



Cleveland Clinic Children's

CENTER FOR PEDIATRIC
INTEGRATIVE MEDICINE

Frequency-Specific Microcurrent

What is Frequency-Specific Microcurrent (FSM)?

Frequency-specific microcurrent (FSM) uses low-level electrical current to treat pain. Although microcurrent technology has been around for a number of years, FSM is a relatively newer approach to treat pain and many other symptoms.

What happens during FSM treatment?

A trained caregiver sets the frequencies to be used for a particular condition, applying the current with a moistened towel or skin patches. The currents used in FSM are so low that the patient often does not feel them. Patients may notice a warming or softening of the affected tissue, but it is non-invasive and painless.

Can FSM replace traditional medical care?

No. FSM is utilized in addition to traditional medical care to benefit patients.

What are the benefits of FSM?

FSM encourages natural healing of the body, reduces pain and inflammation, and repairs tissue by potentially increasing the production of adenosine triphosphate



(ATP) — the major source of energy for our cells — in injured tissue. The effects of an FSM treatment can last several days or longer. For acute injuries, lasting pain relief can often be achieved. FSM can require a number of treatment sessions to have a lasting effect, similar to other types of therapy.

Which conditions can FSM help?

FSM is most often used to treat nerve and muscle pain, inflammation and scar tissue from the following conditions:

- Acute (sudden) and chronic musculoskeletal injuries
- Acute and chronic neuropathic (nerve) pain
- Asthma
- Arthritis
- Burns
- Chronic fracture and bone pain
- Concussions
- Disc injuries/discogenic- and facet-based pain
- Fibromyalgia
- Headaches
- Irritable bowel syndrome
- Kidney stone pain
- Neuromas (overgrowth and scarring to a nerve after an injury)
- Plantar fasciitis (pain in the heel and foot)
- Shingles
- Sports injuries
- Tendinopathy (inflammation and/or swelling of the tendon)
- Torticollis (the head is tilted to one side)
- Viscerally-referred pain
- Wounds

How to contact us

To schedule an appointment for FSM or another form of integrative medicine for your child, please call **216.448.6610**.

For more information on the Center for Pediatric Integrative Medicine, please visit **clevelandclinicchildrens.org/integrativemedicine**.