

# E-Fit ThermoCare Jacket

## The effective solution for backpain

E-Fit is one of the most outstanding brands in the market offering **whole-body electrical muscle stimulation** (WB-EMS) technologies. Our day-to-day work is driven by continuous development and our aim to meet the ever increasing demand of consumers. ThermoCare family is a result of this endeavour.

ThermoCare Jacket is a member of the ThermoCare family. We developed this jacket with a focus on **improving the quality of life** of those suffering from upper and lower back pain. Therefore the E-Fit ThermoCare Jacket can be used for two distinguishable purposes.

### Prevention

Pain in the upper and lower back is most commonly caused by bad posture, incorrect sitting posture and weak stabilizer muscles. The E-Fit ThermoCare Jacket helps **strengthening these muscles** in order to prevent the development of problems.

### Treatment

The ThermoCare Jacket can also be used for treatment when lower back pain occurs due to the stiffness and spasm of the back muscles. Thanks to its special design, the ThermoCare Jacket can **relax muscles**, thus contributing to the elimination of symptoms.



## Why thermotherapy?

The physiological benefits of thermotherapy have been known for thousands of years by different cultures. Sunshine, heated sand or stone and hot water have always been effective tools in therapies against pain and diseases since the beginning of time. The well known Finnish sauna, steam baths and Japanese thermotherapy are all based on that. **Thermotherapy can loosen the stiffness of muscles caused by physical fatigue and ease chronic musculoskeletal pain.** This ancient method inspired the development of the ThermoCare family, in which ThermoCare Jacket delivers a perfect combination of all the benefits of thermotherapy and EMS.

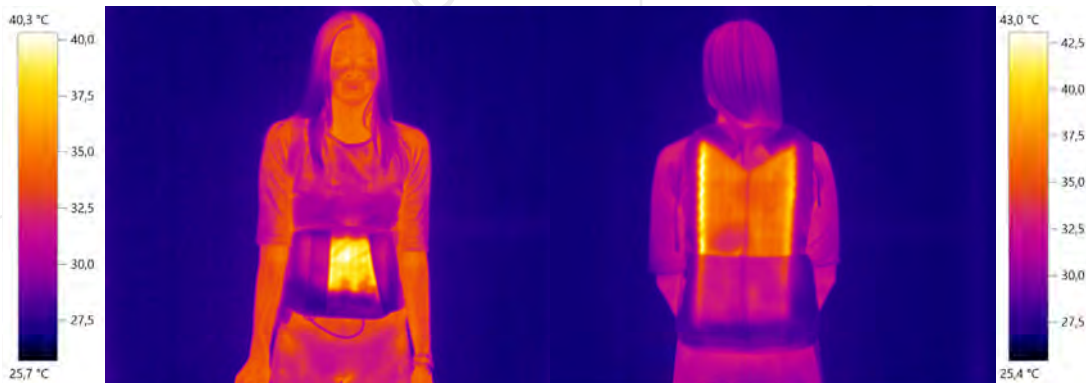
## Innovation of the thermotherapy and EMS technology

Back pain is one of the most common civilization diseases these days. According to some researches, more than **60 percent of the population are affected**, and this rate may be even higher depending on the type of work people do. Fortunately, only 1 or 2 percent of those affected need surgery. The movement and exercise



therapy of muscles located next to the lower section of the spine **can reduce the symptoms both within and outside the framework of physiotherapy.**

Electrical muscle stimulation exercise and treatment with proper parameter settings are also suitable for **relaxing muscular spasm and reducing the resulting pain.** For treatment, transcutaneous electrical nerve stimulation



## TENS effect

TENS is usually applied, which has two common types:

- Very low frequency TENS treatment (under 5 Hz)
- TENS treatment with a frequency of at least 100 Hz

The two different settings are often used alternately, thus improving the effectiveness of treatment.

In addition to TENS treatments, the thermotherapy can also be **successfully applied to ease back pain caused** by muscle soreness and overload. Raising body temperature temporarily to 39°C has countless positive physiological effects. The improved local blood circulation and the increased metabolism transports the by-products of metabolism, thus reducing muscle soreness. Additionally, the **body of muscle relaxes, which reduces muscle stiffness.**



## Product benefits

The special allocation of electrodes of the E-Fit ThermoCare Jacket has been specifically designed for the TENS treatment of back muscles. With its **built-in heating panels**, it can **raise body temperature and stimulate local blood circulation**. This double effect can relax muscles, so it is especially suitable for the treatment of muscle soreness and stiff muscles.

We designed the electrode distribution of the E-Fit ThermoCare Jacket with the **specific aim of locating electrodes** directly above the problematic muscles, thus increasing intensity of stimulation.

- Trapezius muscle – m. trapezius
- Latissimus dorsi muscle – m. latissimus dorsi
- Triceps brachii muscle – m. triceps brachii

With appropriate parameter settings, by using more intense impulses **deeper muscles can also be stimulated**, which is hard to achieve with other methods.

- Musculus rhomboideus major – m. rhomboideus major
- Erector spinae muscle – m. erector spinae
- M. serratus posterior inferior

The E-Fit ThermoCare Jacket can be used for **rehabilitation and therapeutic purposes** with the E-Fit Medical device (EF-1280M) and for **preventive treatments** with the E-Fit Beauty&Slim device (EF-690).

The double benefit offered by thermotherapy and EMS has also been used in ThermoCare Shorts, the other member of the ThermoCare family. **With ThermoCare Shorts you can fight cellulite effectively.**

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