

SpaBuddy Sport & SpaBuddy Relax Program Guide

In order to find a program for your specific pain, please start with the recommendations listed below. Because everyone reacts differently to certain programs, it is recommended to try all of them first and then use the one which was the most comfortable and provided the best relief.

Program	Type of pain	Benefit	You should feel
P1	Chronic pain	<ul style="list-style-type: none"> • Pain gate control. • Pain relief associated with muscle groups. 	<ul style="list-style-type: none"> • Continuous comfortable tingling. • The underlying pain should decrease gradually after treatment.
P2	Acute pain	<ul style="list-style-type: none"> • Pain gate control. • Help relieve muscle twitching / spasms. 	<ul style="list-style-type: none"> • Comfortable Pulsing sensation. • The underlying pain should decrease immediately.
P3	Chronic pain	<ul style="list-style-type: none"> • Pain gate control. • Pain relief associated with muscle groups. 	<ul style="list-style-type: none"> • Continuous comfortable pulsing. • Pain should ease and relief after treatment.
P4	Chronic pain	<ul style="list-style-type: none"> • Achieve endorphin and gate response. • Massage-like. 	<ul style="list-style-type: none"> • Variable comfortable tingling and pulsing sensation (sensation will appear to come in waves). Pain should ease and relief after treatment.
P5	Chronic pain	<ul style="list-style-type: none"> • Decrease muscle fatigue at high intensity. • Massage-like. 	<ul style="list-style-type: none"> • Variable comfortable mild tingling sensation. (sensation will appear to come in waves).
P6	Chronic pain	<ul style="list-style-type: none"> • Decrease muscle fatigue. • Massage-like. 	<ul style="list-style-type: none"> • Variable comfortable pulsing and pumping action. (action will appear to come in waves.)
P7	Chronic pain	<ul style="list-style-type: none"> • Prevents accommodation or habituation. • Massage-like. 	<ul style="list-style-type: none"> • Variable comfortable tingling and pumping action. (action will appear to come in waves.)
P8	Acute pain & Chronic Pain	<ul style="list-style-type: none"> • Combination of pain Gate control & Endorphin release. • Massage-like. 	<ul style="list-style-type: none"> • For pain relieve associated with muscle groups, prevents accommodation of habituation.