Frequency Specific Microcurrent Core Seminar
3-Day FSM Pain and Injury Core Syllabus

Instructors

Carolyn McMakin MA, DC
Kim Pittis, LCSP, MT

Phone

360-695-7500

Email

contact@frequencyspecific.com

Office Location

3915 NE 38th Street
Vancouver WA 98661

Office Hours

Monday - Friday
9:00 AM - 5:00 PM PST

Course Overview

The FSM Pain and Injury Core can be taken as a stand-alone training for Frequency Specific Microcurrent. In this module, all of the basic information will be taught for the clinician to start practicing Frequency Specific Microcurrent. This module is appropriate for any clinician but is especially appropriate for MDs, NDs, DOs, NP. LACs, OTs, and PTs that treat any musculoskeletal pain or neuropathic pain and injuries. This module also covers Frequency Specific Microcurrent for emotional issues. This module integrates Functional Medicine and exercise therapies shown to support lasting effects of Frequency Specific Microcurrent used to treat and pain or injury.

The FSM Pain and Injury Core starts with an introduction into the history of FSM development and the proposed mechanisms of action. This course covers basic theory and basic practice of Frequency Specific Microcurrent. Then it covers using Frequency Specific Microcurrent for myofascial pain and myofascial pain secondary to disc, facet and ligamentous injuries and myofascial pain secondary to spinal cord inflammation and visceral organ involvement. This course covers with frequency protocols shown to help mild concussion and various emotional issues.

Course Objectives:
At the end of this course the learner will be able to:

1. Recognize the various causes of myofascial trigger points and muscle pain.
2. Recognize what FSM treatment protocols are appropriate for which causes of myofascial pain
3. Recognize symptoms that indicate the need for surgical or medical referral
4. Recognize and deal with the most common side effects of FSM treatment for myofascial and neuropathic pain.

Optional Text

The Resonance Effect, *Carolyn McMakin MA, DC*
Frequency Specific Microcurrent in Pain Management, *Carolyn McMakin MA, DC*

Course Materials

- FSM Core The FSM Pain and Injury Core Course slides PDF's
- Core FSM Frequency Laminate
- The FSM Pain and Injury Core Core Summary Protocols Workbook

- The FSM Pain and Injury Core Core Practicum Workbook
- Core Equipment Practicum Workbook
- Frequency Specific Microcurrent Published Papers

Resources

- Course handouts PDF's
- Digital copies of all course materials
- Certification information
- Patient intake form templates
- Full standard protocols breakdown
- FSM consent and confidentiality agreement
- FSM core course evaluation
- House of Wonder article - Upton Sinclair
- Pain management protocols for myofascial pain
- Protocols for disc, facet and ligament laxity mediated pain
- Protocols for new and post-operative injuries
- Protocols for shingles presenting as a new injury
- Protocol descriptions
- Lifestyle, exercise and nutritional protocols to help with maintaining FSM results

Course Schedule - Daily 9:00 AM - 6:00-7:00 PM Pacific Time
Morning Break - 10:30 AM - 11:00 AM
Lunch - 1:00 PM - 2:00 PM
Afternoon Break - 3:30 PM - 4:00 PM

Day	AM / PM	Subject
Day 1	AM	FSM history and theoretical mechanism of action
Day 1	PM	FSM & Myofascial pain
Day 2	AM	FSM & myofascial pain from discs, facets, lax ligaments
Day 2	PM	FSM & Injuries week 1-week 4
Day 3	AM	FSM & new and post-operative injuries
Day 3	PM	FSM & Concussion and Vestibular injuries

Topics Covered

- The biophysics of Frequency Specific Microcurrent
- Research supporting Frequency Specific Microcurrent

- The proposed mechanism of action of Frequency Specific Microcurrent

The Equipment

- FDA requirements, precautions and contraindications for device use.
- How Frequency Specific Microcurrent is applied to the body.
- How to choose appropriate wave forms and current levels for various patients and conditions

Frequency Specific Microcurrent for Myofascial Pain:

- The mechanisms of neuropathic component of myofascial pain and myofascial trigger points
- Myofascial pain caused by spinal disc injuries, spinal facet joint inflammation and ligament injuries
- Sub occipital muscles myofascial pain associated with alar ligament laxity and dural adhesions
- Full Body myofascial pain associated with spinal cord inflammation
- Myofascial pain and trigger points associated with visceral referral
- Energetic or psycho-spiritual causes of myofascial pain

Treating Injuries

- Week 1 to week 4 after injury
- Acute injury – onset to week 1
- Shingles masquerading as a new injury
- Post-operative recovery
- Fractures – acute
- Post fracture pain from a fracture more than 6 weeks old
- Wound healing

Treating the Nervous System

- Concussion
- Vestibular injuries
- Neuropathic Pain
- Radiculopathies and traction injuries
- Compression neuropathies – CT, TOS
- Peripheral neuropathies
- FSM Certification
- FSM Advanced Course and Symposium
- FSM Sports Courses