



## INTERX THERAPY at a glance



An exciting new medical technology is appearing on the sidelines and in the training rooms of professional teams. NRG's InterX 5000 is a portable therapeutic modality which delivers a unique form of electrical impulse through a hand-held device. This advanced neurostimulation technology provides a safe, non-invasive, non-drug therapy that is proving more effective than other E-stim based modalities.

It is no surprise that the InterX is being praised by physicians, trainers, and therapists for its ability to produce that elusive competitive edge by reducing injury downtime. Neuro Resource Group (NRG) is now introducing this new generation technology to Athletic Trainers and Sports Medicine Professionals.

*The InterX 5000 is marketed for the following indications:*

- Symptomatic relief and management of chronic intractable pain
- Acute and chronic pain relief and the resulting increase in range of motion
- Adjunctive treatment in the management of post surgical and post traumatic pain
- Muscle relaxation, reducing muscle cramps and spasms
- Enhancing neuromuscular re-education



NRG is an ISO 13485 Registered Firm and the InterX 5000 carries the European CE mark based upon evidence that supports its safety and intended use. The InterX 5000 is cleared by the US FDA as a pain management device.

INTERX THERAPY IS  
now a vital  
procedure  
IN THE TRAINING ROOM

Brenda Brinkman is the Head Athletic Trainer at Coppell High School. She was looking for a way to reduce rehabilitation time for her athletes without risking aggravation of the injury.

She heard about the InterX from the basketball coach at the start of 2005 and decided to try it out on a chronic ankle injury. "This student was back playing again after only seven days," Brenda said. "The rehabilitation period on the same athlete for the same injury previously had been 21 days."

The InterX is used at least 20 times a day for 5 to 15 minutes on a variety of injuries including sprains, muscle strains, tendonitis, and contusions. Brenda has seen great success with treatments on a variety of injuries. "The difference between the InterX and other treatment procedures is immediate long term pain relief and immediate increased range of motion."

The InterX has helped treat overuse and chronic injuries that were previously very difficult or impossible to treat. These types of injuries are becoming increasingly common as a result of high level training in a number of disciplines. "These kids play a broad range of sports," Brenda said. "It is not unusual for a kid to go to three different practices a day, sometimes for three different sports."

The InterX treatment is now a vital procedure in the training room. Says



Athletes at Coppell High School are asking for the InterX by name says Head Athletic Trainer Brenda Brinkman, shown here treating with the InterX.

Brenda, "This has proven to be an effective and popular treatment with the athletes who often specifically ask to be treated with the InterX."

### A QUICK WORD

Welcome to Xpress, our quarterly newsletter for sports medicine professionals in North America. Professional sports teams, colleges, high schools and physical therapists throughout the world are experiencing the benefits of integrating InterX Therapy into their existing injury management, training and conditioning programs. Xpress aims to share these experiences and provide further support for our customers who are focused on the application of our products in sports medicine.

As part of Neuro Resource Group's commitment to developing medical products that provide safe, non-drug, non-invasive options for injury management and rehabilitation, we actively encourage customer feedback at all levels. Your feedback serves as the most valuable input into the design process of our products, so please do let us know what is working for you, what could be improved, and where you would like more advice or training. It is our goal for Xpress to serve not only as a tool to promote the benefits of InterX Therapy, but also as a vehicle for information about new products, news items and services to the sports community in general.

Thomas C. Thompson,  
Chief Executive Officer



## SIDELINED PLAYERS get back on the court

Chris Hall, Head Athletic Trainer for the TCU Men's basketball team is constantly on the move, traveling all over the country with the team. "I can't bring my training room with me," Chris said. "One of the key benefits of the InterX is the portability of the device—the ability to move equipment around is huge." Chris is on the road from August to July and has used the device in a variety of places. Whether in a hotel, meeting room, study hall, on the practice court, or even on the sidelines. the InterX can easily go anywhere with the team.

