

Index

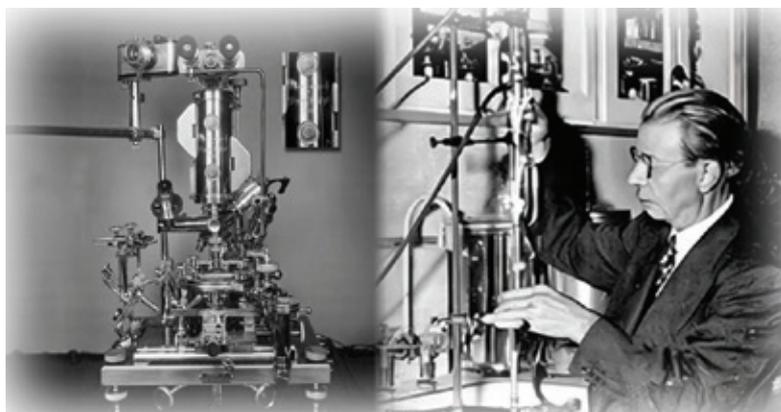
What is Infrared Light Therapy	04	Upper Back Pain	17
Product Description Benefits; Components; Injurymat.com	05	Lower Back Pain	18
Technical Description The Injurymat Infrared Therapy Device	06	Shoulder Pain	19
How To Connect the Controller to the Injurymat Device	07	Arm Pain	20
How to Wear The Injurymat Infrared Therapy Device	07	Elbow Pain	21
User Techniques Wearing the Injurymat Infrared Device	08	Wrist & Hand Pain	22
Suggested Timing For Treatments	08	Hip & Pelvic Pain	23
Suggested Intensity Setting For Treatments	08	Leg Pain	24
Controller Functions The Injurymat Controller	09	Knee Pain	25
Simultaneously targeting two areas of the body	10	Ankle & Foot Pain	26
Advanced machine connections Connecting 4 x IR-MATS to the RDPV4	11	About Legacy of Infrared Treatments	03
Conditions List	12	Bone Fractures	27
Advanced Treatments	13	Arthritis and Osteoarthritis	28
Muscle & Joint Pain	14	FAQ Frequently Asked Questions	29
Head, Face & Jaw Pain	15	Warranty & Disclaimer	31
Neck Pain	16	ABOUT ETDFL	32

About

Legacy of Infrared Treatments

Dr. Rife was a pioneering figure in medical technology, renowned for his groundbreaking inventions and innovative healing approaches. His creation of the Rife Machine, which generated specific sound frequencies transmitted to a light source, revolutionized our understanding of treatment modalities.

Dr. Rife's exceptional engineering capabilities allowed him to explore the integration of light and sound frequencies in medical treatment. His commitment to innovation laid the groundwork for therapies that utilize the unique properties of infrared light.



Infrared therapy, as employed in the Injurymat, penetrates skin and muscle tissue to promote cellular regeneration and enhance blood circulation. This process not only reduces inflammation but also alleviates pain and accelerates recovery. By comparing the Injurymat to Dr. Rife's original experiments, we see a clear evolution in technology that emphasizes the profound impact of infrared light in modern therapeutic applications.

A significant milestone in Dr. Rife's work was the development of the BeamRay, an early prototype of light treatment technology. This device demonstrated the potential of using light for healing and laid the foundation for the Injurymat's advanced features. The Injurymat incorporates a sophisticated controller that transforms sound frequencies into light frequencies, amplifying treatment effectiveness. This innovative synergy ensures that the infrared light emitted resonates with the body's natural frequencies, optimizing therapeutic outcomes. Thus, while the BeamRay was a pioneering step, the Injurymat represents a significant leap forward in infrared therapy, providing a more comprehensive and effective treatment solution for injury recovery.

Today, Dr. Rife's legacy thrives through devices like the Injurymat, which exemplify the advancement of infrared therapy. His groundbreaking work in harnessing light and sound frequencies continues to inspire researchers and practitioners, driving innovation in the field of medical science. The Injurymat not only honors Dr. Rife's vision but also enhances the effectiveness of light therapy, revolutionizing recovery methods and promoting overall wellness. By focusing on infrared mats, the Injurymat demonstrates how modern technology can elevate therapeutic practices, providing a powerful tool for healing and enhancing the quality of care available in today's healthcare landscape.

WHAT IS INFRARED LIGHT THERAPY?

The Injurymat device utilizes targeted, deep-penetrating wavelengths across five distinct frequency groups, generating over 50 unique frequencies in kilohertz (kHz). These kHz sound frequencies are converted into light frequencies via the infrared LED array. This advanced therapy aims to accelerate recovery and enhance pain relief by stimulating cellular repair and improving blood flow, providing therapeutic benefits similar to natural sunlight while eliminating harmful UV rays.

Injurymat Controller

The Injurymat Controller is an intuitive and user-friendly device designed to seamlessly manage your Injurymat Infrared Therapy Device. The controller transmits targeted frequencies across specific bandwidths, delivering output to each visible and invisible light on the device.



5 Treatment Modes

Injury Healing, Back injury, Muscle Injury, Bone Fractures, Arthritis Osteo

Hands-Free

Easy to use, comfortable to wear

FDA Cleared

This device is FDA-cleared, offering professional-grade infrared light therapy right in the comfort of your own home.

Comes with Adjustable Strap

The Injurymat device features an adjustable velcro strap, offering a universal fit that ensures the device stays comfortably and securely in place on any targeted area for all users.

Injurymat Infrared Therapy Device

Experience professional-grade infrared light therapy in the comfort of your home for real, visible results

Automatic Timer

Automatic timer permits 30,60,90 and 120 minutes

Adjustable Intensity

Adjustable Intensity
Switch from low intensity to High intensity with the press of a button

48 Programmable Infrared LEDs

Each of the 48 LEDs on the Injurymat device operates on a specialized frequency program tailored to target specific injury sites, enhancing the effectiveness of treatment for various pain and recovery needs.



The Injurymat Controller

PRODUCT DESCRIPTION

This powerful, FDA-cleared light therapy device is designed with three mat options, each tailored to comfortably fit different body areas. It features an array of Visible Infrared LED lights, with each mat containing a specific number of LEDs optimized for targeted pain relief and recovery. Together, the LED lights work to enhance blood flow, reduce inflammation, and accelerate healing across injury sites. Suitable for various body types and injury needs.



Benefits

- **Reduces Muscle and Joint Pain**

Visible Infrared Light penetrates deep into tissues to help alleviate muscle and joint pain, supporting faster recovery. 97% reported reduced pain and improved mobility after 10 weeks.

