

Appointment Instructions:

- FSM appointments are scheduled on the hour.
- Give 24 hour notice if you cancel your treatment.
- Treatments are provided in a quiet, two-person divided room. Feel free to bring reading material and/or headphones during your session.
- To achieve optimal results, **please drink 2 quarts of water in the 2 hours prior to your FSM appointment.** Coffee and black tea is considered 'anti-water'. Please refrain from these, as well as sodas, on the day of your treatment.
- Because this is a shared room, we ask that you refrain from any cell phone usage.
- Please wear loose fitting clothing. If you have a shoulder injury, wear a tank top or sports bra. If you have a leg injury, please wear shorts.
- We also ask you to avoid applying lotions, creams, and oils prior to your appointment.

Treatment Session

Because FSM uses an extremely low current, unlike other therapies, most patients won't feel anything. Dr. Cerami recommends 6-10 sessions to solve most injury complaints. Depending on your condition, our therapists will use moistened towels or electrode pads.

Post-Appointment

Pay attention to any changes you may feel in your body, so that we can best be able to determine how the treatment is benefitting you. You also need to stay hydrated for the following 24 hours.

Service Price List:

(Average session 50 minutes)

- Individual Unattended Session: \$60.00
- Custom attended session: \$120.00
(Includes specific tissue work)

About Us

Dr. Cerami started chiropractic care in 1972 and after seeing the profound impact it had on his health and personal growth, he decided to dedicate his life to sharing the goal of wellness to his community. Since he began his practice, he's had the good fortune to learn from and work for some amazing clients; from Moms to professional athletes.

Along with FSM, the **Utah Sports and Wellness** team offers a variety of services that include:

- Sports Injury Treatment
- Chiropractic care
- Cold Laser Therapy
- Hyperbaric Oxygen Therapy (HBOT)
- Nutritional Assessments
- Athlete Coaching
- Weight Loss Programs
- Exercise Rehabilitation
- Massage and Yoga available

Dr. Michael J. Cerami

801.486.1818

 Utah Sports and Wellness

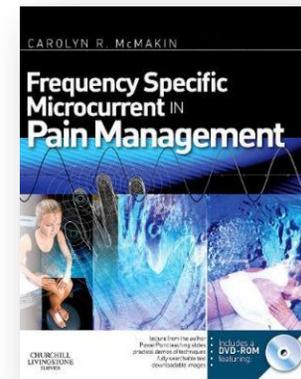
www.utahsportsandwellness.com

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UTAH Sports and Wellness

**Chiropractic and Energy Medicine
Solutions for Sport Injuries, Spinal
Problems, Improved Performance.**

Frequency Specific Microcurrent (FSM)



**An exciting, new way
to treat nerve and
muscle pain without
medication.**

Published Research Shows FSM:

- Decreases cellular electrical resistance
- Improves oxygenation and cellular repair
- Reduces inflammatory chemicals in tissues
- Increases cell energy (ATP) levels up to 500%
- Boosts protein synthesis by 70%
- Restores depleted adrenal function
- Boosts immune function

How Does FSM Work?

FSM is a form of electromagnetic therapy that uses specific frequencies to increase the rate of healing, control pain and inflammation, and produce internal relaxation.

We believe frequencies work on the principle for biologic resonance. A singer can shatter a glass when the note resonates with the crystal structure of the glass. Microcurrent frequencies seem to be able to resonate with biologic tissue when the frequency is correct.

Once the tissue is changed and stable, it seems to be able to stay in the new configuration with proper nutritional support.



Feedback:

"My leg felt amazing! I am currently in my highest training volume I've ever been; yet my leg feels the "freshest" it's ever been. My tight hamstring was non-existent and my leg that received FSM had significantly more "pop" than the one that did not. The DOMS was not present at all in the leg that had treatment (I had worked myself really hard the 3 days prior).

I would love to see how I feel with getting both legs treated, if possible. Thanks so much for making the experience pleasant!"

-Sarah

All American Ranked Triathlete

What Can FSM Help?

FSM has proven results in many areas. We've had success with:

- Low back and neck pain
- Pre and post surgery
- Inflammation
- Pain management
- Plantar fasciitis
- IT band syndrome
- Shin splints
- Knee and ankle injuries
- Tennis elbow
- Carpal tunnel syndrome
- Headaches
- Shingles
- And more...

Do the benefits last?

Every patient responds individually but the changes to the muscles seem to be long lasting and in many cases permanent – after an average of 6-10 treatments. About 60-80% of the changes created in one treatment last until the next treatment, about three to seven days later. Your muscles are used to being the way they are and may return to the old configuration if not treated again. Although patients have had permanent changes in one treatment, the average number of treatments depends on the complexity of the problem and the overall health and lifestyle of the individual involved. We suggest nutritional support tailored to your condition to help create lasting change.