

Treatment Guide

TESLA_{PLATINUM}

Medical Indications



About

TeslaChair device was developed by Iskra Medical for strengthening muscles using the special FMS technology – Functional Magnetic Stimulation. The pulsed magnetic field generated by the device causes muscles to contract without the need for skin contact.

FMS is an effective way of building muscle and contouring the body. FMS treatment increases the strength and endurance of the targeted muscles and therefore increases the need for energy use. Muscle energy is produced from local fat tissue, which leads to fat reduction.

















Compared to electric stimulation magnetic fields are less painful, allow deep penetration into heterogeneous biological tissue and do not require skin contact. FMS does not stimulate pain nerves on the surface of the skin and is therefore more pleasant than classic electrical stimulation. Magnetic fields pass through clothes, tissue and bone on the way to otherwise inaccessible areas. FMS creates magnetic fields deep inside the body and thus stimulates muscles that cannot be reached using electrical stimulation.

Rapid changes of the magnetic field intensity induce an electrical current in the neuron. This phenomenon is called electromagnetic induction. Once the current reaches a certain value, a so-called neuron action potential is achieved. This causes the neuron cell to depolarize, which eventually leads to a complete muscle contraction.

Treatment areas

Areas that can be treated with TeslaFormer and TeslaChair device are:

- Back
- Pelvic Floor
- Handheld Applicators
- You can apply it on any muscle but always avoid **chest area and head**.

Applicators					
Sym.	Desc.	Sym.	Desc.		
	FMS L (Large applicator)		FMS M (Medium applicator)		
	Seat (Chair for incontinence)		Back (Chair for incontinence)		
Preset programs					
Sym.	Desc.	Sym.	Desc.	Sym.	Desc.
	Bones		Muscles		Neurology
	Circulation		Incontinence		Diagnosis
Waveforms					
Sym.	Desc.	Sym.	Desc.	Sym.	Desc.
	Amplitude modulation, sine		Amplitude modulation, rectified sine		Frequency modulation
	Soft start - Amplitude ramp (from zero to max in 1 sec.)		Reduce intensity		Modulation disabled
FM	Frequency modulation	AM	Amplitude modulation	Inten.	Intensity
Freq.	Frequency				

Number of treatments

We recommend a minimum of 8 treatments, but it depends on stage that you are in at the beginning of the treatment and what you want your results to be in the end.

Interval between treatments

Ideal sequence of treatments would be every other day or at least twice a week. But we suggest at least one day of rest in between the treatments on the same area.

Therapy time

20-30 minutes on one area.

Level of intensity

Always start with lowest intensity and gradually increase the intensity to the level of tolerance – your pain threshold. The intensity is adjusted to each client individually. **Every treatment** starts with lowest intensity level and is then increased slowly. When you reach the level of tolerance stop increasing and wait couple of minutes for muscles to adapt. After that try to increase the intensity again. Rehabilitation therapy should not exceed 60%.

Application instructions TeslaFormer, Handheld, Core Therapy

Handheld applicators are applied to abdomen during core therapy treatments with an elastic band. The elastic bands come in a set for each applicator with Velcro on them.

S – 60 cm

M – 90 cm

L – 120 cm

Indications for TeslaChair

- Stress Incontinence
- Urge Incontinence
- Mixed Incontinence
- Postpartum Incontinence
- Prolapse
- Nocturia
- Faecal Incontinence
- Haemorrhoids
- Erectile Dysfunction
- Prostatectomy (without Pudendal nerve damaged)
- Acute Back Pain
- Sub acute Back Pain
- Chronic Back Pain
- Pain in Pelvic Floor
- Pain in Pelvic Floor and Back
- Back and Abdominal Pain
- Multi Muscular Strengthening
- Strengthening Back and Pelvic Floor
- Strengthening Back and Abdomen

Indications Tesla Handheld

- Relieve **acute** pain of the musculoskeletal system
- Degenerative rheumatism
- Treat neurological disorders like neuropathies: Motor, Sensory, Sensory-motor, Mononeuropathies, Polyneuropathies
- Post traumatic states
- Rehabilitation after immobilization
- Treat Sports **injuries**
- Postoperative states
- Bone fracture healing
- Heal Wound
- Treat **chronic** prostatitis
- Treat erectile dysfunction

Indications TeslaFormer

- Body reshaping
- Cellulite reduction and burning
- Improvement of microcirculation
- Acceleration of lymph flow
- Increase in muscle tone
- Tightening of skin
- Increasing metabolism that leads to better muscle and adipose tissue condition
- Muscle strengthening
- Relieve pain in the musculoskeletal system
- Muscle relaxation

Contraindications

- Pregnancy
- Cancer
- Hernia
- Epilepsy
- Cardiac pacemaker & Cardiac arrhythmias
- Severe active lung pathologies
- Complete muscle tear at the site of stimulation or near it
- Severe active pulmonary conditions
- Medication pumps
- Implants made using ferromagnetic metals at the site of stimulation or near it
- Open wounds at the site of stimulation or near it
- Recent surgery
- Hearing aid

Warnings

- Patients are recommended to wear sportswear or very comfortable clothing during sessions (no metal buttons in the stimulation zone)
- Hearing aid (must be removed prior to treatment)
- Endometriosis (Only in pelvic floor treatments)
- Piercings in or near the stimulation area
- Mobile phones can be damaged by waves during stimulation
- Credit cards can be damaged by waves / Any type of magnetic key (Hotel, car, gym...)

