



*Dan Marino*  
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Dan Marino,  
Hall of Fame Quarterback

## I am Dan Marino<sup>\*</sup>, this is my story.

As an NFL quarterback, I pushed my body to its limits. Even after retirement, chronic pain often prevented me from participating in many activities. I don't want to let pain control my life. I use Select Pain Control to treat my pain whenever it flares up, so I can get back to the things I want to do. With Select, pain is no longer in control.

\* Actual Select Pain Control user

## About pain

Pain is the body's natural warning system. It lets us know when we have an injury or illness. Without pain, we would not know when to remove ourselves from physical danger or when to seek help from a doctor.

Pain can become a serious problem when it prevents rehabilitation or lasts long after an injury has healed. This is called chronic pain, and it can decrease a person's ability to work, be productive, and enjoy life.

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## Controlling pain

There are various options for treating pain. Some pain patients look to multiple methods to help them manage their pain. One clinically proven, effective approach is transcutaneous electrical nerve stimulation, the therapy delivered by Select Pain Control. Select may be prescribed instead of, or in addition to, other kinds of pain therapy.

[Meet other pain patients](#)



*I am Herb Gleason  
and this is my story.*

► **Herb Gleason, Painter\***

I've been a painter for over 20 years. My profession requires me to be active and mobile. A pain in my knee came on gradually and kept getting worse until finally it was affecting my daily life. Prescription pain killers eventually stopped working, and they really affected my mood. My doctor told me about Select Pain Control. I'd used a similar device in my physical therapy sessions with great results. The Select device is very portable, and I can use it whenever I need it. I like that I don't have to rely on pain medications anymore. Select is fantastic because it really works.

\* Actual Select Pain Control user



*I AM FRITZ SCHNEIDER  
THIS IS MY STORY*

### ► Fritz Schneider, Scuba Diver\*

I am a professional scuba and rescue diver. A mountain biking accident left me with some painful lingering injuries that affected my home and professional life. I didn't get much relief from pain medications, and I couldn't take them before a dive because they can have dangerous side effects underwater. My doctor prescribed Select Pain Control, and it has actually eliminated my need for any additional medicines or surgeries. It's portable and really easy to use. The best benefit is that I'm able to control my pain and do the things I want to do. Now I'm virtually pain-free. My experience with Select has been great.

\* Actual Select Pain Control user

# Select Pain Control at a glance

Convenient size for on-the-go use

Large, easy-to-read screen



One touch intensity control

Preset, site-specific program buttons

## The technology behind Select Pain Control

With the push of a button, Select delivers electrical impulses to electrodes placed on the skin, at or near the site of your pain. The low-frequency impulses stimulate your peripheral nervous system and reduce the perception of pain without dangerous side effects. Select is a safe, non-addictive way to relieve pain almost anywhere, almost anytime.

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### How it works

Select provides pain relief in two ways. The first method works in much the same way as rubbing your toe after you've stubbed it. The rubbing creates a sensation that masks pain signals traveling from the injury to your brain, diminishing or completely relieving the pain. Similarly, mild electrical stimulation from the Select device reduces the transmission of pain messages to provide relief.

The second method involves the release of natural pain relievers called endorphins. When the device is set to cause mild to moderate muscle contractions, your body produces these endorphins, which keep pain signals from reaching your brain.