

## WHY SUFFER WITH PAIN?



Non-Invasive &  
Non-Drug Pain Relief

Micro-Current  
Electrotherapy

Automatic Interactive  
Biofeedback

Prescription Required

Medicare & Insurance  
Approved

Handheld &  
Battery Operated

Super Easy To Use

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## HEALTH AND WELLNESS

### Living Pain Free - A Personal Journey

by Kathy H, Texas

Early in 2009, I relocated to a new area. I found a house I loved and became completely immersed in remodeling and settling my new home. Being single, I was doing a lot of the work myself. That's when it happened. I injured my shoulder trying to start my lawn mower. The pain and inability to move my right arm was unbearable. My doctor prescribed an anti-inflammatory that worked to alleviate some of the swelling and pain, but not enough to continue with my daily activities. The pain became increasingly unbearable. A friend was using the BEST-RSI™ device to reduce pain caused by a fracture to her upper arm and told me the device would do wonders to alleviate my pain. I must admit, I'm a "doubting Thomas" when it comes to new treatments. In the past, I've been a push over for all types of ads on television, radio, the internet and even friends pushing different products. As usual, they never lived up to their claims. My friend insisted that she was seeing great results and I would too. So I purchased one.

I began using my BEST-RSI™ every day, placing the pads on the area where my pain was the greatest. My pain decreased almost immediately with the first use and continued to lessen with each application. For the first time in weeks, I was able to sleep through the night. As my pain diminished and became "manageable," my enthusiasm and motivation returned to continue with my remodel. The BEST-RSI™ is incredible!

In July, being new to the area, I finally located an orthopedic and shoulder specialist to survey what I thought was minor damage. I had prior rotator cuff and bicep tendon surgery a couple of years before. As it turned out, I had re-torn the rotator cuff, bicep tendon and subscapularis. The surgeon told me he usually only sees tears this severe in patients in their 80's and rarely in someone my age (mid-40's) and physical condition. He added that he would only be able to do a "partial" repair because the tear was over 4 cm and the retraction of the tendon was too great to guarantee anything more. I was in shock! I asked him how he would know if he was going to be able to repair the torn cuff and he replied, "if it holds a suture." He further explained if the torn cuff was worn too thin, the thread wouldn't hold.

Knowing I would have a long recovery, I asked the surgeon if I could wait a month to finish the remodel on my house. He wasn't happy with the delay and warned the longer I waited additional scar tissue would continue to build due to the injury and continued use. I completed my house and surgery was performed on September 9, 2009 (yes! 09-09-09). The surgery took 4 hours. I emerged from an extremely painful procedure with 6 pins in my shoulder and 7 arthroscopic holes around my shoulder. The surgeon was very pleased as he was able to repair all the damage I had done! He told me he was surprised to find the rotator cuff still had enough elasticity so he could re-attach it. After surgery, I began using my BEST-RSI™ device at night while I slept on the opposite arm. After 4 days, I had reduced my pain medication from every four hours to every eight hours; after the first week, it decreased to every 12 hours.

I believe, and no one will ever convince me otherwise, that using my BEST-RSI™ device after my injury and prior to surgery kept the elasticity in that rotator cuff and enabled my surgeon to do a complete repair! Just before surgery, I told my surgeon that the Divine Physician would be with the both of us in the operating room and He was. I sometimes compare the Holy Spirit to an internal electrical panel. He keeps me charged, fresh, alive, motivated, enthused, happy, healthy and whole. My BEST-RSI™ device is the Holy Spirit's perfect companion that helps me enjoy my life without pain.

\*The BEST-RSI™ and BEST-PRO 1™ are powerful, affordable, medical, micro-current biofeedback TENS devices designed for deep stimulation and effective, long lasting pain relief. FDA approved, these patent pending devices have been shown to alleviate muscle, tendon and ligament pain due to injury, arthritis, fibromyalgia and phantom limb pain, just to name a few. Patients who consistently use the B.E.S.T.™ devices for relief often can dramatically reduce their dependency of drugs, experience improved range of motion and faster healing. For further information contact: AVAZZIA @ 214-575-2820 or visit our website --- [www.avazzia.com](http://www.avazzia.com)

\* These devices require a prescription and are usually accepted by Medicare and most insurance companies.

## The American Carpal Tunnel Institute

### Our Mission: To provide non-surgical relief of pain

That's why we recommend and prescribe the Best-RSI™ technology; a dramatic new pain reduction technology therapy that in many cases prevents the need for painful invasive surgery!



For More Information on The American Carpal Tunnel Institute and the Best-RSI™ Technology visit our website:

[www.american-carpal-tunnel-institute.com](http://www.american-carpal-tunnel-institute.com)

The American Carpal Tunnel Institute: Empowering patients through health professionals with knowledge and equipment for non-invasive, non-surgical management of cumulative trauma disorders of the upper extremity such as carpal tunnel syndrome, repetitive strain injuries, and nerve entrapment.