

## FREQUENCY SPECIFIC MICROCURRENT CERTIFICATION EXAMINATION

This is an open book test. You may use the FSM Core Seminar slides, the Equipment Practicum, The Core Practicum and the FSM Core Summary sheet, the FSM Advanced summary protocols and the Advanced Seminar lecture. Take your time and enjoy the process.

1. Microcurrent is approved in the category of TENS devices in every country in which it is used. There are certain contraindications based on its approval in this category.

What are these contraindications?

1. Current cannot be run through the brain
2. Current cannot be run through a pregnant uterus
3. Cannot be used on patients with demand type pacemakers
4. Current cannot be run through the eye

- a) All of the above
- b) None of the above
- c) 1 and 2
- d) 1 and 3
- e) 2, 3 and 4

2. The convention we use to write out the frequency protocols is designed so that practitioners can clearly describe and share treatment protocols with each other. The convention is:

- a) Channel A / Channel B
- b) Channel B / Channel A
- c) Remove pathology / Address tissue
- d) Address Tissue / Remove pathology
- e) a and c

3. The 58's cannot be used on an injury that is more recent than

- a) 5 days
- b) 4 to 6 weeks
- c) 2 days
- d) 3 months
- e) a, b, and c

Detoxification reactions may occur following myofascial treatment. Questions 4, 5 and 6 refer to this detoxification reaction.

4. Symptoms of detoxification reaction may include:

- a) Headache, nausea, flu like symptoms, fatigue
- b) Increase in pain
- c) Alterations in sleep either increased sleepiness or inability to sleep

- d) Vomiting
- e) All of the above

5. To minimize the chances that the patient will experience a detoxification reaction you should

- a) Keep treatment times short, especially during the first few treatments
- b) Make sure the patient is well hydrated before treatment
- c) Prescribe or provide some liver detoxification pathway nutritional support
- d) Have the patient drink two quarts (1.5 liters) of water within two hours after the treatment
- e) All of the above

6. If the patient has a detox reaction following treatment you should

- a) Never treat them again with microcurrent
- b) Send them to the nearest emergency room for intravenous fluids
- c) Reassure the patient that the reaction is temporary
- d) Have the patient drink extra water and take an extra antioxidant combination product
- e) c and d

7. If the patient reports dizziness or disequilibrium following a treatment that included the concussion protocol you should check for:

- a) Gallbladder congestion
- b) Lymphatic infection
- c) Vestibular injury
- d) Deficient kidney chi
- e) Myofascial trigger points

8. How would you test for a vestibular problem?

- a) Weber's test- Can the patient hear a tuning fork placed on the top of the head equally on both sides or does it lateralize?
- b) Fields of gaze – Do the eyes bounce instead of moving smoothly with horizontal or vertical fields of gaze?
- c) Balance – Can the patient balance on one foot with eyes closed?
- d) Spin the patient around and see if they get dizzy or vomit.
- e) a, b and c

9. The patient had a head injury six months ago. What symptoms suggest that you should treat chronic concussion protocol on the forebrain?

- a) Difficulty with cognitive function and concentration
- b) Difficulty with balance and coordination
- c) Difficulty with emotional stability, memory and body pain

d) Difficulty with endocrine processes

10. The patient had a head injury six months ago. What symptoms suggest that you should treat chronic concussion protocol on the midbrain?

- a) Difficulty with cognitive function and concentration
- b) Difficulty with balance and coordination
- c) Difficulty with emotional stability, memory and body pain
- d) Difficulty with endocrine processes

11. The patient had a head injury six months ago. What symptoms suggest that you should treat chronic concussion protocol on the hindbrain?

- a) Difficulty with cognitive function and concentration
- b) Difficulty with balance and coordination
- c) Difficulty with emotional stability, memory and body pain
- d) Difficulty with endocrine processes

12. The patient had an auto accident fourteen months ago and has recently been diagnosed as having primary endocrine failure. What brain part would you treat with the chronic concussion protocol?