Benefits of FMS

- Stimulates Lymphatic system
- An increase of Metabolism
- An Increase of oxygen in the cells
- Acts by stimulating the apoptosis processes
- Beneficial for promoting regenerative mechanisms occurring in tissue
- Stimulates immune activity throughout the body
- Anti-inflammatory, anti-edematous, vasodilator and angiogenic action
- Improves hormonal and enzymatic reactions
- Favorable effects on bones and connective tissue
- Analgesic effect, affects muscle tension and stimulates tissue regeneration

Caution

These instructions contain information that can help you determine the therapy parameters. User must remain aware that therapy parameters must be adapted to the patient's type of therapy conducted.

Program Selection

User Defined

User may save their own programs and groups of programs for easy access

Preset

Incontinence Group:

- Urge Incontinence
- Stress Incontinence
- Mix Incontinence
- Multi Mix Incontinence
- Multi Urge Incontinence
- Multi Stress Incontinence
- Multi Muscle Strengthening
- Prolapse (Mild)
- Erectile Dysfunction
- Erectile Dysfunction (Muscle Etiology)
- Prostatectomy (without pudendal damage)
- Fecal Incontinence
- Posta Partum Incontinence
- Hemorrhoids
- Nocturia
- Urge Soft Incontinence
- Stress Soft Incontinence
- Mix Soft Incontinence

Simultaneous programs:

- Urge Multi (Dual)
- Stress Multi (Dual)
- Mix Multi (Dual)

Handheld Group:

- P1 – Acute Phase
- P2 – Subacute Phase
- P3 – Subchronic Phase
- P4 – Chronic Phase
- P5 – Contraction 8Hz
- P6 – Contraction 15Hz
- P7 – Contraction 30Hz
- P8 – Contraction 30Hz soft
- P9 – Contraction 30Hz FM
- P10 – Contraction 40Hz
- P11 – Contraction 40Hz soft
- All programs within handheld are available as 'Simultaneous Programs'

Back and Pelvic Floor Pain Group:

- Multi Mix Incontinence
- Multi Urge Incontinence
- Multi Stress Incontinence
- Multi Muscle Strengthening
- Acute Back Pain
- Subacute Back Pain
- Chronic Back Pain
- Back Strengthening
- Pelvic Floor Pain
- Back and Pelvic Floor Pain
- Back Pain and Pelvic Floor Strengthening
- Back Strengthening and Pelvic Floor Pain
- Back and Abdominal Pain
- Back and Abdominal Strengthening

Simultaneous Programs:

- Acute Pain Back – Pelvic II
- Subacute Pain Back – Pelvic II
- Chronic Pain Back – Pelvic II
- Strength Back – Pelvic II

4 Channels Group:

- 4 x Muscle strength L
- 4 x Neuro muscle L
- 3 x Muscle Strength L
- 3 x Neuro Muscle L
- 1 x Back pain 2 x Muscle strength
- 1 x Back pain 3 x Muscle strength

Simultaneous Programs:

- 4 x Muscle Strength II
- 4 x Neuro Muscle II
- 3 x Muscle Strength II
- 3 x Neuro Muscle II
- 1 x Back Pain 2 x Muscle Strength II
- 1 x Back Pain 3 x Muscle Strength II

Aesthetics Group:

- Gluteus
- Gluteus Advanced
- Gluteus Extreme
- Abdomen 1
- Abdomen Extreme
- Abdomen II
- Abdomen II Extreme
- Core Therapy
- Inner Thigh
- Outer Thigh
- Lymphatic Drainage I
- Lymphatic Drainage II
- Adipocirculation I
- Adipocirculation II

- Arms
- Hamstring Area
- Calves

Simultaneous Programs:

- Abdomen II Dual Advanced
- Abdomen II Dual Extreme
- Gluteus Dual Advanced
- Gluteus Dual Extreme
- Abdomen Thighs I
- Abdomen Thighs II
- Gluteus Thighs
- Gluteus Calves
- Arm Thigh

Suggested Aesthetics

User is presented with image of body for easy selection of program by body area

Suggested Physio

User is presented with image of body for easy selection of program by body area

Diagnosis

Neurology:

- Neuralgia
- Nerve Damage
- Pudendal Nerve Nevralgia (Acute)
- Pudendal Nerve Nevralgia (Chronic)
- Myofascial Pain
- Peripheral Neuropathy
- Polyneuropathy
- Neuritis
- Spasticity Reduction
- Peripheral Circulation
- Edema
- Lymphatic Drainage

Circulation:

- Peripheral Circulation
- Edema
- Lymphatic Drainage

Respiratory:

- Diaphragm Conditioning
- Muscles Relaxation
- Post-Covid Rehabilitation

Simultaneous Programs:

- Diaphragm Conditioning II
- Muscles Relaxation II
- Post-Covid Rehabilitation
- 1 x abdomen 2 x chest
- 1 x back 1 x abdomen 2 x chest

Bones:

Bone Fracture
Pseudarthrosis

Muscles:

Muscle spasm
Muscle relaxation
Muscle rupture chronic
Peripheral paralysis
Spasticity

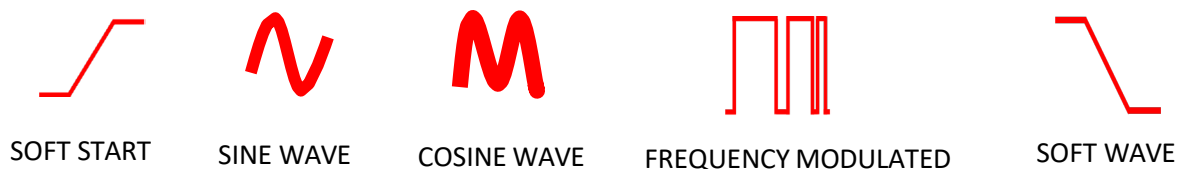
Muscle rupture acute
Fibromyalgia
ICU neuromyopathy
Muscle training basic
Muscle training advanced

Incontinence:

(See Incontinence Group)

- Select 'Simultaneous programs' within each program to view available programs for therapy through all applicators simultaneous.

Contraction Types


Smooth contractions

- 5-25Hz: Relaxation treatments or mild muscle stimulation

Smooth muscle may contract phasically (In a phasic manner) with rapid contraction and relaxation, or tonically with slow and sustained contraction.

Tetanic contractions

- 30-40Hz: High-intensity muscle tightening, maximum contractions

Each stimulus causes a twitch. If stimuli are delivered slowly enough, the tension in the muscle will relax between successive twitches. Repeated twitch contractions, where the previous twitch has not relaxed completely are called a summation. If the frequency of these contractions increases to the point where maximum tension is generated (If stimuli are delivered at high frequency) and no relaxation is observed, then the contraction is termed a tetanus or Tetanic Contraction.

Tetanic contractions

➤ 50Hz or more: are indicated for pain therapies (Pain Gate Theory) Physiotherapy
Stimulation of the motor nerves can be achieved with a wide range of frequencies. Stimulation at low frequency (e.g. 1Hz) will result in a series of twitches, whilst stimulation at 50Hz will result in a tetanic contraction.

FREQUENCY (Hz)	INDICATION	THERAPEUTIC EFFECT
5-12 Hz	Acute and chronic back pain control	Endogenous opioid theory – endorphins release
50-160 Hz	Acute pain control	Pain gate theory
8-50 Hz	Bone Fracture	Fracture consolidation
1-8 Hz	Joint mobilization	Improving joint range of motion, reducing pain
5-40 Hz	Spasticity	Spasticity reduction
3-15 Hz	Blood circulation	Increased blood and oxygen flow
5-50 Hz	Edema	Edema swelling reduction
30-40 Hz	Muscle stimulation and activation	Strong and tetanic contraction

Treatment Diagnosis TeslaChair

Stress Urinary Incontinence (SUI)

Occurs when there is an increase in abdominal pressure, such as exercise, laughter, sneezing, or coughing. Urine leakage due to weakened pelvic floor muscles and tissues. Causes of stress incontinence include pregnancy and childbirth, which cause stretching and weakening of the pelvic floor muscles. Other factors can also increase the risk of stress incontinence, such as being overweight or obese, having had prostate surgery, and taking certain medications.

Urge Urinary Incontinence (UUI)

Refers to overactive bladder (detrusor muscle): You have an urgent need to go to the bathroom and may not arrive on time, leaking urine. Causes of overactive bladder include:

- Damage to the nerves of the bladder
- Damage on the peripheral nervous system
- Damage on muscles

Mixed Urinary Incontinence

Some women have both types of urinary incontinence: stress and urge. This treatment technique consists of applying a low frequency current near the peripheral nervous system to increase or decrease the excitability of a group of neurons, stimulating and resetting the nerve impulse for proper neuromuscular functioning.

- Two areas of stimulation during treatment
- Different intensity in each hand piece
- We adapt the technology to each patient to achieve the best results
- Strengthening of pelvic floor muscles
- Local circulation increase
- Neuromodulation

A right diagnostic is the most important. Depending on the pathology must be a medical diagnostic but for incontinence, a part of official medical diagnostic, we can use the standard international UI TEST to determinate the incontinence and the severity.