- **Enhances Joint Stability and Flexibility**

Visible Infrared Light reaches deep into targeted areas to support natural healing, helping to improve joint stability and flexibility.

- **Reduces Inflammation from Injuries**

Visible Infrared Light works to minimize inflammation from sprains, strains, and other injuries, promoting faster recovery and reducing swelling.

- **Promotes Circulation and Tissue Repair**

The Visible Infrared Light enhances blood flow, supporting tissue repair for quicker recovery from injuries and strain.

Key Components

- Visible Infrared LED Lights penetrate deep into the tissue to promote enhanced blood circulation and accelerate healing. Each LED operates on a specific kHz frequency bandwidth, tailored to the selected program for targeted pain relief and recovery.

About Injurymat.com

GLOBAL PRESENCE

Dr Rife Injury Mat products have a widespread presence in key locations including Germany, the UK, USA, Hong Kong, and Japan. Since 2006, Dr. Rife Stores have been at the forefront of distributing cutting-edge technology products. Our primary focus is ensuring accessibility to Dr. Rife's technology for individuals seeking effective treatment and healing for serious injuries.

INNOVATION AND DEVELOPMENT

The Rife Injury Mat was developed in Germany in 2018, following five years of rigorous clinical testing on real patients. This thorough testing process paved the way for its global distribution in 2024, ensuring that our customers receive a product that is both innovative and proven effective in real-world applications.

Technical Description

The Injurymat Infrared Therapy Device

Frequency range

Tested 0:01 Hz – 50 MHz

Frequency Wave and Sideband

Transmits all ETDFL frequencies using multiple infrared light spectrums when connected to an RDPV4 machine. All Dr. Rife MOR carrier wave and RF frequencies are reproduced through the Positive and Grounded areas of the device with +99%† efficiency.

Brightness Settings when Using the Injurymat Device with the Injurymat Controller

Set the Injurymat Controller to the LOW illumination level to start treatment. Gradually increase to HIGH for enhanced recovery protocols. Ensure that the targeted area is exposed while using the Injurymat device, as the multiple infrared frequencies need direct contact to be effective. If the light feels too intense, switch back to the LOW setting.

Brightness Settings when Using the Injurymat Device with the RDPV4 Controller

- Configure the RDPV4 to a voltage level of 12.5 V DC if the illumination level is too intense. The lowest setting is 12.5 V DC, with a middle setting at 14.5 V, and a maximum default setting of 17.5 V, recommended for injury treatments. Ensure direct contact with the treatment area, as the multiple infrared frequencies need to penetrate effectively. If discomfort is felt, reduce to the LOW setting.

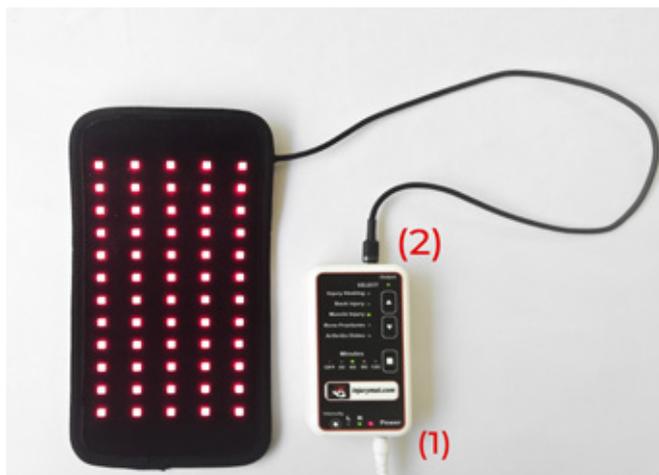
Clinic Use and Cleaning

For multi-user or clinic settings, clean the device surface after each use with a cloth. Avoid using alcohol directly on the surface. Do not machine wash the device, as this will damage the electronics.



How To Connect

the Controller to the Injurymat Infrared Therapy Device



Connect the Controller to power using the power cable (1), connect the Controller to the Injurymat Infrared Therapy Device using the USB-C cable (2).

How To Wear

The Injurymat Infrared Therapy Device

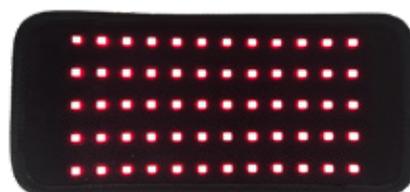
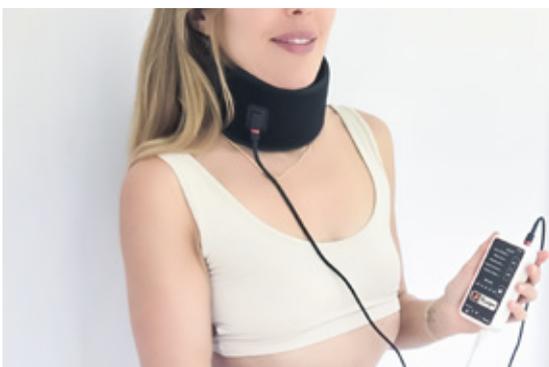


Lower back injury
Upper back injury

Chest area treatment
Stomach area treatment



Arm, Leg, Foot



Neck / Wrist

User Techniques

Wearing the Injurymat Infrared Therapy Device



1. *Connect the Controller to power and to the Injurymat Infrared Therapy Device.*
2. *Check the LED power indicator on the Controller.*
3. *Ensure the infrared light on the device is functioning.*
4. *Select the desired mode and timing.*
5. *Position the Injurymat device on the target area as directed.*

Suggested Timing

For Treatments

- Choice: 30, 60, 90, 120 minutes
- 30 minutes, minimum treatment.
- 120 minutes maximum treatment time.

Suggested Intensity Setting

For Treatments

- Begin with low-intensity settings.
- Use high-intensity settings for more serious injury treatments; however, revert to low intensity if any discomfort occurs.
- The targeted area should be exposed during treatment as the therapy is focused on direct contact with the skin.

Controller Functions

The Injurymat Controller



The Injurymat Controller

(1) BUTTON 1: UP

Use the UP arrow to navigate through Injury Categories 1-5.

(2) BUTTON 2: DOWN

Use the DOWN arrow to navigate through Injury Categories 1-5.

(3) BUTTON 3: TIME ADJUSTMENT

USE To Switch treatment time from OFF = No Output to Device:
30 Min, 60 Min, 90 Min, 120 Min

(4) BUTTON 4: POWER INTENSITY

L = Low Power Infrared output
H = High Power Infrared output

Output

Output LED ON: The Controller is sending frequency signal output to the Injurymat Infrared Therapy Mat.

