



## **Integrated Health Concepts, Inc.**

220 NW 4th Street  
High Springs, FL 32643  
website at <http://www.ihconcepts.com>  
1 (800) 287-0647 toll free

### **Muscle or Joint Pain?**

**We are your source for information, tools, products  
and self help programs!**

**Our rehab clinic has used these tools for years to ef-  
fectively treat muscle and joint pain. We're committed  
to providing you with the information and products  
that reduce your pain and improve your functionality!**

**Visit our website at:  
<http://ihconcepts.com>**

**2002 – 2003**

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## About Integrated Health Concepts

We strive to provide medical professionals and patients with the most advanced information and treatment tools for muscle and joint rehabilitation. Whether it's pain in your low back, your shoulder or neck we have the tools \7 programs to bring you relief! We treat patients with conditions like yours on a daily basis and witness which treatment techniques are effective. We bring you these products along with our specific Self-Help Program Series!

**Return Policy:** We make every effort to educate our customers about our products and their use. Every product we offer has been tested in our clinic and been found to be effective in treating patients with muscle and / or joint pain. We offer a 30 day no questions return policy on all our products with the exception of the pillows for sanitary reasons.

### **Order easily by phone or online:**

Call our customer service toll-free 24 hours / 7 days a week at: 1-800-287-0647  
Online at our secure site: <http://www.ihconcepts.com>

THE ULTIMATE  
PRESSURE POINT  
TOOL

PROTECT YOURSELF  
FROM  
OCCUPATIONAL  
INJURIES



HEAL  
WHILE YOU WORK!

JUST  
**\$32.95**

FREE s&h

SAVE YOUR HANDS

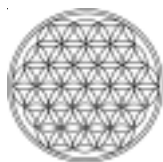
The Thera\*Press is a deep tissue massage instrument designed to protect practitioners from occupational injuries. It was designed, developed, and patented by a massage therapist, when his career was threatened by repetitive stress injuries, affecting his thumbs, wrists, and arms. Unwilling to abandon the effectiveness of trigger point and deep tissue therapy, he set out to find a better way. The Thera\*Press tool affectively utilizes body weight, not the therapist's muscles, facilitating effortless trigger point release. Stress and pressure are shifted away from the muscles and joints onto skeletal structures that can withstand the pressure and stress. Occupational injuries are avoided while pre-existing injuries are allowed to heal.

Thumb burn-out, carpal tunnel syndrome, tendonitis and osteo-arthritis are common occupational injuries affecting chiropractors, massage therapists, physical therapists, and occupational therapists. Such problems occur when repetitive stress is placed unevenly on the thumbs, wrists, and arms. Therapists doing high volume, deep tissue work are the most at risk. Injuries of this nature take time to heal and can be devastating for both the therapist and his / her practice.

The Thera\*Press was designed to promote proper body mechanics. The contoured handgrip encourages therapists to maintain a straight or neutral wrist position while working. Releasing trigger points with Thera\*Press is far less taxing on muscles, supports positive skeletal alignment and achieves a quicker response with less effort.

Carefully notice the bottom of the Thera\*Press tool. It has been specifically designed for loosening large muscles such as the erectors or the upper trapezius. The rounded shape to its base adds another dimension to the tool enabling the therapist to take additional strain off hands and arms while doing preliminary strokes. It's unique pistol handgrip prevents slipping, even in an oily hand!

The Thera\*Press is made of off white, light-weight, practically unbreakable, high tech plastic. Its contoured handgrip prevents slipping, even in an oily hand.



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# Stimplus

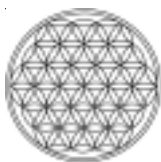
Stimplus is the latest in electro-acupuncture for treating muscle and joint pain and or injuries! The Stimplus even tells you where to treat, then stimulates away the pain electronically at the touch of a button, without needles. It couldn't be more simple! Stimplus is a safe state of the art, battery operated electrotherapeutic microcurrent stimulator that DETECTS and TREATS areas of increased conductivity (low impedance) such as areas of injury and active trigger points! We have used the Stimplus in our rehab clinic for years. Therapists rave about the ease of use and patients attest to the effectiveness!

