acute phase of chronic pyelonephritis and without it at the remission stage.

**Possible exacerbation.** The treatment of chronic pyelonephritis may be associated with temporary exacerbation. Do not stop the phonation procedures.

**The course duration.** Perform the treatment till recovery (absence of symptoms of the disease and normal urine analyses). Then perform the supporting procedures: phonate only the areas of the kidneys (K) and the liver (M) 1-2 times a day 5-7 days a week.

## Scheme 27. Treatment for patients with pyelonephritis

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3	RIGHT ENERGY 2		
		K	M	E2	Lower E11 and Top E21
1-2	MODE 1	2	-	-	-
3-4	MODE 1	4	2	1	1
5-6	MODE 2	6	2	2	2
7-8	MODE 2	8	3	3	2
9-10	MODE 2	10	4	3	3
11-12	MODE 2	12	5	4	3
13-14	MODE 2	14	6	4	4
15-16	MODE 2	16	7	5	4
17-18	MODE 2	18	8	5	5
19-20	MODE 2	20	10	5	5
21-22	MODE 2	23	12	6	5
23-24	MODE 2	26	14	6	6
further	MODE 2	30	16	7	7

The sequence of actions is stated in the section "Performing the procedures".

### CYSTITIS

Perform phonation as per **Scheme 28**. Repeat the procedures **2-3 times a day**. Phonation is performed in combination with pharmacotherapy at the exacerbation stage of cystitis. Phonation may be performed without administration of anti-inflammatory drugs in the remission phase.

Apply both vibrophones on the area of the urinary bladder (UB) in the inferior part of the abdomen so that the membrane center should be 3-4 cm above the pubis.

**Possible exacerbation.** When the dose is accumulated, on the 3<sup>rd</sup>-5<sup>th</sup> day of increasing the phonation time for exposure of the vertebral column, the patient may develop painful sensations caused by restored sensitivity of neural tissues in areas of chronic edema. Continue phonation in spite of painfulness.

**The course duration:** till complete recovery, then turn to the supporting procedures: 1-2 times a day 2-6 times a week.

## Scheme 28. Treatment for patients with cystitis

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		Part 1					Part 2
		LEFT ENERGY 3	RIGHT ENERGY 2				LEFT ENERGY 3
		K	M	E3	E31	E4	Bladder
1	MODE 1	10	4	2	2	2	3
2	MODE 1	12	4	3	3	2	5
3	MODE 2	14	5	3	3	3	7
4	MODE 2	16	5	4	4	3	9
5	MODE 2	18	6	4	4	4	11
6	MODE 2	20	6	5	5	4	13
7	MODE 2	22	7	5	5	5	15
8	MODE 2	24	8	5	5	5	15
9	MODE 2	25	9	5	5	5	15
10	MODE 2	25	10	5	5	5	15
further	MODE 2	25	10	5	5	5	15

The method for performing the procedures in the first part is stated in the section "Performing the procedures".

Switch off the right vibrophone and apply the left vibrophone on the area of urinary bladder in the second part.

## URINARY AND FAECAL INCONTINENCE

Perform phonation as per **Schemes 29, 30** depending on the age. If the effect is insufficient and also if a child is inert and not active, perform phonation as per **Schemes 31 и 32**. Perform the procedures **2-3 times a day**.

**Scheme 29. Treatment for children under 10 years of age with urinary and faecal incontinence.**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		Part 1		Part 2	
		LEFT ENERGY 2	RIGHT ENERGY 2	LEFT ENERGY 2	RIGHT ENERGY 2
		K	Bladder	E3	E4
1-5	MODE 1	5	5	5	5
further	MODE 1	10	10	7	7

Phonate zones K+ area of Urinary Bladder during the first part.

Phonate zones E3+E4 during the second part.

**Scheme 30. Treatment for children and teenagers above 10 years of age with urinary and faecal incontinence**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		Part 1		Part 2	
		LEFT ENERGY 3	RIGHT ENERGY 3	LEFT ENERGY 2	RIGHT ENERGY 2
		K	Bladder	E3	E4
1-5	MODE 1	5	5	5	5
further	MODE 1	10	10	10	10

Phonate zones K + area of Urinary Bladder during the first part.

Phonate zones E3 + E4 during the second part.

**Scheme 31. Intensified phonation method for children under 10 years of age with urinary and faecal incontinence**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		Part 1			Part 2		
		LEFT ENERGY 2	RIGHT ENERGY 2		LEFT ENERGY 2	RIGHT ENERGY 2	
		K	E3	D1	Bladder	E4	D2
1-5	MODE 1	5	3	2	5	3	2
further	MODE 1	10	7	3	10	7	3

Phonate zones K + E3, D1 during the first part.

Phonate area of Urinary Bladder + zones E4, D2 during the second part.

**Scheme 32. Intensified phonation method for children and teenagers above 10 years of age with urinary and faecal incontinence**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		Part 1			Part 2		
		LEFT ENERGY 3	RIGHT ENERGY 2		LEFT ENERGY 3	RIGHT ENERGY 2	
		K	E3	D1	Bladder	E4	D2
1-5	MODE 1	7	5	2	7	5	2
further	MODE 1	13	10	3	13	10	3

Phonate zones K + E3, D1 during the first part.

Phonate area of Urinary Bladder + zones E4, D2 during the second part.

**CHRONIC GASTRODUODENITIS**

Perform phonation as per **Scheme 33**. Repeat the procedures **2-3 times a day 5-7 days a week**. Phonation is combined with pharmacotherapy but it may be performed also without it.

**The course duration:** 3 months. Then perform the repeated courses of 1 month 1-3 times a year.

**Additional measures.** The patient should keep to a diet (avoiding spicy, rough foods, etc.) and also avoid loads on the vertebral column.

**Scheme 33. Treatment for patients with gastritis and duodenitis**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 3	RIGHT ENERGY 2				
		K	Pain area projection to stomach	M	E21	E2	E11
1	MODE 1	7	2	2	1	1	1
2	MODE 1	9	3	2	2	1	1
3	MODE 2	11	4	3	2	1	1
4	MODE 2	13	5	3	2	2	1
5	MODE 2	15	6	4	2	2	1
6	MODE 2	17	7	4	2	2	2
7	MODE 2	19	8	5	2	2	2
8	MODE 2	21	9	5	3	2	2
9	MODE 2	23	10	6	3	2	2
10	MODE 2	25	11	6	3	3	2
11	MODE 2	27	12	7	3	3	2
12	MODE 2	29	13	7	3	3	3
13	MODE 2	31	14	8	3	3	3
14	MODE 2	33	15	8	4	3	3
further	MODE 2	35	15	8	4	4	4

The sequence of actions is stated in the section "Performing the procedures".

**CONSTIPATION**

Perform phonation as per **Scheme 34**. If the effect is insufficient, or if the patient has asthenia, chronic fatigue and is predisposed to acute respiratory viral diseases, phonation is performed as per **Scheme 35**. Repeat the procedures **2-3 times a day**. If there was no defecation for more than 5-7 days, it is advisable to give an enema before the procedure.

**The course duration.** Perform the phonation till normalization of bowel emptying and then repeat a preventive one-week course 2-4 times a year.

### Scheme 34. Treatment for patients with constipation

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3		RIGHT ENERGY 2		
		E4	E3	M3	M2	M1
1	MODE 1	4	1	1	1	1
2-3	MODE 1	8	2	2	2	2
4-5	MODE 2	12	3	3	3	3
further	MODE 2	12	3	3	3	3

The sequence of actions is stated in the section "Performing the procedures".

### Scheme 35. Intensified phonation method for patients with constipation.

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 3		RIGHT ENERGY 2			
		K	E4	E3	M3	M2	M1
1	MODE 1	10	5	2	1	1	1
2-3	MODE 1	15	6	3	2	2	2
4-5	MODE 2	18	7	3	3	3	2
6-7	MODE 2	21	8	4	3	3	3
8-9	MODE 2	25	10	6	3	3	4
further	MODE 2	30	12	7	3	3	5

The sequence of actions is stated in the section "Performing the procedures".

## HAEMORRHOIDS

Perform phonation as per **Scheme 36**. Phonation may be started only after making a diagnosis by a physician and provided that there are no acute complications requiring hospitalization of the patient. Perform the phonation as per **Scheme 36** in position lying on the back. When performing phonation, put obligatorily a small pillow under the buttocks so that the abdominal area should be higher than the area of the heart! If the effect is insufficient, use the intensified method as per **Scheme 37**. Repeat the procedures **2-3 times a day**.

**Phonation is combined with the pharmacotherapy prescribed by a physician.**

If haemorrhoids is accompanied with chronic constipation, alternate the phonation methods for patients with haemorrhoids (scheme 36) and with constipation (scheme 34) every 3-4 weeks.

**Possible exacerbation.** Bleeding may become more intense sometimes after the first several procedures in patients with chronic diseases but it stops soon. Do not stop phonation in the period of intensified bleeding.

**The course duration** is 3 months and more as long as improvements are ongoing. Then perform the supporting procedures 1-5 times a week.

### Scheme 36. Treatment for patients with haemorrhoids



DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	E4	E31	E3	M1
1	MODE 1	4	1	1	1	1
2	MODE 1	7	2	2	1	2
3	MODE 2	9	2	2	2	3
4	MODE 2	12	3	3	2	4
5	MODE 2	14	3	3	3	5
6	MODE 2	17	4	4	3	6
7	MODE 2	19	4	4	4	7
8	MODE 2	22	5	5	4	8
9	MODE 2	24	5	5	5	9
further	MODE 2	25	5	5	5	10

The sequence of actions is stated in the section "Performing the procedures".

