



# AMAZING advances

This week:  
A new treatment  
for RSI

## What traditional treatments are available?

Painkillers, anti-inflammatories, applying heat or cold to the area, exercises and wearing supports or splints.

**Taking the strain**  
Help is now at hand  
for RSI sufferers

## What's the new treatment?

PainBan X4000, a new non-drug therapy that uses magnetic fields within the body to relieve pain.

## What is RSI?

RSI (Repetitive Strain Injury) is the name used for any injury to muscles or tendons caused by repetitive movement, for example playing the guitar or using a mouse and keyboard over and over, day after day.

## What are the symptoms?

Tingling or numbness in your hand or arm, loss of feeling or strength in your hand, pain in your muscles or joints.

## How does it work?

The pen-shaped device produces low frequency electromagnetic waves, which increase the blood supply to the area, increasing oxygen levels and reducing swelling. Used three times a day, this helps the area to heal.

## How much does it cost?

Available now, PainBan X4000 costs £99.95.