During Consultation:

- Listen and analyze the expectation and goals they want to achieve
- Check possible contraindications
- Complete UI Test
- Inform the patient regarding the real expectations we can achieve and his commitment during the treatment.
- Inform the patient about the number of sessions and time per session for the full treatment and price
- Informed Consent
- The patient's commitment to follow up treatment sessions is very important; results are directly depending on it.

During the patient's first visit, the therapist should:

- Explain the therapy procedure to the patient.
- Based on a detailed patient history, including previous types of therapy, and evaluate if the patient is suitable for the therapy and what type of treatment is effective for the patient.
- Identify the patient's expectations, explain the limitations, and inform the patient that several therapy sessions will be required.
- Inform the patient that therapy may be slightly unpleasant and that the skin may appear red briefly (for a few hours) after therapy.
- Place the patient in a comfortable position and ask them to remove all the jewelry and items like phone.

Handheld application in rehabilitation (Physiotherapy only)

- To treat acute conditions, frequencies to the maximum value of 20 Hz can be utilized.
- For chronic conditions, use frequencies above 20 Hz.
- Minimal muscle contractions should be observed on selected target sites during therapy
- To ensure optimal outcome of treatment, frequencies can be selected to be higher to trigger voluntary muscle reactions from patients.
- If the patient has a larger muscle mass, use higher power settings than for a patient with a smaller muscle mass.
- If the therapy is being performed due to back pain (lumbalgia, lumboischialgia), we also recommend abdominal stimulation.
- Shoulder pain therapy (arthralgia, tendinitis, and calcification) should be performed on both the front and rear sides of the shoulder.
- During therapy, the patient may experience some heat sensation from the applicator. If the patient finds it unpleasant, the heat can be prevented by placing a thin towel over the therapy area of the patient's body.

Handheld, Rehabilitation, Physio Programs:

- **Treatment** 2-3 treatments per week nonconsecutive days
- First 5-6 treatments 20-50% improvement noted (on average) however - full recover unlikely - maintenance of condition - lifelong patient - ongoing 1 treatment per week or as needed within health care plan.
- **Therapy duration:** For acute pain: 10 – 15 min, For chronic pain: 30 – 45 min
- **Intensity** – when first contraction of muscle is noted 20-40%
- **Maintenance** - once per week always combine with other therapies like physical therapy and exercise. 15-20 mins per body area - adjust machine therapy time on machine.
- **Therapy**
 - **1-15 Hz are Relaxation Pulses**
 - **30-40Hz Muscle Strengthening**
 - **40-100Hz Pain Management**

Handheld Group:

- | | |
|---|--|
| <ul style="list-style-type: none"> • P1 – Acute Phase • P2 – Subacute Phase • P3 – Subchronic Phase • P4 – Chronic Phase • P5 – Contraction 8Hz • P6 – Contraction 15Hz | <ul style="list-style-type: none"> • P7 – Contraction 30Hz • P8 – Contraction 30Hz soft • P9 – Contraction 30Hz FM • P10 – Contraction 40Hz • P11 – Contraction 40Hz soft |
|---|--|

- All programs within handheld are available as 'Simultaneous Programs'

Suggested Physio:

Diagnosis

Neurology

- | | |
|---|--|
| <ul style="list-style-type: none"> • Neuralgia • Nerve Damage • Pudendal Nerve Nevralgia (Acute) • Pudendal Nerve Nevralgia (Chronic) • Myofascial Pain • Peripheral Neuropathy | <ul style="list-style-type: none"> • Polyneuropathy • Neuritis • Spasticity Reduction |
|---|--|

Circulation

- Peripheral Circulation
- Edema
- Lymphatic Drainage

Bones

- Bone Fracture
- Pseudarthrosis

Respiratory

- Diaphragm Conditioning
- Muscles Relaxation
- Post-Covid Rehabilitation
- 1 x abdomen 2 x chest
- 1 x back 1 x abdomen 2 x chest

Muscles

- Muscle spasm
- Muscle relaxation
- Muscle rupture chronic
- Peripheral paralysis
- Spasticity
- Muscle rupture acute
- Fibromyalgia
- ICU neuromyopathy
- Muscle training basic
- Muscle training advanced
- **Incontinence** (see incontinence group)

