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FSM WORKS



Improving the Terrain using Base Layer PEMFS

Thank you for taking the time to watch my latest webinar here on Infopathy.

I have received several questions regarding the topic of layering and base layers.

To help simplify partly of what I discussed, this is a review of how I use Base Layer PEMFs alongside specific PEMFs to support healing.

My approach comes from 26 years of practicing osteopathy and 8 years of working with Frequency Specific Microcurrent (FSM), alongside repeated study of both core and advanced FSM training.

When I create an imprint for oil or cream, I use a maximum of 16 FSM frequencies.

These are frequencies I understand clearly in terms of their role and effect. Over years of consistent use, the results have been reliable. I use these imprints either to consolidate treatment or to target a specific condition. For example, I will combine a Joint Osteoarthritis PEMF with an Osteoarthritis Ease cream or oil imprint. The imprint can be used repeatedly until symptoms resolve. I vibrate the frequencies into the medium, store it in a cool, dark environment, and apply it directly over the affected area. This allows for direct, localised delivery and supports recovery in a practical and accessible way.

Alongside this, I always consider the broader healing environment.

This is where Base Layer, or Stable State, PEMFs come in.

In the case of osteoarthritis, it is not enough to focus only on the joint. The surrounding tissue quality and the overall physiological environment must support the healing process.

I recommend the use of a *fluid* Base Layer approach, typically applied once daily. Unfortunately there is no one size fits all approach. Consistency is the key and I recommend at least 4 hours a day of these PEMFs during an acute stage.

Here are examples of the Base Layer PEMFs that I might recommend. (The entire list is in this Blog post: [first-steps-guide-to-using-infopathy-pemfs](#))

- **The Blood Circulation Reset PEMF** to improve general circulation. This supports delivery of nutrients and removal of waste products.
- **The Joint Tissue Vascular Perfusion PEMF** to improve blood flow specifically within joint structures such as cartilage, fibrocartilage, and periosteum.
- **The Mitochondrial Health Reset PEMF** to improve cellular energy production. This is central to recovery, as healing requires energy. I also consider the role of the Cell Danger Response here, where mitochondrial function reflects the state of the system and its readiness to repair.
- **The Nervous System Reset PEMF** is used to regulate communication between the joint and the brain. Where needed, I also address the specific spinal segments associated with the affected area, as these influence signalling and function directly.

If there is swelling or fluid accumulation, I recommend the **Lymphatic Drainage PEMF** to improve fluid movement, reduce congestion, and support tissue quality. This helps limit stiffness, supports restoration of movement, and reduces the potential development of scar tissue and ischaemia.

The **Oxygen Flow Boost PEMF** to improve tissue oxygenation. Healing is more efficient in an oxygen-rich environment, and this supports overall tissue quality.

I apply these PEMFs as a layered system.

The purpose is to improve the internal environment and reduce resistance so that the more specific PEMFs and imprints can work more effectively. This approach reflects how I understand recovery: not as a single PEMF for osteoarthritis, but as the result of improving multiple interconnected systems that support tissue repair.

My longer PEMFs, in terms of duration, with correctly layered frequencies selected in the correct order, create the optimum environment for healing.

This layering system forms the foundation of how I work. It allows me to address both the local issue and the wider environment in which healing takes place. The use of Base layer PEMFs in a treatment program is the first step. The second step will also include the treatment of the cause of the injury or illness. This is a subject for another time.

Thank you, Sean Durkan