

# **ISOTONE**

# **MASSAGE**

**RELIEVE. RESTORE. REENERGIZE.**



**TARGETED MASSAGE • PAIN RELIEF • RECOVERY**

**THERAPUTIC AND FITNESS MASSAGE BY ISOTONE**

*Enhancing Physical Therapy, Fitness, and Massage*

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## **EXECUTIVE SUMMARY**

IsoTone is a breakthrough in fitness, physical therapy, and therapeutic massage—a light, portable resistance device engineered for users of all ages and fitness levels. Unlike traditional weights or resistance bands, IsoTone automatically adjusts its resistance based on the user's applied force, offering a fully adaptive and dynamic workout experience. This self-regulating design ensures safe and effective strength training, flexibility improvement, and near-total aerobic engagement, with 360-degree resistance that activates multiple muscle groups during every movement.

Beyond exercise, IsoTone doubles as a therapeutic massage tool—uniquely suited for targeted pain relief and internal health stimulation. Its ergonomic form and heat-retaining structure enable users to deliver rhythmic, localized massage (~5 Hz) that engages both the circulatory and nervous systems. This approach facilitates muscle recovery, improves lymphatic flow, supports spinal and abdominal health, and may even help normalize chronic or phantom pain signals. Whether used in rehabilitation, everyday fitness, or integrative therapy, IsoTone represents a powerful, non-invasive pathway to restoring strength, mobility, and comfort.

## **DUAL UTILITY: EXERCISE AND MASSAGE**

IsoTone's unique design allows it to function not only as an exercise tool but also as a versatile massage device, adding a therapeutic element to each workout. This dual-purpose feature offers users the ability to effectively massage many different areas of the body, helping to relieve muscle tension and improve

circulation immediately following an exercise. Massage with IsoTone can support muscle recovery, reduce delayed-onset muscle soreness (DOMS), and help users maintain flexibility and range of motion.

### EFFECTIVE MASSAGE TECHNIQUE WITH ISOTONE

For optimal results, users should firmly apply IsoTone to the target area and vigorously move it back and forth at a rate of approximately 4-5 moves per second. This rhythmic, oscillating motion generates friction that not only stimulates blood flow but also enhances the massage's therapeutic effects by generating heat through IsoTone's unique auto-warming feature during intense use.

The IsoTone device has two key areas that can be used for massage: the spherical handles as well as its larger diameter cylindrical section. Depending on the location of the specific body part and the shape of the area being massaged, users may decide which part of the IsoTone device will be the most effective for providing either a deep tissue pressure or a gentler touch.

### ENHANCED MASSAGE BENEFITS: ISOTONE'S HEAT FEATURE

One of IsoTone's standout qualities is its ability to retain heat following a workout, particularly in the cylindrical part of the device. This heat generated during aerobic or intense resistance exercises amplifies the effects of the massage, as warm tissues are more pliable and receptive to manipulation. Heat-based massage is scientifically known to encourage vasodilation, where blood vessels expand, allowing more blood to flow to the area and expediting the healing and recovery process. Research indicates that heated massages may also reduce inflammation and speed up muscle repair post-exercise, making IsoTone an ideal tool for those looking to enhance their fitness routines with therapeutic recovery.

### TARGETED MASSAGE AREAS

IsoTone can be effectively used to massage a variety of body parts, including:

- **Arms and Hands:** Improve circulation, relieve tension, and support joint health.
- **Neck and Back:** Alleviate stiffness, reduce muscle knots, and improve spinal mobility.
- **Legs and Thighs:** Enhance blood flow, relieve lactic acid buildup, and improve flexibility.
- **Torso:** Promote respiratory function, reduce tension, and improve posture.

Each of these areas can benefit from IsoTone's targeted massage capabilities, especially after a workout, when muscles are warm and more receptive to massage.

### ABDOMINAL MASSAGE AND INTERNAL HEALTH

IsoTone offers a unique opportunity for safe, rhythmic abdominal massage, which when performed properly, can stimulate blood and lymphatic circulation to vital internal organs including the liver, kidneys, stomach, intestines, spleen, gallbladder, bladder, pancreas, and even reproductive organs. This gentle mechanical stimulation may support functions such as digestion, detoxification, peristalsis, bile production, lymph drainage, and bladder emptying. It may help alleviate symptoms such as bloating, constipation, water retention, and general discomfort.