- **Shoulder pain therapy** (arthralgia, tendinitis, calcification) should be performed on both the front and rear sides of the shoulder.
- **Fibromyalgia** Patients are very tired after therapy - adjust therapy usually start with lower intensity - then go as high is tolerable for patient that you can see muscle contact.
- **Neuralgia** Lower back chair can work lower back pain channel combine with pelvic floor muscles can also work on hand applicators. Where nerve is blocked or irritated -is pain coming from lower back? Start with therapy on chair on back pain, or sciatica, neuralgia or back pain, hand held on area on nerve. Target nerve at center of issue. Use 'suggestion' menu and select neuralgia program and wave hand held applicator over area or nerve. This is neuromuscular stimulation, so we stimulate nerves. Sending impulses to the nerves helps them to recover quicker. On the other hand, we stimulate muscles through the nerves and help them to activate better.
- **Neuralgia and neuropathy**, You can use different programs for different conditions through the process of the physiotherapy program. Physiotherapist has to know the basics of the frequency, impulses, modulation.
- **Chronic fatigue** Every activation of the muscles are good for the therapy - work with these kind of conditions like quads or leg muscles and also on arms. Active disease can work every day, see how patient feels if patient very tired (muscles fatigue) usually 3-4 times per week.
- **Spasticity**, 2-5 times per week. We stimulate antagonist muscles to reach reciprocal inhibition. Reciprocal inhibition describes the relaxation of muscles on one side of a joint to accommodate contraction on the other side. ... The tension in the antagonist muscle is activated by impulses from motor neurons, causing it to relax. Spasticity reduction, agonist muscle relaxation. Position applicator on the antagonist muscle
- **Back pain**, Physiotherapist decides what is the condition of the patient for the back protocols, chronic, acute, subacute.
- **Sciatica**, You can use programs for acute, subacute or chronic back pain or choose programs suitable for disc degeneration in suggestions.
- **Core Therapy** Core therapy as a program that activates all four programs and it's meant to work on core of the body. You attach the hand held applicators to abdomen with strap to strengthen the core (which is combined from back, pelvic and abdominal muscles). If you want abdominal definition have client laying down using abdominal program. Core therapy is a preventive program, if client has already developed incontinence concern, use the dedicated settings.

Incontinence, Erectile Dysfunction, Back Pain Programs:

- 2-3 treatments per week nonconsecutive days, 30-45mins sessions
- Mild cases 6 treatments, advanced cases 12 treatments, severe cases 18 treatments then assess
- Maintenance as needed 1-4 weekly.
- Intensity 20-40%. Not recommended to exceed 60% for rehabilitation of muscles.
- Use ICIQ form for Incontinence investigation and IIEF form for Erectile Dysfunction investigation

Incontinence Group:

- Urge Incontinence
- Stress Incontinence
- Mix Incontinence
- Multi Mix Incontinence
- Multi Urge Incontinence
- Multi Stress Incontinence
- Multi Muscle Strengthening
- Prolapse (Mild)
- Erectile Dysfunction
- Erectile Dysfunction (Muscle Etiology)
- Prostatectomy (without pudendal damage)
- Fecal Incontinence
- Posta Partum Incontinence
- Hemorrhoids
- Nocturia
- Urge Soft Incontinence
- Stress Soft Incontinence
- Mix Soft Incontinence

Back and Pelvic Floor Pain Group:

- Acute Back Pain
- Subacute Back Pain
- Chronic Back Pain
- Back Strengthening
- Pelvic Floor Pain
- Back and Pelvic Floor Pain
- Back Pain and Pelvic Floor Strengthening
- Back Strengthening and Pelvic Floor Pain
- Back and Abdominal Pain
- Back and Abdominal Strengthening

PROGRAM	DEFINITION OF CONDITION	APPLICATION
Urge Incontinence	Urge incontinence is a sudden and strong need to urinate. You may also hear it referred to as overactive bladder. In a properly functioning bladder, the bladder muscle (detrusor) remains relaxed as the bladder gradually fills up.	1 applicator Seat
Stress Incontinence	A condition (found chiefly in women) in which there is involuntary emission of urine when pressure within the abdomen increases suddenly, as in coughing or jumping.	1 applicator Seat
Mix Incontinence	Because mixed incontinence is typically a combination of stress and urge incontinence , it shares symptoms of both. You may have mixed incontinence if you experience the following symptoms: Urine leakage when you sneeze, cough or lift something heavy.	1 applicator Seat
Multi Mix Incontinence	Because mixed incontinence is typically a combination of stress and urge incontinence, it shares symptoms of both. You may have mixed incontinence if you experience the following symptoms: Urine leakage when you sneeze, cough or do jarring exercise.	2 applicators Seat and back
Multi Urge Incontinence	Urge incontinence is a sudden and strong need to urinate. You may also hear it referred to as overactive bladder. In a properly functioning bladder, the bladder muscle (detrusor) remains relaxed as the bladder gradually fills up.	2 applicators Seat and back
Multi Stress Incontinence	A condition (found chiefly in women) in which there is involuntary emission of urine when pressure within the abdomen increases suddenly, as in coughing or jumping.	2 applicators Seat and back

