

CLINICAL RESOURCES LIBRARY - CLINICAL PROTOCOLS

Prog: 1 - TENS	
Trigger points pain control	Parameters values
Description: Modulation of trigger points pain	
Mode	Tens Conv
Frequency (R)	10 Hz
Phase duration (T)	500 μ s
Treatment time	2 min
Intensity	1-250 mA*
Positioning of electrodes	One electrode on the muscular trigger point and the other 7 cm away from the main electrode

Prog: 2 -TENS	
Acute pain treatment	Parameters values
Description: Modulation of acute pain	
Mode	Tens Conv
Frequency (R)	170 Hz
Phase duration (T)	50 μ s
Treatment time	30 min
Intensity	1-250 mA*
Positioning of electrodes	On the painful area

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



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Prog: 3 - TENS	
Chronic pain treatment	Parameters values
Description: Modulation of chronic pain	
Mode	Tens Conv
Frequency (R)	40 Hz
Phase duration (T)	150 μ s
Treatment time	20 min
Intensity	1-250 mA*
Positioning of electrodes	The conductive rubber electrodes that are positioned in at the local to be treated, positioned around the area to be stimulated, this area should be between the electrodes.

Prog: 4 - FES	
Motor recovery after surgery	Parameters values
Description: Post Surgery Stimulation for functional motion recovery	
Mode	Fes Sync
Frequency (R)	50 Hz
Phase duration (T)	250 μ s
Rise	3 s
On	8 s
Decay	1 s
Off	8 s
Treatment time	25 min or the desired number of muscle contractions
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre or on the motor muscular point

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



Prog: 5 - FES	
Increase muscle strength in athletes 1	Parameters values
Description: Stimulation for conditioned muscle (initial phase)	
Mode	Fes Sync
Frequency (R)	60 Hz
Phase duration (T)	350 μ s
Rise	3 s
On	12 s
Decay	1 s
Off	20 s
Treatment time	25 min or the desired number of muscle contractions
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre or on the motor muscular point

Prog: 6 - FES	
Increase muscle strength in athletes 2	Parameters values
Description: Stimulation for conditioned muscle (intermediate phase)	
Mode	Fes Sync
Frequency (R)	60 Hz
Phase duration (T)	350 μ s
Rise	3 s
On	15 s
Decay	1 s
Off	15 s
Treatment time	25 min or the desired number of muscle contractions
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre or on the motor muscular point

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



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Prog: 7 - FES	
Increase muscle strength in athletes 3	Parameters values
Description: Stimulation for conditioned muscle (advanced phase)	
Mode	Fes Sync
Frequency (R)	60 Hz
Phase duration (T)	350 μ s
Rise	3 s
On	18 s
Decay	1 s
Off	18 s
Treatment time	25 min or the desired number of muscle contractions
Intensity	1-250 mA*
Positioning of electrodes	No ventre muscular ou sobre o ponto motor

Prog: 8 - FES	
Increase of muscle strength after ACL injury 1	Parameters values
Description: Increase of muscle strength in patients with LCA lesion with or without ligamentoplasty (initial phase)	
Mode	Fes Sync
Frequency (R)	50 Hz
Phase duration (T)	250 μ s
Rise	3 s
On	6 s
Decay	1 s
Off	12 s
Treatment time	25 min
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre or on the motor muscular point of the rectus femoris muscles, vastus lateralis and vastus medialis

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



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Prog: 9 - FES	
Increase of muscle strength values after ACL injury 2	Parameters values
Description: Increase of muscle strength in patients with LCA lesion with or without ligamentoplasty (intermediate phase)	
Mode	Fes Sync
Frequency (R)	50 Hz
Phase duration (T)	250 µs
Rise	3 s
On	10 s
Decay	1 s
Off	15 s
Treatment time	25 min
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre or on the motor muscular point of the rectus femoris muscles, vastus lateralis and vastus medialis

Prog: 10 - FES	
Increase of muscle strength after ACL injury 3	Parameters values
Description: Increase of muscle strength in patients with LCA lesion with or without ligamentoplasty (advanced phase)	
Mode	Fes Sync
Frequency (R)	60 Hz
Phase duration (T)	300 µs
Rise	3 s
On	15 s
Decay	1 s
Off	15 s
Treatment time	25 min
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre or on the motor muscular point of the rectus femoris muscles, vastus lateralis and vastus medialis

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



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Prog: 11 - FES	
Increase of muscular strength - knee surgery prosthesis 1	Parameters values
Description: Increase of muscle strength in patients subject to surgery for knee prosthetics implant (initial phase)	
Mode	Fes Sync
Frequency (R)	40 Hz
Phase duration (T)	250 μ s
Rise	5 s
On	6 s
Decay	2 s
Off	15 s
Treatment time	35 min
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre or on the motor muscular point of the rectus femoris muscles, vastus lateralis and vastus medialis

Prog: 12 - FES	
Increase of muscular strength - knee surgery prosthesis 2	Parameters values
Description: Increase of muscle strength in patients subject to surgery for knee prosthetics (intermediate phase)	
Mode	Fes Sync
Frequency (R)	40 Hz
Phase duration (T)	250 μ s
Rise	5 s
On	10 s
Decay	2 s
Off	15 s
Treatment time	35 min
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre or on the motor muscular point of the rectus femoris muscles, vastus lateralis and vastus medialis

