



# Johns Hopkins Rehabilitation Network

› Clinical Cases using Winback Therapy

US

# Winback Therapy is the Next Generation of High frequency therapy

With Winback Therapy devices, you can use up to three high frequency therapy currents to amplify the therapeutic benefits.

## TECAR

HIGH FREQUENCY  
300/500/1000kHz  
Metabolic action at cellular level

## Hi-EMS

MEDIUM FREQUENCY  
4000/1500Hz  
Comfortable muscle contraction and drainage.

## Hi-TENS

LOW FREQUENCY IN PHF (Pulsed High Frequency)  
25/5/2Hz  
Ultimate pain management solution for acute and chronic conditions

Winback Therapy is non-invasive and acts on all types of tissues



HIGH FREQUENCY  
Metabolic action

TECAR

CET

MIX



1000 kHz

500 kHz (soft)

300 kHz (deep)



**Skin and subcutaneous tissues:**  
skin, scar, fascia



**Nervous system**



**Soft tissue:**  
high water density, muscle, fascia, lymphatic, vascular



**Hard tissue:**  
low water density, ligament, tendon, joint, bone

## Applications

### › Acute conditions

Tennis elbow  
Torticollis  
Migraine  
Lumbago

### › Chronic conditions

Lumbago  
Sciatica  
Fibromyalgia

### › Traumatology & post-op

ACL injury  
Ankle sprain  
Fracture  
Edema & hematoma  
Algoneurodystrophic  
syndrome

### › Rheumatology

Rheumatoid arthritis  
Ankylosing spondylitis  
Capsulitis  
Rotator cuff tendinopathy  
Osteoarthritis

### › Perineo-pelvic

Pelvic pain  
(endometriosis,  
dyspareunia, etc.)  
Support for post-partum  
rehabilitation  
Scars (caesarean section,  
episiotomy, etc.)  
Sexual problems &  
incontinence  
Peri-menopause (vaginal  
atrophy, management of  
climacteric disorders, etc.)

FIND ALL CLINICAL STUDIES ON  
[WINBACK-ACADEMY.ORG](http://WINBACK-ACADEMY.ORG)

### MEDIUM FREQUENCY Muscle recruitment

RET



500 kHz  
300 kHz

Hi-EMS



4000 Hz

1500 Hz

### LOW FREQUENCY Pain relief

Hi-TENS



25 Hz

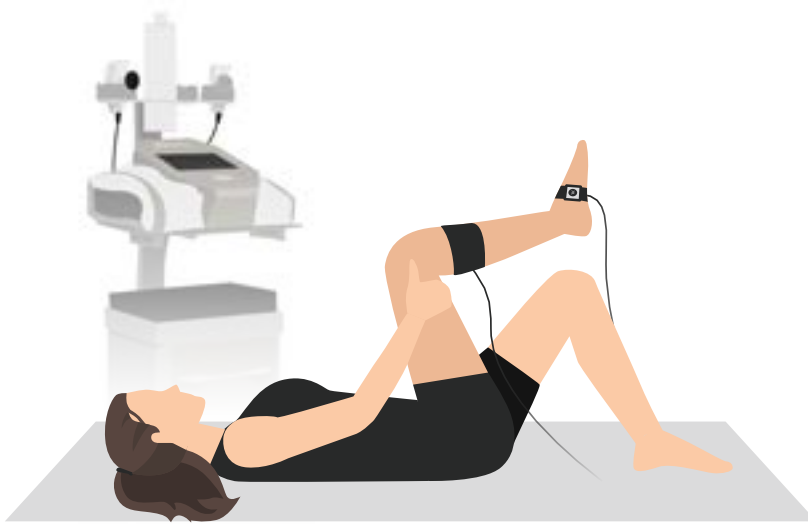
5 Hz

2 Hz

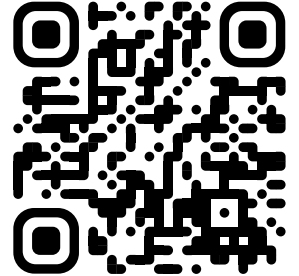


CLINICAL CASE USING WINBACK

# Female Runner with Bilateral Calf/Achilles Pain



Scan this QR code to watch the full clinical case in video



## ABOUT THE PRACTITIONER



### Ryan Cummings

Physical Therapist, Johns Hopkins Hospital

Certifications: Board-Certified Orthopedic Physical Therapist, Fellow of the American Academy of Orthopedic Manual Physical Therapists

Expertise: orthopedics, running analysis, sports rehabilitation

"As part of Johns Hopkins Rehabilitation Network, our focus has always been on the ability to implement technology within the field of physical therapy to enhance patient care and experience. One such technology has been Winback. Winback specifically has allowed me to take my exercises and manual therapy techniques to the next level through their multitude of various applicators while providing the freedom for creativity. Patient specific treatments has always been at the forefront of my management approach. With Winback, it allows to remain patient focused through hands on and exercise-based interventions while seeing excellent patient outcomes. Feedback has been positive with immediate favorable responses to care when the addition of Winback is included in their management plan.

