

## CASE STUDY

### Thumbs Up: Accelerating Recovery with AuraWell PEMF

#### Challenge

Andrew — a high school goal keeper — fractured his right thumb while playing soccer. Despite weeks of therapy, his progress was minimal. After surgery and a six-week immobilization period, Andrew faced thumb-related challenges, such as joint hypomobility, stiffness, scar tissue formation, pain, swelling, and limited usage. Andrew yearned to regain full thumb function and return to his athletic pursuits.

#### Solution

Andrew was introduced to AuraWell's PEMF and manual therapy. AuraWell PEMF sessions, preceded by 3 minutes of red light therapy, lasted 20 minutes, targeting the right thumb with a butterfly coil. Manual therapy included soft tissue massage and grade III mobilizations to the carpometacarpal (CMC), metacarpalphalangeal (MCP), and interphalangeal (IP) joints, with passive and active range of motion exercises.

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## Results

After the first visit, Andrew experienced increased active and passive range of motion with reduced pain at rest. The CMC joint improved by 50%, MCP joint by 50%, and IP joint by 20%.

By the second visit, Andrew regained functional mobility in the CMC and MCP joints, with a 30% improvement in the IP joint. He also experienced reduced pain in the thenar eminence, although gripping objects was still challenging.

During the third visit, AuraWell PEMF and aggressive mobilization were combined. Andrew tolerated increased intensity ROM, resulting in decreased pain. This breakthrough allowed for more significant gains in his recovery.

Within the first few months of working with Aura,  
we were able to:



Decrease Pain



Provide a seamless  
experience to our clients



Accelerated Recovery

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