

## Restless Legs - ENAR Therapy Protocol

### 1. Try Legs first

Use the ENAR on comfortable power and basic reset mode to brush the legs from the thighs down to the feet and back again for 5-10 minutes.

If you find an area on the leg that feels good to brush, or the body appears to respond at that point, brush and four-vector brush or massage with the ENAR into that area for approximately thirty seconds and then continue along the whole leg.

### 2. Extended Treatment – Treat Abdomen

Lie flat on your back and using the ENAR on basic or 14Hz, set it to comfortable power on the abdomen. Then apply the ENAR to your abdomen starting from the right hand side of the abdomen and just below the ribs brush straight down to the hip bone. See picture.

Repeat this brushing in adjacent channels moving from right to left, top to bottom until you have covered the entire abdominal cavity.

N.B. As you brush if any point is tender or 'sticky' four vector brush or massage with the ENAR into these points before moving on.

### Terms and References

Basic Mode is 60Hz and/or Reset- Go to page 13 in 'How To' manual.

Setting Power - pages 12-14 in 'How To' manual.

Setting Frequency - page 19 in 'How To' manual.

Abdominal Techniques – pages 30-32 in 'How To' manual.

Brushing Techniques - page 26 in 'How to' manual

### Notes

1. It is always best to **treat when the condition is active** so if it wakes you at night have the ENAR nearby and treat yourself then.
2. A further treatment is to have someone **brush your Three Spinal Pathways**. This could be done ideally just before going to bed. Pages 28-29 in 'How To' manual.

Further Info : go to [www.enar.com.au/training/getting-started](http://www.enar.com.au/training/getting-started). These pages have short videos on the settings, brushing techniques and areas of treatment.

