NerveSpa

CLINICAL TREATMENT PROTOCOLS

The Clinical System Behind the Results

Structured, multi-modal protocols for peripheral neuropathy, joint health, and metabolic / gut support.

NerveSpa programs are structured, provider-directed treatment pathways designed to support nerve function, joint mobility, and metabolic stability through coordinated daily therapy.

Each Program is designed for comprehensive and consistent use to achieve an aggregate milestone. The combinational approach and consistency of use are key ingredients in driving the best results.

Our protocols are built on the foundation of clinical research and are designed to be integrated into broader care plans, providing a structured pathway for patients to follow alongside their healthcare providers.

Neuropathy Program - Treatment Protocol

The Nerve & Neuropathy Program is designed to support nerve function, circulation, and sensory capability through a coordinated combination of device-based therapies and targeted supplementation.

The program works through consistent daily use across multiple modalities, with each therapy contributing to the overall clinical outcome.

Device Protocol

Phase 1 — Active Treatment Cycle (Initial 90-use program)

Patients follow a structured daily routine using the therapies shown in the protocol wheel. Most modalities are used approximately 20-30 minutes per day, targeting about 90 total uses per modality.

Phase 2 — Maintenance & Ongoing Support (Use for symptomatic suppression as needed)

After completing the initial treatment cycle, providers typically transition patients to a maintenance schedule based on symptom stability and clinical response.

Frequency and modality selection may be adjusted to support long-term nerve comfort and function.

Phase 3 — Reinforcement Cycle (Revisit the 90-day program annually)

Repeat Phase 1 and Phase 2 annually to reinforce the program results and keep any nerves in the state of degradation in an active state of progressive improvement. Treatment schedules and supplement use are directed by the provider.



Supplement Protocol

Phase 1: Nerve Regeneration — (Initial 3-4 Months)
Targeted daily supplementation is used during the initial 3-4 month period and then revisited annually for 3-4 months of use. Start use at the onset of treatment.

Phase 2: Neuro Protection Phase — (Continual use during phase 1 and beyond)
Continued long-term supplementation is recommended to support circulation and ongoing nerve health. Start the program at the onset of treatment.

* To continue the benefits of Alpha Lopic Acid, continue using the Nerve Regeneration powder in phase 2

* Note: Break-Cycle Guidance below



Joint Therapy Program - Treatment Protocol

Joint degeneration and Osteoarthritis occurs as cartilage breaks down and joints lose their natural cushioning, leading to inflammation, stiffness, pain, and reduced mobility. These conditions commonly affect the knees, shoulders, spine, and other weight-bearing joints, often limiting activity and long-term joint function.

The NerveSpa Joint Therapy Program uses a coordinated daily approach combining electrotherapy with compression, topical post-treatment support, and nutritional joint supplementation. These components are designed to work together to support circulation, reduce inflammation, improve mobility, and enhance overall joint function.

Device Protocol

Phase 1 - Consistent Treatment Cycle (1-hour per day 5X/week - 6-12 months)
Patients complete a structured program targeting approximately 120 total sessions, typically performed 1 hour per day, about 5× per week. Results are driven by the cumulative therapeutic exposure and regenerative nature of the stim.

Consistency across the full program is the key driver of optimal outcomes.

Phase 1 - Maintenance Phase - Intermittent Treatment Cycle (1-hour per day - on an as-needed basis)
After the treatment milestone is reached, providers may transition patients to a reduced maintenance schedule based on clinical response, symptom stability, and long-term joint goals.



Supplement Protocol

Continual Phase (Use daily along with device protocol)
Targeted joint supplementation is recommended for daily use as part of the overall care plan. Many patients continue supplementation long-term under provider guidance.



Metabolic, Gut + Immunity - Treatment Protocol

This protocol supports gut lining integrity, microbiome balance, immune stability, and metabolic function through coordinated daily supplementation as part of the broader NerveSpa clinical program.

Supplement Protocol

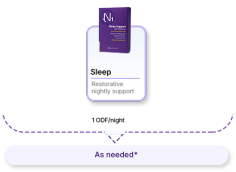
Phase 1 — Heal & Seal (Initial 3-4 months)
Daily supplementation focuses on healing and sealing the gut lining, balancing the microbiome, and regulating systemic inflammation. This phase establishes the foundation for digestion, absorption, and immune response.