### Scheme 37. Intensified phonation method in patients with haemorrhoids.

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 3	RIGHT ENERGY 2				
		K	E4	E31	E3	M1	M
1	MODE 1	5	1	1	1	1	1
2	MODE 1	8	2	2	1	2	1
3	MODE 2	11	2	2	2	3	2
4	MODE 2	14	3	3	2	4	2
5	MODE 2	17	3	3	3	5	3
6	MODE 2	20	4	4	3	6	3
7	MODE 2	23	4	4	4	7	4
8	MODE 2	26	5	5	4	8	4
9	MODE 2	29	5	5	5	9	5
further	MODE 2	30	5	5	5	10	5

The sequence of actions is stated in the section "Performing the procedures".

### CHRONIC COLITIS

Perform phonation as per **Scheme 38**. Repeat procedures before every food intake.

**The course duration:** till normalization of the digestion and reduction of meteorism.

### Scheme 38. Treatment for patients with chronic colitis

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 3		RIGHT ENERGY 2			
		K	M1	M2	M3	E3	E4
1-2	MODE 1	10	2	2	2	2	2
3-4	MODE 2	15	3	3	3	3	3
5-6	MODE 2	20	4	4	4	4	4
7 and further	MODE 2	25	5	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

### HEAD COLD, RUNNING NOSE

Perform phonation as per **Scheme 39**. Repeat the procedures **2-3 times a day**. It is advisable to perform one procedure in the middle of the night during the first several days. The discharge from the nose may intensify temporarily (for 1-3 days) in the phonation process.

**Patients with allergic rhinitis should consult with a physician and use the phonation method for treatment of allergy.**

**The course duration is 2 weeks.** If the effect by day 14 is insufficient, continue phonation 3 times a day for one week more.

### Scheme 39. Treatment for patients with rhinitis, running nose

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes				
		Part 1		Part 2		
		LEFT double vibrophone ENERGY 2	RIGHT IR- matrix	LEFT double vibrophone ENERGY 3	RIGHT double vibrophone ENERGY 3	
		M	G	K	G	D1
1-2	MODE 1	2	2	3	2	1
3-4	MODE 1	3	3	5	3	2
5-6	MODE 2	4	4	6	4	2
7-8	MODE 2	5	5	8	5	3
9-10	MODE 2	6	6	9	6	3
11-12	MODE 2	8	8	12	8	4
13-14	MODE 2	10	10	15	10	5

Phonate zones M + G during the first part.

Phonate zones K + G, then zones K + D1 during the second part.

### MAXILLARY SINUSITIS

Perform phonation as per **Scheme 40**. Repeat the procedures **2-3 times a day**. It is recommended to perform the procedures before going to bed and immediately after awakening. It is advisable to perform one procedure at night during the first several days.

**Phonation is combined with pharmacotherapy prescribed by a physician.**

The maxillary sinuses should be obligatorily cleansed from pus before phonation in patients with acute maxillary sinusitis (this procedure is performed by a physician).

**The course duration.** Perform the procedures till complete recovery which takes place, as rule, by the day 28 provided that all recommendations are observed. If the effect by the day 28 is insufficient, continue phonation 3 times a day for one week more. In patients with chronic maxillary sinusitis, a 28-day course is performed 2-3 times a year during the remission stage (before onset of exacerbation).

**Scheme 40. Treatment for patients with maxillary sinusitis**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3		RIGHT ENERGY 2	
		K	M	G	D1
1-2	MODE 1	8	5	2	1
3-4	MODE 1	10	5	3	2
5-6	MODE 2	12	6	4	2
7-8	MODE 2	14	6	5	3
9-10	MODE 2	16	7	6	3
11-12	MODE 2	18	7	8	3
13-14	MODE 2	20	7	10	3
15-16	MODE 2	22	7	12	3
17-18	MODE 2	24	7	14	3
19-20	MODE 2	26	7	16	3
21-22	MODE 2	28	7	18	3
23-28	MODE 2	30	7	20	3

The sequence of actions is stated in the section "Performing the procedures".

**TONSILLITIS, SORE THROAT**

Perform phonation as per **Scheme 41** if the body temperature is not higher than 37.5 °C. Repeat the procedures **2-4 times a day**. Phonate the tonsils in mode 1 (part 1 of **Scheme 41**) during the first 5 days and then in mode 2 (part 2 of **Scheme 41**).

It is advisable to treat the tonsils with an antiseptic for mucous membranes (e.g., Lugol's iodine solution) before phonation. For this purpose, wind up the sterile cotton wool on your forefinger, fix it thereon, moisten with the antiseptic and cleanse the incrustation away carefully without efforts from the tonsils and the surrounding area of the throat. Bear in mind that the use of antiseptic aerosols is less effective because the incrustation is not removed. Apply the vibrophones in the area of the tonsils (B – picture11) symmetrically so that they should be located maximally close to the tonsils.

**Phonation is combined with the pharmacotherapy prescribed by a physician.**

**The course duration.** Perform the procedures till the complete recovery which takes place, as a rule, by the day 16 provided that all recommendations are

observed. Then it is recommended to perform the procedures with the maximum time (day 15 of **Scheme 41**, part 2) 1-2 times a week for 1 month more with the purpose of prevention.

Patients with chronic tonsillitis should have a 16-day repeated course in the remission stage (before onset of exacerbation) 2-3 times a year.

**Scheme 41. Treatment for patients with tonsillitis, sore throat. Part 1**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3		RIGHT ENERGY 2	
		K	M	B	D1
1	MODE 1	6	4	1	1
2	MODE 1	8	5	2	1
3	MODE 2	10	5	3	2
4	MODE 2	12	6	4	2
5	MODE 2	14	6	5	3

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 41. Treatment for patients with tonsillitis, sore throat. Part 2**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3	RIGHT		
			ENERGY 3	ENERGY 2	
		K	B	M	D1
6	MODE 1	12	1	7	4
7	MODE 1	14	2	7	4
8-10	MODE 2	17	4	8	5
11-12	MODE 2	20	6	9	5
13-14	MODE 2	23	8	9	5
15-16	MODE 2	25	10	10	5

The sequence of actions is stated in the section "Performing the procedures".

**BRONCHITIS**

Perform phonation as per **Scheme 42** in position lying on the back. Repeat the procedures **2-3 times a day. Phonation is combined with the pharmacotherapy prescribed by a physician.**

**Possible exacerbation.** Cough becomes usually more pronounced on the 2<sup>nd</sup>-3<sup>rd</sup> day of phonation but it gradually subsides on the 10-14<sup>th</sup> day. Do not stop phonation.

**The course duration.** Continue phonation till complete recovery which begins usually after restoration of effective cough and expectoration of large quantity of sputum.

Patients with chronic bronchitis should have a 30-day course in the remission stage (before onset of exacerbation) 2-3 times a year.

## Scheme 42. Treatment for patients with bronchitis

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT			ENERGY 2
			ENERGY 3			
		K	C	M4	F	E1
1	MODE 1	4	1	1	1	1
2-3	MODE 1	8	2	2	2	2
4-5	MODE 2	12	3	3	3	3
6-7	MODE 2	16	4	4	4	4
8-9	MODE 2	20	5	5	5	5
10	MODE 2	21	6	5	5	5
11	MODE 2	22	7	5	5	5
12	MODE 2	23	8	5	5	5
13	MODE 2	24	9	5	5	5
further	MODE 2	25	10	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

## BRONCHIAL ASTHMA

Perform phonation as per **Schemes 43 and 44** in a comfortable reclining position or lying on the back. Repeat the procedures **2-3 times a day**. Perform phonations during an asthmatic attack as per **Schemes 43a and 44a** and only after a 15-day basic course. Perform phonation during the attack in the position, in which the attack is tolerated the most easily using fixing belt cuffs.

**Phonation is combined with the pharmacotherapy prescribed by a physician.**

## Scheme 43. Treatment for adults and children above 10 years of age with bronchial asthma

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone						
		LEFT ENERGY 3	RIGHT				ENERGY 2	
			ENERGY 3				ENERGY 2	
		K	C	M4	F	M	E1	E11
1	MODE 1	6	1	1	1	1	1	1
2-3	MODE 1	12	2	2	2	2	2	2
4-5	MODE 2	15	3	3	3	2	2	2
6-7	MODE 2	18	4	4	4	2	2	2
8-9	MODE 2	20	5	5	5	2	2	2
10	MODE 2	25	6	5	5	3	3	3
11	MODE 2	27	8	5	5	3	3	3
12	MODE 2	30	8	5	5	4	4	4
13	MODE 2	32	10	5	5	4	4	4
further	MODE 2	35	10	5	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 43 a. Treatment for Phonation during the attack in adults and children above 10 years of age**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone	
		LEFT ENERGY 3	RIGHT ENERGY 2
		K	M
During the asthmatic attack	MODE 2	15	15

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 44. Treatment for children under 10 years of age with bronchial asthma**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 2	RIGHT ENERGY 2				
		K	C	M4	M	F	E50
1	MODE 1	5	1	1	1	1	1
2-3	MODE 1	10	2	2	2	2	2
4-5	MODE 2	15	3	3	3	3	3
6-7	MODE 2	20	4	4	4	4	4
8-9	MODE 2	25	5	5	5	5	5
10	MODE 2	26	6	5	5	5	5
11	MODE 2	27	7	5	5	5	5
12	MODE 2	28	8	5	5	5	5
13	MODE 2	29	9	5	5	5	5
further	MODE 2	30	10	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 44 a. Treatment for during the asthmatic attack in children under 10 years of age**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone	
		LEFT ENERGY 2	RIGHT ENERGY 2
		K	M
During the asthmatic attack	MODE 2	10	10

**FRACTURES OF EXTREMITIES, CLAVICLES, RIBS**

Perform phonation as per **Scheme 45** in position lying on the back. Repeat the procedures **not less than 4 times a day**. Perform phonation only on the r areas of the kidneys (K) and the liver (M) on the day of injury. Start phonation of the

fracture area on the 2<sup>nd</sup>-4<sup>th</sup> day after injuring provided that the patient received medical aid (correction of displacement, reposition and fixation of fragments etc.).

