ETG 255

APPLICATION INSTRUCTIONS

- **EMS/TENS Device ETG 255**
- **Electric muscle stimulation through EMS application**
- **Pain alleviation through stimulation current/TENS**
- **2 channels with adjustable intensity**
- **LED display for each channel**
- **15 user programs for muscle stimulation**
- **3 user programs for nerve stimulation**
- **Beginner, advanced and professional mode**
- **Timer function and display background illumination**

APPLICATION INSTRUCTIONS

Program overview

The EMS/TENS device features altogether 18 programs

Pro-gram	Mode		Placement of electrod	Time Minutes	Start cycle			Work cycle 1			Work cycle 2			End cycle		
					Hz	Int.	Min	Hz	Int.	Sec.	Hz	Int.	Sec.	Hz	Int.	Min
1	Muscle stimulation group S		1-21	56	5	100%	5	3	25%	2	14	50%	10	3	40%	10
2			1-21	33	5	100%	5	4	25%	20	90	50%	6	3	40%	10
3			1-21	32	5	100%	5	1	25%	30	111	50%	4	3	40%	10
4	Muscle stimulation group F		1-21	26	6	100%	2	4	25%	11	25	50%	7	3	40%	3
5			1-21	23	6	100%	2	4	25%	11	40	50%	7	3	40%	3
6			1-21	35	6	100%	2	4	25%	4	10	50%	8	3	40%	3
7	Muscle stimulation group A		10,9,6,8,21	25	6	100%	2	4	25%	11	18	50%	8	3	40%	3
8			10,9,6,8,21	22	6	100%	2	4	25%	7	22	50%	10	3	40%	3
9			10,9,6,8,21	25	6	100%	2	4	25%	11	40	50%	8	3	40%	3
10	Veins	Capillarisation	1-21	25	8	100%	25									
11		Lymph drainage	1-21	20				8	100%	23	50	100%	6,89			
12		Cramp prevention	1-21	40	8	100%	40									

					Work cycle 1			Work cycle 2			Work cycle 3			Work cycle 4			Work cycle 5			Work cycle 6			Work cycle 7		
					Hz	Int.	Min	Hz	Int.	Min	Hz	Int.	Min	Hz	Int.	Min	Hz	Int.	Min	Hz	Int.	Min	Hz	Int.	Min
13	Massage	Relax massage	1-21	21	7	100%	7	5	100%	7	3	100%	7												
14		Vitalising massage	1-21	22	2	100%	2	4	100%	2	6	100%	6	6	100%	5	6	100%	3	8	100%	2	2-8	100%	2
					Hz	Int.	Min	Hz	Int.	Sec.	Hz	Int.	Sec.	Hz	Int.	Min	Hz	Int.	Sec.	Hz	Int.	Sec.	Hz	Int.	Min
15		Firming massage	1-21	30	1-4	100%	4,5	20	100%	6	4	100%	6	1-4	100%	4,5	30	100%	6	4	100%	8	1-8	100%	4,5

					Work cycle 8			Work cycle 9			Work cycle 10			Work cycle 11			Work cycle 12			Work cycle 13		
				Program	Hz	Int.	Sec.	Hz	Int.	Sec.	Hz	Int.	Min	Hz	Int.	Sec.	Hz	Int.	Sec.	Hz	Int.	Min
				15	40	100%	6	4	100%	10	1-8	100%	4,5	50	100%	6	4	100%	12	1-8	100%	4,5
					Hz	Int.	Min															
16	Pain	Back of neck	15	20	5	100%	20															
17		Back	13	20	3	100%	20															
18		Muscle tension	1-21	20	1	100%	20															

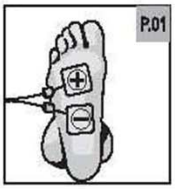
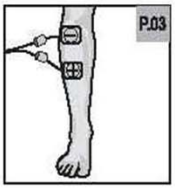
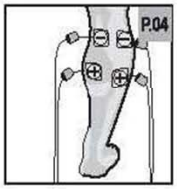
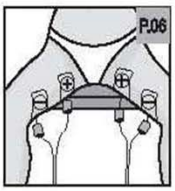
Int. = output intensity, Min = minutes, Hz = vibrations per second

The application programs:

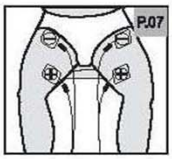
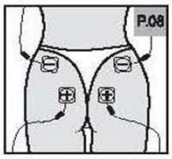
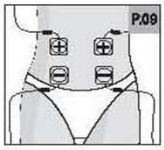
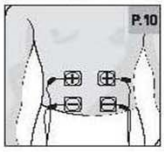
Programs 1 – 12 are EMS programs for the electronic stimulation of muscle tissue
Programs 13 -15 are EMS MASSAGE programs initiated by electric impulses
Programs 16-18 are TENS programs for the electronic stimulation of the nerves
The respective program cycles are performed automatically in sequence and increase the effectiveness of the stimulation on the selected muscle or pain region.

APPLICATION EXAMPLES FOR ADHESIVE ELECTRODES

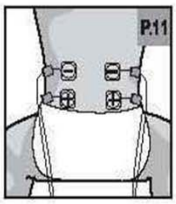
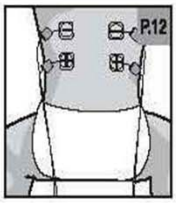
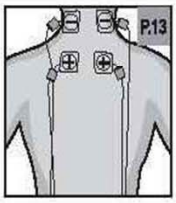
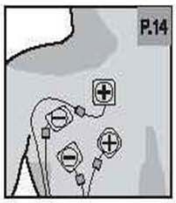
Stimulation positions
The stimulation position depends on the muscle groups to be stimulated. For the different suggested positions, refer to the pictograms next to the images for electrode positioning. The following table lists the different muscle groups as well as some useful information about the best stimulation position and how to intentionally cause a contraction (muscle tension).