In particular, massage targeting the upper left quadrant of the abdomen may aid spleen function, which supports immune health and red blood cell recycling. Lower abdominal massage may help bladder regulation and detox pathways. Soft clockwise circular motion in the lower abdomen is used in some integrative practices to relieve menstrual tension. While not substituting medical care, such massage supports general systemic balance and is most effective when integrated into broader fitness or wellness routines.

### BONE HEALTH: MASSAGE FOR STRENGTHENING BONES AND REDUCING FRACTURE RISK

Often overlooked in massage practices, bones can also benefit from regular massage, particularly with a device like IsoTone that applies consistent, gentle pressure. Research in the field of mechanobiology suggests that mechanical stimulation, including massage, can support bone health by promoting blood

flow and possibly influencing bone density. This stimulation enhances the delivery of nutrients and oxygen to bone cells, supporting the remodeling process that strengthens bones over time. For older adults or individuals at risk of fractures, regular IsoTone massage may be particularly beneficial, helping to fortify bones and reduce the risk of breaks or injuries.

## SUMMARY

IsoTone is more than a fitness device—it's a comprehensive tool for physical empowerment, recovery, and long-term wellness. Its innovative design not only facilitates adaptive, 360-degree resistance training for users of all fitness levels, but also unlocks substantial therapeutic benefits through targeted massage.

By combining controlled movement, auto-adjusting resistance, heat generation, and patient-guided precision, IsoTone supports deep muscle engagement, enhanced flexibility, circulation improvement, and even indirect stimulation of internal organ and bone health. Its application spans post-exercise recovery, physical therapy, chronic pain management, aging-related musculoskeletal maintenance, and integrative approaches to internal health.

This dual-functionality positions IsoTone as a breakthrough in non-invasive physical therapy and self-care—empowering individuals to take control of both their fitness and recovery, all in one compact, intelligent device.

## **APPENDIX: PAIN RELIEF BY TARGETED MASSAGE**

This appendix presents a full framework for using self-guided targeted massage to relieve pain using the IsoTone device or similar manually controlled tools. The concept centers on using rhythmic motion at around 5 Hz directly over or near the area of pain. Rather than masking symptoms like most medications, this approach seeks to restore local function and normalize pain circuits.

### **KEY PRINCIPLES**

- Use ~5 Hz massage on or near the point of pain
- Let the user adjust force, duration, and intensity based on relief
- Multiple short sessions per day are often better than one long one
- Utilize wide surface for broad areas or pinpoint pressure for tight knots
- Engage both mechanical (circulatory/lymphatic) and neurological systems

### **MECHANISM OF ACTION**

The method addresses pain through dual physiological mechanisms:

1. Circulatory Activation: Enhances microcirculation, bringing oxygen, nutrients, and immune cells to damaged tissue while aiding removal of metabolic waste.
2. Neural Circuit Disruption: Mechanical motion floods the nervous system with non-painful signals, possibly 'closing the gate' on pain signals and resetting maladaptive neural patterns.
3. Phantom Pain: Regular stimulation helps counteract pain signals coming from absent or healed areas by overriding maladaptive memory circuits.
4. Lymphatic Flow: Repeated motion may assist lymphatic movement, especially in swollen or congested areas where inflammation is a contributor to pain.

### **USE CASES AND CONDITIONS**

- Localized chronic inflammation (e.g., knee, shoulder)
- Phantom limb syndrome (e.g., post-amputation)
- Nerve pain (e.g., diabetic neuropathy, post-herpetic neuralgia)
- Myofascial pain, trigger points
- Fibromyalgia and idiopathic pain syndromes
- Recovery pain post-surgery or injury

### **RECOMMENDATIONS AND SAFETY**

Massage should begin gently with 1–3 minute sessions, multiple times daily. Intensity should be self-controlled. Avoid applying pressure to recent surgical areas, infected skin, or unexplained acute pain without diagnosis. Always consult a physician if unsure. IsoTone's ergonomic design and self-regulating resistance make it ideal for use even by people with limited strength or mobility.