Power

Power LED ON: The Controller is connected to Power Source (Power Adapter)

*** CONTROLLER PORT SIDE VIEW**



Controller Port



The Injurymat Device

- (1) USB Port for one Injurymat Infrared Therapy Mat**
- (2) USB Port for a second Injurymat Infrared Therapy Mat**
- (3) POWER PORT (Power Input)**



USB - C

Simultaneously targeting two areas of the body



Simultaneously targeting two areas of the body

- *Connect the controller to power.*
- *Connect the controller to 2 Injurymat Infrared Therapy Devices using the 2 USB-C output ports.*
- *Check the LED power indicator on the controller and the infrared lights on both devices.*
- *Select the desired mode and timing (both Injurymat devices will use the same mode and timing settings on the controller).*
- *Position the Injurymat Infrared Therapy Devices on the targeted areas.*



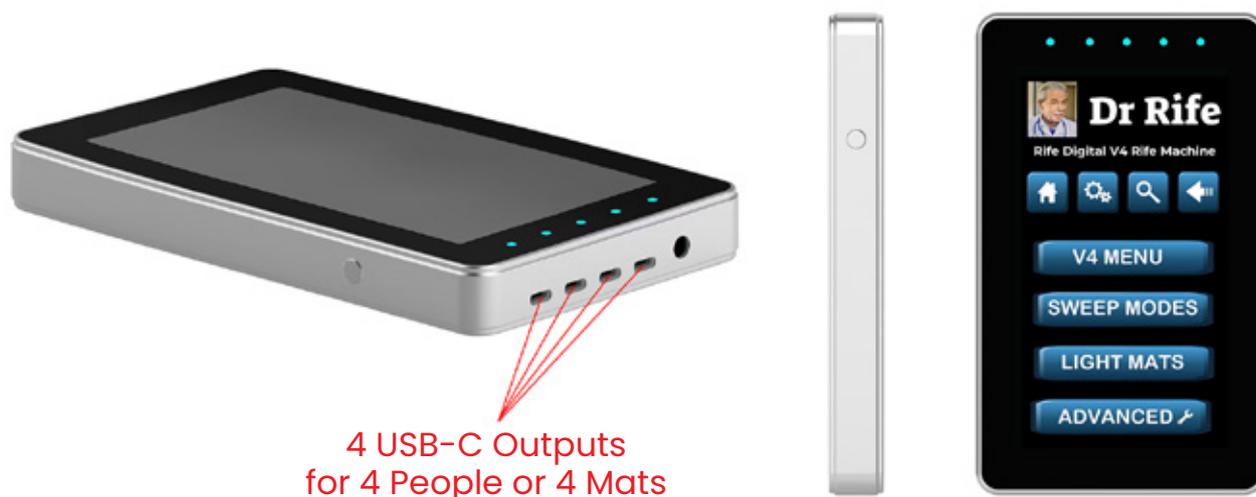
The Injurymat Infrared Therapy Device (1)



The Injurymat Infrared Therapy Device (2)

Advanced machine connections

Connecting 4 IR-MATS to the (optional) RDPV4



Rife Digital Professional V4 (RDPV4)

You can connect up to four Infrared mats to the RDPV4 for targeted treatment of different body areas, or alternatively, up to four individuals can be treated simultaneously. These configurations facilitate advanced integration between the Injury Mat and the Rife Machine RDPV4.

The Injury Mat controller provided offers ample Injury Treatment frequencies for various disorders. However, owners of the Rife Machine RDPV4 can access more specific groups by selecting the "Advanced ETDFL Program Menu"

1. Accessing Specific Groups:

Navigate to the MENU setting or use the search bar to find the specific "Group" number corresponding to the Skin disorder you wish to treat.

2. Connecting the Devices:

Insert the Injury Mat USBC cable into the top of the RDPV4 machine. Ensure the Injury Mat cables are securely connected to the machine.

3. Using the RDPV4 Injurymat MENU:

Select Injury Mat Menu on the RDPV4 and follow instructions on screen

4. Using RDPV4 GROUP MENU:

Select any Program number from the ETDFL Group menu, and sweep that Group while the Injury Mat is connected.

5. Adjusting Output Settings:

Set your RDPV4 to the Highest voltage setting when it's connected to the Injury Mat to optimize treatment effectiveness.

CONDITIONS LIST

Comprehensive List of Conditions Treatable with Dr. Rife Injury Mat



Head / Face /
Jaw Therapy



Neck Therapy



Upper Back Therapy



Lower Back Therapy



Shoulder Therapy



Arm Therapy



Elbow Therapy



Wrist / Hand Therapy



Hip / Pelvic Therapy



Leg Therapy



Knee Therapy



Ankle / Foot Therapy

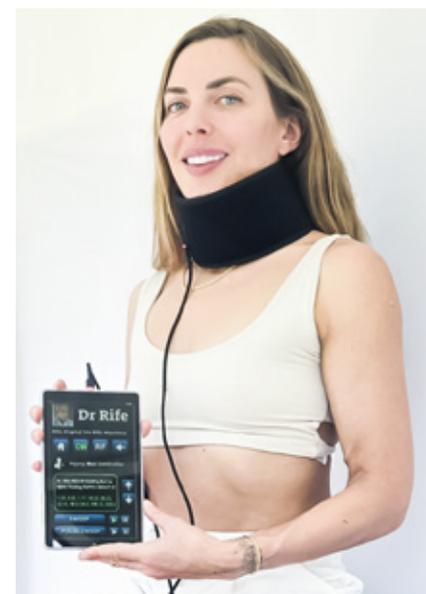
Advanced Treatments

Advanced Treatments with Dr. Rife's Infrared Injury Mat and RDPV4

Upper back (thoracic) pain is less common due to the spine's stability and rib support but can lead to issues in the neck, shoulders, and lower back. Dr. Rife's Infrared Injury Mat alleviates thoracic stiffness by promoting muscle relaxation, blood circulation, and mobility, reducing pain risks in adjacent areas.

Enhancing Treatment with RDPV4

Pairing the RDPV4 controller with Dr. Rife's mat expands treatment options, offering 3,500 targeted programs for specific injuries. This customization enhances the infrared mat's therapeutic benefits, especially for upper back issues.



Understanding Pain Sources

Upper back pain can be referred pain from the neck, shoulders, or nearby muscles and joints. Specific thoracic conditions also benefit from infrared and physical therapy interventions.

