

## CLIP 14

Knee Circuit Overview | Placement | Knee Kit  
Shoulder - Hip | Therapy Term / Duration

### [Peter Kulish]

Okay, well, what you do is you **apply the negative energy above the knee on the front of the left leg** And you **apply the positive energy below the knee on the back of the leg**. Essentially **maintain a circuit of negative on the front to positive on the back through the knee.**

And we have a **knee kit** and it shows, in another photograph, the application, but that's essentially it. You apply positive and negative. On the right knee, the positive goes below the knee.

Always the positive is always the furthest away from the heart. And it goes below the knee on the front and the negative goes above the knee on the back, on the right leg. So it's just the opposite of the left leg. And yeah, the knee is, let me just say about the knee.

### [Peter Kulish]

Since you're questioning it, I assume you have interest in it. The **knee is one of the joints that takes perhaps as long as six to eight weeks to heal.**

The **hip** is similar in nature and apparently it's because of the daily stress on it.

The **shoulder** comes in around **four to six weeks**, although there is generally a pain relief. It's hard to say, depends upon the person it could be in **three and a half days**, **it might take two weeks** but **after about two weeks**, it starts to relieve the pain.