Muscle group	Placement of electrodes	Stimulation positions	Manually causing a contraction (muscle tension)
Muscles on the soles of the feet		Sitting position, place feet on the floor	Forcefully tension the muscles in the soles of your feet and try to dig your feet into the floor
Fibula muscles		Sitting position, place feet on the floor	Powerfully tension the fibula muscles by pressing your big toe onto the floor and lift the outer toes off the floor at the same time
Front Tibia muscles		Sitting position, place your feet beneath a piece of furniture so that the ankles can no longer be bent	Powerfully tighten the front fibula muscles by pressing the tips of the feet against an obstacle that counteracts this movement. Press upwards
Calf muscles		Sitting position, so that back and feet are supported. You best sit in a doorframe	Powerfully tighten the calf muscles by pressing the tips of the feet against an obstacle that counteracts this movement.
Rear thigh muscles		Lie flat on your stomach, ankles fixed into place without feeling uncomfortable	Powerfully tension the rear thigh muscles by trying to bend your knees
Muscles for pulling up your legs		Sitting position, place a hard object between the knees without feeling uncomfortable	Powerfully tension the adductor muscles by trying to press your knees together

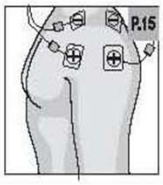
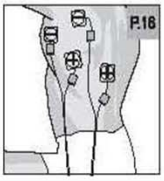
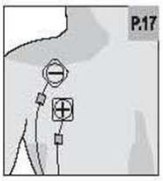
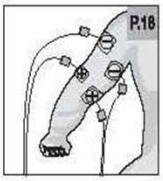
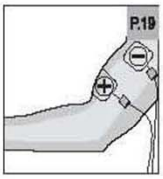
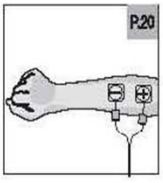
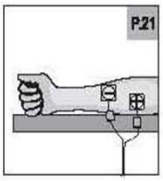
APPLICATION EXAMPLES FOR ADHESIVE ELECTRODES

Muscle group	Placement of electrodes	Stimulation positions	Manually causing a contraction (muscle tension)
Front thigh muscles		Sitting position. There are two variants for this exercise: static, block knee movement, or dynamic, move gains an obstacle, use heavy weights for this purpose	Powerfully tension the front thigh muscles by trying to stretch your legs
Gluteal muscles		Lie on your stomach or stand up.	Powerfully tighten your gluteal muscles by contracting them and trying to push your thighs behind your torso
Stomach muscles	 	Lie on your back (you may lift it slightly). There are two variants for this exercise: static, for this purpose simply stat muscle contraction by performing the motion described on the side; or dynamic by additionally moving the torso towards the thighs; in this case, make sure not to place the focus on the lumbar spine (backward curvature); the knees should always be firmly pressed together	Tension your stomach muscles by trying to lift your head and shoulders off the floor

APPLICATION EXAMPLES FOR ADHESIVE ELECTRODES

Muscle group	Placement of electrodes	Stimulation positions	Manually causing a contraction (muscle tension)
Lower back muscles		Sitting position. Please note: Due to the anatomic peculiarity of the lower back muscles, training in this mode requires very string muscles. Place the electrodes in the region of the back muscles as illustrated.	Powerfully tighten the lower back muscles by trying to sit as upright as possible
Back muscles		Sitting position.	Powerfully tighten the lower back muscles by trying to sit as upright as possible
Cervical vertebrae muscles		Sitzende Position.	Powerfully tighten the lower back muscles by trying to sit as upright as possible
Trapeze muscles		Sitting position.	Tighten the trapeze muscle by trying to powerfully raise and lower your shoulders

APPLICATION EXAMPLES FOR ADHESIVE ELECTRODES

Muscle group	Placement of electrodes	Stimulation positions	Manually causing a contraction (muscle tension)
Shoulder joint muscles		Sitting position, elbows in the arm rest so that the arm rest poses an obstacle when moving away from the body	Powerfully tighten the shoulder muscles by pressing the elbows away from the body.
Large back muscle		Sitting position, elbows outside the arm rest so that the arm rest poses an obstacle when moving towards the body	Powerfully tighten the large back muscle by pressing the elbows towards the body.
Chest muscles		Sitting position. The palms of the hand touch. Warning notice concerning the placement of electrodes in the thorax (coronary) region: increased risk of triggering cardiac fibrillation	Powerfully tighten your chest muscles by pressing the palms of your hands together
Rear Upper arm muscles		Sitting position, place hands and forearms on a table.	Powerfully tighten the rear upper arm muscles by pressing the palms of your hands on the table.
Front Upper arm muscles		Sitting position, forearms are placed on a table, the palms must face upwards. Fix your elbows so that they do not move during the stimulation.	Powerfully tighten the front upper arm muscles by moving the palms of your hands towards your shoulders
Hand stretchers		Sitting position, forearms and palms are placed on the table.	Powerfully tighten the hand muscles by trying to lift your hands.
Hand benders		Sitting position, forearms are placed on the table Take a durable, hard object into your hand while keeping your fingers slightly bent.	Powerfully tighten the hand muscles by gripping the object in your hand