- a) Forebrain
- b) Midbrain
- c) Hindbrain
- d) Anterior pituitary
- e) Medulla

13. The basic "concussion protocol" uses frequencies that treat two parts of the brain

- 1. Forebrain
- 2. Midbrain
- 3. Medulla
- 4. Anterior pituitary
- 5. Hindbrain

- a) 1 and 3
- b) 3 and 4
- c) 3 and 5
- d) 2 and 4
- e) 4 and 5

14. We treat the medulla with the concussion protocol because

- a) It is important in allergy reactions
- b) It regulates the autonomic nervous system through the cranial nerves
- c) It regulates hormonal function by its connection to the pituitary
- d) Only a) and c)
- e) a), b) and c)

15. The medulla can become concussed  
a) Only through a direct blow to the head  
b) Only through severe emotional trauma  
c) Through physical trauma to the brain stem or from overwhelming input from the Vagus to the medulla by emotional, toxic or immune modulated trauma  
d) Through chill at the change of seasons  
e) c) and d)

16. The concussion protocol is used on most patients because  
a) It seems to stabilize the autonomic nervous system  
b) Patient outcomes improve when the concussion protocol is used  
c) It has frequencies to reduce nervous tension and emotional tension  
d) a) and b)  
e) a), b) and c)

17. The frequencies are used in “phrases”, frequencies that are used together consistently. Which phrase listed below doesn't fit?  
a) 284, 51, 3, 49  
b) 18, 150, 650  
c) 20, 30, 40  
d) 766, 276, 242  
e) 57, 321, 9

18. The patient has leg pain in the lateral lower leg and big toe following an injury that occurred a month ago after bending forward, lifting and twisting at the same time. What frequencies would you use to treat the nerve pain down the leg?  
a) 124, 321, 9 / 396 alternating  
b) 40, 284, 49 / 396 polarized positive at the low back negative at the feet  
c) 124, 321, 9 / 142 polarized positive at the low back negative at the feet  
d) 766, 242, 276 / 396 alternating  
e) 57, 920, 900 / 142 alternating

19. With nerve pain in the lower lateral calf and big toe, what nerve root is inflamed?  
a) C5  
b) L3  
c) L4  
d) L5  
e) T12

20. This same patient has relief of the leg pain when you treat the nerve. What frequencies would you use for the disc now that the injury is a month old and past the acute stage?

- a) 40, 284, 49 / 330, 630, 710
- b) 124, 13, 9 / 330, 630, 710
- c) 57, 920, 900 / 330, 630, 710
- d) 124, 61, 49 / 330, 630, 710
- e) Nothing. Once the injury is a month old there is no point in treating it.

21. What other therapies would help the disc recover?

- 1. McKenzie extension exercises
- 2. Spinal stabilization exercises
- 3. Flexion exercises
- 4. Essential fatty acids
- 5. Bracing

- a) 1 only
- b) 3 only
- c) 1, 2, 4, and 5
- d) 4 only
- e) 5 only

22. If the disc injury had occurred from lifting a bucket of cement the previous day and was acute instead of a month ago and chronic, what would you do for the disc?

- a) 124, 294, 321, 9, 40, 49 / 330, 630, 710
- b) 57, 920, 900 / 330, 630, 710
- c) 242, 276, 766 / 330, 630, 710
- d) 284, 51, 3, 49 / 330, 630, 710
- e) 13, 321, 9 / 330, 630, 710

23. What else can you do for lumbar discogenic pain?

- a) Give the patient nutritional support to reduce inflammation and improve collagen formation
- b) Make sure the patient understands lumbar extension (low back extended or arched) as it applies to sitting and standing postures.
- c) Show the patient McKenzie exercises – lumbar extension exercises
- d) Tell the patient to use ice and rest and do the exercises gently twice a day
- e) all of the above

24. The patient reports full body pain including aching in the hands and feet that came on after an auto accident 6 years ago. What examination findings would you expect to see?

- a) Hyperesthesia at one or more cervical dermatomes
- b) Hyper active reflexes at the knees
- c) Normal upper extremity reflexes
- d) 11 / 18 tender points indicating fibromyalgia was present
- e) All of the above

25. What microcurrent protocols would you expect to reduce the full body pain caused by a previous spine trauma?

- a) 94, 321, 9, 49 / 94
- b) 40, 284, 49 / 10
- c) 57, 920, 900 / 45
- d) 766, 242, 276 / 46
- e) None of the above

26. If the patient had pain remaining in the arms and hands after you treated the full body pain what protocol would you expect to remove the arm and hand pain?