Multi muscle strengthening	<p>Diastasis recti is common in women who are over 35, deliver a high birth weight baby or have a multiple pregnancy. It's usually most noticeable right after delivery. It also occurs in middle aged and older men with abdominal obesity. Treatment includes physiotherapy. In rare cases, surgery may be done to reduce the bulge.</p> <p>Diastasis recti: work on pelvic floor and back muscles x 6 then core therapy x 6.</p> <p>Wait 6 - 8 weeks post vaginal and 12 - 14 weeks post caesarean.</p>	2 applicators Seat and back
Prolapse (mild)	<p>Because of pregnancy, childbirth or difficult labor and delivery, in some women these muscles weaken. Also, as a woman ages and with a natural loss of the hormone estrogen, her uterus can drop into the vaginal canal, causing the condition known as a prolapsed uterus.</p>	1 applicator Seat
Erectile dysfunction	<p>Erectile dysfunction can be a sign of a physical or psychological condition. Patients suffering from erectile dysfunction should first be evaluated for any underlying physical and psychological conditions. If treatment of the underlying conditions doesn't help, medication and assistive devices, such as pumps, can be prescribed. When we talk about ED there are two main reasons, psychological or physical. The principal mechanism of action is about vascularization in the area, when we check where the vascularization of the penis is coming from, we see is mainly from the pelvic floor. So, if we seat our patient on TESLA Chair we will increase blood circulation in all the area. After the session of 30 minutes seated on TESLA Chair we can do a session of 20 minutes directly on the penis using one of the handhelds hand pieces. When the patient is getting other pathologies related with ED, shock waves, electrical stimulation, RF or Carboxytherapy should be used in combination but it will depends on the full diagnostic of the patient.</p>	1 applicator Seat
Erectile dysfunction (muscle etiology)	<p>"Erectile dysfunction can be a sign of a physical or psychological condition. Patients suffering from erectile dysfunction should first be evaluated for any underlying physical and psychological conditions. If treatment of the underlying conditions doesn't help, medication and assistive devices, such as pumps, can be prescribed." If you believe that the muscle is cause of the ED you choose muscle etiology program. Tell the patient to get the position on the seat to focus the energy on the perianal area. improvement or complete fixed problem. There is no a rule on these kind of pathologies due the multiples variables can be present on the diagnostic.</p>	1 applicator Seat
Prostatectomy without pudendal damage	<p>Nerve sparing can preserve orgasmic function in most men after robotic-assisted laparoscopic radical prostatectomy.</p> <p>Incontinence program post prostatectomy.</p>	1 applicator Seat
Fecal Incontinence	<p>Fecal incontinence is the inability to control bowel movements, causing stool to leak unexpectedly from the rectum. Also called bowel incontinence, faecal incontinence ranges from an occasional leakage of stool while passing gas to a complete loss of bowel control.</p>	1 applicator Seat
Posta Partum Incontinence	<p>Post-partum means after deliver can use either program, but best to start with post-partum setting as this is the program that was used in the clinical study. Wait 6 - 8 weeks post vaginal and 12 - 14 weeks post caesarean.</p>	1 applicator Seat
Hemorrhoids	<p>Women are more likely to get haemorrhoids while pregnant. The likelihood of developing haemorrhoids increases as a person ages. Haemorrhoids occur when the veins surrounding the anus are engorged or enlarged. Sometimes, medicines and surgery are needed to treat haemorrhoids. On recent haemorrhoids the vascularization our contractions induce, helps to recover normal status. When patients are aged the possibility that hemorrhoids appear is higher, depending on the life stile of the patient, TESLA Chair should helps as a prevention treatment on pelvic floor muscles and vascularization in the area. The hemorrhoids disappear when is external, or pain and blood linkage disappear when is internal.</p>	1 applicator Seat
Nocturia	<p>Nocturia is defined by the International Continence Society (ICS) as "the complaint that the individual has to wake at night one or more times for voiding (i.e. to urinate)." The term is derived from Latin nox, night, and Greek [τα] ούρα, urine.</p>	1 applicator Back
Urge Soft Incontinence	<p>Mild. Urge incontinence is a sudden and strong need to urinate. You may also hear it referred to as an unstable or overactive bladder, or detrusor instability. In a properly functioning bladder, the bladder muscle (detrusor) remains relaxed as the bladder gradually fills up.</p>	1 applicator Seat

