

# Migun Therapy Frequently Asked Questions

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## **1. What is Migun?**

Migun is a physiotherapy device which was designed using innovative modern technology and science-based natural medical therapy treatments. Those treatments are based on principles of chiropractic, acupressure, massage and far infrared heat therapy. Migun is state of the art whole body therapy that effectively treats many chronic medical health issues, as well as both acute and chronic pain.

## **2. What Does a Migun treatment feel like?**

Treatment on the Migun physiotherapy device is an enjoyable, relaxing experience. During the treatment, you will remain fully clothed; simply remove your belt and shoes. You will lay on your back and padding will be offered to ensure your comfort. Once you are correctly in place on the table, you will begin to feel our specially designed and patented far infrared heated jade therapy heads gently move along each side of your spine, from the top of your head to the tip of your tailbone. You will also feel another set of these specially designed therapy heads move up and down the back of each leg, providing a full body therapy treatment.

If you find your session uncomfortable in any way, it is usually an indication that you need more padding. There are different densities of padding available to suit your needs. Over time, as your muscles relax and your body adjusts to treatment, you may find that you need less padding and eventually eliminate padding. However, until you reach that point, it is important to remember that Migun Therapy does not work faster without padding; it works best when you are relaxed and not tensing your muscles. Please listen to your body and use padding as needed.

The most common areas that people request padding for are the tailbone, upper back or lower legs. This is because as we age, our muscles tend to tighten and calcify and as a result, we lose flexibility. Migun Therapy helps to relax and stretch muscles, release fascia and break up calcification. Over time, each session will help to relax and stretch your muscles while gently helping to increase flexibility, decreasing the need for additional padding.

It is normal to experience mild soreness after treatment, especially if you are new to bodywork. This soreness will dissipate over a short time and with repeated, consistent use.

## **3. Where is Migun being used?**

- Hospitals
- Massage therapy practices
- Medical offices (Medical Practitioners, Chiropractors, Acupuncturists and Physical Therapists)
- Migun centers worldwide
- Private clinics
- Private homes
- Professional sports training centers
- Equestrian Centers
- Spas

#### **4. Do I need a prescription to get a Migun product?**

The Migun thermal massage system was approved by the FDA as a Class II Medical device under the 510K regulations in 2003 and received OTC (Over the Counter) clearance, which means that a customer can purchase Migun products without getting a prescription from a doctor.

Migun it is safe to use in your home without medical supervision. Multiple research studies on Migun Physiotherapy Tables have been conducted at universities in Korea, China and the University of California Irvine Medical School in the USA.

Many physicians, acupuncturists, and chiropractors recommend that their patients use Migun to help alleviate, improve, or control many chronic ailments.

#### **5. Where was Migun created?**

Migun Medical Instruments Company was founded in South Korea in 1988 and has since become the leader in far infrared medical therapy products throughout the world. Also, Migun Therapy products have been available and sold in the United States for nearly twenty years.

#### **6. How does the Migun Physiotherapy Table adjust for different heights?**

The human spine is around 17 to 18 inches long; most of the height difference between people occur due to the length of their legs, not their back. The Migun Physiotherapy Table is designed to accommodate minor size differences in the spine so that all users experience the same treatment.

#### **7. How often can I use Migun?**

Initial Migun treatment, particularly for specific ailments, should begin with a minimum of four times a week or more for optimal results. We recommend a maximum of one program per session with four hours in between sessions.

#### **8. When will I feel results?**

Results from Migun therapy are cumulative; the more frequent the treatments, the better the outcome. Most users report feeling positive effects in a few days to a few weeks after using Migun therapy consistently. However, each person's health is unique, and some people may feel results with a single session while others may need a month or longer to experience results.

## **9. What is an improvement reaction?**

An improvement reaction is a temporary reaction your body undergoes when it reacts to treatment positively. As toxins leave the body, your muscles relax and stretch, and your body realigns. This is a sign of healing and detoxification which will eventually subside as you continue to use Migun therapy. Acupressure, heat, and far infrared rays penetrate into your muscles and open up the small blood vessels in your body, improving circulation and promoting healing. This also helps to encourage the release of toxic material and waste within your body.

An improvement reaction usually occurs within one to five days after the initial treatment, although it is different for everyone. For some people, improvement reactions may appear after one to three weeks of use, and in extreme cases, even six months to one year after continuous use.

Common improvement reactions include a headache, dizziness when you first sit up after treatment, nausea, digestive clearing, tiredness, aches and pains, tingling of the hands and feet, acne, frequent urination or flu-like symptoms.

Migun therapy should continue as you experience improvement reactions. Just remember to drink plenty of water and stay hydrated to help flush the toxins out and lessen improvement reaction sensitivity.

## **10. What are the external units for?**

The Migun Physiotherapy Table includes two external jade heating projectors. While these units do not provide massage, they do emit constant far infrared heat. The jade caps can get VERY HOT throughout the treatment, so it is always necessary to place a towel between the projector and the body and to never place the units directly on the skin.

## **11. Where should I place the large external projector?**

We usually recommend the large unit on the stomach because localized heat can be beneficial to the digestive system. It is also useful on the chest, particularly to help loosen congestion. When doing program 6 [abdominal massage], we recommend the large projector on the lower back or hamstrings.