Apply vibrophones directly on the fracture area and also on the healthy areas above and below the fracture site. If there are plaster bandages, apply the vibrophones directly on the plaster over the fracture site and also at the plaster margins directly on the body.

Phonation of extremity fractures may be used in case of presence of the hardware intended for internal bone fixation and also with set Ilizarov's external fixator. It is not recommended to attach the vibrophones directly to Ilizarov's external fixator; they should be applied on the soft tissues or the plaster bandage.

When fixing hardware is removed, continue phonation as per **Scheme 45** in order to restore and increase the joints mobility but phonate directly a joint area instead of the fracture area. Apply two vibrophone pairs on a joint one next to the other as it is shown in pictures 6 and 7. Perform an exercise for increasing the mobility during the procedure, if possible: flex the joint slowly with slight effort for 20-30 seconds and then extend it slowly. Perform the exercise during one half of the procedure.

**The course duration.** Perform phonation of the trauma zone till complete healing, then continue phonation of the joint area till restoration of the normal mobility.

**Scheme 45. Treatment for patients with fracture of extremities, clavicles, ribs**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone		
		LEFT ENERGY 3	RIGHT ENERGY *	
		K	Left and Right of the Fracture or Above	Above and Below of the Fracture
1	MODE 2	10	-	-
2	MODE 2	12	-	-
3	MODE 2	15	5	5
4	MODE 2	20	10	10
5	MODE 2	24	12	12
further	MODE 2	30	15	15

Use one vibrophone pair for phonation of zone K during the first two days.

\* When applying on the plaster, set energy 4.

\* When applying on the body:

- rib fracture: energy 2,
- clavicle and extremity fracture: energy 3.

**AFTER-EFFECTS (SEQUELAE) OF SPINAL INJURIES**

Perform phonation as per **Scheme 46**. in position lying on the back. Repeat the procedures **4 times a day every 6 hours**.

Apply vibrophones symmetrically on both sides of the vertebral column closely to trauma zone vertebrae; phonate also the areas above and below the fracture

site so that the treatment zone should cover also the healthy vertebrae located near the trauma zone.

If pain becomes more intense, reduce the phonation time of the fracture site so that pain should subside to acceptable tolerance. It is advisable not to decrease the number of procedures per day.

**The course duration.** Perform phonation till recovery of the vertebral column condition and for 2-3 weeks more.

**Scheme 46. Treatment for patients with after-effects (sequelae) of spinal injuries**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone		
		LEFT ENERGY 3	RIGHT ENERGY 2	
		K	Left and Right of the Fracture	Above and Below of the Fracture
1	MODE 2	5	-	-
2	MODE 2	7	-	-
3	MODE 2	10	5	5
4	MODE 2	12	6	6
5	MODE 2	14	7	7
6	MODE 2	16	8	8
7	MODE 2	18	9	9
further	MODE 2	20	10	10

The sequence of actions is stated in the section "Performing the procedures".

**AFTER-EFFECTS (SEQUELAE) OF INFANTILE CEREBRAL PALSY, FLACCID PARALYSIS**

Perform phonation as per **Scheme 47.** in position lying on the back. Repeat the procedures **not less than 4 times a day.**

**Scheme 47. Treatment for patients with after-effects (sequelae) of infantile cerebral palsy, flaccid paralysis**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3	RIGHT ENERGY 2		
		K	D1	D2	E40
1	MODE 1	5	1	1	3
2	MODE 2	7	2	2	3
3	MODE 2	10	3	3	4
4	MODE 2	12	4	4	4
5	MODE 2	14	4	4	6
6	MODE 2	16	5	5	6
7	MODE 2	18	5	5	8
further	MODE 2	20	5	5	10

The sequence of actions is stated in the section "Performing the procedures".



## WOUNDS, SURGICAL INCISIONS

Perform phonation as per **Scheme 48**. . Repeat the procedures **2-3 times a day**. The areas of the kidneys (K) and the liver (M) are exposed when treating postoperative sutures and in case of a large wound surface. The exposure of these areas is not obligatory in case of small wounds but is beneficial for the purposes of the general resource support of the organism. Start the exposure of the wound or suture region 24 h after formation of a wound. Begin the exposure on the areas of the kidneys (K) and the liver (M) immediately after this will become possible. Treat the cleansed wound margins with antiseptic. Apply the vibrophones through a sterile cloth.

**The course duration:** till complete recovery.

### Scheme 48. Treatment for healing of wounds, surgical incisions

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3	RIGHT ENERGY 2		
		K	M	one edge of a wound	other edge of a wound
1	MODE 1	10	5	-	-
2-3	MODE 1	12	7	5	5
4-5	MODE 2	19	9	5	5
6-7	MODE 2	21	11	5	5
8-9	MODE 2	23	13	5	5
further	MODE 2	25	15	5	5

The sequence of actions is stated in the section "Performing the procedures".

## TISSUE OEDEMA (SWELLING), HAEMATOMA, BRUISES, BOILS, CARBUNCLES, ACNE

Perform phonation as per **Scheme 49**. Repeat the procedures **2-3 times a day and 3-4 times a day in case of long-standing haematomas**. Apply the vibrophones directly on the trauma zone. Perform the procedures using only the energy 2 in patients with haematoma in the area of the head and close to internal organs.

**The course duration.** Continue phonation till complete recovery. Small edema, contusion are resolved after 1-2 procedures.

**Scheme 49. Treatment for patients with tissue oedema (swelling), haematoma, bruises, boils, carbuncles, acne**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone	
		LEFT ENERGY 3	RIGHT ENERGY 2/ ENERGY 3
		K	Trauma zone
1	MODE 1	10	10
2	MODE 1	12	12
3	MODE 2	14	14
4	MODE 2	16	16
5	MODE 2	18	18
further	MODE 2	20	20

The sequence of actions is stated in the section "Performing the procedures".

**SPRAINS, DISLOCATIONS**

Perform phonation as per **Scheme 50** in position lying on the back. Apply one vibrophone on the trauma zone (edema) in the most even area and the second one 7-10 cm above the first one. The extremity should be positioned so that it should be higher than the heart level. Repeat the procedures **2-3 times a day**. Start the first procedure not earlier than 4 hours after injuring provided that the luxation is reduced and the joint is immobilized (if necessary).

**The course duration.** Continue phonation till complete recovery (restoration of previous mobility and flexibility).

**Scheme 50. Treatment for patients with sprains, dislocations**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone	
		LEFT ENERGY 3	RIGHT ENERGY 3
		K	Trauma zone
1	MODE 1	10	10
2-3	MODE 1	12	12
4-5	MODE 2	16	16
6-7	MODE 2	20	20
8-9	MODE 2	24	18
further	MODE 2	30	30

The sequence of actions is stated in the section "Performing the procedures".

**BURNS, SCALDS**

Perform phonation as per **Scheme 51**. Repeat the procedures **2-4 times a day every 6 hours**.

When treating burns of degree 2-4, use the device after performing surgical debridement of the burned surface fulfilled in accordance with the phase of the wound process.

Apply vibrophones in the area of the burn on not injured skin areas at the margins of the affected area. Apply the vibrophones on the burn margins close to each other. The number of vibrophone applications on the margins of the affected zone will be different depending on the burn area. Perform phonation on the hand side opposite to the affected side in patients with burns on the hands.

**The course duration.** It is advisable to perform phonation till complete recovery of the tissue in the affected area.

**Scheme 51. Treatment for patients with burns, scalds**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone		
		LEFT ENERGY 3	RIGHT ENERGY 2	
		K	M	On each edge of the burn
1	MODE 1	11	5	for 2 minutes
2	MODE 1	15	6	for 3 minutes
3-4	MODE 2	19	7	for 4 minutes
5-6	MODE 2	23	8	for 5 minutes
7-8	MODE 2	24	9	for 5 minutes
further	MODE 2	25	10	for 5 minutes

The sequence of actions is stated in the section "Performing the procedures".

**FROSTBITE, CHILBLAINS**

Perform phonation as per **Scheme 52** after the skin treatment at the hospital: aseptic skin treatment, removal of bubbles, applying a sterile bandage. Repeat the procedures **4 times a day**. Do not rub and use active warmth.

Apply vibrophones on the healthy skin zones at the border with the insensitive affected area. The sensitivity border changes as the recovery progresses: change the place of vibrophone application respectively.

**Scheme 52. Treatment for patients with frostbite, chilblains**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone	
		LEFT ENERGY 3	RIGHT ENERGY 3
		K	Trauma zone
1	MODE 1	10	10
2-3	MODE 1	12	12
4-5	MODE 2	16	16
6-7	MODE 2	20	20
8-9	MODE 2	24	18
further	MODE 2	30	30

The sequence of actions is stated in the section "Performing the procedures".

**TROPHIC ULCERS**

Perform phonation as per **Scheme 53**. The scheme is divided in 2 parts: both parts should be performed during each procedure. Repeat the procedures **2-3**

**times a day 5-7 days a week.** The area of trophic ulcer may be additionally phonated once more per day.

**Attention! Do to expose the area of thrombus (closer than 7 cm from it).**

Wipe the ulcer margins with a thick cloth moistened with iodine solution or another antiseptic touching 5-10 mm of the affected area once a day before the evening procedure. Apply vibrophones on the ulcer margins (on the above and below, on the right and on the left). Fixing cuffs for the joints may be used for fixation of the vibrophones. Do not use any ointments in the period of phonation.

