

P21 – STRENGTHENING

Upper extremities

Frequency 1	25 Hz
Frequency 2	45 Hz
Pulse duration	200 µs
Work time	5 sec.
Rest time	8 sec.
Ramp-up time	2 sec.
Ramp-down time	1 sec.
Total program time	-- min.

P23 – STRENGTHENING

Back and trunk

Frequency 1	30 Hz
Frequency 2	50 Hz
Pulse duration	300 µs
Work time	5 sec.
Rest time	8 sec.
Ramp-up time	2 sec.
Ramp-down time	1 sec.
Total program time	-- min.

P22 – STRENGTHENING

Lower extremities

Frequency 1	45 Hz
Frequency 2	65 Hz
Pulse duration	400 µs
Work time	5 sec.
Rest time	8 sec.
Ramp-up time	2 sec.
Ramp-down time	1 sec.
Total program time	-- min.

P24 – RECOVERY

Smaller muscle groups

Frequency	4 Hz
Pulse duration	200 µs
Total program time	-- min.

P25 – RECOVERY

Larger muscle groups

Frequency	4 Hz
Pulse duration	400 µs
Total program time	-- min.

P26 – MASSAGE

Smaller muscle groups

Frequency 1	5 Hz
Frequency 2	15 Hz
Pulse duration	200 µs
Modulation time	5 sec.
Total program time	-- min.


P27 – MASSAGE




Larger muscle groups

Frequency 1	5 Hz
Frequency 2	15 Hz
Pulse duration	400 µs
Modulation time	5 sec.
Total program time	-- min.



shown on the display. You are moved directly to the next stage in the programming procedure (see step 7).

Press the **PROGRAMMING/CONFIRMATION** button  to confirm your choice of stimulation type and you are moved to the next stage in the programming procedure. In the following steps you will set the parameters for the selected stimulation type.

7. A preset parameter value is shown on the screen, but you can change this value by pressing the **INCREASE** (or **DECREASE**) button  . The valid range for the parameter is shown in the programming chart.
8. Press the **PROGRAMMING/CONFIRMATION** button  to confirm your setting. You are now moved to the next stage (if any) in the programming procedure.
9. Repeat step 7 and 8 until the parameter value in the last stage is set.
10. The programming procedure is finished and you will automatically exit the programming mode. The new program is now selected and ready for use. The program is also stored in the stimulator for future use.

A custom program can be changed by redoing the programming.