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



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Prog: 13 - FES	
Increase of muscular strength - knee surgery prosthesis 3	Parameters values
Description: Increase of muscle strength in patients subject to surgery for implanting of knee prosthetics (advanced phase)	
Mode	Fes Sync
Frequency (R)	40 Hz
Phase duration (T)	250 µs
Rise	5 s
On	15 s
Decay	2 s
Off	15 s
Treatment time	35 min
Intensity	1-250 mA*
Posição dos eletrodos	In the muscular centre or on the motor muscular point of the rectus femoris muscles, vastus lateralis and vastus medialis

Prog: 14 - FES	
Increase of muscular strength after PNL 1	Parameters values
Description: Increase of muscle strength in patients with peripheral nerve lesions (initial phase)	
Mode	Fes Sync
Frequency (R)	65 Hz
Phase duration (T)	300 µs
Rise	5 s
On	3 s
Decay	2 s
Off	20 s
Treatment time	30 min
Intensity	1-250 mA*
Posição dos eletrodos	In the muscular centre of the denervated muscles

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



Prog: 15 - FES	
Increase of muscular strength after PNL 2	Parameters values
Description: Increase of muscle strength in patients with peripheral nerve lesions (intermediate phase)	
Mode	Fes Sync
Frequency (R)	65 Hz
Phase duration (T)	300 µs
Rise	5 s
On	6 s
Decay	2 s
Off	18 s
Treatment time	30 min
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre of the denervated muscles

Prog: 16 - FES	
Increase of muscular strength after PNL 3	Parameters values
Description: Increase of muscle strength in patients with peripheral nerve lesions (advanced phase)	
Mode	Fes Sync
Frequency (R)	65 Hz
Phase duration (T)	300 µs
Rise	5 s
On	10 s
Decay	2 s
Off	18 s
Treatment time	30 min
Intensity	1-250 mA*
Positioning of electrodes	In the muscular centre of the denervated muscles

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



Prog: 17 - FES	
Increase of muscular strength after stroke 1	Parameters values
Descrição: Aumento da força e facilitação muscular em pacientes com AVC para uso no ombro subluxado (fase inicial)	
Mode	Fes Sync
Frequency (R)	40 Hz
Phase duration (T)	300 µs
Rise	5 s
On	8 s
Decay	2 s
Off	18 s
Treatment time	30 min
Intensity	1-250 mA*
Positioning of electrodes	On the centers of the supraspinal muscle and medial deltoid fibers to be moved during functional activity

Prog: 18 - FES	
Increase of muscular strength after stroke 2	Parameters values
Descrição: Aumento da força e facilitação muscular em pacientes com AVC para uso no ombro subluxado (fase intermediária)	
Mode	Fes Sync
Frequency (R)	40 Hz
Phase duration (T)	300 µs
Rise	5 s
On	10 s
Decay	2 s
Off	18 s
Treatment time	30 min
Intensity	1-250 mA*
Positioning of electrodes	On the centers of the supraspinal muscle and medial deltoid fibers to be moved during functional activity

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Prog: 19 - FES	
Increase of muscular strength after stroke 3	Parameters values
Description: Increase of strength and muscular facilitation in patients with stroke for use in subluxated shoulder (advanced phase)	
Mode	Fes Sync
Frequency (R)	40 Hz
Phase duration (T)	300 µs
Rise	5 s
On	12 s
Decay	2 s
Off	18 s
Treatment time	30 min
Intensity	1-250 mA*
Positioning of electrodes	On the centers of the supraspinal muscle and medial deltoid fibers to be moved during functional activity

Prog: 20 - FES	
Spasticity control 1	Parameters values
Description: Reduction of muscle spasticity in patients with central nervous system/ higher motoneuronal lesions (initial phase)	
Mode	Fes Sync
Frequency (R)	50 Hz
Phase duration (T)	300 µs
Rise	5 s
On	12 s
Decay	2 s
Off	17 s
Treatment time	15 min or the desired number of muscle contractions
Intensity	1-250 mA*
Positioning of electrodes	On the muscle centre or on the motor muscular point of the opposite muscle in relation to the spastic muscle

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



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Prog: 21 - FES	
Spasticity control 2	Parameters values
Description: Reduction of muscle spasticity in patients with central nervous system/ higher motoneuronal lesions (intermediate phase)	
Mode	Fes Sync
Frequency (R)	50 Hz
Phase duration (T)	300 µs
Rise	5 s
On	15 s
Decay	2 s
Off	17 s
Treatment time	15 min or the desired number of muscle contractions
Intensity	1-250 mA*
Positioning of electrodes	On the muscle centre or on the motor muscular point of the opposite muscle in relation to the spastic muscle