Perform phonation the area of ILN (inguinal lymph nodes) and popliteal fossa of the leg which is affected by trophic ulcer.

**The course duration:** till complete healing plus 1 week.

**Scheme 53. Treatment for patients with trophic ulcer. Part 1**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 3		RIGHT ENERGY 2			
		K	M	E3	E4	Popliteal fossa	Inguinal Lymph Nodes
1-2	MODE 1	10	5	2	2	-	1
3-4	MODE 1	14	6	3	3	1	1
5-6	MODE 2	18	7	4	4	1	2
7-8	MODE 2	22	8	5	5	2	2
9-10	MODE 2	26	9	6	6	2	3
11-12	MODE 2	30	10	7	7	3	3
further	MODE 2	32	10	7	7	4	4

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 53. Treatment for patients with trophic ulcer. Part 2**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone	
		LEFT ENERGY 2	RIGHT ENERGY 2
		Above & Below Ulcers zone	Left & Right Ulcers zone
1-2	MODE 1	3	3
3-4	MODE 1	5	5
5-6	MODE 2	7	7
7-8	MODE 2	9	9
further	MODE 2	10	10

The sequence of actions is stated in the section "Performing the procedures".

## CORNS

Perform phonation as per **Scheme 54**.

### Scheme 54. Treatment for patients with corns

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone	
		<b>LEFT</b> ENERGY 3	
		<b>Corn Area</b>	
1	MODE 3	5 minutes 1-2 time per day	
3-4	MODE 4	10 minutes 1-2 time per day	
5-6	MODE 4	15 minutes 1-2 time per day	
further	MODE 6	15 minutes 1-2 time per day	

## THE MOUTH — PERIODONTITIS, STOMATITIS, PARODONTOSIS

Perform phonation as per **Scheme 55**. Repeat procedures **2-3 times a day**. Perform phonation after curettage of parodontal recesses (cleansing procedure) and/or removal of odontolith. If the patient has initial parodontosis, phonation may be performed for prevention of parodontosis. When phonating the jaw area, apply vibrophones on the cheek at the level of the gums.

### Scheme 55. Treatment for patients with periodontitis, stomatitis, parodontosis

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		<b>LEFT</b> ENERGY 2		<b>RIGHT</b> ENERGY 2			
		<b>K</b>	<b>M</b>	<b>Maxilla</b>		<b>Mandible</b>	
				<b>LEFT</b>	<b>RIGHT</b>	<b>LEFT</b>	<b>RIGHT</b>
1	MODE 1	9	5	1	1	1	1
2	MODE 1	13	5	2	2	2	2
3	MODE 2	17	5	3	3	3	3
4	MODE 2	21	5	4	4	4	4
5-14	MODE 2	25	5	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

## NEUROSENSORY HEARING DISORDER

Perform phonation as per **Scheme 56**. Repeat the procedures **1-2 times a day**.

Apply the vibrophones on zones A and A1 (picture 11) on the side of the affected ear in patients with one-sided hearing disorder and perform phonation alternately the left and right ear in case of bilateral hearing disorder. Perform the exposure of zones A and A1 in the sitting position and of zones D1, D2 and K in position lying on the back. Phonation is well combined with the pharmacotherapy prescribed by an attending doctor.

**The course duration:** 3 months and more as long as improvements are observed. Then preventive 1-month courses should be performed 1-3 times a year.

**Scheme 56. Treatment for patients neurosensory hearing disorder**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone					
		LEFT ENERGY 3		RIGHT ENERGY 2			
		K	M	D1	D2	A/A1 Left Ear	A/A1 Right Ear
1-2	MODE 1	9	5	2	2	-	-
3-4	MODE 1	15	5	2	2	3	3
5-6	MODE 2	18	5	2	3	4	4
7-8	MODE 2	21	5	3	3	5	5
9-10	MODE 2	24	5	4	3	6	6
11-12	MODE 2	27	5	4	4	7	7
13-14	MODE 2	29	5	4	4	8	8
15-16	MODE 2	31	5	4	4	9	9
further	MODE 2	33	5	4	4	10	10

The sequence of actions is stated in the section "Performing the procedures".

**INFLAMMATION OF THE MIDDLE EAR (OTITIS)**

Perform phonation as per **Scheme 57**. Phonate at first zones K, M, D1 and D2 (part 1 of the **Scheme 57**) in position lying on the back. Then instill 2-3 drops of boric alcohol or another anti-inflammatory drug in the affected ear. Perform instillation in position lying of the side where the sound ear is located. Phonate zone A/A1 (part 2 of the **Scheme 57**) in 3-5 minutes without changing the position (on the side). Apply one vibrophone on zone A and another one on zone A1 (picture 11). Repeat the procedure (both parts) **2-3 times a day**.

It is advisable to start phonation when the first symptoms of the disease develop and also with the purpose of its prevention after overcooling. **In patients with acute inflammation phonation is performed only in combination with anti-inflammatory drugs and under observation of a physician.**

**Scheme 57. Treatment for patients with inflammation of the middle ear (otitis). Part 1.**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone			
		LEFT ENERGY 3		RIGHT ENERGY 2	
		K	M	D1	D2
1	MODE 1	11	5	3	3
2	MODE 1	13	6	3	4
3	MODE 2	15	7	4	4
4	MODE 2	17	8	4	5
5-7	MODE 2	20	10	5	5

The sequence of actions is stated in the section "Performing the procedures".

**Scheme 57. Treatment for patients with inflammation of the middle ear (otitis). Part 2. After instillation of anti-inflammatory agents**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes RIGHT – double vibrophone	
		<b>RIGHT</b> ENERGY 2	
		<b>Zone A/A1</b>	
1	MODE 1	5	
2	MODE 1	6	
3	MODE 2	7	
4	MODE 2	8	
5-7	MODE 2	10	

**COSMETIC PURPOSES**

Perform phonation as per **Scheme 58**. To smooth mimic wrinkles, vibrophones are to be located at the affected zone via 1 layer of cosmetic, gauze or paper towel. Every affected zone is to be treated for 5 minutes, should be chosen. The treatment procedure is to be finished up by treatment at zone K (20 minutes). These procedures should be performed **3-4 times a week** before going to bed. The treatment is more effective if the skin is previously covered by the individually chosen cosmetic or therapeutic agent.

To reduce eye-edemas one should daily performed treatment at the zone K (20-30 minutes).

After cosmetic surgery application of the apparatus over sutures will help to reduce scars and risk of complications; it will also raise the effect achieved by the surgery. The treatment procedures are to be performed daily for 15 days in accordance with the scheme for smoothing of mimic wrinkles.

**Scheme 58. Phonation in cosmetic purposes**

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		<b>LEFT</b> ENERGY 3	<b>RIGHT</b> ENERGY 2			
		<b>K</b>	<b>Zone 1</b>	<b>Zone 2</b>	<b>Zone 3</b>	<b>Zone 4</b>
1	MODE2	20	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

**RESTORING AND DEVELOPING THE VOICE**

Perform phonation as per **Scheme 59**. Vibrophones should be located on the larynx in the area of the vocal chords (2 cm. below zone B, see picture 11). Treatment procedures should be performed once-twice a day is to be chosen, session duration being 15-20 minutes. Duration of the treatment course for the voice restoration – 1-4 days.

In order to develop one's voice, the procedures can be periodically performed before a voice-training session (40 minutes before its start) or after it (in 3-6 hours). Such procedures can be also performed before going to bed.

In the case of any thyroid disorder, one should consult an endocrinologist before starting the treatment by the apparatus.

### Scheme 59. Phonation in restoring and developing the voice

DAY	MODE	ENERGY, body areas and DURATION vibroacoustic therapy in minutes LEFT – double vibrophone RIGHT – double vibrophone				
		LEFT ENERGY 3	RIGHT ENERGY 2			
		K	Zone 1	Zone 2	Zone 3	Zone 4
1	MODE2	20	5	5	5	5

The sequence of actions is stated in the section "Performing the procedures".

### CHRONIC VIRAL HEPATITIS

Perform phonation as per **Scheme 60, 61**. Treatment of viral hepatitis should be performed after doctor's prescription.

The described method of treatment by "Vita fon-2" is to be used as a monotherapy, without application of any antiviral drug therapy.

Treatment should be performed in accordance with the **scheme 60**.

Treatment is to be performed in the liver zone from the patient's back – right F zone (picture 8) and right M4 zone from the patient's chest (picture 12). Both converters are to be placed nearby, down the ribs. The treatment scheme prescribes treatment of symmetrical areas of K and M zones twice a day. For every session one vibraphone is to be applied in the zone K, another – in the zone M. During treatment course a vibrophone and IR-matrix are to be replaced with each other for every new procedure (locations of converters are to be alternated).



### Scheme 60. Treatment of chronic viral hepatitis B & C Basic course

DAY	Daily number of procedures	ENERGY, MODE, body areas and DURATION vibroacoustic therapy in minutes LEFT – single vibrophone RIGHT – IR- matrix			
		Part 1		Part 2	
		LEFT ENERGY 3 MODE 2	RIGHT	LEFT ENERGY 3 MODE 2	RIGHT
		K	M	Right F	Right M4
1	2	5	3	-	-
2	2	7	4	-	-
3	1	-	-	5	5
4,5	2	10	5	-	-
6	1	-	-	7	7
7-10	2	15	10	-	-
11	1	-	-	10	10
12-15	2	20	10	-	-
16	1	-	-	13	13

Then repeat treatment of the last 5 days (12-16), continuously acceleration treatment duration of right F and right M4 zones for 3 minutes every 5 days before the appearing of exasperation manifestations. Treatment duration still is not to be longer than 25 minutes. When the first exacerbation manifestations appear, treatment duration for right F and right M4 zones should become 30% (3-6 minutes) shorter but it should not be less than 7 minutes. The total treatment duration is 6 months.

