

PEMF OBSERVATION CHART



Weak No:	MEMBER NAME:				
Date:	DATE: __ : __ : __	DATE: __ : __ : __	DATE: __ : __ : __	DATE: __ : __ : __	DATE: __ : __ : __
Time:	Time:	Time:	Time:	Time:	Time:
Device:	Device:	Device:	Device:	Device:	Device:
Systemic					
Local (arm, knee)					
Local					
Local					
Physical observations					
Mental observations					

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CONTRA INDICATIONS

- Implanted electrical devices like pacemakers, cochlear implants, intrathecal pumps, etc., because the magnetic field can shut the device.
- Patients with organ transplant patients because of immune suppression medications to prevent organ rejection.
- Safety of PEMFs has not been established in pregnancy, although there is no evidence of harm.
- PEMFs should be used with caution in Grave's disease or in the case of active bleeding.
- Be careful with dental implants, mechanical heart valves, metal stents, or metal staples in blood vessels.
- Do not use high intensity PEMFs over breast implants, given the risk of agitating the plastic or silicone in breast implants, resulting in possible thinning and risk of leakage due to built in valves.

I hereby declare that none of the above listed contraindications apply to me. In case I am not certain I will discuss it with my health professional prior to starting this therapy.

POSSIBLE SIDE EFFECTS

- Herxheimer reaction
- Nauseated
- Headaches
- Tinkling
- Burning
- Over stimulation

Positive side effects: more energy, clear head, energy, less stress, faster healing, improved immune system, stronger complexion, a.s.o.

I hereby declare to watch carefully for any of the symptoms described above but not limited to them, stop therapy if anything unusual happens, notify the club leader and consult with my health professional.