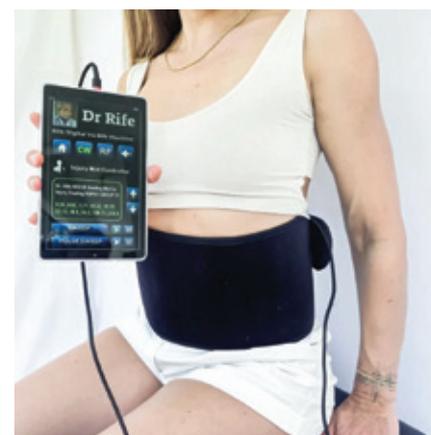
Conditions Benefiting from RDPV4 and Infrared Therapy

- **Disc Bulge or Herniation:** Though rare in the thoracic spine, disc issues can occur from trauma. The infrared mat reduces inflammation and promotes tissue healing, and RDPV4's targeted programs enhance recovery.
- **Rib Dysfunction:** Trauma or poor posture can cause rib pain and restricted mobility. Combined infrared therapy and RDPV4 programs effectively alleviate discomfort and restore mobility.



Comprehensive Pain Relief Strategy

Using the RDPV4 with Dr. Rife's Infrared Mat offers a comprehensive, customizable approach to upper back pain. With 3,500 programs, RDPV4 allows tailored therapy for personalized pain management and recovery, promoting targeted relief and healing.



Muscle & Joint Pain

Trigger Points and the Benefits of Dr. Rife's Infrared Injury Mat

The human body consists of (at least):

206
Bones

360
Joints

650
Muscles

Trigger Points, or "knots," are irritable spots in tight muscle bands causing pain locally and sometimes in a referred pattern. Acute or repetitive microtraumas often contribute to their development, resulting in persistent pain and reduced range of motion. Dr. Rife's Infrared Injury Mat helps by promoting muscle relaxation and improving circulation to release tension.

Muscle Strain occurs when muscles or tendons are overstretched, leading to damage. Strains range from mild to severe, with grade 3 often needing surgical repair. The mat aids recovery by reducing inflammation, promoting tissue repair, and easing pain.

Joint Sprain involves ligament overstretching, commonly from sports or falls. Like muscle strains, sprains are graded from 1-3, with grade 3 being a complete rupture. The mat helps reduce inflammation and supports healing.

Arthritis causes joint pain, swelling, and stiffness, impacting mobility. The mat reduces joint inflammation, alleviates pain, and enhances flexibility.

Degenerative Joint Disease (DJD) affects cartilage due to wear, leading to joint dysfunction. The mat promotes lubrication, reduces inflammation, and relieves pain.

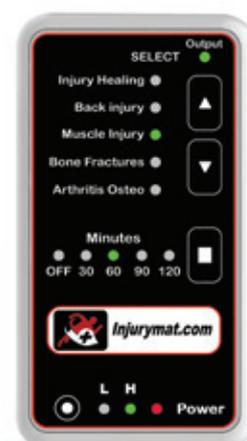
Tendinitis and Tendinosis are tendon issues, causing pain and limiting motion. The mat supports healing by reducing inflammation.

Bursitis is inflammation of joint-cushioning sacs, leading to pain and limited movement. The mat reduces inflammation and aids recovery.

Use Muscle Injury [Program #3]

Select 30 - 120 minutes based on the condition

Use suitable mats for treatment area; if multiple areas, use 2 mats with controller.



Head, Face & Jaw Pain

Relief for Head, Face, and Jaw Pain with Dr. Rife's Infrared Injury Mat

Trigger Points, or "knots," are irritable spots in taut muscle bands, often resulting from acute or repetitive microtraumas. These points produce localized or referred pain, limiting muscle mobility and function. Dr. Rife's Infrared Injury Mat aids in relieving pain associated with trigger points by enhancing muscle relaxation and improving circulation, helping release tension.



Cervicogenic Headaches stem from the upper neck joints and can cause significant pain and restricted mobility. The mat's infrared therapy reduces inflammation and promotes tissue healing, helping alleviate cervicogenic headache symptoms and restoring neck function.

Migraine Headaches, often severe and accompanied by sensory disturbances, may overlap with tension-type headaches. While medication is commonly used, infrared therapy can complement treatment by reducing muscle tension, promoting relaxation, and enhancing well-being, making migraine management more effective.



Temporomandibular Disorders (TMD), or TMJ dysfunction, cause jaw pain and limited movement. The mat aids in reducing TMJ-related discomfort by decreasing inflammation, promoting joint flexibility, and relaxing tense jaw muscles, improving overall jaw function and comfort.

Bell's Palsy presents as facial weakness or paralysis on one side, leading to discomfort and functional limitations. The mat's infrared heat therapy can assist by boosting circulation, reducing inflammation, and providing soothing warmth to the affected facial muscles, enhancing recovery and comfort.

Use Head Face & Jaw Pain [Program #1]

The InjuryMat Controller allows customizable treatment durations of 30, 60, 90, or 120 minutes.

Additionally, it employs specific sound frequencies with infrared light to amplify therapeutic effects, promoting relaxation, reducing pain, and supporting overall well-being.



Neck Pain

Neck Pain manifests in various forms;

Neck pain manifests in various forms, each with unique causes and symptoms. Nerve Neck Pain, or cervical radiculopathy, occurs when a bulging or slipped disc presses on a nerve, causing pain or tingling down the arm. Often linked to aging or injury, Dr. Rife's Infrared Injury Mat helps by promoting relaxation and circulation to reduce inflammation and discomfort.

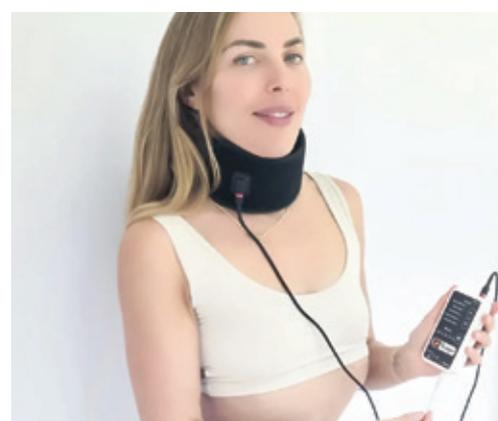
Muscle and Ligament Injuries, commonly from whiplash, result from sudden neck movements, as seen in car accidents or sports. Symptoms include pain, stiffness, headaches, and dizziness. The mat provides warmth and promotes tissue healing, aiding recovery and alleviating symptoms.

Muscle Spasms in the neck, triggered by strain, stress, or dehydration, cause sudden, intense pain. The mat's heat therapy helps relax muscles and relieve tension, enhancing mobility and easing pain.

Facet Joint Pain arises from cervical facet joint degeneration, leading to dull, aching pain worsened by neck movements. The mat assists by providing targeted heat to soothe inflamed joints, improve flexibility, and reduce discomfort.