- a) 57, 920, 900 / 142
- b) 40, 284, 49 / 396
- c) 766, 242, 276 / 142
- d) 124, 20, 30, 40 / 62
- e) 38/ 00, 30, 33

27. The patient has an increase in pain in between the shoulder blades and a headache as you are running 40/10 polarized positive from neck to feet. What is the likely cause?

- a) A detoxification reaction
- b) A disc bulge that may be interfering with spinal fluid flow
- c) Facet inflammation at C2
- d) A tooth infection
- e) A partial thickness rotator cuff tear

28. What would you do to minimize the chances of this adverse reaction?

- a) Run the current alternating before using it polarized positive
- b) Run the current through the feet only
- c) Treat with 40, 50 / 10 first
- d) a) and c)
- e) All of the above

29. Which of the following are conditions treated with 230 / 430?

- a) Pacemaker
- b) Sprain strain injury
- c) Lactation
- d) Measles infection

e) Shingles and oral or genital herpes

30. Shingles may present as if it is

- a) A new injury
- b) A sudden onset of moderate pain that doesn't match the mechanism of injury
- c) Moderate abdominal pain with dermatome hyperesthesia at T5-6-7
- d) a) and b)
- e) a), b) and c)

31. Which of the following tissue types would generally be treated polarized? Circle all that apply.

- a) / 35
- b) / 23
- c) / 396
- d) / 10
- e) / 15

32. The "four hour window" refers to:

- a) If you treat within four hours of the onset of trauma the new injury protocol is dramatically effective
- b) The rate of healing is dramatically increased if the injury is treated within the first four to twelve hours
- c) The four hours of treatment required to repair an acute fracture
- d) a), b) and c)
- e) a) and b)

33. In which of the following instances would the concussion protocol be useful?

- a) Locked yourself out of the car, lost your keys and had to walk home in the cold
- b) Hit your head on a cupboard yesterday and woke up feeling achy and sore all over today
- c) Had an auto accident two months ago
- d) Played football and got knocked out for 30 seconds
- e) All of the above

34. True or False: Microcurrent should never be used in conjunction with other manual or energetic therapies?

35. What frequency would you try first if the patient woke up one morning with moderate burning or aching pain on the abdomen traveling from the spine to the midline and had no history of trauma.

- a) 242 / 396
- b) 57, 920, 900 / 396
- c) 230 / 430
- d) 40 / 45
- e) 284 / 89

36. True or false: Microcurrent is only to be used as an adjunct combined with proper medical, osteopathic, chiropractic or naturopathic diagnosis and treatment.

37. Regarding care of the gloves

- a) The gloves should always be cleaned between each patient treatment
- b) The gloves should be cleaned with hot water
- c) The gloves should be cleaned with alcohol
- d) The gloves will disintegrate if left in the sun
- e) All of the above

38. True or False: Microcurrent is a proven effective way of treating cancer.

39. What frequencies would you NOT use if the patient had an active autoimmune condition?

- a) 81, 49 / 116
- b) 57, 920, 900 / 116
- c) 970 / 116
- d) 55, 45, 63, 31 / 116
- e) 23, 321, 9 / 116

40. If the patient were hyperthyroid what frequency would you not use on channel A when combined with /98 on channel B?

- a) 294
- b) 81
- c) 40
- d) 9
- e) 284

41. If the patient was hyperthyroid what frequency on channel A when combined with /98 on channel B would be most likely to help reduce secretions of the hyperactive gland?

- a) 294
- b) 81
- c) 40



- d) 9
- e) 284

42. If a patient has low back or neck pain that is worse when they lean back and when they lay prone and if the joints are painful when you compress them, what structure is likely to be the primary “pain generator”?

- a) The nerves
- b) The discs
- c) The facet joints
- d) The fascia
- e) The muscles

43. If the low back facet joints are the pain generator what position is important to decompress the joints and provide comfort?

- a) McKenzie extension exercises
- b) Standing with one foot up so the back is flat on at least one side.
- c) Knee – chest with the back flat
- d) Side lying with the knees bent and back flat
- e) All except a)

44. What frequencies would you use to treat chronic facet pain? If you took the class before 2002 this may be new information. Don't panic, think through the tissues involved in the facet joint and what pathologies are present in chronic inflammatory pain (inflammation leads to chronic inflammation leads to ... ) and you should be fine.

