





F-ACTOR TIP IDENTIFICATION & SELECTION GUIDE

| TIP IMAGE | F-ACTOR | TREATS / APPLICATION | WHEN TO USE |
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|  | F-ACTOR 1 "Sphere" | TREATS / APPLICATION Superficial scar release · Sensitive abdominal tissue · Early-stage fascial mobilization · Thin tissue patients · Lymphatic-style work · Cervical muscles · Plantar fascia · Arch of foot · Trigger points | WHEN TO USE ALWAYS first. Every first session regardless of patient history. The gentlest applicator — builds patient comfort and establishes tissue response before progressing. |
|  | F-ACTOR 2 "Knuckle" | TREATS / APPLICATION Mild to moderate scar adhesions · Denser scar tissue · Moderate fascial restrictions · Back fascia · Plantar fascia · Trigger bands · Shoulder · Neck area · Medium and big fasciae | WHEN TO USE Progress to F-Actor 2 once patient tolerates 1–2 sessions with F-Actor 1 comfortably. Appropriate for the majority of patients in the mid-treatment phase. |
|  | F-ACTOR 3 "Scraper" | TREATS / APPLICATION Fascia thoracolumbaris · Crural fascia · Fascia lata · Trigger bands · Broader abdominal fascial restrictions · Athletic fascia · Oblique fascia · Hip flexor fascial connections | WHEN TO USE After good tolerance with F-Actor 1 & 2. Appropriate for athletes, denser tissue, and broader fascial restriction patterns extending beyond the scar line. |
|  | F-ACTOR 4 "Scoop" | TREATS / APPLICATION Dense fascial restrictions · Advanced fascial release · On or below bone edges · Pelvis from the front · Tibial crest · Elbow crest · Deep restriction patterns | WHEN TO USE Experienced clinicians only. Dense fascial restrictions in well-established cases. NOT first-line over lower abdomen. Lowest tolerable settings always. |

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| START WITH F-ACTOR 1 Every first session. Always. No exceptions. | KEEP THE TIP MOVING Constant gliding or circular motion. Never stationary. | LOW ENERGY ONLY 1.0–2.0 bar · 8–12 Hz · 500–1,500 pulses per area. | CHECK IN EACH PHASE Patient comfort is the primary guide throughout. |
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