Treatment of zones F, right and M4 is recommended to perform in the evening. Session duration should be longer with every new procedure. While acceleration of treatment duration for right M4 and right back F zones, a patient can have manifestations of hepatitis exacerbation, such as nausea, hyperhidrosis, weakness and icteritiousness. When the first exacerbation manifestations appear, treatment duration for right F and right M4 zones should become 30% (3-6 minutes) shorter but it should not be less than 7 minutes. Treatment of all the other zones is to be continued with the same duration and dosage.

It is clear that during 6 month treatment course a patient will inevitably miss some sessions due to circumstances. However, it is recommended not to miss sessions in days when right F and right M4 zones are to be treated. The sessions are not to be missed more often than once a week.

After 6 months of treatment a blood test by the PCR method should be carried out.

When the remission occurs, one should begin a supportive course of treatment, which is to be performed for 12 – 15 months more in accordance with the **scheme 61**.

### Scheme 61. Treatment of chronic viral hepatitis B & C Supportive course

DAY	Daily number of procedures	ENERGY, MODE, body areas and DURATION vibroacoustic therapy in minutes LEFT – single vibrophone RIGHT – IR- matrix			
		Part 1		Part 2	
		LEFT ENERGY 3 MODE 2	RIGHT	LEFT ENERGY 3 MODE 4	RIGHT
		K	M	F Right	M4 Right
1	2	-	-	5	5
2	2	20	10	-	-
3-4		break			
5	2	20	10	-	-
6-7		break			
8	2	-	-	5	5
9	2	20	10	-	-
10-11		break			
12	2	10	10	-	-
13-14		break			
15	2	-	-	5	5
16	1	10	10	-	-

If after 6 months of treatment no remission occurs, a patient should have a two weeks break. Then an intensified course of treatment, individually developed by the doctor for the particular patient, should begin.

### TRACHEITIS

Treatment should be performed in accordance with the **Scheme 62**. Duration of the treatment course – 14 days. Break between treatment courses – 3 weeks. Treatment is to be performed in the zones K, C, E1 and D2. During the treatment of zones K, C and E1, a patient should lie supine on a soft bed. During the treatment of the zone D2, a patient should sit or recline with a pillow under the neck and shoulders.

Converters should be applied to the smoother patches of the body zone prescribed. In zone C converters are to be supported by hands, in zones K, E1 and D2 they are to be placed under a patient's back with their membranes facing the body.

Treatment zones are indicated in the scheme 62. During a single procedure, converters are to be subsequently applied to all the zones prescribed by the scheme. During treatment course a vibrophone and IR-matrix are to be replaced with each other for every new procedure (locations of converters are to be alternated).

In order to prevent the progression of the disease, it is necessary to use the apparatus as soon as the first symptoms appear and then to repeat such treatment after 2-3 hours and, further, after 6-8 hours. In addition, before going to bed apply converters to zone K for 15 minutes in mode 3.

Often during treatment of tracheitis coughing gets worse on days 2 and 3 of the treatment and then gradually subsides over the period till days 10 - 14.

During first 5 days of the treatment, a patient should treat the thorax area with iodine solution (in case of good tolerance) before going to bed (5% iodine solution, treatment square about two palms).

In the case of severe cough, duration of treatment of the zone C may be reduced. It is essential that throughout the course of treatment the thorax is kept warm.

### Scheme 62. Treatment of tracheitis

DAY		ENERGY, MODE, body areas and DURATION vibroacoustic therapy in minutes LEFT – single vibrophone RIGHT – IR- matrix					
		Part 1			Part 2		
		LEFT ENERGY 3		RIGHT	LEFT ENERGY 2		RIGHT
		K		C	D2		E1
1	Evening	MODE2	5	3	MODE1	2	2
2	Morning	MODE2	10	5	—		—
	Evening	MODE3	10	7	MODE1	2	2
3	Morning	MODE3	10	2	—		—
	Evening	MODE3	15	10	MODE1	3	3
4-14	Morning	MODE3	10	3	—		—
	Evening	MODE3	15	10	MODE1	3	3

### DIABETIC ANGIOPATHY

Treatment should be performed in accordance with the **Scheme 63**. Duration of the treatment course – 21 days. Break between treatment courses – 10 days. In case of necessity, the treatment course can be repeated. A patient should lie supine on a soft bed.

One can treat at a time either legs or hands. Treatment is to be performed in the zones K and E31 (for the treatment of legs) or D2 (for the treatment of hands) as well as in the affected area (foot, hand, shins etc.) and over a large blood vessel supplying the affected area (popliteal fossa, ulnar fossa, groin area).

Treatment zones are indicated in the scheme 63. During a single procedure, converters are to be subsequently applied to all the zones prescribed by the scheme. During treatment course a vibrophone and IR-matrix are to be replaced with each other for every new procedure (locations of converters are to be alternated).

### Scheme 63. Treatment of diabetic angiopathy

DAY		ENERGY, MODE, body areas and DURATION vibroacoustic therapy in minutes LEFT – single vibrophone RIGHT – IR- matrix					
		Part 1			Part 2		
		LEFT ENERGY 3		RIGHT	LEFT ENERGY 2		RIGHT
		K		E31 (leg joints) D2 (hand joints)	Affected area		Large blood vessel supplying the affected area
1-2	Evening	MODE1	10	3	MODE1	3	2
4-6	Morning	MODE1	10	—	MODE2	3	3
	Evening	MODE2	10	3	MODE2	3	3
7-21	Morning	MODE3	10	—	MODE2	4	3
	Evening	MODE3	10	3	MODE2	4	3

### VEGETOVASCULAR DYSTONIA

Perform phonation as per **Scheme 64**. Treatment should be performed in accordance with the **scheme 64**. Duration of the treatment course – 14 days. Break between treatment courses – 2 weeks. In case of necessity, the treatment course can be repeated.

Treatment is to be performed in the zones K, D1, D2 and B2 (see pictures 8 and 11). During treatment of the zones B2, D1 and D2 a patient may sit or recline, during treatment of zone K – should lie supine.

Treatment zones are indicated in the scheme 64. During a single procedure, converters are to be subsequently applied to all the zones prescribed by the scheme. During treatment course a vibrophone and IR-matrix are to be replaced with each other for every new procedure (locations of converters are to be alternated).

In the case of hyperthyroid diseases, the treatment can be performed only after consulting with an endocrinologist and under his supervision.

### Scheme 64. Treatment of vegetovascular dystonia

DAY		ENERGY, MODE, body areas and DURATION vibroacoustic therapy in minutes LEFT – single vibrophone RIGHT – IR- matrix					
		Part 1			Part 2		
		LEFT ENERGY 3		RIGHT	LEFT ENERGY 2		RIGHT
		K		D1	D2		B2
1-2	Evening	MODE2	10	3	MODE2	3	2
3-5	Morning	—	—	—	—	—	2
	Evening	MODE2	10	4	MODE2	4	3
6-14	Morning	—	—	—	—	—	3
	Evening	MODE3	10	5	MODE2	5	3

## LYMPHOSTASIS OF LOWER EXTREMITIES

Treatment should be performed in accordance with the **Scheme 65**. Duration of the treatment course – 14 days. Break between treatment courses – 1-3 weeks. In case of necessity, the treatment course can be repeated. A patient should lie supine with a pillow under his shins.