## **12. Where should I place the small external projector?**

We recommend the smaller unit be placed in a targeted, smaller area, such as the knee, wrist or elbow. For a more intensive neck massage, you can also place the unit under the neck. Be sure to position it close to the shoulders to avoid slippage when the jades come underneath.

### **13. What should I do after the massage?**

Because Migun is such a detoxifying treatment and uses far infrared heat therapy, we encourage you to drink plenty of water to ensure you remain hydrated. Fluids also help flush any toxins released during the treatment.

### **14. Why is Migun so intense on the lower back, tailbone area?**

The Migun Physiotherapy Table aggressively works the lower back to soften connective tissue and detoxify this crucial area, resulting in maximum flexibility and health of the entire spine. Migun's jade massage heads work the connective tissue until the calcified material is broken down and flushed out of the body. Again, it is important to remember to use padding until your muscles relax. Every Migun session should be a comfortable one.

### **15. Can Migun concentrate on one specific area?**

Yes, by employing the manual function, (MF), you will be able to control the movement of the jade probes on a specific area, as well as apply acupuncture and far infrared treatment to any area of the spine you choose for up to two full minutes. This will help to treat your trouble areas, muscle spasms and knots at their deepest levels.

### **16. Why do we recommend using a different program each therapy session?**

Migun Physiotherapy Tables include seven unique programs that are designed to provide focused massage and acupuncture point stimulation to different areas of the spine. It is important to use a different program each therapy session to experience the full intended therapy benefits.

### **17. What is the temperature range of the Migun Physiotherapy Table?**

104-140°Fahrenheit [40-60°Celsius]

### **18. What are the specifications of the Migun Physiotherapy Table?**

Supply Voltage: 120 V  
Power Consumption: 269 W Maximum  
Frequency: 60 Hz  
Fuse Type: 4A, 125 V  
Safe working load: 382 lbs.  
Dimensions 79" x 27" x 17"

### **19. Is it possible to turn off either the upper unit or the lower unit?**

The table has an upper body unit and a lower body unit. Either can be paused to avoid a problem area, but remember that Migun is most effective as a full-body massage.

## **20. How do I use the foot massage option?**

HY7000U - During Program 2, bend your knees so that your feet are flat. Wait until the rollers are underneath the middle of both feet and press “pause: lower” – the rollers will move along the length of your feet for two minutes and then resume the leg massage.

HY7000UM - During Program 2, bend your knees so that your feet are flat. Wait until the rollers are underneath the middle of both feet and press “pause: low” – the rollers will move along the length of your feet until you release the pause button or the program ends.

## **21. How do I position myself for the abdominal massage?**

Before lying down, press the “MODE” button until it gets to P6, then wait around ten seconds or so until the rollers move down. Gently lay down on your stomach with your head positioned at the top of the table. We recommend placing a towel underneath your lower legs to avoid having too much pressure placed on the shins.

## **22. Can you use Migun more than once a day?**

YES! Migun can be used multiple times in one day but please allow at least four hours between treatments and remember to drink plenty of water.

## **23. Can anyone use the Migun Physiotherapy Table?**

While Migun therapy is safe for most people, we ask that you consult with your physician if you have any of the following conditions:

1. Phlebitis/blood clots
2. Fused discs, or metallic implants in the spine/scoliosis rods
3. Fractures or suspected fractures or other traumatic injuries that are healing.
4. Malignant tumors or currently receiving cancer treatment
5. Pregnancy
6. Reactive skin disorder such as prickly heat, photoallergic dermatitis, perception disorder
7. Any major surgeries in the last six months
8. Severe osteoporosis
9. Acute disease or pain
10. Pacemaker

## **24. Is there a weight limit for the Migun Physiotherapy Table?**

The HY7000UM has a 382-pound weight limit.

## **25. Is it safe to use Migun while taking medications?**

Migun Therapy is safe to use with all medications. Please be aware, if you take blood thinners, you may see bruising in the areas of massage.

Migun Therapy helps your body to work more efficiently and may improve conditions for which you are prescribed medications. We encourage you to be aware of how you are feeling as you use Migun Therapy and consult with your doctor or pharmacist before reducing or eliminating any medications.

## **26. Are Migun Therapy products covered by insurance?**

Many HRA, HSA, Flex Spending and Benny accounts can be used to purchase Migun Therapy products. However, some plans may require a written prescription, a letter of medical necessity or both before approval. Please check with your plan or benefits coordinator for more details.

## **27. Where can I purchase Migun Therapy products?**

All Migun Therapy products, including our Physiotherapy Tables, mini-mats and accessories, are available for purchase through our website, [www.migunworld.com](http://www.migunworld.com), or by calling our North American corporate headquarters at (828)684-1800 (Monday through Friday, 9:00 A.M. to 7:00 P.M., EST).

We want your Migun experience to be wonderful and life-changing. Therefore, any defective materials or quality of our product is warranted, free of charge, for 12 months from the date of your purchase. The warranty is only effective with valid proof of purchase from an authorized Migun dealer. The warranty is effective from the date of your purchase.

There is no warranty on parts or service for any product bought used unless they are purchased directly from Migun Life and have the approved and required FDA label for re-certification.