Use Neck Injury and Pain [Program #2], Secondary Option [Program #1]

The program integrates the Back Injury frequency group, addressing the interconnected cervical and thoracic areas for holistic relief. The InjuryMat Controller offers customized treatment durations (30, 60, 90, or 120 minutes) and combines specific sound frequencies with infrared light.



Upper Back Pain

Alleviating Upper Back Pain with Dr. Rife's Infrared Injury Mat

Upper back, or thoracic pain, is less common due to the spine's stability in this region, supported by the ribs. However, stiffness in the thoracic spine is common and can lead to issues in the neck, shoulders, and lower back. Reduced mobility in the thoracic spine often causes mechanical problems in adjacent areas, increasing pain risk. Dr. Rife's Infrared Injury Mat helps relieve thoracic stiffness by promoting relaxation, enhancing circulation, and improving mobility, which can prevent pain in surrounding areas.

Upper back pain is often referred, meaning its source may be elsewhere, such as the neck or shoulder. Muscles and joints in the upper back can also cause pain. Thoracic conditions like these benefit from therapeutic intervention.

Disc Bulge or Herniation is rare in the thoracic spine but can occur due to trauma. The mat reduces inflammation and promotes tissue healing, providing relief from pain associated with disc bulges.

Rib Dysfunction, often caused by trauma or poor posture, results in rib pain and restricted mobility. The mat promotes relaxation and blood flow in the thoracic region, alleviating discomfort from rib dysfunction.

Use Upper Back Injury and Pain [Program #2]

The InjuryMat Controller offers treatment durations of 30, 60, 90, or 120 minutes and incorporates sound frequencies with infrared light to enhance therapy. This combination of heat and sound fosters relaxation, pain relief, and holistic well-being.



Lower Back Pain

Alleviating Low Back Pain with Dr. Rife's Infrared Injury Mat

Low back pain affects up to 80% of people at some point, making it one of the leading causes of disability and a frequent reason for medical visits and missed workdays. Both muscles and joints in the lower back are common pain sources, with many lumbar conditions benefiting from therapy.

Degenerative Disc Disease is age-related spinal disc deterioration. The mat assists by increasing circulation, reducing inflammation, and providing soothing heat, improving comfort and mobility.

Pinched Nerve in the lower back causes pain, numbness, or weakness radiating to the buttocks, leg, or foot. The mat promotes muscle relaxation, reduces inflammation, and improves blood flow, relieving pain and enhancing nerve function.

Disc Bulge or Herniation results from trauma to spinal discs, causing pain or dysfunction. The mat helps reduce inflammation and aids tissue healing, alleviating symptoms.

Spinal Stenosis involves the narrowing of spaces in the spine, compressing nerves and causing discomfort. The mat provides muscle relaxation, heat, and inflammation reduction, supporting mobility and quality of life.

Sciatica is pain radiating along the sciatic nerve, often down the leg. The mat relieves sciatica by relaxing muscles, reducing inflammation, and delivering soothing heat.

Use Lower Back Injury and Pain [Program #2]

The InjuryMat Controller allows customizable treatment durations of 30, 60, 90, or 120 minutes and incorporates sound frequencies with infrared light to enhance therapeutic effects. This combination promotes relaxation, reduces pain, and supports overall well-being.



Shoulder Pain

Shoulder Pain:

The shoulder is a dynamic region involving the clavicle, scapula, and humerus, interconnected through key joints like the glenohumeral (GH), scapulothoracic (ST), acromioclavicular (AC), and sternoclavicular (SC) joints. Effective shoulder function relies on coordination among these components, supported by numerous muscles. Dr. Rife's Infrared Injury Mat aids in muscle relaxation and tension relief, enhancing shoulder function.

Subacromial Impingement Syndrome occurs when shoulder tissues, such as the bursa or rotator cuff tendon, become pinched due to limited space. The mat promotes circulation and reduces inflammation, alleviating discomfort from impingement.

Rotator Cuff Tears impact the muscles stabilizing the arm, often due to trauma or repetitive stress. The mat aids tissue repair, accelerating recovery and reducing pain.

Biceps Brachii Tears in the proximal tendon may lead to a "Popeye" deformity. The mat aids in muscle relaxation, helping alleviate pain and supporting healing.

SLAP or Labral Tears affect the fibrocartilage around the glenoid, often linked to repetitive shoulder motions. The mat reduces inflammation and promotes tissue healing.

Adhesive Capsulitis, or frozen shoulder, involves joint stiffness and inflammation. The mat enhances mobility and reduces inflammation, supporting recovery.

Use Shoulder Injury and Pain [Program #3], Secondary Option [Program #1]

This program utilizes the Muscle Injury frequency group, focusing on muscles, tendons, and ligaments crucial for shoulder stability. The InjuryMat Controller allows customized treatment durations (30, 60, 90, or 120 minutes) and incorporates sound frequencies with infrared light, enhancing relaxation and facilitating effective recovery.



Arm Pain

Alleviating Arm Pain with Dr. Rife's Infrared Injury Mat

Arm pain can stem from neck issues, like disc herniation or pinched nerves, leading to referred pain in the arm. Shoulder and elbow problems can also contribute to arm discomfort. Dr. Rife's Infrared Injury Mat aids in relieving arm pain by promoting muscle relaxation, reducing inflammation, and enhancing circulation, facilitating pain relief and recovery.

Thoracic Outlet Syndrome involves compression in the thoracic outlet, between the collarbone and first rib. This can impact the brachial plexus (nerve bundle) or blood vessels, causing pain, tingling, numbness, or weakness in the neck, chest, and arm. The mat helps manage thoracic outlet syndrome by relaxing the scalene and pectoral muscles, easing compression on nerves and vessels, and improving comfort and mobility.

Use Arm Injury and Pain [Program #3], Secondary Option [Program #1]

This program utilizes the Muscle Injury frequency group, addressing muscles, tendons, and ligaments in the arm often affected by strains, sprains, and tendinitis due to overuse or repetitive motions. By focusing on these soft tissues, the program improves blood flow, reduces inflammation, and enhances muscle recovery, helping restore strength and mobility for quicker rehabilitation.



Elbow Pain

Alleviating Elbow Pain with Dr. Rife's Infrared Injury Mat

The elbow joint, connecting the humerus in the upper arm with the ulna and radius in the forearm, allows bending, straightening, and rotation. Elbow pain often stems from muscles and joints, with several conditions benefiting from therapeutic intervention.

Tennis Elbow, or lateral epicondylitis, causes pain on the elbow's outer side due to overuse. The mat aids by promoting relaxation, reducing inflammation, and enhancing blood flow, relieving pain and supporting recovery.

Golfer's Elbow, or medial epicondylitis, results in inner elbow pain. The mat's heat therapy promotes muscle relaxation and reduces inflammation, facilitating healing.

