

Sylo-pen

The Sylo-pen is used to treat muscle and connective tissue structures on the body such as trigger points. The Sylo-pen can speed up the recovery process in case of muscle pain. The Sylo-pen is used in the connective tissue structures (fascia) to treat stiffness and adhesions in the fascia; both the fascia surrounding the muscles and the fascia between the muscles. In the case of scar tissue, the Sylo-pen can also reduce adhesions, making the fascia more supple, resulting in greater mobility and less pain. For more information, visit the website: www.sylo-pen.com.

The Sylo-pen was developed for professionals but can also be used by non-professionals under the guidance of a professional.

Benefits of the Sylo-pen for the professional

- Large area per treatment possible
- Immediate result
- To be used on larger and smaller areas, even the intermediate rib muscles
- Ergonomic and hygienic
- To be used without restrictions
- Reduces the burden on the practitioner's joints and body



Safety instructions

Carefully read the safety instructions before using the Sylo-pen and keep the instructions for use. When you pass on the Sylo-pen to others, please include these instructions for use. A digital copy can be found on our website: www.sylo-pen.com.

- When you are concerned about your health, please consult your doctor before using the Sylo-pen.
- Only use the Sylo-pen for the intended application which is described in this manual.
- The Sylo-pen can be used by persons over 14 years of age provided they understand which dangers the use of the Sylo-pen can involve, and they understand how the Sylo-pen is held and how to apply that to the skin.
- NEVER use the Sylo-pen to treat small children, disabled, sleeping or unconscious persons.
- Individuals with a pacemaker must NOT be treated in the area around the pacemaker.
- The Sylo pen must NOT be used by individuals with abnormal blood conditions or bleeding disorders; in such cases, always consult your treating physician first.
- If you are taking blood thinners, using the Sylo pen is generally safe, but due to an increased risk of bruising, it is recommended to start gently at a low intensity.
- NEVER use the Sylo-pen directly to the eyes, ears, bones, joints, nerves, blood vessels and lymph *. (See below for Manual/App)
- For the non-professional: NEVER use the Sylo-pen to the head, throat, groins, armpits, knee cavity and genitalia.
- Do NOT use the Sylo-pen to a sensitive, dry, damaged, burned or swollen skin.
- Do NOT use the Sylo-pen to skin with a rash or inflammations surrounding the skin area.
- The Sylo-pen must not pierce the skin.
- When using the Sylo-pen you experience an unpleasant feeling and/or pain which does not diminish after 1 minute and then disappears, stop using the Sylo-pen. With extreme reactions you should consult a doctor.
- For external use only.
- Keep the Sylo-pen away from heated surfaces.

Image 1

How to use the Sylo-pen

1. First, ask the person you are treating to consciously relax the treatment area by consciously releasing the muscle.
2. Use your finger to find the place where the trigger point is and/or where you feel (muscle) tension.
3. Hold the Sylo-pen with a pen handle in the middle, between the second and third ridge (Image 1).
4. Next, ask the person again to consciously relax the muscle that you want to treat with the Sylo-pen.
5. Hold the Sylo-pen perpendicular to where you want to treat and touch the skin with the tip.
6. From this contact you press down twice till three times in a quick sequence, whereby the tip of the Sylo-pen does not leave the skin. Between the pressure moments the pen bounces back but the tip of the Sylo-pen remains in contact with the skin. This does not require a lot of power and must not be painful. Note: first start very gently; you can always increase the pressure in consultation with the treated person.
7. The area where the skin is touched may be somewhat sensitive; that is not strange. You should wait until the sensitivity has disappeared and only then continue to the next spot on the skin; never treat the same spot twice in one session.
8. A (un)conscious muscle contraction, a twitch, can occur during the treatment and is not disturbing.
9. Before you want to use the Sylo-pen in another spot, you must again ask the person to consciously relax the muscle again. Continue with point 2.
10. Please note: It is possible that the person treated will receive a small bruise afterwards. This will recover within a few days to two weeks. If it does not subside, consult a doctor.
11. Do not treat the same spot on the skin more than once a week. The tissue needs time to recover and adapt.
12. If the person treated does not get any pain or complaints you can expand the frequency of treatment to once a day.
13. Disinfect the Sylo-pen after each use.

Note: For muscle pain and for the treatment of trigger points, use the Sylo-pen by applying perpendicular pressure to the area where the muscle pain or trigger point is located. To treat scar tissue, you must apply pressure to the side where the scar feels stiff and moves poorly. Also for treating adhesions in the fascia you put pressure in that direction with the Sylo-pen where you feel that the fascia feels stiff.

How to clean the Sylo-pen

First, disinfect the silver steel pen of the Sylo-pen with a gauze pad soaked with 70% alcohol. Maintain a contact time of at least 30 seconds. Then, disinfect the green part of the Sylo-pen with a gauze that is well drenched with 70% alcohol. You may not disinfect with other solvents. You may not submerge the Sylo-pen.

PLEASE NOTE: When using the Sylo-pen with magnesium, clean the Sylo-pen instantly after use!

* Manual/App

For information about the myofascial trigger point, their radiation area and how and where to treat them, see "The trigger point therapy workbook" by Clair Davies and Amber Davies. Furthermore, the app 'Muscle Triggerpoints,' is very handy (available for Android and Apple)

Note

The warranty period is up to 1 year after purchase. Keep the instructions for yourself and/or third parties. You can find them at www.sylo-pen.com as well. The Sylo-pen case is inextricably linked to the Sylo-pen. Therefore, keep it in a safe place.

The supplier and manufacturer are not liable for improper use of this product.

The Sylo-pen brand and the Sylo-pen model are protected. An EC mark applies to the Sylo-pen.

This product is a medical device and complies with 2017/745 EU.