- a) 30, 40, 50 / 330, 630, 710
- b) 284, 40, 49 / 59, 39, 783, 480, 157, 191, 396
- c) 13, 91 / 396, 480, 783
- c) 57, 900, 920 / 59, 39, 783, 480, 157
- d) a) and c)
- e) b) and c)

45. The patient has a history extreme life stresses in the last 2 years and has been feeling fatigued and irritable and is developing allergies and digestive difficulties. After running the concussion protocol what endocrine gland would you treat and what time of day would you treat it?

- a) Pancreas support– after noon
- b) Thyroid support– before noon
- c) Adrenal support - before noon
- d) Adrenal support – after noon
- e) Adrenal support – in the evening

46. What frequencies would you run as a basic endocrine gland treatment if the patient had NO complicating factors such as toxicity or parasites in the gland?

- a) 294, 321, 57, 900, 920, 19, 81, 49 / \_\_\_\_
- b) 294, 40, 30, 50, 49 / \_\_\_\_
- c) 294, 321, 9, 81, 49 / \_\_\_\_
- d) 18, 150, 650, 81, 49 / \_\_\_\_
- e) 294, 321, 9, 61, 81 284, 49 / \_\_\_\_

47. If you are treating a 40 / 10 patient (or any patient) and they begin to shiver as their pain is coming down, what frequencies would you run to try and get them to stop shivering?

- a) 81, 49 / 9
- b) 40 / 562
- c) 30, 40 / 709
- d) 30, 57 / 45
- e) 20, 30 / 10

48. The patient is a man who has trouble starting or stopping his urine stream, frequent urination and suprapubic pain. After doing a prostate examination yourself or making sure he has had an examination by another physician to rule out cancer and active infection, what frequencies would you run for a BASIC treatment on the prostate?

- a) 294, 321, 57, 920, 900, 49 / 5
- b) 276, 242, 766, 9, 49 / 5
- c) 284, 321, 3, 18, 650, 150 / 5
- d) 294, 321, 9, 40, 50, 284, 49 / 5
- e) 20, 30, 40, 18, 81, 49 / 5

49. In which cases would you use the Abram's frequencies 64/42, 64/63?

- a) Chronic sinus infection
- b) GI tract IBS or chronic dysbiosis
- c) The history reveals that a painful old fracture site had been infected at the time of repair. There is no current active infection.
- d) Chronic bronchitis
- e) All of the above

50. True or False – Because Frequency Specific Microcurrent is so effective it is a wise and safe thing to promise a patient that they're going to be out of pain at the end of one treatment.

51. In which cases would you use the Abram's frequencies 97 / 40, 98 / 20?

- a) In an active fomenting lung infection

- b) In a chronic sinus problem
- c) In a chronic IBS patient
- d) In an acute bladder infection
- e) b and c

52. If a patient has a known deep vein thrombus (DVT) what would you do?

- a) Treat the area with 284 / 79
- b) Avoid the area and avoid using 284 / 79
- c) Treat whatever else they might have and just avoid the DVT area
- d) Treat for concussion and constitutional factors
- e) All but a

53. The wave slope on any microcurrent device that delivers a square waveform can be set from sharp to gentle. A gentle wave slope is better for

- a) Chronic nerve pain
- b) Scar tissue
- c) An acute injury
- d) Myofascial trigger points
- e) Shingles

54. The wave slope on any microcurrent device that delivers a square waveform can be set from sharp to gentle. A sharp wave slope is better for

- a) Acute nerve pain
- b) Scar tissue from an injury that happened 6 years ago
- c) An injury that happened 24 hours ago
- d) A recent sprain strain injury
- e) An acute sinus infection

55. In order to benefit from an FSM treatment the patient must be

- a) Relaxed
- b) Pregnant
- c) In pain
- d) Hydrated
- e) a and b

56. In order to “support the stable state” when treating a myofascial pain patient you should recommend which supplements?