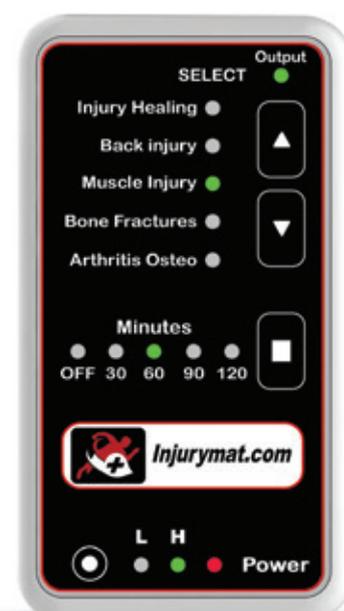
Cubital Tunnel Syndrome involves compression of the ulnar nerve inside the elbow, causing pain and numbness in the elbow, forearm, and hand. The mat relieves symptoms by relaxing muscles, improving circulation, and easing nerve compression.

Biceps Tear at the elbow often requires surgery followed by rehabilitation. The mat supports recovery by reducing inflammation, promoting tissue healing, and aiding in restoring function and mobility.



Use Elbow Injury and Pain [Program #3], Secondary Option [Program #1]

This program leverages the Muscle Injury frequency group to target muscles and tendons critical for elbow function, focusing on overuse injuries like tennis and golfer's elbow. Enhanced circulation, reduced inflammation, and improved flexibility accelerate recovery and support joint function.



Wrist & Hand Pain

Relieving Wrist and Hand Pain with Dr. Rife's Infrared Injury Mat

The wrist comprises the radiocarpal, ulnocarpal, and distal radioulnar joints, while the hand contains 27 bones, including 8 small carpals linking the wrist to the hand. Ligaments, muscles, tendons, and bursae contribute to the stability and function of this complex area.

Scaphoid Fracture often results from a fall on an outstretched hand. Early intervention is essential due to limited blood supply. The mat aids healing by promoting circulation, reducing inflammation, and easing pain.

Distal Radius Fracture includes Colles' and Smith's fractures from falls on outstretched or flexed wrists. The mat supports recovery by providing heat therapy, relaxing surrounding muscles, and accelerating tissue repair.

Carpal Tunnel Syndrome involves median nerve compression, leading to wrist, hand, and finger discomfort, especially in desk workers. The mat relieves symptoms by relaxing muscles, improving blood flow, and reducing nerve compression.

De Quervain's Tenosynovitis affects thumb-side wrist tendons, often due to overuse. The mat assists by reducing inflammation, promoting tendon healing, and providing gentle heat therapy.



Use Wrist / Hand Injury + Pain [Program #3], Secondary Option [Program #1]

This program employs the Muscle Injury frequency group, focusing on muscles, tendons, and ligaments impacted by conditions like carpal tunnel syndrome and tendonitis from repetitive motion. Enhanced circulation, reduced inflammation, and improved flexibility aid recovery, restoring wrist and hand function.



Hip & Pelvic Pain

The hip and pelvic region is crucial for stability and movement:

The hip and pelvic region, housing the femoroacetabular and sacroiliac joints, is essential for stability and movement. Structural differences between men and women can impact movement, leading to various dysfunctions. Dr. Rife's Infrared Injury Mat offers infrared therapy to relieve pain and promote healing by deeply penetrating tissues, reducing inflammation, and enhancing circulation.

Femoroacetabular Impingement can benefit from infrared therapy as the mat promotes tissue repair and reduces inflammation, alleviating discomfort and enhancing joint motion.

Labral Tear treatment can be complemented with the mat, which increases blood flow to the damaged labrum, supporting the natural healing process and easing pain.

Hamstring Tear recovery is aided by the mat's targeted heat, which reduces pain, inflammation, and promotes tissue repair for faster recovery.

Gluteus Medius Tear relief is achieved through deep heat to the hip, aiding pain reduction and supporting stability and function during movement.

Pelvic Floor Dysfunction can be managed with infrared therapy, which relaxes pelvic muscles and boosts blood flow, reducing discomfort and improving function.



Use Hip / Pelvic Injury + Pain [Program #3]

This program leverages the Muscle Injury frequency group, targeting muscles and soft tissues in the hip and pelvic region. By improving blood flow, reducing inflammation, and increasing flexibility, the program promotes recovery, enhancing mobility and function



Leg Pain

Leg Pain:

Leg pain can arise from various factors, including muscle strains, overuse injuries, and joint issues. Muscles are prone to strains and trigger points, as seen in myofascial pain syndrome, which causes referred pain down the leg. Muscle imbalances or weaknesses also contribute to discomfort by overloading certain areas.

Joints like the hip, knee, and ankle are susceptible to arthritis, injuries, and degenerative conditions. Osteoarthritis is common, leading to joint pain and limited mobility, while injuries like sprains, strains, and ligament tears cause acute pain and inflammation. Conditions such as bursitis, tendinitis, or stress fractures can further affect joint health, causing localized pain.

Nerve-related leg pain can result from conditions like sciatica, where sciatic nerve compression leads to shooting pain, tingling, or numbness down the leg. Lumbar nerve compression, due to disc herniation or spinal stenosis, often results in radicular leg pain.

The **Dr. Rife's Infrared Injury Mat** penetrates tissues deeply, promoting circulation, reducing inflammation, and relaxing muscles. By addressing root causes, the mat provides significant relief and supports healing, complementing other therapies.



Use Leg Injury and Pain [Program #3], Secondary Option [Program #1]

This program uses the Muscle Injury frequency group to target muscles, tendons, and ligaments essential for leg function. Enhanced blood flow, reduced inflammation, and improved flexibility aid recovery, restoring leg strength and mobility.



Knee Pain

Knee Pain Relief with Dr. Rife's Infrared Injury Mat

The knee, a vital weight-bearing joint, consists of the femur, tibia, and patella, supported by major ligaments (ACL, PCL, MCL, LCL) and cushioned by menisci. Key conditions causing knee pain include:

Patellofemoral Pain Syndrome (Runner's Knee) results from muscle imbalances causing abnormal patellar tracking. The mat aids by reducing pain and promoting healing.

Patellar Tendinitis (Jumper's Knee) involves pain in the patellar tendon, often worsened by activities like jumping. The mat complements rehabilitation by easing pain and inflammation.

Iliotibial Band Syndrome causes outer knee or hip pain due to tightness or weakness in hip and leg muscles, common in runners. The mat helps manage symptoms by promoting relaxation.

ACL Tears are often sports-related, requiring surgery or conservative management. The mat aids recovery by supporting tissue repair and reducing pain.