**Now only \$119.95**

**FREE shipping and handling in USA!**

**Easy to use**  
**6 intensity levels**  
**Extremely lightweight, ergonomic design**  
**3 Stimulation rhythms – Continuous,**  
**burst, tapping**  
**Audio/Visual acupoint detection**

**Weight: 50 gms**  
**Size: 17cm x 3.7cm x 1.5cm (6 5/8" x 1 1/2" x 5/8")**  
**Supplied with 2 lithium batteries & ear phone (so you can use the stimplus without being overheard), carrying pouch, acupuncture charts and user manual.**



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# Flextend

Advanced Treatment for the Rehabilitation and Prevention of Carpal Tunnel Syndrome and Repetitive Stress



**Only**

**\$89.95 each!**

**or**

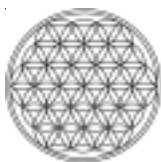
**\$157.95 pair**

**FREE shipping in  
the US**

**Flextend** is very successful in alleviating the pain and lack of functionality because it treats the source of the pain which is the strength imbalance between the flexor muscles that close the hand and the extensor muscles which open the hand!!

**Flextend** corrects this imbalance by strengthening the weaker, underused extensor muscles, while simultaneously stretching the strong and tighter flexor muscles that cause increased pressure inside the carpal tunnel.

Specify S,M,L,XL    Right, Left, or pair!



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# Infratonic QGM



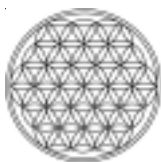
**Relieves Pain & Edema**  
**Reduces Inflammation**  
**Strengthens immune function**  
**Normalizes autonomic nervous system**

The Infratonic QGM is classified by the FDA as an acoustical massager. Sound waves have long been used in medicine, many of you are familiar with ultrasound which also produces sound waves at 20,000Hz. QGM sound waves run in the 8–14 per second range, which is the charge of healthy tissue. Be sure it says “chaos” in red across the front!

**Call and order yours now for the discounted price of**

**\$595.00!**

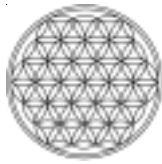
**(FREE shipping & handling in the US)**



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## Muscle or Joint Pain? Look what you can learn here!

### BOOKS

***Acupressure's Potent Points*** – by Michael Gach – Cover quick acupressure remedies for a myriad of common ailments from back pain, to colds, insomnia, stress and fatigue. Codiscover \$21.90 FREE s&h

***Acupuncture With Your Fingers*** – by Ralph Alan Dale – The 18 cardinal acupuncture points for every part and system of the body. An excellent resource for the practitioner, student or lay person. Hardcover 55 PSG. \$14.00 FREE s&h

***Acupuncture Comprehensive Prescription Index*** – by Ralph Alan Dale – Alphabetical listing of thousands of ailments and their acupuncture points in both Western and Oriental diagnostic categories. Hardcover 550 pgs. \$135.00 FREE s&h

***Conquering Carpal Tunnel Syndrome and Other Repetitive Strain Injuries*** – by Sharon Butler – Repetitive strain injuries are the leading occupational hazard of the 90's. This book will teach you how soft tissues function and why they develop repetitive strain injuries. Discover how gentle stretching can help restore full function and comfort to your hands, arms, neck, and shoulders. Choose the most appropriate exercises to relieve your symptoms by reviewing the symptoms charts included, and create an effective injury prevention program based on your occupation! A must read for therapists, your patients or clients, and anyone suffering from or subjected to the possibilities of such an injury! Suffer no more! Softcover, 160 pages Order now! \$24.90 FREE s&h

***Facilitated Stretching*** by Robert McAtee & Jeff Charland – A must for practitioners looking to incorporate or expand on their understanding of stretching and how it applies to the rehab process. PNF Stretching is the primary focus of this work and the detail of each stretch makes it easy to understand. Colored tabs make for easy access to particular muscles or areas! This one is for all of us incorporating stretching into a comprehensive rehab program. Paperback, 137 pages, 2nd Edition, \$22.95 FREE s&h

***Fibromyalgia & Chronic Myofascial Pain Syndrome*** By Devin Starlanyl, M.D. & Mary Ellen Copeland, M.S., M.A. – This book offers the first comprehensive patient guide for managing the conditions of fibromyalgia. You'll start by learning what FMS and MPS are, evaluating your own symptoms, and identifying the tender and / or trigger points. The manual covers chronic pain, sleep problems, and other "internal affairs", shows you how you can use your mind to counteract physical symptoms and provides an extensive set of healing tools – including information on the latest medications, a nutritional program, and tips for using bodywork and other less commonly known treatments. Comprehensive survival strategies include suggestions for coping with family and work situations, getting support, and dealing with the health care system. A must for anyone who has FMS or MPS, who is treating patients, or has a loved one with the condition. Softcover, 400 pages, \$24.95 FREE s&h