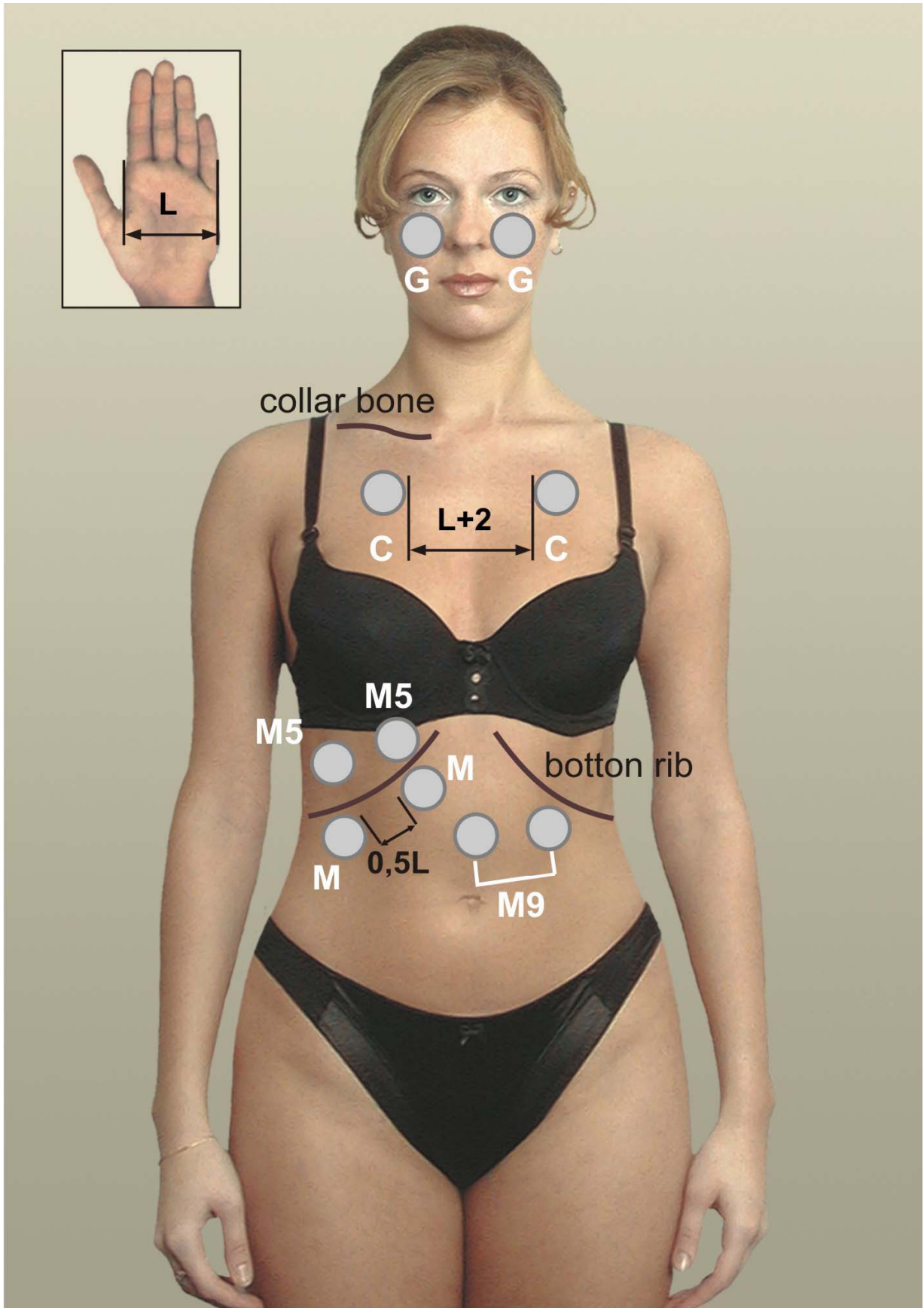
Treatment is to be performed in the zones K, popliteal fossa (a hole under a knee), groin area and E31 (see picture 8).

Treatment zones are indicated in the scheme 65. During a single procedure, converters are to be subsequently applied to all the zones prescribed by the scheme. During treatment course a vibrophone and IR-matrix are to be replaced with each other for every new procedure (locations of converters are to be alternated).

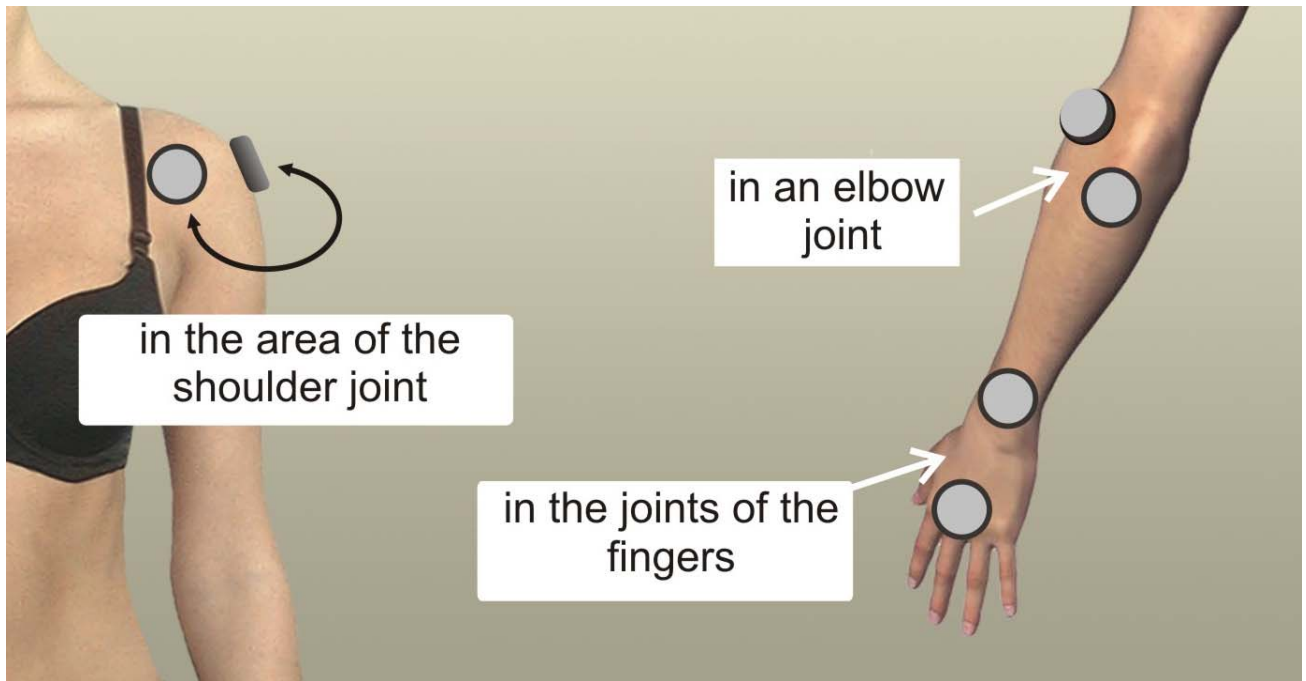
It is recommended to perform the treatment procedure in the evening and not to get up till the morning. During the night the shins are to be a little bit elevated, to be higher than the heart level.

### Scheme 65. Treatment of lymphostasis of lower extremities

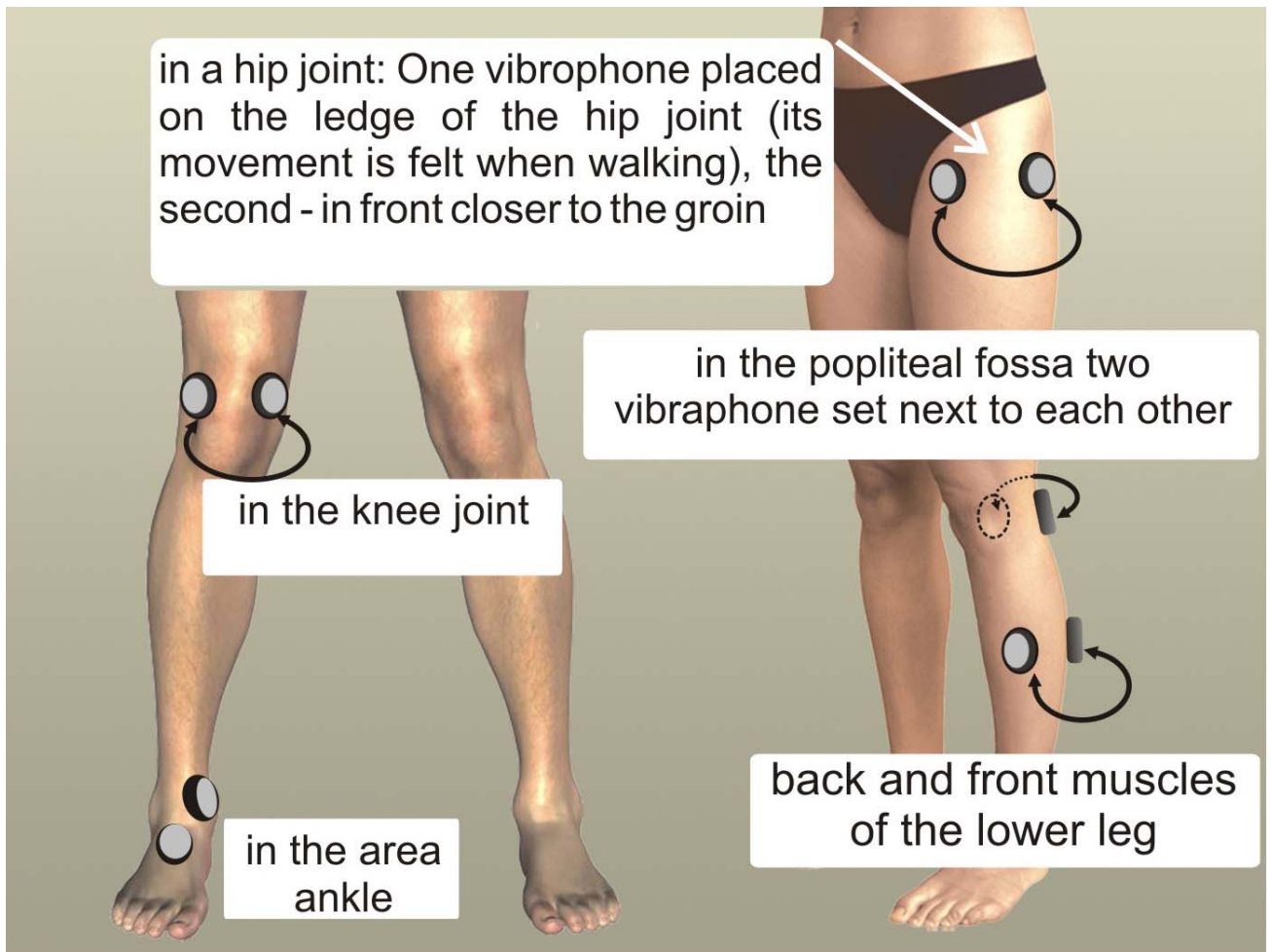
DAY		ENERGY, MODE, body areas and DURATION vibroacoustic therapy in minutes LEFT – single vibrophone RIGHT – IR- matrix					
		Part 1			Part 2		
		LEFT ENERGY 3		RIGHT	LEFT ENERGY 3		RIGHT
		K		Popliteal fossa	Groin area		E31
1-2	Evening	MODE2	10	3	MODE2	3	4
3-5	Evening	MODE2	10	4	MODE3	4	3
6-14	Evening	MODE3	10	5	MODE4	5	3



