

# WHAT IS YOUR VIBRATION THERAPY IQ?

Intellinetix is a revolutionary pain management and recovery system that harnesses the proven power of vibration therapy to stimulate muscles and ligaments and reduce pain and inflammation in aching joints. Proven effective for relief of chronic pain associate with arthritis, Intellinetix vibration technology is designed to provide targeted relief in a device that is comfortable enough to wear all day.

## DID YOU KNOW



There's a vibration therapy product designed for targeted relief.



foot/ankle



hands



back



calf/shin



head



knee/elbow



quad/thigh

There are benefits to choosing Intellinetix vibration therapy products.



all day comfort



100% drug free



wearable tech



no shock



usb rechargeable



compression fit

## VIBRATION THERAPY WORKS IN TWO WAYS

1. Gentle vibrations stimulate muscles and ligaments to increase blood circulation.
2. Vibrations serve as a sensory distraction, disrupting pain signals that are constantly traveling from your body to your brain and replacing them with gentle, massaging sensations.



## HEALTH BENEFITS OF VIBRATION THERAPY INCLUDE:

- increase bone density
- increase muscle mass
- improve circulation
- reduce joint pain
- reduce back pain
- alleviate stress
- boost metabolism



<https://www.healthline.com>

## A 2017 CLINICAL STUDY

by the Pain Management Center in conjunction with Brigham and Women's Hospital and Harvard Medical School found vibration therapy may significantly reduce pain among those living with arthritis.



## 5 MINUTES OF LOW LEVEL VIBRATION

is equal to 15 minutes of manual massage to help combat Delayed Onset Muscle Soreness (DOMS).



<https://www.jcdr.net/>