***Inside Fibromyalgia*** by Dr. Mark Pellegrino – You already know how Dr. Pellegrino can help you with his understanding and sound advice. Now get Dr. Pellegrino's new healing prescription in his comprehensive 348 page book, *Inside Fibromyalgia*. From the newest medications to alternative therapies and everything in between, Dr. Pellegrino helps you develop a plan for healing today and tomorrow. Dr. Pellegrino's special understanding – what really works and what doesn't – comes from his own personal experience having fibromyalgia and is now yours with *Inside Fibromyalgia*. You get the most effective healing resource from Dr. Pellegrino – forward thinking medical expertise combined with empathy and understanding; just like a personal "consultation" with him. Softcover, 348 pages, \$29.95 FREE s&h

***Massage – A Career at Your Fingertips*** – by Martin Ashley LMT – The complete guide to becoming a bodywork professional! Marketing and advertising, insurance reimbursement, opening an office, career strategies, are all topics covered in this excellent resource. The reference section has a guide to the 300+ massage schools, advanced trainings, and equipment and product suppliers! Whether you are a student or professional bodyworker you will find valuable information in this excellent resource! Softcover 285 pages, \$25.95 FREE s&h.

***Muscles – Testing & Function*** – by Florence Kendall. Detailed guide to postural analysis and testing of individual muscles. Like the classic just above, this is the second book you cannot be without! Hardcover 448 pgs., 569 illustrations \$62.95 FREE s&h

## **BOOKS Con't.**

***Myofascial Pain & Dysfunction*** – by Janet Travell MD, & David Simons, MD Vols I & II. The definitive manual for trigger point therapy. One of the best investments you will ever make, the illustrations alone warrant the cost of this classic. If you don't have this one you must get it now! Hardcover, Vol. I – 714 pgs. 305 illustrations, Vol. II 628 pgs. 252 illustrations 2 Volumes \$199.00 Either Vol. I or Vol. II \$107.95 each ALL prices are with FREE s&h

***Neuromuscular Therapy – Treatment for Pain & Injury*** – by Craig Gardner, LMT – This manual has a chapter for each joint and a page for each of the major muscles. A specific treatment protocol gives the therapist additional treatment methods which include cross fiber friction on the tendons or muscle stripping. Expand your techniques and relieve patients pain! Softcover, 55 pages, \$22.90 FREE s&h

***Rehabilitation of the Spine – A Practitioner's Manual*** – by Craig Liebenson, DC – The world's foremost authorities from chiropractic, orthopedics, and PT give you advise on rehab methods including McKenzie, Janda, Contract-Relax and stabilization approaches. Hardcover, 352 pgs., 458 illust. \$81.95 FREE s&h

***Save Your Hands – Injury Prevention for Massage Therapists*** – by Lauriann Greene, LMP – This book very concisely outlines for the manual therapist, safe techniques, stretching & strengthening, and treatment options. A must read for all therapists! Softcover, 160 pgs., \$23.90 FREE s&h

***Tendon & Ligament Healing: A New Approach Through Manual Therapy*** by William Weintraub William Weintraub's has developed a non-surgical treatment for the seriously injured cases involving both tendons and ligaments. He combines many techniques to give us the tools we need for treating these types of injures thereby avoiding surgery in many instances. This book is a must for anyone with an interest in treating these types of injuries non-surgically. Softcover 180 pages, \$24.95 FREE s&h

***Therapeutic Exercise – Foundations & Techniques – 3rd edition*** by Carolyn Kisner and Lynn Allen Colby – A classic for those integrating exercise into postural and rehabilitation therapy. \$55.95 FREE s&h

***Understanding Post-Traumatic Fibromyalgia*** by Mark Pellegrino, MD – If you have fibromyalgia that was triggered by trauma, then this is the book for you! Dr. Pellegrino is uniquely qualified to educate and advise patients with fibromyalgia as he has the condition himself! Softcover, 130 pages, \$19.95 FREE s&h

