

FSM Case Reports: 2024

Utah Sports and Wellness has successfully treated hundreds of patients with FSM since 2019. Below are some sample cases of patients we've treated in the past 12 months. We've included their symptoms and pertinent information on prior treatment (at our office and elsewhere). All cases were resolved in less than 10 FSM visits. Of course we don't have a 100% success record, but FSM is a completely safe treatment protocol that usually provides significant improvement in less than 4 visits. We hope this information can provide some perspective on what we see at the office and how we might be able to help you.

- Neuropathy in feet bilaterally: 60+ year old patient. 80% resolved in 6 visits.
- Radiation burn on face from a medical procedure: HBOT and 6 FSM visits (see our FB page)
- Frozen Shoulder: Unable to lift hands above shoulder. Significantly resolved in 1 visit (see before and after videos on FB and our website)
- Brain Fog and work disability: Mold toxicity and chronic inflammation from tooth infection. 8 years of pain and problems. Resolution in 8 visits.
- Left shoulder pain and restricted breathing in chest problems for years: Resolved in 8 visits. Patient purchased a home unit.
- Low back pain and neck pain: 4 years of pain resolved in 6 visits.
- Mid and lower back pain on bending: Regular adjustments provide no sustainable change. Significant improvement in 1 visit. Resolved in 3 visits.
- ADHD symptoms in a 10-year-old boy: Mom reported significant improvement in 8 visits and purchased a unit for home use.
- Mid back pain, competitive skier: Chiropractic adjustments helped reduce pain by about 50%-remaining 50% fixed with FSM.
- NBA Player: Knee pain 5 out of 10. Shoulder pain and restricted movement from injury. One 3-hour appointment reduced pain to less than 1/10.
- Right SI pain in 16-year-old dancer who resides in Vernal: Saw multiple chiropractors and PT's. Significant improvement in 1 visit and complete resolution in 3 visits
- Firefighter with unresolved foot pain and leg pain from post-surgical complications: Resolved in 10 visits.
- Hyperactivity in 4-year boy, lack of anger management at school requiring a school change: Significant improvement with 6 weeks visits.
- Painful pelvis from uterine bleeding: Resolved in 1 session.
- Neck trauma from ski crash concussion: Pain resolved from 8/10 to 2/10 after 2 visits of chiropractic and FSM.

More information on FSM:

- www.frequency-specific.com
- Print or Audiobook: *The Resonance Effect* by Carolyn McMakin

FSM visit outline:

- 4 - 8 60-minute sessions
 - Usually, the first 4 with Dr. Cerami and staff and the 2nd 4 with Staff only
- Please hydrate with 32 oz water in the 4-hour window before and after your treatment