



Physiotherapy at an advanced level

“PhysioSteps2” a physiotherapy practice in Vienna is known for their high degree of professional competence, as well as for a unique and diverse range of therapies. Stefaniya Naydenova and her team specialise in complex diseases. Her burning desire to heal and to help, drives her every day.

Medical EMS-Training – Clinical pictures in the field of orthopaedics and neurology

The body is a sensitive instrument. If the harmonious balance is disturbed by injury or illness, one needs long-term sustainable support in addition to the medical care that one receives. Physiotherapy can effectively assist in advancing the healing process in many areas of the medical field.

In addition to their previous approach, Stefaniya Naydenova and her team have expanded their spectrum of treatments and started to offer Medical EMS-Training in their practice since the beginning of 2019. In context with complex orthopaedic and neurological clinical pictures, the broad spectrum of whole-body electro muscular stimulation applications (WB-EMS) is individually adapted to the patient’s requirements and is applied specifically.

The team at “PhysioSteps2” has noted the following advantages when applying Medical EMS-Training:

- It eases the initiation of movement patterns and with that, eases the facilitation of movement coordination.
- Substantial support for patients suffering from non-specific back pain
- It has shown a potential positive influence on pain management.
- It works without placing strain on the joints (isometric and dynamic), in both an open and closed system.

Already in the acute phase, the patient’s whole body can be “exercised” thereby reducing the risk of atrophy, congestions, circulatory disorders and inflammatory reactions.

Reduction of physical strain for therapists – additional revenue for the practice

“Certainly, my own physical wellbeing, as well as that of my employees, was an important deciding factor when it came to considering the

use and implementation of Medical EMS-Training in my practice. Physiotherapy is a labour-intensive job - if you want to help others, you have to also take care of yourself,” says Stefaniya. “We want to differentiate ourselves from other physiotherapy practices and hence like to think outside the box,” says the progressively thinking owner. Medical EMS-Training assists us in reinforcing our patients’ sense of personal responsibility. Many patients continue to come to us for EMS-Training once a week after the therapy. In doing so, we adhere to our claim of offering a sustainable treatment approach, while generating ongoing revenue for the practice that is independent from any health insurance.”

“I would recommend Medical EMS-Training to all my colleagues. Both professionally and financially, my experience with miha bodytec has been positive. To date, we have had to place patients and enquiries on a waiting list, as our EMS facility was being fully utilised after only a few months of introducing this into the practice”, summarises Stefaniya. (www.physiosteps2.at).



For more info about Medical EMS-Training please [click to contact miha bodytec South Africa](#)
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100% COMPLIANT!

miha bodytec medical is a certified **medical product** and meets all requirements of **DIN Standard 33961-5** for EMS training.