## **TRIGGER POINT CHARTS**

***Trigger Point Pain Patterns*** – by Janet Travell, MD and David Simons, MD – An easy way to incorporate the Travell trigger point techniques into your practice. Each illustration references the appropriate pages in the Travell Myofascial texts for more detailed and specific information. The illustrations are superb in their anatomical detail making finding the points a breeze! More than 80 high quality illustrations make up these two charts. Each is 34" X 44" and laminated. \$64.00 FREE s&h

***Trigger Point Charts I & II*** – These charts illustrate over 100 trigger points and their corresponding referral patterns. They are a tremendous for therapist reference and as an aid to patient education. Each is 21" X 34" and laminated with 3 mil. We've used these charts for years....you will refer to them often. \$61.95 FREE s&h

## **VIDEO TAPES**

***Travell Myofascial Trigger Point Video Series***– from the renowned author of Myofascial Pain & Dysfunction, this six tape set allows you to sit in on a workshop with Dr. Travell. You'll see her demonstrate her techniques as she step by step explains pain patterns, trigger point locations, and treatment. Don't wait any longer to benefit from her 50 years of experience treating myofascial pain. \$93.95 ea., or \$405.95 set of six, all FREE s&h.

***Florence Kendall's Muscle Testing Video Library*** – From the authority on muscle testing and postural dysfunction, this five tape set shows you how to specifically test for weakness in each muscle and how the muscle imbalances affect postural disorders. Sit in on actual workshops and benefit by seeing Ms. Kendall actually treating patients. This series will change the way you practice and evaluate patients. \$141.95 ea., or \$554.95 set of five, all FREE s&h

***The Travell Stretch Program Video Series*** – According to Dr. Travell, after trigger point release, the affected muscles need to be stretched regularly as part of a complete rehabilitation program. This stretching helps retrain and reprogram muscles so they can

## Bodybilt Seating Systems Adjustability, Comfort & Support

We searched for the finest sitting and best supporting ergonomic desk chairs we could find. Bodybilt chairs stand strides ahead in comfort, design and adjustability. Select your chair according to your individual size, then fit the chair to you, as you learn to take full advantage of the 10 Point Posture Control. We know poor

**Model 100** – BodyBilt's Task Seating collection is designed for workers who perform a variety of desktop-intensive tasks. A high degree of forward tilt, and the ability to achieve a more open angle between the torso and thighs make this series ideal for secretaries, assembly workers, mailroom clerks, data entry personnel, or other clerical office workers.



Color Selection:  
Hemlock, Lapis, Maroon



**Model 200** Same backrest as the 3500 series only without the neck roll! For someone who wants the larger backrest this is an alternative between the 100 and the 300.

ALL Chairs come with Bodybilt's inflatable lumbar air support!  
Chairs are shipped within 2 weeks of receiving your order!

**Model 300** – BodyBilt's Management Series was developed to accommodate the wide variety of tasks performed by managers and executives. For desktop-intensive tasks, the seat locks into a forward tilting posture, allowing the user to get closer to their keyboard or desktop. For tasks such as teleconferencing, interviewing, or reading, these chairs feature a larger backrest for increased support in a reclined posture, and a unique knee-tilt mechanism that allows a gentle rocking motion in the free floating position.

**Only \$899.00**

Order online at [ihconcepts.com](http://ihconcepts.com) or call us toll free at  
(800) 287-0647





**Sit or Stand Ergonomic Keyboard**  
**Put it at any height and angle you want!**

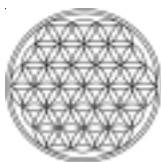
This is simply the finest quality Keyboard Tray! All steel slides and bracket! Spring assisted arm, with infinite height adjustment. A barrel knob allows you to adjust the tilt anywhere you'd like. The 28" tray accomodates easlily your keyboard AND mouse. A built-in palm rest runs the entire length.

Specifications:

- 10 1/2" height adjustment
- 30 degree tilt range  
(+/- 15 degree)
- 360 degree swivel
- Retractable on a 21" rail
- Exceeds ANSI/BIFMA standards
- Comes with all hardware to install

Combining this with a Bodybilt chair puts you into an ergonomically correct position thereby minimizing the impact to your low back, neck and shoulders!