- a) Chromium
- b) Vanadium
- c) Magnesium, Malic acid, B-6
- d) An anti-oxidant combination product
- e) c and d

57. A 27-year-old-female patient has low back pain and you suspect that the psoas has trigger points referring pain to the low back. When you palpate the left side of the abdomen it is tender to very light palpation between the umbilicus and the pubic bone and you are unable to exert enough pressure to assess the psoas. What structure is most likely to be causing the pain in this patient?

- a) The liver
- b) The pancreas
- c) The ovary
- d) The descending colon
- e) The small bowel

58. If you wanted to find out what tissue was causing the palpatory tenderness and muscle guarding in this patient, what frequencies would be most likely to give you the information and response you want?

- a) 57 / 65
- b) 40 / 7
- c) 40 / 35
- d) 9 / 22
- e) 30 / 32

59. A 53-year-old male patient has multiple small trigger points in the left abdominal obliques referring pain to the low back. What structure is most likely to be causing the trigger points in this patient?

- a) The liver
- b) The pancreas
- c) The ovary
- d) The descending colon
- e) The small bowel

60. If you wanted to find out what tissue was causing the trigger points in this patient, what frequency combination would be most likely to give you the information and response you want?

- a) 40 / 65
- b) 40 / 7
- c) 57 / 35
- d) 9 / 22
- e) 30 / 32

61. A patient with acute onset moderate to severe (6-8/10) low back and flank pain has a history of kidney stones and comes to your office requesting treatment. He is certain

his pain is from kidney stones and doesn't want to go to the emergency room. What frequency would you run to attempt to alleviate his pain?

- a) 91 / 37
- b) 40 / 23
- c) 40 / 396
- d) 20 / 60
- e) 284 / 396

62. A patient comes to you and says that he has had a CT that says he has three small kidney stones. The kidney is not in any danger of injury from the stones and he is refusing lithotripsy. He has heard from a friend that you treated his kidney stones. After you run the protocol that relieves his pain he asks you to treat the stones themselves. What protocol would you run?

- a) 91, 766, 242, 276, 20 / 23
- b) 91, 13, 77 / 37
- c) 40, 284, 13, 51 / 35
- d) 40, 284, 13, 51 / 23
- e) 57, 900, 920 / 23

63. The patient has right-sided pain from the top of his head to the bottom of his feet, including the side of his head that he rates as a 7/10. He is taking opiates, which reduce the pain from an 8/10 only to a 7/10. He reports having had a stroke about six months previously. What is the most likely cause of his pain?

- a) Central pain or thalamic pain syndrome
- b) Cervical trauma fibro
- c) Liver disease
- d) A right side kidney stone
- e) A cervical disc bulge

64. What frequencies would you use to treat the patient with this right-sided body pain?

- a) 40/10
- b) 40 / 35
- c) 40 / 84
- d) 40 / 22
- e) 40 / 89

65. What towel or lead placement would you use on this patient with full body pain?

- a) One glove in each hand
- b) Gloves placed front and back at the knees
- c) Gloves wrapped in wet towels wrapped around the neck and feet
- d) Sticky pads placed on the right leg
- e) Sticky pads placed on the sides of the head in front of and behind the ears

66. In order to support the stable state when treating a patient with nerve pain you should recommend

- a) Essential fatty acids
- b) B-complex, especially B-12 and folate
- c) Lipoic acid
- d) Hypericum as an herb or homeopathic
- e) All of the above

67. The patient has elevated liver enzymes. What frequency combination is most likely to help reduce these enzymes?

- a) 40 / 10
- b) 40 / 90
- c) 40 / 23
- d) 40 / 35
- e) 40 / 65

## Exam Questions from the Advanced

Match the correct constitutional types with their frequencies.

- A) / 42
- B) / 43
- C) / 55
- D) / 48
- E) / 52

- 68 \_\_\_\_\_ 1. Acute form of sycotic type – aching in the spine, aching all over
- 69 \_\_\_\_\_ 2. Diabetes, asthma and allergies
- 70 \_\_\_\_\_ 3. Skin problems, psoriasis
- 71. \_\_\_\_\_ 4. Tends toward stiffness, arthritis, tumors
- 72 \_\_\_\_\_ 5. Depression, alcoholism mental illness

73. If you were treating a patient who had heavy metal toxicity what would you be likely to use

- a) 31, 63, 55, 16 / 45
- b) Supplements to support detoxification pathway function
- c) Protocols and supplements to support the kidneys and colon detoxification functions
- d) 31, 55, 63, 16 / 97
- e) All of the above

74. How long would you use each frequency above on the first visit?

- a) 10 minutes each
- b) 20 minutes each
- c) 1 minute each
- d) 5 minutes each
- e) I would not treat with frequencies on the first visit and would only treat after the patient had been taking colon detoxification and kidney support supplements.