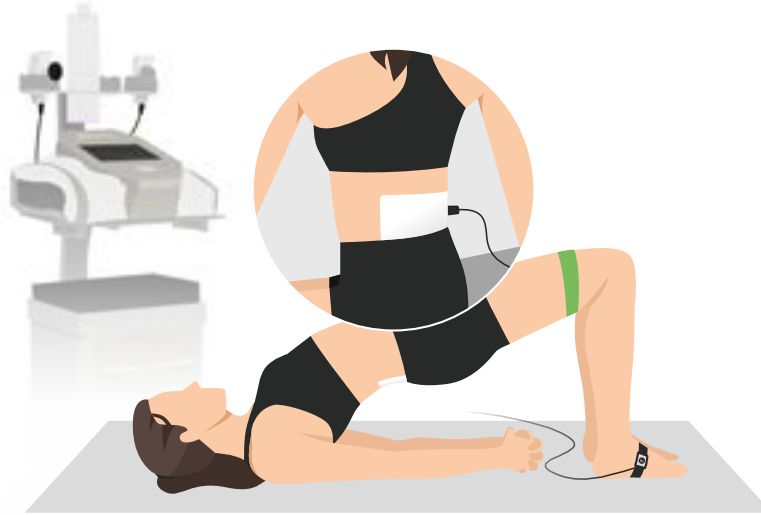
Overall, the Winback has allowed me to tailor my treatment approaches for a wide variety of diagnoses and patient pain complaints. I recently have been working with a larger persistent pain population which can be challenging to manage at times. With the Winback at my disposal, I have been able to see greater improvements in complaints of pain, mobility, and tolerance to the demands of daily activities. I have found the Winback assists in improving blood flow to the surrounding tissues while at the same time decreasing muscle guarding and irritability around the effected tissue allowing for greater freedoms for patients to move pain free. Winback has truly allowed me to remain patient-centered while elevating the care I'm providing to my patients."

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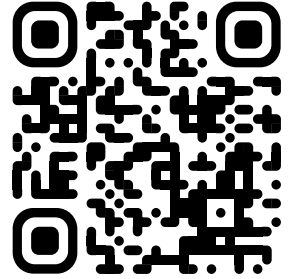


CLINICAL CASE USING WINBACK

# Lumbar Discectomy & Laminoforaminotomy



Scan this QR  
code to watch  
the full clinical  
case in video



## ABOUT THE PRACTITIONER



### David Mueller

Physical Therapist, Johns Hopkins Hospital

Certifications: Board-Certified Orthopedic Physical Therapist, Certified Comprehensive Pilates Instructor (Balanced Body)

Expertise: orthopedics, performing arts - dancer/figure skater/musician

"For the past ten years I have been working alongside patients as they navigate their recovery in the outpatient orthopedic setting. I work with patients of all ages, and specialize in treating the performing artist. As a board-certified specialist, and residency-trained orthopedic physical therapist, there are many skills that I can offer patients to help with their pain.

However, TECAR therapy with Winback has allowed patients' recovery to be augmented in ways that I could not imagine. The use of the current with minimal heat, has been a very powerful tool in patients' post-operative recovery, and has led to exceptionally great progress and control of pain in those initial weeks after surgery. For the non-operative patient with high amounts of pain, including radicular pain, the use of the current and heat that is designed to allow cellular processes to occur more efficiently, has been a life-changing modality to reduce the level of sympathetic nervous system activity, allowing patients to see that the pain they've been experiencing can be controlled and progressively eliminated. Winback truly allows me to help patients find relieve and recovery from their pain better, faster, and gentler."

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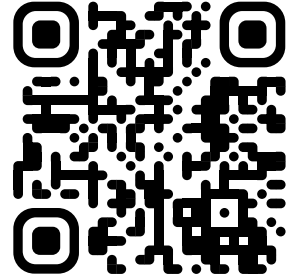


CLINICAL CASE USING WINBACK

# Winback Application for Hand Therapists



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## ABOUT THE PRACTITIONER



### Jennifer Nicholas

Occupational Therapist, Rehab Therapy Manager,  
Johns Hopkins Hospitals

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Certifications: Board-Certified Hand Therapist, Certified Lymphedema Therapist

Expertise: breast cancer, hand therapy, lymphedema, oncology, orthopedics - upper extremity, orthotic fabrication

