

## CONNECTED PAIN RELIEF

# Controlling pain relief devices through your iPhone or iPad

An app that optimizes the use of the PulseRelief and BlueTouch pain relief devices



Philips' PulseRelief and BlueTouch devices offer a drug-free solution to help chronic pain sufferers manage their pain devices discreetly and flexibly. These devices are wireless and easy to use, and the app helps to get the most out of them. BlueTouch and PulseRelief with the treatment app allows users to track pain before and after treatment, and over time. The devices can be operated by a mobile device and are thus designed to help support a more active lifestyle.

### What is it?

The **treatment app** is designed to help people to better manage their pain and to subjectively measure the effectiveness of the treatments by tracking their pain over time. It allows pain sufferers to control their pain relief device, choose their treatment and keep track of their treatments in a diary.

**PulseRelief** - uses TENS (Transcutaneous Electronic Nerve Stimulation) therapy to help relieve mild to moderate chronic musculoskeletal pain. During TENS treatment, electrodes stimulate the sensory nerves in the skin. These electrical pulses stimulate the body's natural ability to suppress pain by stopping pain signals to the brain and releasing endorphins.

**BlueTouch** - uses blue light therapy to help relieve muscular back pain with a dual effect: delivering soothing warmth and stimulating the release of the body's own nitric oxide. The result is locally increased blood flow that supports the body's natural recovery processes.

### What is innovative about it?

- Controlling the PulseRelief and BlueTouch devices with the treatment app makes it easy to control and choose pain relief programs, offering a more flexible way to reduce pain.
- Pain sufferers can use the app to choose more personalized pain treatment. Users can rate and track their perceived pain - before and after treatment, and over time.
- Being able to control the pain relief devices remotely via iPhone or iPad supports pain sufferers in staying active.

### What is the benefit of this innovation to 'you'?

Pain can have a significant impact on quality of life as well as the ability to perform everyday activities. PulseRelief and BlueTouch both offer a drug-free way to relieve chronic pain, and being app-enabled they offer greater control and flexibility to manage pain relief in a personalized way. Those who use different PulseRelief programs for specific parts of their body (back, shoulder, elbow, arms, legs), can track each treatment using the app so they have a clear record of what works best for them.

The app can be used to track the progress of pain over time, which has been shown to be an important factor in good pain management. People who are in constant pain can find it difficult to rate their pain

and describe it to others, so having a record of their pain is very helpful. The app also helps those with chronic pain improve understanding of their physical capabilities, to help stimulate a more active life.

## How did we do it?

In developing these connected devices, Philips took into account what is known in the scientific and clinical world about pain therapy and pain management. For example, people are typically interested in knowing how their pain is progressing from day to day and week to week and in having a subjective measure of how they feel before and after treatment.

The developers tested the proposition prototypes regularly during the development phase, checking that people understood the icons and that the design was intuitive, easy to use and suited what was important to them in managing their pain.

*“What we’ve learned is that people want pain relief in a controlled and integrated way,”* Golo von Basum, Innovation Lead for Pain Management.

*“Now our app-enabled devices are taking pain relief into new and exciting areas of personalization and freedom.”* Jasper Vervoort, Category Leader for Philips Pain Relief.

## Did you know?

1. Musculoskeletal pain from overuse affects 33% of adults and accounts for 29% of lost workdays due to illness<sup>1</sup>.
2. Low back pain is the most common work-related injury in Western society, and it is the most costly work-related musculoskeletal disorder<sup>2</sup>.
3. Physical activity is beneficial for people suffering from chronic musculoskeletal pain such as osteoarthritis of the knee. It can help relieve pain and maintain mobility.

## Find out more

[Press release](#) – Philips BlueTouch and PulseRelief App (IFA 2014)

[Video](#) – introducing the Philips BlueTouch and PulseRelief App at IFA 2014

[Flickr](#) - images

## Contacts

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<sup>1</sup> [International Association for the Study of Pain](#) – Musculoskeletal Pain factsheet 2009

<sup>2</sup> [International Association for the Study of Pain](#) – Musculoskeletal Pain factsheet 2009

