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**Benefits of Farabloc in Pain Management**

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This presentation reviews the research on the alleviation of pain by Farabloc, a fabric with electromagnetic shielding properties.

Farabloc is a fabric made of a woven mesh of stainless steel and nylon thread and has been proven to have electromagnetic shielding properties. The fabric is made of 9.5% steel wire consisting of iron, nickel, and chromium. Farabloc was found to block electromagnetic fields four times more effectively than placebo fabric and to be an effective electromagnetic shield at frequencies greater than 1 MHz.

It has been suggested that Farabloc has limited shielding effects on electromagnetic radiation in the low frequency electromagnetic field (EMF), particularly the very low-frequency (<10 KHz), extremely low frequency, and super and extremely high-frequency ranges (>10000 MHz). Farabloc is most effective in shielding against EMF in the high- and ultrahigh-frequency ranges characteristic of radio frequency.

The results of two studies on the efficacy of Farabloc on phantom limb pain and delayed onset muscle soreness in human subjects show:

Conine TA, Hershler C, Alexander SA, et al. The efficacy of Farabloc in the treatment of phantom limb pain.  
Can J Rehab 1993; 6:155.

The efficacy of Farabloc, an electromagnetic shield in attenuating delayed onset muscle soreness.  
Clin J Sport Med 2000; 10:15-21.

**Main results:**

- The placebo-controlled double-blind cross-over study demonstrated reduced phantom limb pain when using double layers of Farabloc covering the stump of the amputated limb.
- The placebo-controlled, single-blind cross-over study on delayed onset muscle soreness demonstrated reduced pain, less loss of muscle strength, and reduced blood markers of inflammation.

**Conclusion:**

Farabloc fabric, which is demonstrated to have electromagnetic shielding properties when covering the stump of an amputated limb, or when wrapped around the thigh muscle perturbed by delayed onset muscle soreness, significantly reduces pain in human subjects.