**Only \$249.95**



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1 (800) 287-0647 toll free

**ONLY**

**\$14.95**

**FREE s&h in the US**



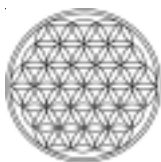
**Put it Under  
Your Desk  
or  
Beside Your**

### **SORE, TIRED, OR ACHING FEET??**

The Footsie Roller is not only beneficial to sore, tired, or aching feet but because you're stimulating reflexology points in the sole of your foot, your whole body gets recharged. The ridges help break down crystal formations that form in the feet. The rubber "tires" stabilize the rolling action regardless of the surface.

You can start out using the Footsie Roller with socks and roll it on a carpeted surface while sitting if you want a less intense experience or if your feet are particularly sensitive. For those with less sensitive feet or after having used the tool for sometime you'll want to go without socks, perhaps standing on it, and perhaps rolling it on a hard surface! Either way or using any combination your feet and entire body will say thanks!

Fashioned from beautiful hardwood the Footsie Roller is as beautiful as it is effective in relieving your sore and tired feet. Each Footsie Roller comes with a handy foot reflexology chart for your reference!



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## Formula 303 – Natural Relaxant

Used to treat muscle sprain, strain, or pull, PMS, menstrual cramps, tension, stress, insomnia and nervousness. Our patients and customers rave about this product!

**Relief for Muscle Tension & Spasms, Insomnia, Headaches, Tension, Stress & Anxiety!**



Our staff and patients have used this amazing herbal product for years treating: muscle spasms or sprains, pulled muscles, tight muscles, PMS, menstrual cramps, tension, headaches, insomnia, stress, anxiety and nervousness!

Take 2–3 tablets 1/2 hour before going to bed and tell us how you slept! Everyone has raved about this product for years and now we bring it to you!

**Order several, your friends will thank you!**

**90 Tablets – \$19.95 (FREE s&h)**  
**250 Tablet Bottle \$32.95 (FREE s&h)**

Tired of dinky ice packs? Finally, a size big enough for your low back!

These are the packs we use in our clinic and now we bring the same ones to you! Try to find one like this in your local pharmacy. Totally reusable either cold or hot in the microwave. A first aid must for your freezer! Order several and use them in your cooler as well.

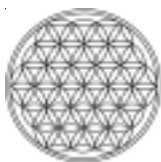
Relieves: headaches, low back pain, stress / tension & traumatic injuries.

Size:10" X 15"

Reusable, washable, non-toxic, biodegradable.



**Only \$19.95 (FREE s&h)**



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# Tools To Reach Those "Hard To Get To Spots"



Disassembles for ease of carrying



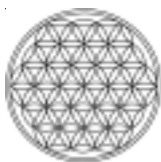
**Jacknobber & Indexnobber \$15.95 ea.**

Colors: Purple, Blue, Green

**Backnobber – Now just \$27.95 ea.**

Color: Blue

Prices include shipping in the US



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# Stretching Aids



**A simple and very effective stretching aid! Enjoy the benefits of regular stretching using our Stretch Strap! Delivers the benefits of PNF stretching without a partner! The multi-position grip handles allow deep, gradual stretching of major muscle groups with greater safety and effectiveness than is possible unaided.**

**Comes complete with illustrated guide book to make it easy for you!**

**Only \$19.95**

**(includes FREE s&h in US)**

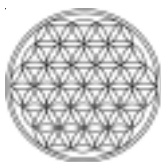
**Ideal for stretching your lower leg and treating plantar fasciitis, shin splints, heel spurs, achilles tendonitis, muscle cramping and poor circula-**



**Simply the most effective stretching and strengthening tool for the lower leg and foot!**

**Order in either single or do both legs at the same time with the double. Each comes with an instructional video**

**Only \$34.95 Single or \$66.95 for the double**

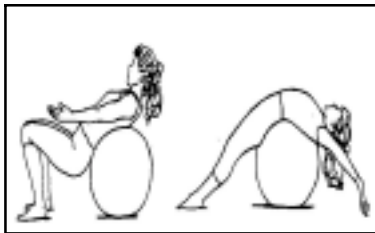


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# Stretching / Strengthening Aids Gymnic Gymballs!



Two of the most popular stretches!  
Get feeling better yourself as you stretch!



