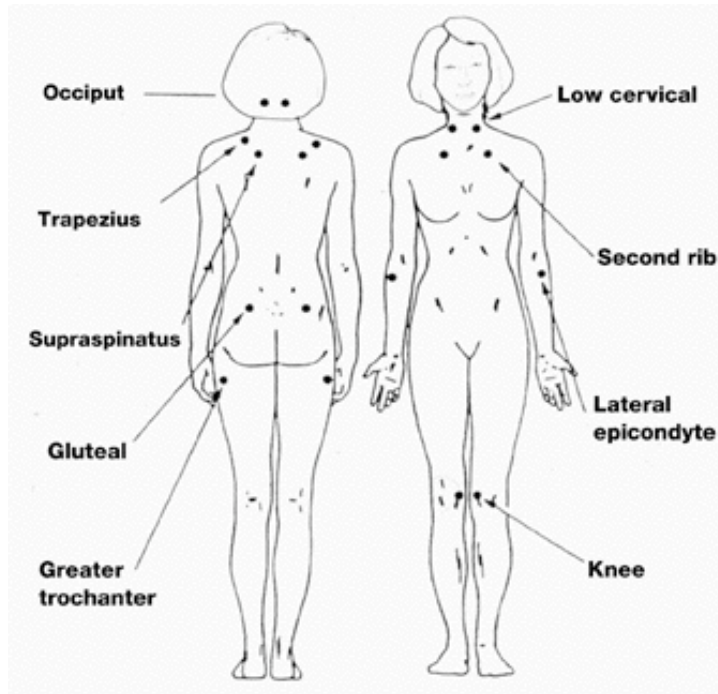


## FIBROMYALGIA TENDERPOINT CHART



### SUGGESTED USE OF THE RTQ FOR RELIEF OF THE SYMPTOMS OF FIBROMYALGIA

#### *DRINK WATER BEFORE, DURING AND AFTER USING THE RTQ*

1. Label each tenderpoints from most painful to least painful.
2. Place pads on tenderpoints you have labeled 1, start the RTQ unit on massage and gently increase strength, never going past a comfortable level. Massage on the area for 2 sessions or 30 minutes.
3. Move pads to tenderpoints you have labeled 2, start the unit on massage, strength on 0, gently increase strength to a comfortable level. Massage the area for 1 session or 15 minutes.
4. Move pads to tenderpoint you have labeled 4, start the unit on massage, strength on 0, gently increase strength to comfortable level. Massage the area for 1 session or 15 minutes.
5. Continue the same pattern as long as you like. The last pad placement for the day should be the Gluteal area (where a man wears his belt). Start the unit on massage, strength on 0, gently increase strength to a comfortable level. Massage the area for 2 sessions or 30 minutes, the last 15 minutes while in bed. At this point sleep should be very close. If during the night you are awakened, turn unit back on and press massage.