



## Frequency-Specific Microcurrent

### What is Frequency-Specific Microcurrent (FSM)?

Frequency-specific microcurrent (FSM) uses low-level electrical current to treat pain. Although microcurrent technology has been around for a number of years, FSM is a relatively newer approach to treat pain and many other symptoms.

### What happens during FSM treatment?

A trained caregiver sets the frequencies to be used for a particular condition, applying the current with a moistened towel or skin patches. The currents used in FSM are so low that the patient often does not feel them. Patients may notice a warming or softening of the affected tissue, but it is non-invasive and painless.

### Can FSM replace traditional medical care?

No. FSM is utilized in addition to traditional medical care to benefit patients.

### What are the benefits of FSM?

FSM encourages natural healing of the body, reduces pain and inflammation, and repairs tissue by potentially increasing the production of adenosine triphosphate



(ATP) — the major source of energy for our cells — in injured tissue. The effects of an FSM treatment can last several days or longer. For acute injuries, lasting pain relief can often be achieved. FSM can require a number of treatment sessions to have a lasting effect, similar to other types of therapy.

## Which conditions can FSM help?

FSM is most often used to treat nerve and muscle pain, inflammation and scar tissue from the following conditions:

- Acute (sudden) and chronic musculoskeletal injuries
- Acute and chronic neuropathic (nerve) pain
- Asthma
- Arthritis
- Burns
- Chronic fracture and bone pain
- Concussions
- Disc injuries/discogenic- and facet-based pain
- Fibromyalgia
- Headaches
- Irritable bowel syndrome
- Kidney stone pain
- Neuromas (overgrowth and scarring to a nerve after an injury)
- Plantar fasciitis (pain in the heel and foot)
- Shingles
- Sports injuries
- Tendinopathy (inflammation and/or swelling of the tendon)
- Torticollis (the head is tilted to one side)
- Viscerally-referred pain
- Wounds

## How to contact us

To schedule an appointment for FSM or another form of integrative medicine for your child, please call **216.448.6610**.

For more information on the Center for Pediatric Integrative Medicine, please visit **[clevelandclinicchildrens.org/integrativemedicine](https://clevelandclinicchildrens.org/integrativemedicine)**.