**Contracted muscles on your front side combined with weak muscles on your back side are often the cause of back, neck and shoulder pain!**

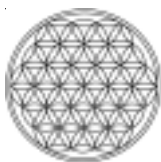
**The Gymnic Plus ball makes a perfect tool for both anterior stretching and posterior strengthening. These balls are a key component of rehab therapy.**

**The balls come with an illustrated guide showing both stretching and strengthening! The ball is 65 cm in size and the color is sky blue!**

**Only \$29.95**

**Includes FREE s&h**

**Order yours now!**



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## Therapeutica Sleeping Pillow



**Therapeutica® Sleeping Pillows are the only pillows that allow you to sleep on your back and/or side while allowing correct spinal alignment, comfortably.**

We believe this is the only pillow on the market that is designed to properly support the spine while sleeping on the back OR side.

Since most people sleep in the center of their pillow when they sleep on their backs, the center of our pillow is designed specifically for back sleeping with a unique wedge for upper back support.

When people sleep on their side, they sleep on the outside edge of their pillow, so both outside edges of the pillow are designed for side sleeping.

\* The unique density of our foam creates a softness which allows for an extremely comfortable, yet supportive nights sleep.

To determine the size for you, measure across the top of the shoulder from the neck to the outside edge of the arm.

Petite 4 1/4" to 5 1/4"  
Average 5 3/8" to 6 1/4"  
Large 6 3/8" and up

**Only \$64.95**

**Includes FREE shipping & handling!**

## Contour Leg Pillow



**Relief for Your Low Back Pain!**

The Contour Leg Pillow is an easy way to help relieve pain and pressure on your lower back, hips and knees. By taking pressure off the piriformis muscle and the sciatic nerve, the pillow helps ensure that your body remains properly aligned during the night, so that you can enjoy maximum comfort and the best sleep of your life.

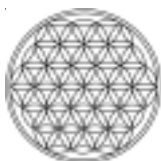
The patented Contour Leg Pillow is made of 100% non-allergenic materials, and is designed to fit the curves of your legs, so it will comfortably stay with you during the night. The leg pillow will help your back muscles to relax and relieve strain on your hips, knees and joints. It will move with you easily throughout the night, and does not get tangled up in sheets and blankets like ordinary pillows. As a result, you're more likely to experience a more restful sleep. Isn't that what you want? (10" x 8" and 3" thick in middle)

**Call our toll free number or place your order online now!**



Our Lumbar Back Support Pillow helps promote proper posture by supporting your low back. How many seats that you sit in provide the support you need? Probably not many....take it with you and use it in your car or company vehicle or wherever you sit! You'll want several to have one in each spot you sit! If you have low back tightness it's probably due to your chair, the position it puts your in, and the activity you're doing. The Lumbar Back Support Pillow will relieve your pain!

**Only \$26.95**



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## **Magnetic Therapy Combined With Transdermal Herb Delivery**

Magic magnets are the creative integration of Chinese traditional medicine and modern magnetic technology. Based on the technology of the advanced transdermal drug delivery and the theory of biomagnetic ionpore, the herbal extract is uniformly released. Magic Magnets are most effective when treating muscle or joint pain. The Magic Magnets are so revolutionary they were granted a patent in China.

### **What is a magnetic plaster?**

Magnetic plaster is a patch for any muscle or joint pain. Pressure sensitive adhesive attaches the patch containing magnetic powder and the herb extract specific for muscle and joint pain. The herbs include: White peony root, Chuanxiong rhizome, Chinese angelica root, Liquorice, Safflower, Astragalus root, Peach kernel, Corydalis tuber and Turmeric.

### **How does it work?**

It's based on the theory of magnetophoresis, where a magnetic field can enhance medicine delivery across skin, and the field itself increases blood circulation.

### **Is it safe?**

The use of magnetism for therapy is recorded from antiquity and is extensively used worldwide. Special technology at every stage of manufacture and carefully researched products are combined to produce an effective and skin-friendly patch.

Usage – Apply to clean, dry skin wherever you have pain or on recommended trigger or acupressure points. Press firmly and the patch should remain in place for a couple days. Replace with a new one when that one has fallen off.

Removal – Gently pull from edges towards center, if you'd like to remove them before they fall off. Any

**One box contains five packs, each pack consisting of three patches.**

**1 – 6 boxes \$10.95 each**  
**7 – 20 boxes \$9.95 each**  
**21 – and more \$8.95 each**  
FREE shipping & handling in US



3 patches on top of the knee!

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