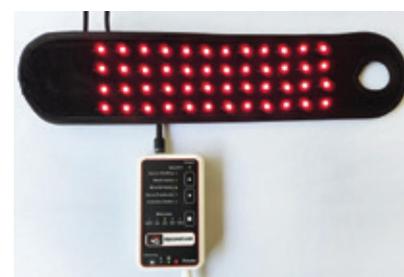
Meniscus Tears impact knee cushioning, caused by trauma or degeneration. The mat facilitates pain relief and healing.

Patellar Dislocation and **Quadriceps/Patellar Tendon Ruptures** require surgical repair. The mat supports post-surgical recovery and enhances outcomes.

MCL, LCL, and PCL Tears contribute to knee pain, often resulting from accidents. The mat aids in rehabilitation by promoting tissue healing.

Use Knee Injury and Pain **[Program #3]**,
Secondary Option **[Program #1]**

This program leverages the Muscle Injury frequency group to address knee-related soft tissue issues, improving circulation, reducing inflammation, and enhancing flexibility for effective recovery.



Ankle & Foot Pain

Ankle and Foot Pain:

The ankle joint, formed by the tibia, fibula, and talus, along with the foot's 28 bones, supports weight-bearing and movement. This region endures substantial force with each step, often leading to pain and injury. Dr. Rife's Infrared Injury Mat aids by promoting circulation and reducing inflammation, accelerating healing and easing discomfort.

Plantar Fasciitis causes heel pain from overuse. The mat promotes circulation and reduces inflammation, aiding tissue repair.

Achilles Tendonitis involves pain in the Achilles tendon. The mat increases blood flow, easing discomfort and supporting recovery.

Posterior Tibial Tendinitis results in pain on the ankle's inner side. The mat helps reduce inflammation and promotes tissue healing.

Peroneal Tendinitis affects the outer ankle, where the mat's infrared therapy reduces inflammation and enhances recovery.

Shin Splints cause pain along the shin, often due to overuse. The mat aids pain relief and tissue repair.

Exertional Compartment Syndrome and **Stress Fractures** benefit from increased blood flow and reduced inflammation, enhancing healing.

Bunions cause foot pain and stiffness. The mat's therapy improves mobility by reducing inflammation and discomfort.

Use Ankle / Foot Injury and Pain [Program #3], Secondary Option [Program #1]

This program targets muscles, tendons, and ligaments in the ankle and foot, addressing sprains, plantar fasciitis, and strains. Improved blood flow, reduced inflammation, and enhanced flexibility promote effective recovery and pain relief.



Bone Fractures

Bone Fractures: Types, Locations, and Treatment Options

Bone fractures occur due to trauma, overuse, or conditions like osteoporosis that weaken bones. Understanding fracture types and locations is crucial for effective recovery.

Common Fracture Locations

- Wrist Fractures: Typically distal radius fractures from falls.
- Hip Fractures: Common in older adults, affecting mobility.
- Ankle Fractures: Result from twists or falls.
- Collarbone Fractures: Common in athletes and children from impacts.
- Spinal Fractures: May result from trauma or osteoporosis.

Types of Fractures

- Simple (Closed): Bone breaks without piercing skin.
- Compound (Open): Bone pierces skin, increasing infection risk.
- Transverse and Oblique: Straight or sloped breaks.
- Comminuted: Bone shatters, often needing surgery.
- Stress Fracture: Small crack due to repetitive stress.

Treatment with Infrared Mat

Infrared Mats promote circulation, reducing pain and speeding up healing by delivering nutrients and oxygen for bone repair.

Available in three sizes, the mats provide targeted treatment for fractures, with smaller mats ideal for limbs, directly addressing fracture points.

Use Bone Fractures [Program #4]

This program offers customizable durations (30, 60, 90, or 120 minutes), adapting to fracture severity.

The InjuryMat Controller integrates specific sound frequencies with infrared light to support tissue regeneration, reduce inflammation, and enhance relaxation, making it a valuable adjunct in recovery.



Arthritis and Osteoarthritis

Arthritis and Osteoarthritis

Arthritis and osteoarthritis are joint conditions causing pain, stiffness, and reduced mobility. While arthritis includes over 100 joint disorders, osteoarthritis is the most common, often linked to aging and joint wear.

Commonly Affected Joints

- **Knees:** Osteoarthritis leads to pain and limited movement.
- **Hips:** Arthritis affects mobility, especially in older adults.
- **Hands:** Affects fingers and thumbs, impacting grip and dexterity.
- **Spine:** Causes stiffness and pain in the back and neck.

Types of Arthritis

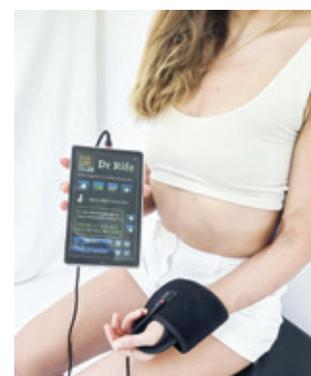
- **Osteoarthritis:** Degeneration of cartilage, causing pain and stiffness.
- **Rheumatoid Arthritis:** Autoimmune disorder causing inflammation and joint damage.
- **Gout:** Uric acid crystal buildup, leading to acute pain episodes.

Infrared Mat Treatments

Infrared Mats provide deep heat, improving circulation and alleviating arthritis pain. Available in three sizes, mats offer targeted therapy for affected joints like the knee or wrist, relaxing muscles and easing stiffness for enhanced comfort.

Use Arthritis and Osteoarthritis [Program #5]

The program offers flexible treatment durations (30, 60, 90, or 120 minutes), adapting to individual needs. The InjuryMat Controller combines sound frequencies with infrared light, promoting relaxation, reducing inflammation, and supporting holistic joint relief and emotional well-being.



FAQ

Frequently Asked Questions



■ **What Setting on the Rife Professional V4 Should I Use with the Injurymat Device?**

We suggest looking up the specific frequency associated with the type of injury you want to treat. Many common injuries are listed within the machine's presets. If not, refer to the ETDFL book (available for free download at ETDFL.COM) to find the appropriate frequencies for injury-related treatments.

■ **Where Can I Buy the Latest Rife Machine to Use with My Injurymat Accessory?**

To access the 3,500 groups and advanced features of the controller, you can purchase the Rife Professional V4 through the Injurymat shopping cart

■ **I Feel Sensitivity When Using the Injurymat Device:**

We recommend starting with the "Low" setting on the controller, ensuring the device sits comfortably without pressing too hard against the skin. If any sensitivity is felt, keep the controller on the LOW intensity setting. The device should have a loose fit around the treated area, avoiding tightness for optimal comfort.