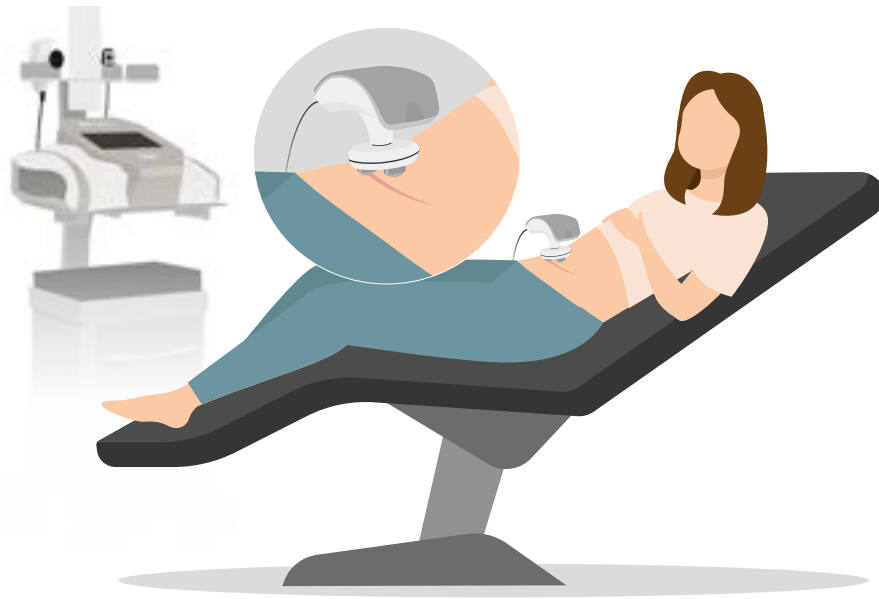
“As an Occupational Therapist and Certified Hand Therapist improving patient outcomes is a key focus area of my daily practice. Injuries affecting the upper extremities can cause a significant deficit when trying to complete tasks independently. At the Johns Hopkins Rehabilitation Network, we are fortunate to have access to various types of advanced technologies to accelerate our patient’s progress. Winback innovative solutions, including HiTENS have been instrumental in my practice to assist in reducing edema and improving acute and chronic pain levels (from various tissue pathologies). Our patients have been able to achieve their goals and return to their daily activities with great success with the aid of the tool.”Overall, the Winback has allowed me to tailor my treatment approaches for a wide variety of diagnoses and patient pain complaints. I recently have been working with a larger persistent pain population which can be challenging to manage at times. With the Winback at my disposal, I have been able to see greater improvements in complaints of pain, mobility, and tolerance to the demands of daily activities. I have found the Winback assists in improving blood flow to the surrounding tissues while at the same time decreasing muscle guarding and irritability around the effected tissue allowing for greater freedoms for patients to move pain free. WinBack has truly allowed me to remain patient-centered while elevating the care I’m providing to my patients.”

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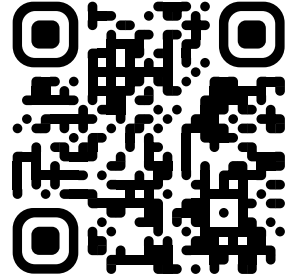


CLINICAL CASE USING WINBACK

# Dyspareunia & Subsequent UTIs



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## ABOUT THE PRACTITIONER



### **Madeline Urban**

Physical Therapist, JHH Women's Health Physical Therapy Residency Coordinator

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Certifications: Board-Certified Women's Health Specialist

Expertise: pelvic health

"In my role as a Pelvic Health Physical Therapist and a Women's Health Clinical Specialist, Winback has supported several aspects of my clinical care in a beneficial way, most specifically in my approach to scar tissue. I often treat patients with significant abdominal and vaginal scars including those from endometriosis, or scar tissue of visceral origin, obstetric-related scars like c-sections and perineal lacerations, as well as several other laparoscopic and open surgeries. The painful nature of scar tissue mobilization often results in decreased patient adherence to the plan of care. Winback therapy significantly reduces pain and discomfort with mobilization, therefore improving patient adherence. The nature of the TECAR therapy also improve the scar tissue mobility, reducing dysfunction emanating from the restricted tissue. With Winback as an intervention, patient satisfaction as well as functional outcomes have improved. It has become a critical element of my post-operative plans of care."

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Movement empowered, it all starts here. Winback.

**Winback Therapy has been instrumental in elevating the rehabilitation experience in our network for patients and clinicians alike. ”**



**Ken JOHNSON**

Physical Therapist, Director of Rehabilitation Therapy Services Outreach, Johns Hopkins Hospital, Winback Academy International Committee, USA

Expertise: orthopedics, running analysis, sports rehabilitation