Stress Soft Incontinence	Mild form in which there is involuntary emission of urine when pressure within the abdomen increases suddenly, as in coughing or jumping. Soft incontinence is a very small urine leaking – beginner phase of incontinence. It's a 20min program, but we suggest that you elongate it to 30min	1 applicator Seat
Mix Soft incontinence	Mix mixed incontinence is typically a combination of stress and urge incontinence, it shares symptoms of both. You may have mixed incontinence if you experience the following symptoms: Urine leakage when you sneeze, cough, laugh, do jarring exercise, or lift something heavy.	2 applicators Seat and back
Back Pain	lower back pain (lumbar) or coccydynia (tailbone or sacral pain) based on the segment affected. The lumbar area is the most common area affected.	1 applicator lower back
Pelvic floor pain	Chronic pelvic pain is pain in the area below your bellybutton and between your hips that lasts six months or longer. Chronic pelvic pain can have multiple causes. It can be a symptom of another disease, or it can be a condition in its own right.	1 applicator lower back
Back and pelvic floor pain	Pelvic floor dysfunction and low back pain are often associated because of how the pelvis is a key support for the lower back. When the pelvic floor muscles are not appropriately strengthened (too weak or too tight) or become harder to control, the lower back muscles are not getting the proper support that they need.	2 applicators Seat and back
Back pain and pelvic floor strengthening	Low back pain (LBP) is a condition of localized pain to the lumbar spine with or without symptoms to the distal extremities whose aetiology is commonly unknown. Pelvic floor disorders (PFD) occur when the muscles that comprise the pelvic floor fail to properly contract, which can adversely cause urinary incontinence, pelvic organ prolapse, fecal incontinence, or other sensory and emptying abnormalities of the lower urinary and GI tracts.	2 applicators Seat and back
Back strengthening and pelvic floor pain	Pelvic floor dysfunction (PFD) is multifaceted and can be characterized by parameters such as weakness, poor endurance, excessive tension, shortened length and overactivity. Current evidence shows that individuals with low back pain have a significant decrease in pelvic floor function compared to individuals without low back pain.	2 applicators Seat and back
Back and Abdominal Pain	Back pain and abdominal pain symptoms.	3 applicators Seat back 1 paddle
Back and Abdominal Strengthening	Back pain and abdominal strengthening.	2 applicators Back and paddle
Acute Pain Back – Pelvic II	Acute back pain and pelvic floor pain.	2 applicators Back and paddle
Subacute Pain Back – Pelvic II	Subacute back pain and pelvic floor pain.	2 applicators Back and paddle
Chronic Pain Back – Pelvic II	Chronic back pain and pelvic floor pain.	2 applicators Back and paddle
Strength Back – Pelvic II	Back strengthening and pelvic floor pain.	2 applicators Back and paddle

Aesthetics (TeslaFormer) Programs:

- 2-3 treatments per week nonconsecutive days, 30-45mins sessions
- Minimum 4-8 sessions
- Maintenance as needed 1-4 weekly.
- Intensity above 60% for best results

Aesthetics Group:

- Gluteus
- Gluteus Advanced
- Gluteus Extreme
- Abdomen 1
- Abdomen Extreme
- Abdomen II
- Abdomen II Extreme
- Core Therapy
- Inner Thigh
- Outer Thigh
- Lymphatic Drainage I
- Lymphatic Drainage II
- Adipocirculation I
- Adipocirculation II

- Arms
- Hamstring Area
- Calves

Simultaneous Programs:

- Abdomen II Dual Advanced
- Abdomen II Dual Extreme
- Gluteus Dual Advanced
- Gluteus Dual Extreme
- Abdomen Thighs I
- Abdomen Thighs II
- Gluteus Thighs
- Gluteus Calves
- Arm Thigh

PROGRAM	DEFINITION OF CONDITION	APPLICATION
Gluteus	For patients that are not familiar with the technology use Gluteus on the beginning and you can change it TO Gluteus Advanced after one session or even after few minutes IF CLIENT FEELS COMFORTABLE. The difference is in pulses in Advanced version the pulses are longer and higher frequency and different modulation then in ordinary Gluteus program.	1 applicator
Gluteus Advanced	Consider gluteus for first 1-2 sessions then progress onto advanced for 'normal' patient and straight to advanced for more developed muscles (athletes etc) For some clients is more comfortable the ordinary gluteus program because in Advanced version the pulses are to long for them and it's pulling the sciatic nerve and can be a bit uncomfortable. And for others is more comfortable the advanced version. So go with the clients sensation.	1 applicator
Abdomen I	For patients that are smaller in frame. Can alternate treatments with 2 applicators for specific targeted areas.	1 applicator
Abdomen II	For patients whereby you can attach 2 applicators vertical or horizontal over torso for maximum surface area. Can alternate treatments with 1 applicators for specific targeted areas.	2 applicators
Core Therapy	3-4 applicators at once. Strap on paddle to abdomen to work the pelvic, back and abdomen muscles for true core strength. Core therapy as a program that activates all four programs and it's meant to work on core of the body. Strap applicators to abdomen to strengthen the core (which is combined from back, pelvic and abdominal muscles). If you want abdominal definition, put the client laying down and use abdominal program. And it's a preventive program, if client already developed incontinence concerns, use the dedicated settings. Diastasis recti: First you need to strengthen the inner muscle so we suggest that you first work on pelvic floor and back muscles x 6 then core therapy x 6. Wait 6 - 8 weeks post vaginal and 12 - 14 weeks post caesarean.	3-4 applicators
Inner Thighs	Inner thigh treatment for definition.	2 applicators
Outer Thighs	Outer thigh treatment can be applied to the upper knee also.	2 applicators