■ **The Device Doesn't Fit Properly, and There's a Gap Around My Skin. Help!**

Adjust the Velcro straps on the Injurymat device to ensure a snug and comfortable fit around the treatment area. Make sure the device makes contact with the skin without being too tight, allowing the frequencies to transmit effectively.

■ **Can I Use These Accessories for My Dog, Cat, or Other Animals?**

Yes, the Injurymat can be used on dogs, cats, and other animals. However, please be aware that animals may damage the equipment by chewing on or tugging at the mats or cables. The infrared system, from the controller to the mat, operates at low voltage. In the event that an animal damages the electronics, the voltage is low enough that it poses no danger to either humans or animals. Please note that any actual damage caused by ripping will void the warranty for the mats and controller.

■ Purpose of the Specific Array of Infrared Lights and Their Placement



The specific array of invisible infrared lights is designed to emit targeted frequencies within designated bandwidths, facilitating the healing of deep tissue injuries. Infrared light penetrates the skin to varying depths, promoting cellular repair and reducing inflammation in affected areas. This process stimulates the production of adenosine triphosphate (ATP), the energy currency of cells, which enhances cellular metabolism and accelerates the healing process. Furthermore, the therapeutic effects of infrared light are supported by its ability to increase blood circulation, thereby improving oxygenation and nutrient delivery to damaged tissues. This enhanced blood flow not only speeds up recovery but also helps alleviate pain and stiffness associated with injuries.

The precise placement of these infrared lights is critical for maximizing their therapeutic benefits. By ensuring close skin contact, the lights can effectively deliver healing energy directly to the targeted tissues. This positioning allows for optimal absorption of light energy, which is vital for triggering physiological responses that promote healing. Additionally, the specific arrangement of the lights is tailored to address various injury types, ensuring that the most affected areas receive concentrated treatment. As a result, patients experience not only quicker recovery times but also reduced discomfort during the healing process.

Complementing the infrared lights is the innovative Injurymat controller, which transforms sound frequencies into light frequencies. This unique feature enhances the treatment's efficacy by amplifying the healing effects of the infrared light. The controller calibrates the treatment to resonate with the body's natural frequencies, thereby optimizing the therapeutic response. By aligning sound and light frequencies, the Injurymat ensures a more comprehensive approach to injury treatment, enhancing cellular regeneration and pain relief. This synergy between sound and light technologies provides a holistic treatment experience, ultimately leading to improved recovery outcomes for users.

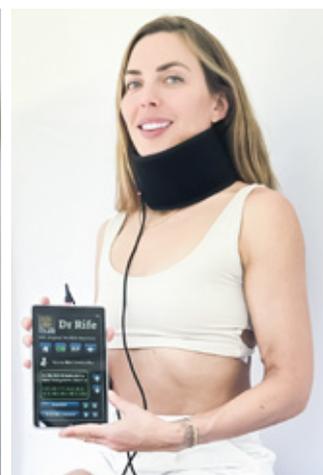
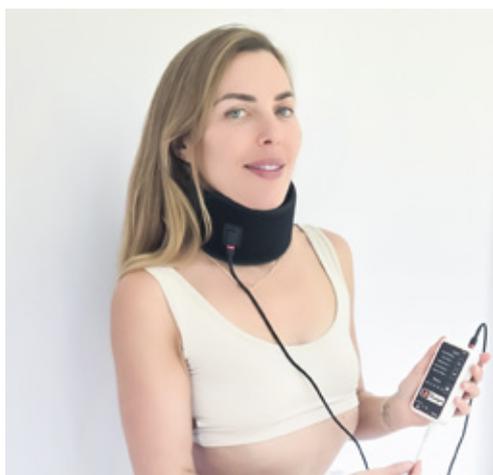
Warranty & Disclaimer

Warranty

- DOA Warranty: If your Injurymat Infrared Therapy Device arrives with any damage caused during transport, it will be replaced immediately.
- 3-Month Replacement Warranty: If your Injurymat device breaks under normal use, we will replace the item within 90 days. Shipping costs will be charged for sending the replacement to your address.
- The Injurymat device is equipped with 44 RED infrared LED's. Please note that warranty conditions consider a single LED malfunction, such as a dead pixel, as "normal wear and tear." An LED array is generally only considered defective if multiple dead LEDs are clustered in a specific area.
- Using Infrared Mats on animals that result in Mat, Controller or Cable Damage are not covered by warranty.
- For sanitary reasons, the Injurymat device will not be repaired by our service center. A new product will always be issued under warranty.

Disclaimer

- The E.T.D.F.L. (ETDFL.com) Labs does not guarantee that the Injurymat Infrared Therapy Device will cure any specific injuries or conditions. The infrared therapy technology has been tested for over 3 years in the EU by researchers, who have observed positive outcomes when using the device with the RDPV4 and the Injurymat controller.
- While the Injurymat technology is based on extensive research, the collaborating researchers do not guarantee that their findings or technologies will result in a cure for specific injuries.
- The Injurymat device is a unique product available for individual or clinical purchase.





ETDFL.com



E.T.D.F.L is an ongoing project by 12 Clinics across the planet who use the Quantum SCIO Bioresonance machine to record Disease frequencies of actual clients, and then produce the 10 most accurate frequencies which are deemed suitable for treatment with the Royal Rife Machine. This project began in 2006 when the original CAFL frequency list was discontinued. ETDFL became the new list, now used by more than 100,000 Royal Rife Machine users across the planet. The accuracy of the frequencies is seen in the positive results of the clients who use this Frequency List in clinics and homes in every country.

ETDFL Berlin, Germany, develops the latest accessories and equipment for Electro Frequency Therapy. The Injurymat device is a unique recovery product developed in collaboration with Injurymat Labs, Berlin, Germany, and ETDFL Labs, Germany.

ETDFL is updated annually. The latest PDF versions are available at: ETDFL.com For additional information on injury treatment, recovery programs, and the Injurymat device, including treatment groups not covered in this book, please visit Injurymat.com.

PDF versions of ETDFL at ETDFL.com allow you to search the ETDFL Database for frequency sets specific to injury treatment, which may be more up-to-date than the lists provided in this book.

The Injurymat.com Therapy Device is licensed to use all ETDFL Royal Rife Frequency Sets © ETDFL Berlin, Germany.

Injurymat Infrared Therapy Device



The InjuryMat Store focuses on specialized treatment for orthopedic, spine, and sports-related injuries by leveraging advanced combined Infrared Frequency technologies.

Contact Us

 www.injurymat.com

 206-708-6408

 etdfl.web@gmail.com

Injury Tech Solutions

1712 Pioneer Avenue, Cheyenne, WY
82001, USA E Parcel & Mail
Distribution office, no Pickups