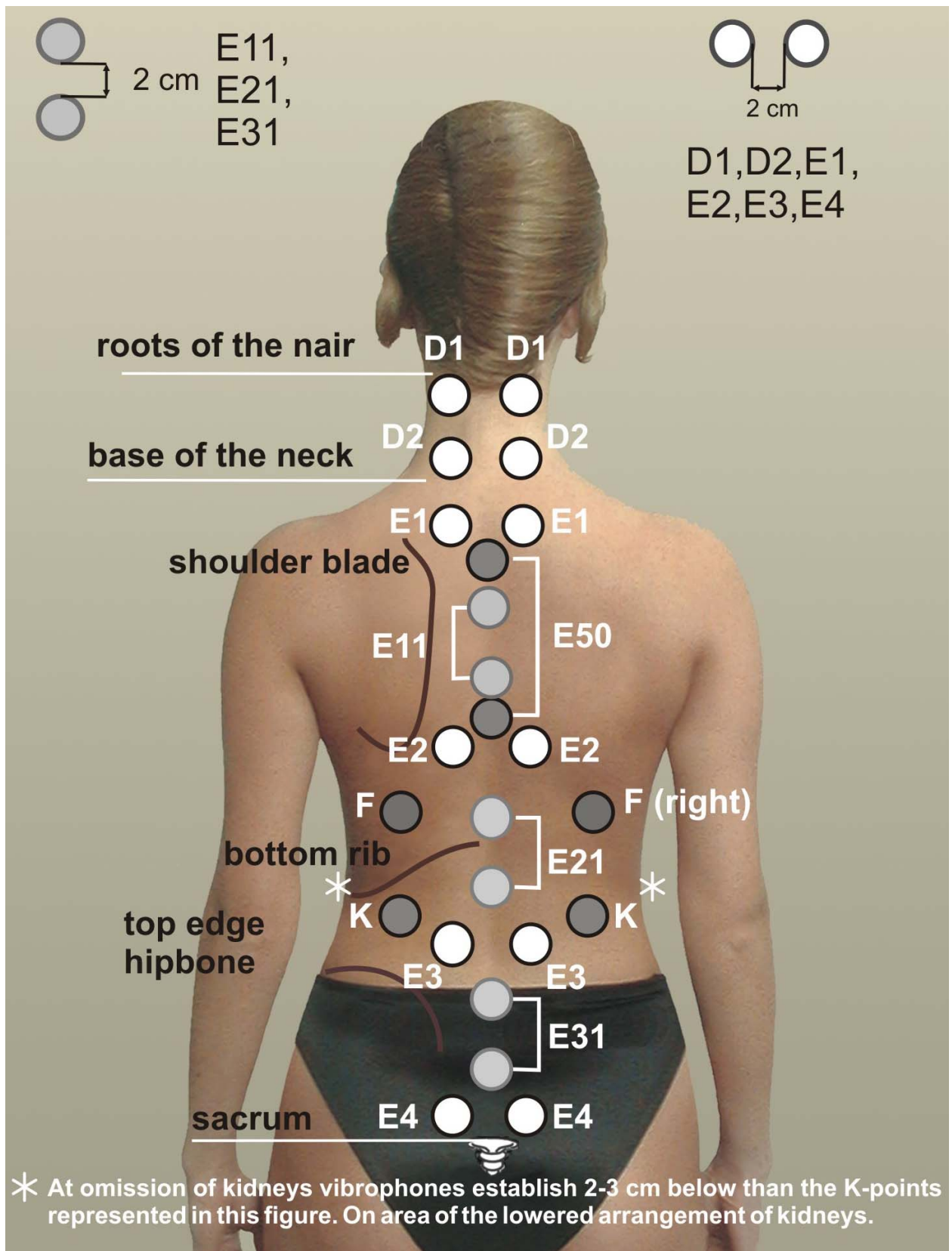
**Picture 5.** Treatment zone: C, G, M, M5, M9