The capability to treat injuries quickly and effectively has established the InterX as an important partner to every game.

continued on page 2



NEURO RESOURCE GROUP

# XPRESS

InterX Applications in Sports Medicine

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### IN THIS ISSUE

Maximize minutes  
with athletes

page 2

InterX provides great  
return on investment

page 3

InterX Therapy  
at-a-glance

page 4

InterX now a vital  
procedure for Coppell  
High School trainer

page 4

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Sidelined Players cont'd from p. 1

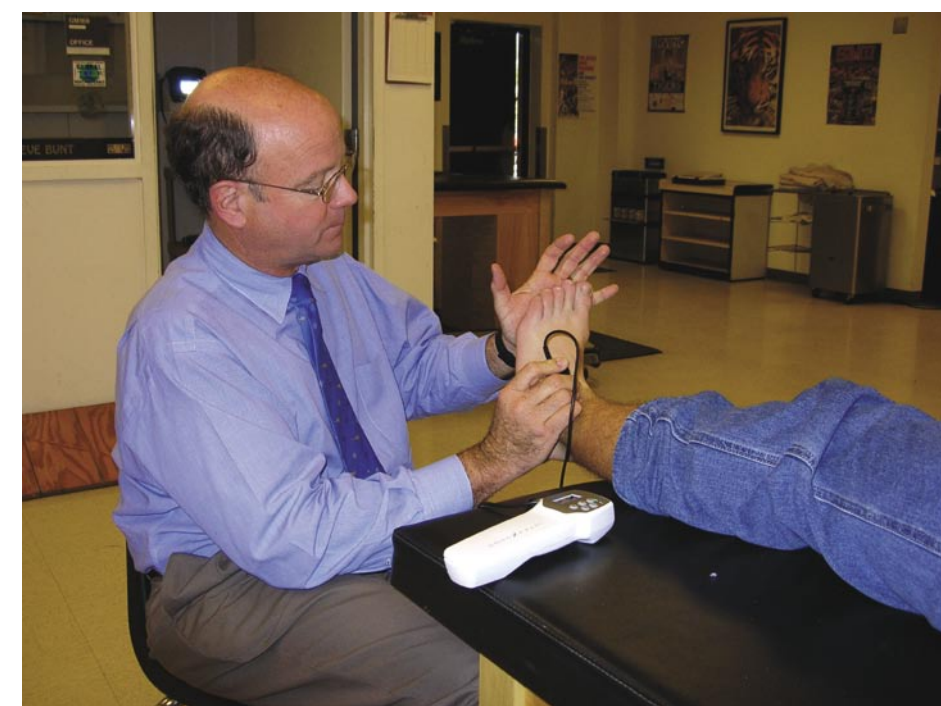
"The three main considerations following an injury are controlling the pain, recovering active range of motion and regaining strength" says Chris. "Treatment with the InterX quickly accomplishes all three." The device clearly helps to get the players back into the game as soon as possible.

This season, two players have experienced serious shoulder injuries during a game. On one particular occasion, the Inter X was applied immediately to the affected area while the game continued. "After a 10 minute treatment and being cleared by the team physician, the player was able to return to the game, Chris said. "We treated his pain with the Inter X and used no heat or ice on the shoulder. He returned to the game and scored 10 points! To get these kinds of results is fabulous."

"The InterX is different from other technologies we have used in the past" said Chris. "It has a soothing effect, especially on acute injuries. Our kids are not asking for as many anti-inflammatories because of the pain relief the InterX provides."



On the Sidelines: TCU Head Athletic Trainer Chris Hall treating a member of the team for a back injury during a game.



In the Training Room: Irving High School Trainer Steve Bunt treating an ankle injury.

THE PERFECT ADDITION



The InterX has proven a perfect complement to the standard modalities of treatment for acute injuries, as Steve demonstrates with his new integrated treatment process below:

1. Examine to rule out fractures or any other underlying causes.
2. Elevate affected limbs.
3. Use InterX to treat affected area for pain.
4. Apply ice compression for 20 minutes.
5. Retreat area with InterX with movement
6. Discharge to go home and do ice and elevation at home.