Prog: 22 - FES	
Spasticity control 3	Parameters values
Description: Reduction of muscle spasticity in patients with central nervous system/ higher motoneuronal lesions (advanced phase)	
Mode	Fes Sync
Frequency (R)	50 Hz
Phase duration (T)	300 µs
Rise	5 s
On	17 s
Decay	2 s
Off	17 s
Treatment time	15 min or the desired number of muscle contractions
Intensity	1-250 mA*
Positioning of electrodes	On the muscle centre or on the motor muscular point of the opposite muscle in relation to the spastic muscle

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



Prog: 23 - FES	
Increase of local muscular resistance 1	Parameters values
Description: Increase of the localized muscle resistance (initial phase)	
Mode	Fes Sync
Frequency (R)	20 Hz
Phase duration (T)	300 μ s
Rise	5 s
On	25 s
Decay	2 s
Off	45 s
Treatment time	40 min (3 times per day)
Intensity	1-250 mA*
Positioning of electrodes	On the muscular center or on the motor muscular point

Prog: 24 - FES	
Increase of local muscular resistance 2	Parameters values
Description: Increase of the localized muscle resistance (intermediate phase)	
Mode	Fes Sync
Frequency (R)	20 Hz
Phase duration (T)	300 μ s
Rise	5 s
On	35 s
Decay	2 s
Off	50 s
Treatment time	40 min (3 times per day)
Intensity	1-250 mA*
Positioning of electrodes	On the muscular center or on the motor muscular point

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Prog: 25 - FES	
Increase of local muscular resistance 3	Parameters values
Description: Increase of the localized muscle resistance (advanced phase)	
Mode	Fes Sync
Frequency (R)	20 Hz
Phase duration (T)	300 µs
Rise	5 s
On	40 s
Decay	2 s
Off	55 s
Treatment time	40 min (3 times per day)
Intensity	1-250 mA*
Positioning of electrodes	On the muscular center or on the motor muscular point

Prog: 26 - RUSSIAN	
Russian current	Parameters values
Description: Muscular stimulation through Russian Current	
Mode	Fes Sync
Burst duration	50 %
Burst Frequency	50 Hz
Rise	3 s
On	8 s
Decay	3 s
Off	16 s
Treatment time	25 min
Intensity	1-250 mA*
Positioning of electrodes	On the muscular center or on the motor muscular point

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



PROTOSCOLOS PRE-PROGRAMADOS

Prog: 27 - RUSSIAN	
Original Russian current for flaccidity 1- IIa fibers	Parameters values
Description: Increase of muscular strength, emphasis on type IIa fibers (initial phase).	
Mode	Fes Sync
Burst Frequency	50 Hz
Rise	3 s
On	6 s
Decay	3 s
Off	12 s
Treatment time	15 min
Intensity	1-250 mA*
Positioning of electrodes	Bipolar

Prog: 28 - RUSSIAN	
Original Russian current for flaccidity 2 - IIa Fibers	Parameters values
Description: Increase of muscular strength, emphasis on type IIa fibers (intermediate phase).	
Mode	Russian Sync
Burst Frequency	50 Hz
Rise	3 s
On	9 s
Decay	3 s
Off	15 s
Treatment time	15 min
Intensity	1-250 mA*
Positioning of electrodes	Bipolar

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



PROCOLOS PRE-PROGRAMADOS

Prog: 29 - RUSSIAN	
Original Russian current for flaccidity 3 - IIa Fibers	Parameters values
Description: Increase of muscular strength, emphasis on type IIa fibers (advanced phase).	
Mode	Russian Sync
Burst Frequency	50 Hz
Rise	3 s
On	12 s
Decay	3 s
Off	18 s
Treatment time	15 min
Intensity	1-250 mA*
Positioning of electrodes	Bipolar

Prog: 30 - RUSSIAN	
Original Russian current for flaccidity 1 - IIb Fibers	Parameters values
Description: Increase of muscular strength, emphasis on type IIb fibers (initial phase).	
Mode	Russian Sync
Burst Frequency	70 Hz
Rise	3 s
On	6 s
Decay	3 s
Off	12 s
Treatment time	15 min
Intensity	1-250 mA*
Positioning of electrodes	Bipolar

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.



PROCOLOS PRE-PROGRAMADOS

Prog: 31 - RUSSIAN	
Original Russian current for flaccidity 2 - I Ib Fibers	Parameters values
Description: Increase of muscular strength, emphasis on type I Ib fibers (intermediate phase).	
Mode	Russian Sync
Burst Frequency	70 Hz
Rise	3 s
On	6 s
Decay	3 s
Off	12 s
Treatment time	15 min
Intensity	1-250 mA*
Positioning of electrodes	Bipolar

Prog: 32 - RUSSIAN	
Original Russian current for flaccidity 3 - I Ib Fibers	Parameters values
Description: Increase of muscular strength, emphasis on type I Ib fibers (advanced phase).	
Mode	Russian Sync
Burst Frequency	70 Hz
Rise	3 s
On	12 s
Decay	3 s
Off	18 s
Treatment time	15 min
Intensity	1-250 mA*
Positioning of electrodes	Bipolar

Prog: 1 to 20 - User Protocols

*The manufacturer does not indicate the necessary intensity in the protocol because it should be adjusted by the therapist according to the clinical needs of each patient. The intensity should be adjusted using the Up and Down keys.