75. When treating Reflex Sympathetic Dystrophy (RSD) also known as complex regional pain syndrome (CRPS) which of the following does not apply

- a) You must treat the original precipitating injury in order to be successful
- b) Use 40, 284 / 562, 396 polarized in the cold dry type of RSD / CRPS
- c) Use 81, 49 / 562 once the temps are normal to encourage proper sympathetic secretions in the cold dry type of RSD / CRPS
- d) Use 81, 49 / 562 in the cold wet type of RSD / CRPS
- e) It may take two machines to treat this problem successfully

76. When treating the immune system which of the following could you use?

- a) 94, 321, 9, 49 / 116
- b) 57, 900, 920 / 116
- c) 40 / 116
- d) 55, 45, 63, 31 / 116
- e) all of the above

77. A 38-year-old female patient has pain along the spine and at the occiput and tailbone when she flexes forward. She describes herself as stiff and says she wants to try taking yoga but it hurts too much. She has a history that includes a successfully treated bout of spinal meningitis when she was 13. What tissue is most likely responsible for her problem?

- a) / 396
- b) / 45
- c) / 90
- d) /89
- e) /443

78. This patient can flex forward at the trunk only to about 20 degrees. What frequencies would you use on channel A to treat this patient specifically to increase range of motion?

- a) 13, 91, 3, 51, 40 /
- b) 20, 30, 40 /
- c) 57, 900, 920 /
- d) 31, 55, 16 /
- e) 60, 61, 66, 102/

79. What tissue would you treat first in this patient to decrease pain and increase range of motion?

- a) Dura and spinal cord
- b) Bony spine and joint capsules
- c) Nerves and tendons
- d) The fascia and ligaments
- e) The connective tissue and fascia

80. The patient experiences a significant increase in pain 2 hours after you have treated the jaw for TMJ. You used 40/116 and 40/59, 39, 783. The jaw feels hot and she thinks it may be a little red. What is the most likely cause?

- a) Detoxification reaction
- b) Insufficient water following the treatment
- c) Dehydration before or during the treatment
- d) Previously unsuspected infection in the jaw or tooth.
- e) All of the above



81. What should you advise this patient to do?

- a) Go to the emergency room to be evaluated and treated for infection
- b) Return to your office in two days for another treatment
- c) Put ice on the jaw, take two aspirin for the pain and call you the next day
- d) See another FSM practitioner when possible because you are not an expert in TMJ
- e) See her dentist next week.

82. A patient comes in with a diagnosis of terminal liver cancer. He is in a fair amount of pain only partially relieved by opiates and has refused conventional medical treatment of any kind. He has been given approximately 4 to 12 weeks to live. His friend told him that FSM helps pain and he asks you help keep him comfortable until he dies. Your response should be:

- 1. We don't use FSM to treat cancer.
- 2. I can't treat you because we don't use FSM to treat cancer.
- 3. I would be happy to use FSM to keep you comfortable
- 4. I can't treat you unless FSM is the only therapy that will be used
- 5. You need to be hydrated for the treatment to be effective. Can you drink approximately 4 ounces of water an hour or 1-2 quarts in the two hours preceding treatment?

- a) 1 and 2 only
- b) 4 only
- c) 1, 3 and 5
- d) 5 only
- e) 1 only

83. The patient in question 82 could be treated with what frequency combinations?

- 1. 43, 46, 4, 28, 40, 20, 50 / 35, 38, 21
- 2. The concussion protocol
- 3. Emotional relax and balance
- 4. Adrenal support
- 5. Immune support

- a) all of the above
- b) 1 only
- c) 2 only
- d) 1, 2, 3 only
- e) 2 and 5 only

84. The patient has what appears to have influenza – body aches, headache, and malaise. What channel A frequencies would you try to help relieve symptoms?