INTERX THERAPY HELPS DOC maximize minutes with athletes

St. Mark's School of Texas in Dallas is one of the top boy's prep schools in the nation. Robert 'Doc' Browning, in his 21st year as the trainer there, first learned of the InterX through a St. Mark's parent. Like most trainers, Doc frequently received literature touting the next miracle treatment, so he was skeptical at best. Only after the parent persisted that this was worth Doc's time did he reluctantly attend the introductory training. "I'm so glad I did attend," says Doc. "The results I've seen with this device are amazing."

Doc treated his own tennis elbow during the training and received immediate relief. "The following day, I had no pain or discomfort at all," Doc said. Equally impressive were the demonstrations on injured athletes

from local high schools. Doc has seen great results when treating the St. Mark's athletes for injuries such as sprained ankles, shin splints, patella tendonitis, and shoulder injuries. "In the high school athletic training setting, it is important to maximize every minute you have with the athlete," says Doc. "The hand-held, battery-operated device makes this a possibility. Its portability allows me to treat an athlete on the bus or on the field, before or even during a game. I have an e-stim and an ultrasound device which I now rarely use. The kids want and expect InterX treatment."

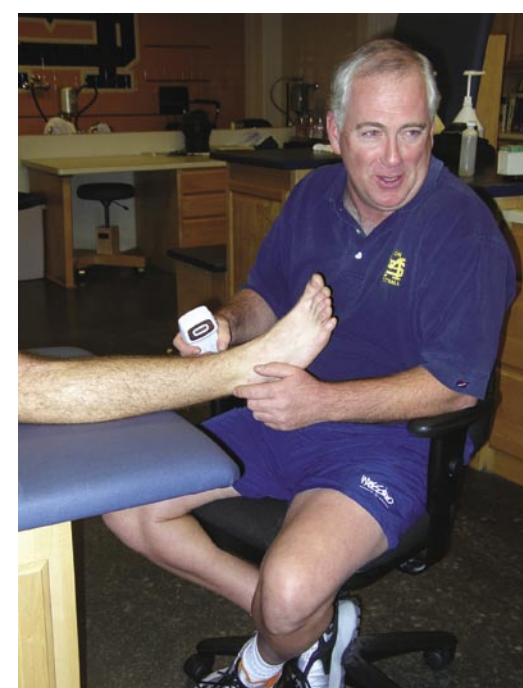
The InterX is best applied immediately post injury and before ice. Since his training course, Doc takes the InterX with him everywhere.

INTERX THERAPY IS A great return on investment

Steve Bunt has been the trainer at Irving High School for 16 years. At first he had some reservations about using the InterX. Although the FDA clearance satisfied any safety concerns, the InterX was a new technology that was unfamiliar to him. However, Steve was sufficiently intrigued at the clinical results and success stories that were being reported to try it out for himself. "The effects of the InterX were soon evident with obvious results on quite a number of individuals," Steve said. He found the most impressive application to be the pain relief and reduction of swelling from the immediate treatment of acute injuries, either on the field or in the training room.

With treatment time being such a valuable commodity, Steve's main concern was the fact that the InterX is an attended therapy. "I was concerned about using the device in the high school setting with so many students. I thought it was going to take too much time. However, with the development of protocols specifically for athletics and intense use of the unit, we became sold on its effectiveness. I told the athletes and student athletic trainers that they must realize that we are on the cutting edge of treatment for sports injuries."

Steve has been using the InterX for some time now and has found that it can provide a great return on investment. A few 15 minute treatments can often ensure a significant reduction in injury recovery time.



Robert 'Doc' Browning, St. Mark's Trainer, has seen great results when treating St. Mark's athletes for injuries such as sprained ankles, shin splints, patella tendonitis and shoulder injuries.

CONTACT NRG

We welcome your comments and suggestions.

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