

# Case Study

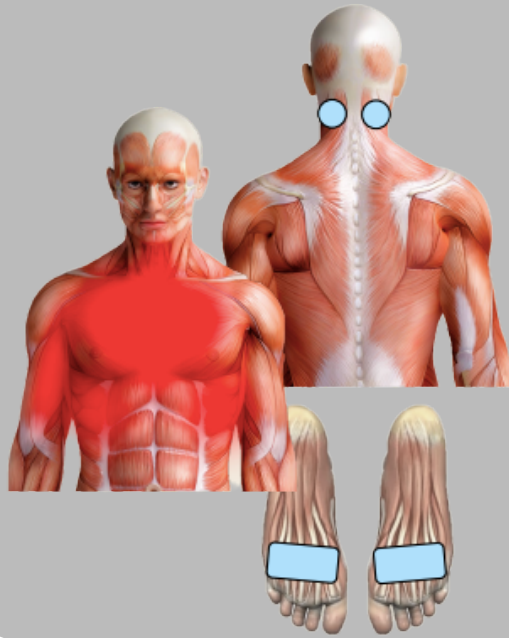
30-Year-Old Male  
With Post Viral  
Neuralgia

## PERFORMED AT:

*Self-Administered, In-Home*

## DIAGNOSIS:

A 30-year-old man tested positive for COVID-19 on March 19, 2020. Months later, symptoms such as fatigue, pain, soreness in the right biceps, and burning of the chest, esophagus, and ribs persisted. In September of 2020, the client was diagnosed with post-viral neuralgia before inquiring about help from Premier Neuro Therapy.



## TREATMENT AND OUTCOME:

It has been theorized that long haul COVID-19 may be related to a virus or immune mediated disruption of the autonomic nervous system, resulting in orthostatic intolerance syndromes. One commonly used measure of autonomic nervous system function is heart rate variability (HRV). Generally, increased HRV is linked to a more balanced, better functioning, autonomic nervous system.

Internal data suggests that direct current electrical stimulation technology can be utilized via a protocol called the "Master Reset" to increase heart rate variability. Therefore, it was theorized that the Master Reset protocol may improve autonomic nervous system function and symptoms consistent with long haul COVID-19, including fatigue, pain, burning, and soreness.

The Master Reset protocol directly stimulates the vagus nerve and other neurologically rich areas of the body, like the feet (diagram of electrode placement above). The vagus nerve controls the parasympathetic nervous system, facilitating the body's relaxation response and affecting the perceptions of threat that lead to pain. While stimulating these areas, the client was instructed to



Figure 1 - The graphic above shows steps taken by the client using his "Health" mobile iPhone app before testing positive for COVID-19, after testing positive for COVID-19, while working with Premier Neuro Therapy (PNT), and after working with PNT. Not only did symptoms start to decrease in October 2020, but the client's ability exert more energy increase without any setbacks.

Note: Prior to starting work with PNT, the client felt determined to record more steps in August 2020. However, he experienced a setback due to the increased exertion, as is evidenced by September 2020 activity levels. After beginning work with PNT, the client's symptoms started to decrease in October 2020 and he was able to exert more energy without any setbacks.

As part of the recovery process, frequency specific microcurrent (FSM) protocols were utilized across pectoralis major and minor. FSM is a technique in which low-levels of direct current electrical stimulation are applied to the body in an attempt to relieve symptoms.

breath slowly and intentionally in supine position.

The client performed 7 self-administered Master Reset sessions per week over a 12 week period from the comfort of his own home. During the course of self-administered in-home sessions, the client experienced improved vitality, decreased pain, decreased soreness of the right biceps, and decreased burning in the chest, esophagus, and ribs. Most notably, he reported an ability to increase activity levels without being overwhelmed by fatigue. Evidence of his increase activity levels can be observed in the chart above.

## DISCUSSION:

Prior to contracting COVID-19, the client was an active 30 year old male, avid outdoorsman, devoted husband, and father to 3 children. From 2008-2013, he played football at the NCAA Division 1 FCS level.

His life was turned upside down after contracting COVID-19 long haul symptoms. Months after being diagnosed with COVID-19, there were days when small tasks like getting off the couch cause debilitating fatigue. The client reported wondering on many nights if he would make it through the night, and that it was

emotionally burdensome to know that he was no longer able to be the same husband and father he once was.

Still working with the direct current stimulation technology and Master Reset protocol, the client has reported that he has been able to resume his normal active lifestyle. He is symptom free and shows no signs of turning back.

Here is how he described his experience working with Premier Neuro Therapy:

*"I began working with Evan at Premier Neuro Therapy to help treat side effects of post viral neuralgia. For 6 months, I was unable to engage in physical activity due to debilitating chest pain. Evan set me up with in-home therapy which provided a level of relief that I hadn't experience in months. After 90 days, my pain levels became manageable and I was able to return to a more comfortable lifestyle. The treatment also allowed me to exercise muscle groups without physical exertion. Evan was extremely knowledgeable and innovative in his approach. He walked me through every step via virtual consultations. I highly recommend reaching out to Evan and the team at Premier Neuro Therapy for pain management support."*