- a) 38, 41, 44, 56, 160/ and 230/430
- b) 57, 920, 900, 225
- c) 230/430 only

- d) 56, 61, 66, 44, 60, 79/
- e) 40, 284, 82, 91 /

85. The patient had cancer in the neck 6 years previously and was treated with surgery and radiation. The cancer resolved but the patient now has scarring and hardening in the soft tissues of the neck and esophagus. He read about FSM on the Internet. Is he a candidate for FSM treatment? Circle the correct answer

- Yes
- No

86. What frequencies would you use to treat him?

- a) 54, 10, 40, 284, 13, 91, 3 / 142, 77, 26, 62
- b) 58/00, 02, 32
- c) 57, 900, 920, 160/
- d) Concussion protocol
- e) All of the above except c

87. The patient in question 85 has difficulty swallowing and tends to choke on hard foods. What would you do to help stretch the scar tissues in the esophagus while running frequencies?

- a) Have him eat an apple slowly
- b) Have him eat well-chewed bites of a hamburger
- c) Have him swallow water
- d) Have him swallow crushed ice in tablespoon-sized bites
- e) Do not treat him if he has trouble swallowing

88. Where would you put the leads for the treatment of the patient in question 86?

- a) Red leads in a warm wet cloth on the back of the neck. Black leads in a warm wet towel on the upper abdomen
- b) It doesn't matter since the frequencies go everywhere
- c) Red leads in a warm wet towel on the back of the neck. Black leads in a warm wet towel wrapped around the feet.
- d) Red leads in a warm wet towel on the back of the neck. Black leads in a warm wet towel wrapped around the right hand.
- e) Red leads in a warm wet towel on the right shoulder. Black leads in a warm wet towel on the left shoulder.

89. The patient has had brain fog, body aches and memory problems ever since a viral flu like illness one year ago. What frequency combinations might be useful?

- a) 160 / 45, 10, 90, 89, 396
- b) 57, 900, 920 / 45, 10, 90, 89, 396
- c) 40, 284 / 45, 10, 90, 89, 396
- d) a and c
- e) c only

90. The patient presents with longstanding stomach pain and intestinal distress. You suspect gluten intolerance and begin using 40, 9 / 22, 31, 27, 16, 65, 129. The abdomen softens but the discomfort is only slightly better. The patient begins to relax and says, "Oh, I forgot to mention that I had malaria in 1991." You ask, "When did the abdominal discomfort start?" "Hmmm it must have been 1992." What frequency would you try to determine if malaria has anything to do with the patient's intestinal issues?

- a) 57, 900, 920 / 32, 22, 31, 27, 16, 65, 129
- b) 31, 55, 33, 37 / 32, 22, 31, 27, 16, 65, 129
- c) 32, 113 / 32, 22, 31, 27, 16, 65, 129
- d) 91, 13, 3 / 32, 22, 31, 27, 16, 65, 129
- e) 82, 76, 7, 4, 46 / 32, 22, 31, 27, 16, 65, 129

91. A 57-year-old patient has leg pain that has been there for a long time and tells you that he has sciatica. You treat with 40 / 396 and 40 / 710 but the leg pain only goes down from a 6 to a 4/10 at the end of each of three treatments and then comes back within 12 hours. The patient denies lifting or bending and swears that he has been doing his extension exercises. You ask the patient if they have ever had anything else wrong with this leg or happen to this leg. The patient says "no – no accidents, no trauma, no surgery." You ask – anything ever?? And the patient says – "Well I did have polio when I was a kid but I got over that when I was 8." After silently and internally smacking yourself on the forehead you try:

- a) 41/ 10, 396, 45
- b) 23, 160 / 10, 396, 45
- c) 57, 900 / 10, 396, 45
- d) 82/ 10, 396, 45
- e) 321 / 10, 396, 45

92. The patient has a cold sore on her tongue. She has had cold sores for years. She has been a patient in your office for two years and every time she has been treated with 230/430 the cold sore is pain free in 20 minutes and gone at the end of an hour. You check on the patient after 20 minutes of treatment with 230/430 and she reports that the sore on her tongue still has exactly the same amount of pain. What do you do?