**Picture 6.** Installing the vibrophone in the hand

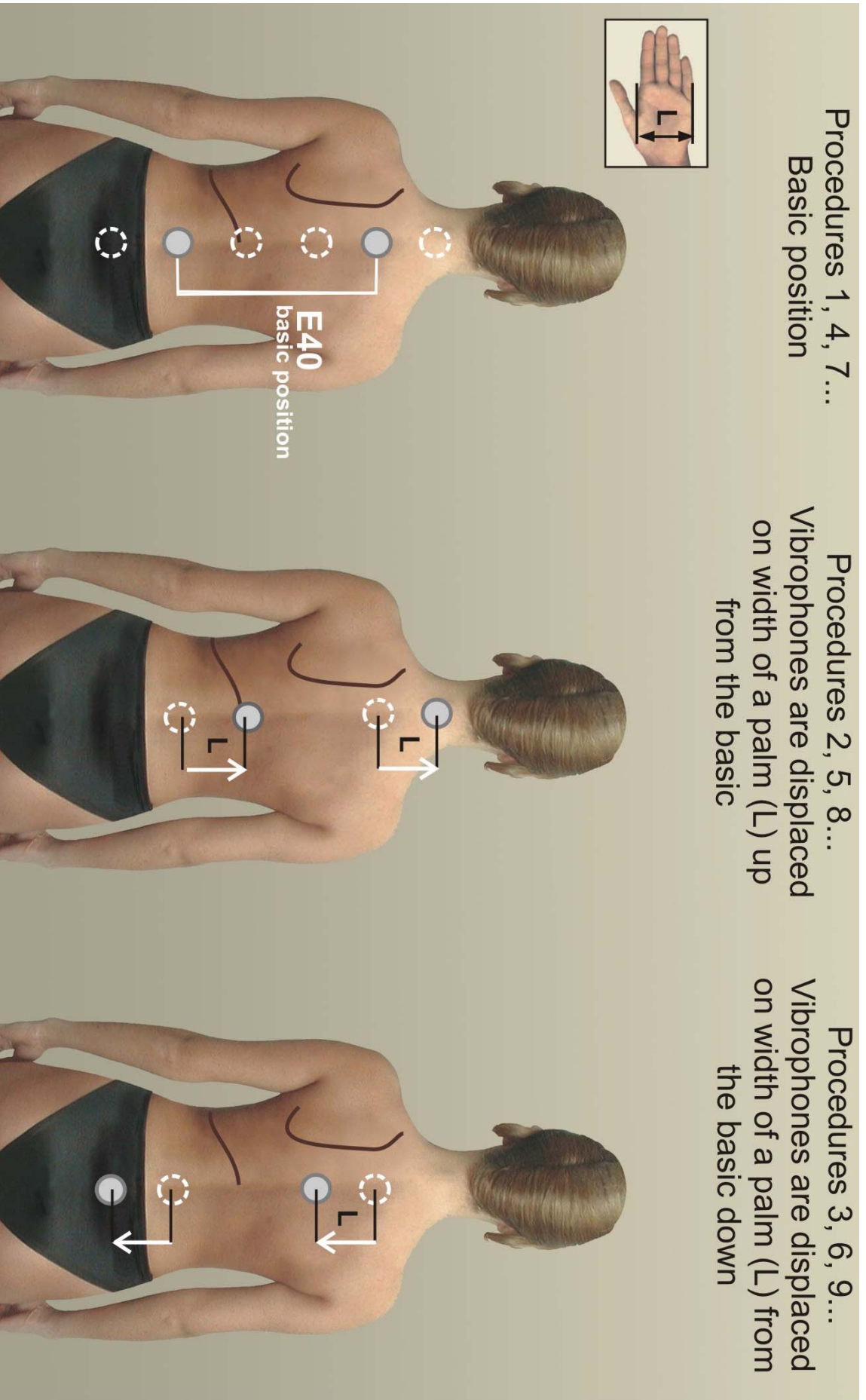


**Picture 7.** Installing the vibrophone in the legs

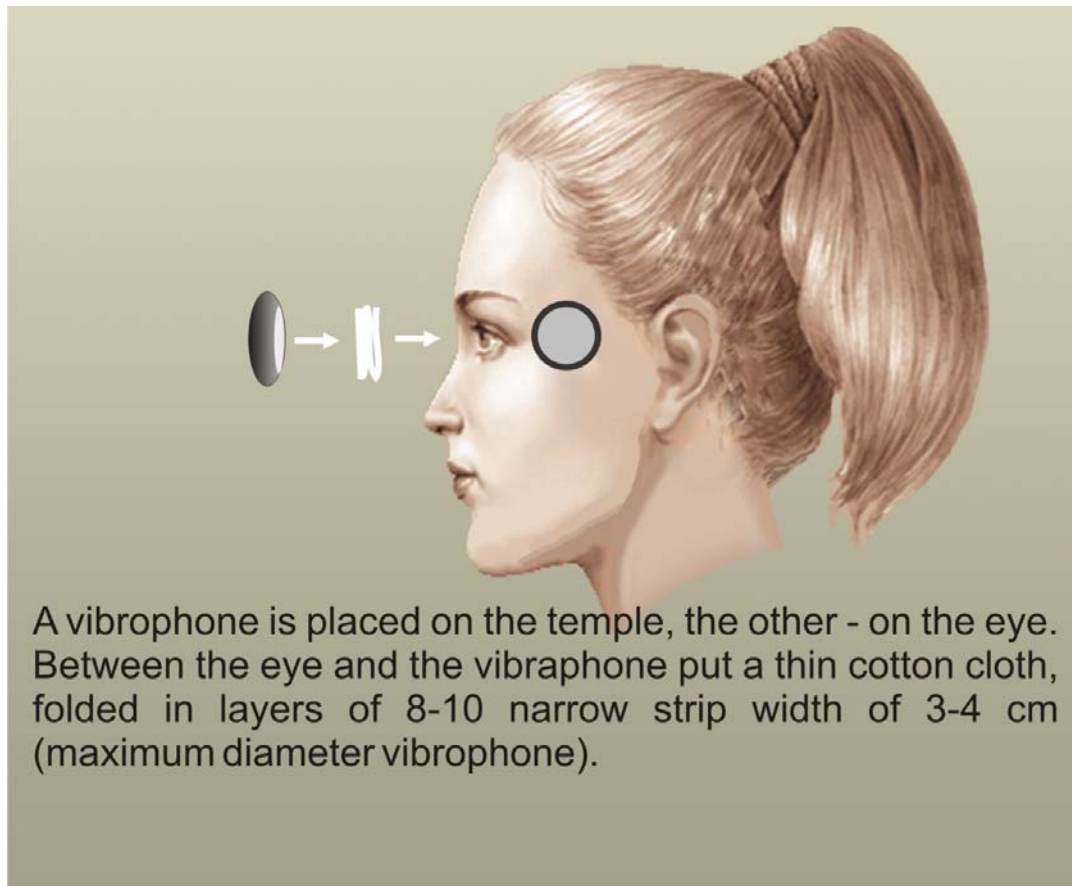


**Picture 8.** Treatment zone: D1, D2, E1-E4, E11, E21, E31, K, F, E50

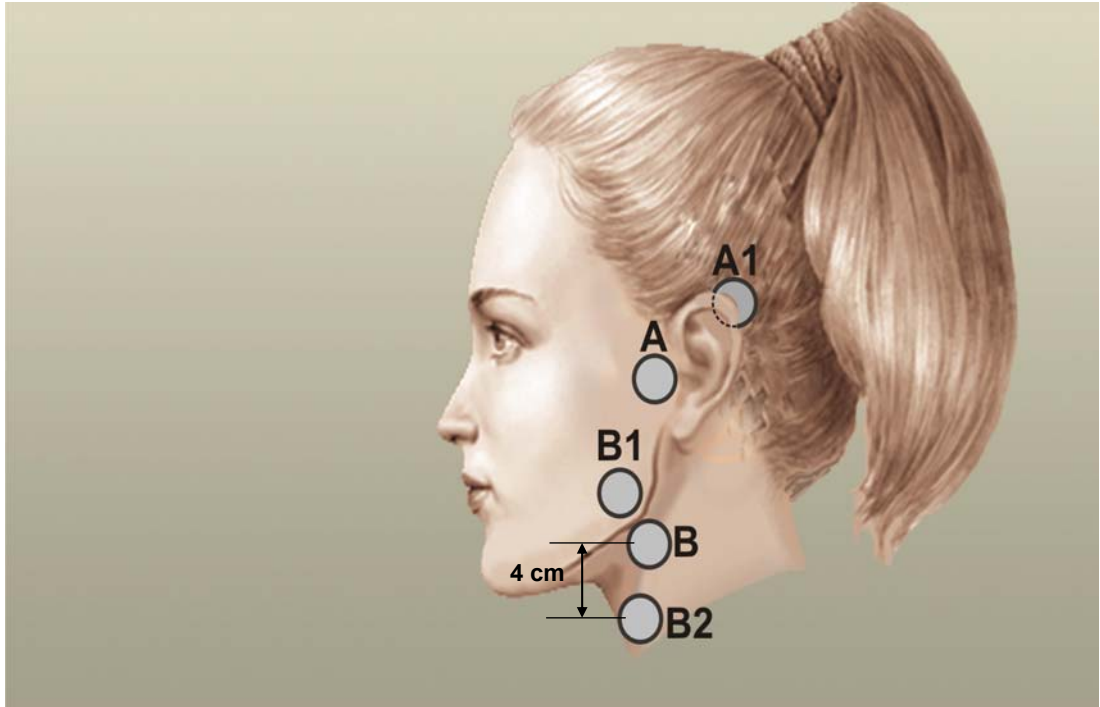




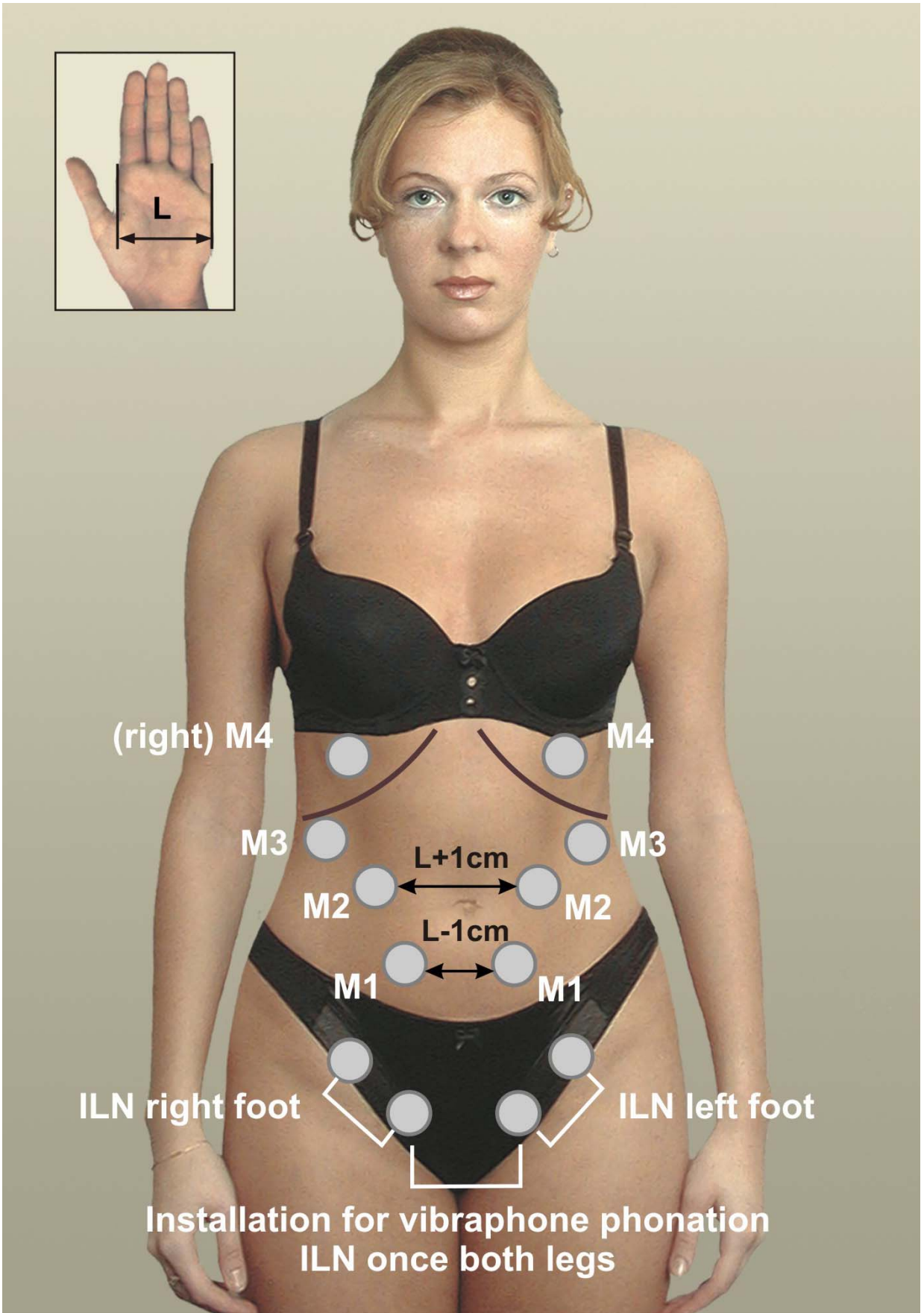
**Picture 9.** Treatment zone E40: Vibrophone shift from procedure to procedure, the width of the palm of your hand (L) up and down



**Picture 10.** Installing the vibrophone in the eye



**Picture 11.** Treatment zone: A, A1, B, B1, B2



**Picture 12.** Treatment zone: M1- M4, ILN

## **GUARANTEES**

The “VITAFON-2” apparatus is certified and corresponds to the sample approved.

Manufacturer guarantees its no-failure operation and correspondence to technical requirements TU 9444-005-33159359-01 within 12 months from the purchasing date, on the condition that exploitation and storage rules, given in the present User Manual, are followed and the Acceptance Act contains the manufacture’s stamp.

If purchasing date is not indicated or there is no distributor’s stamp in the Acceptance Act and Guarantee Coupon, the guarantee term begins from the manufacturing date.

Repair, change or return of the purchased apparatus is performed in accordance with the Russian legislation and Consumers Remedy Law.

Guarantee is not valid if there is no Guarantee Coupon, when stamps on the apparatus are damaged, in cases when exploitation and storage rules were not followed by the user and when the main block, cord or converters are physically damaged. In such cases repairing will be performed on the user’s account.

Manufacturer is not to be blamed in cases of damages, produced in the main block by water or other liquids, substances or objects inside. The manufacture is also not responsible for damages caused by natural conditions, fire or other reasons not related to the manufacturer.

## **UTILIZATION OF ELECTRICAL AND ELECTRONIC EQUIPMENT**

This product can not be treated as household waste. It should be handed over to the collection point for recycling of electrical and electronic equipment.

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