Phase 2 — Rebuild & Maintain (Continual Use after Phase 1)
Continued daily supplementation supports rebuilding the gut microbiome, long-term microbiome stability, metabolic regulation, and immune resilience.



Sleep Support

Sleep Support supplementation may be used on an as-needed basis under provider guidance to help support healthy sleep patterns as part of the overall NerveSpa program.



*Advanced Supplementation Guidance

Supplementation, diet, and exercise should be an integral daily component of the program.

Supplements are typically used daily as appropriate relative to the patient's diet and provider guidance.

A 7-14 day break-cycle every 3-6 months may be recommended to help prevent tolerance and allow the body to reset.

For herbal supplementation (tinctures), a 12-weeks on / 12-weeks off break-cycle is commonly recommended.

Clinical Devices - Usage Protocols

NerveSpa clinical devices are used in-clinic and for provider-directed home care. Each device below lists its programs, session limits and course length; the supervising provider adjusts them to patient response and tolerance.

NerveWave - 6-in-1 Electrotherapy System

Neuro-modulating electrotherapy combining low, middle (kHz) and high frequency programming with clinical modalities in one device. Select the program for the indication and follow its schedule for the full course.



PROGRAM	TARGET USE	SESSION SCHEDULE	COURSE
1 **Regenerative Pain Control**	OA / RA joints; chronic back pain (IFT)	4–5x per week	**26 weeks**
2 **Nerve & Neuropathy**	Nerve regeneration, hands & feet	1x/day, 5x/wk (30–40 uses), then 3–4x/wk	**+12 wk maintenance**
3 **Restorative Recovery**	Post-surgical / injury rehab	4–5x per week	**13–20 weeks**
4 **Vagus Nerve Stimulation**	Sleep, anxiety, migraines	~10 min · 1–2x daily as needed	**As needed**
5 **PENS – Electro-Acupuncture**	Pointer probe: OA / RA joints	5–20 min · 3–4x/week	**3 months**
6 **Direct Current (DC)**	Soft tissue, tendons, wounds	20 min · 3–4x/week	**3 months**

Power Wrap - LLLT & LED Light Therapy

Deep-penetrating low-level laser and LED light to reduce inflammation, support nerve function and increase blood flow. Wraps the knee, elbow, hand, back, hips, shoulders or feet.

Device Protocol

Treatment Sessions (1–2x per day, per treatment area)

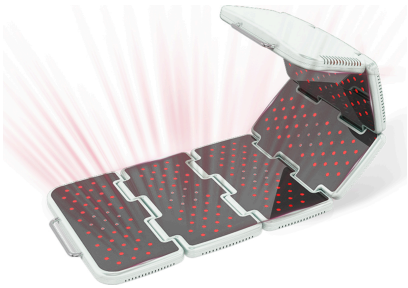
- **Constant mode:** max 3 min per area; rest day every 2 days of treatment.
- **Pulse mode:** max 6 min per area; skin must be normal, not red, before re-use.

Intensity (start Low or Medium, never High)

- Low 8k mW · Medium 10k mW · High 12k mW.
- Sensitive, fair, dry or darker skin, or patients over 70: Pulse mode on Low; check skin often.

Placement (rotate areas session to session)

- Move to untreated skin each session; never overlap or treat the same area twice in a row.
- Rest the lasers after 10 consecutive minutes of use.



NerveSpa Vibe - Deep Tissue Vibration Therapy

Cordless high-frequency handheld vibration (up to ~7,000 rpm) with interchangeable heads, for short sessions in clinic or at home.

Device Protocol

Use as needed

Neuropathy support
Short intervals on soles, calves or hands alongside electrotherapy and the Nerve Bath.

Joint mobility
Around knees, shoulders, hips, ankles or wrists before stretching or exercise.

Scar tissue & adhesions
Along scars or restricted fascia, with manual therapy.

Trigger points & recovery
Pinpoint head on tight muscle; warm-up or cool-down.



Blue	Green	Yellow	Red
~4,000 rpm	~5,000 rpm	~6,000 rpm	~7,000 rpm

Start low, increase to tolerance. **10-min auto timer** sets session length.

Avoid the carotid sinus, eyes and open wounds. Evaluate patients with implanted electronic devices first.

*Clinical Device Guidance

Use devices alongside supplementation, diet and exercise, and complete each full course before maintenance. Screen patients for contraindications and medical history first; follow each device's manual for safety limits.