- a) Check and make sure the machine is conducting current correctly and make sure the frequency protocol is appropriate (230/430)
- b) Check that she has had enough water and give her some if she has not
- c) Send her to the emergency room
- d) Run 2, 34, 79, 102, 66 / 43, 243, 132 in case it is not a herpes sore
- e) a, b and d

93. The 42-year-old patient has been smoking for 25 years and is attempting to quit because he has been coughing and is tired of his girl friend and mom fussing at him. What protocols would be useful?

- a) Concussion protocol and emotional relax and balance once a week for four weeks
- b) 76 / 64, 17, 45, 90, 89, 45, 97
- c) 40, 284, 51, 13, 91, 57, 900, 920, 54, 10, 76 / 64

- d) a) and b) only
- e) a), b) and C)

94) What else would you do for this patient to help him achieve his goals?

- a) See him once a week for six weeks to help him stay on track
- b) Give him a unit programmed for home use with the protocols chosen in question 93
- c) Suggest that he consider using a nicotine replacement product if he needs one
- d) Suggest that he see his primary care provider for a chest x-ray
- e) All of the above

95) The patient had an MMR vaccine two weeks ago and is experiencing body and joint pain and still feels flu like symptoms. What frequencies might you try to alleviate the symptoms?

- a) 55, 45 / 116, 45
- b) 711, 978 / 45, 116, 142
- c) 40 / 116, 45
- d) a) and c) only
- e) a), b) and c)

96) The patient has right arm pain that started gradually after no trauma about 4 days ago. At first it was just pain but now the arm is becoming weaker and the pain is increasing. The sensory and motor examination shows that most of the right brachial plexus is involved. The patient feels a little warm and describes feeling “crummy” in general. You try using 40 / 396 from neck to hand and it doesn’t help. Your working diagnosis is a viral brachial plexopathy – a viral infection affecting the brachial plexus. What would you try to see if you could help?

- a) 61, 160 / 396
- b) 21, 14 / 396, 10
- c) 94, 321, 9 / 396
- d) Recommend that the patient see his primary care doctor and ask for some anti-viral medication if the treatment does produce lasting improvement
- e) All of the above

97) The patient has had a sore throat for a week and a low-grade fever and refuses to see an MD for an anti-biotic. What would you try to see if you could help?

- a) 243, 321, 131, 60 / 24, 43, 4, 132, 243
- b) 243 / 132
- c) Make a chart note documenting that you suggested he see his primary care for anti-biotic treatment and he refused
- d) Suggest that he increase vitamin C intake and start taking Echinacea
- e) All of the above

98) The patient in question 97 should NOT be treated with

- a) 321 /
- b) 76 /
- c) 40 /
- d) 91 /
- e) 44

99) The patient has normal thyroid levels but has had a large goiter for three years. The scans are negative and she has been told to wait until they are positive so the goiter can be removed. Her friend has been treated with FSM and suggested she call. What would you use to treat the goiter?

- a) 294, 321, 9, 40, 284 / 98
- b) 53 / 6
- c) 58 / 00, 02, 32
- d) 13, 3, 51, 91, 53 / 98
- e) All of the above

100) The patient has right upper quadrant pain and elevated liver enzymes. He says he used to work in the lawn care business and recently has been working in a paint shop. He doesn't drink alcohol because it always makes him feel bad the next day. He had the flu last week and was taking Nyquil to sleep and has been using Tylenol for the headaches and body pain. What would you use to treat him?

- a) 40, 284, 57, 900, 920 / 35
- b) 742, 243, 256, 276, 321, 378, 395, 742, 225 / 35
- c) 970, 294, 321, 9 / 35
- d) Suggest that he begin drinking 2 quarts of water a day and taking Lipoic acid twice daily.
- e) All of the above

Thank you and congratulations on finishing your examination. Please mail it in and we will grade it and get back to you as soon as possible, usually within two weeks if all of your cases are in and have been reviewed. 80% is considered a passing score.

If you have passed the examination, we would like to present your certificate to you at the next course being held in your area or at the next course you attend. If you don't want to wait until then please let us know and we'll mail the framed certificate to you.

If you have not passed the examination we will send the corrected test back to you so you'll know where you had problems and you can retake the test in 6 months.