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Lymphatic Drainage I	Revision: FMS Former/Cha		
Post-Surgery	Lymphatic Drainage post cryo, post fat cav, post Tesla, post Ulfit body. Used to increase the lymph system and circulation in adipose tissue. Bonus after strengthening of abdominal, gluteus, thighs, arms and if you want to increase the lymph system and circulation do the additional 10min. The intensity needs to be just below the level of contraction!		1 applicator
Lymphatic Drainage II	Lymphatic Drainage post cryo, post fat cav, post Tesla, post Ulfit body.		2 applicators
Post-Surgery	Used to increase the lymph system and circulation in adipose tissue. Bonus after strengthening of abdominal, gluteus, thighs, arms and if you want to increase the lymph system and circulation do the additional 10min. The intensity needs to be just below the level of contraction!		
Adipocirculation I	Lymphatic Drainage post cryo, post fat cav, post Tesla, post Ulfit body.		1 applicator
Post Body Contouring	Used to increase the lymph system and circulation in adipose tissue. Bonus after strengthening of abdominal, gluteus, thighs, arms and if you want to increase the lymph system and circulation do the additional 10min. The intensity needs to be just below the level of contraction!		
Adipocirculation II	Lymphatic Drainage post cryo, post fat cav, post Tesla, post Ulfit body.		2 applicators
Post Body Contouring	Used to increase the lymph system and circulation in adipose tissue. Bonus after strengthening of abdominal, gluteus, thighs, arms and if you want to increase the lymph system and circulation do the additional 10min. The intensity needs to be just below the level of contraction!		
Arms	Arm treatment for definition. Treat Biceps and triceps.		2 applicators
Hamstring Area	Treatment for definition and recovery.		2 applicators
Calves	Treatment for lymphatic drainage and definition to calves.		2 applicators

Treatment Guide

TESLA PLATINUM

Aesthetic Indications



1. About

These treatment guides are written for the following Iskra Medical devices:

- TESLA Former prestige

Tesla Former device was developed by Iskra Medical for strengthening muscles using the special FMS technology – Functional Magnetic Stimulation. The pulsed magnetic field generated by the device causes muscles to contract without the need for skin contact.

FMS is an effective way of building muscle and contouring the body. FMS treatment increases the strength and endurance of the targeted muscles and therefore increases the need for energy use. Muscle energy is produced from local fat tissue, which leads to fat reduction.

Compared to electric stimulation magnetic fields are less painful, allow deep penetration into heterogeneous biological tissue and do not require skin contact. FMS does not stimulate pain nerves on the surface of the skin and is therefore more pleasant than classic electrical stimulation. Magnetic fields pass through clothes, tissue and bone on the way to otherwise inaccessible areas. FMS creates magnetic fields deep inside the body and thus stimulates muscles that cannot be reached using electrical stimulation.

Rapid changes of the magnetic field intensity induce an electrical current in the neuron. This phenomenon is called electromagnetic induction. Once the current reaches a certain value, a so-called neuron action potential is achieved. This causes the neuron cell to depolarize, which eventually leads to a complete muscle contraction.

2. Treatment areas

Areas that can be treated with Tesla Former device are:

- Abdomen,
- Gluteus muscles,
- Hamstring area,
- Arms...

You can apply it on any muscle but always avoid **chest area and head**.

3. Number of treatments

We recommend a minimum of 8 treatments, but it depends on stage that you are in at the beginning of the treatment and what you want your results to be in the end.

4. Interval between treatments

Ideal sequence of treatments would be every other day or at least twice a week. But we suggest at least one day of rest in between the treatments on the same area.

5. Therapy time

30 minutes on one area.

6. Indications

- Body reshaping
- Cellulite reduction and burning
- Improvement of microcirculation
- Acceleration of lymph flow
- Increase in muscle tone
- Tightening of skin
- Increasing metabolism that leads to better muscle and adipose tissue condition
- Muscle strengthening
- Relieve pain in the musculoskeletal system
- Muscle relaxation

7. Contraindications

- Pregnancy
- Cancer
- Epilepsy
- Complete muscle tear at the site of stimulation or near it
- Cardiac pacemakers
- Severe active pulmonary conditions
- Medication pumps
- Implants made using ferromagnetic metals at the site of stimulation or near it
- Endometriosis
- Open wounds at the site of stimulation or near it
- Cardiac arrhythmias
- Recent surgery
- Hearing aid

8. Level of intensity

Always start with lowest intensity and gradually increase the intensity to the level of tolerance – your pain threshold. The intensity is adjusted to each client individually. **Every treatment** starts with lowest intensity level and is then increased slowly. When you reach the level of tolerance stop increasing and wait couple of minutes for muscles to adapt. After that try to increase the intensity again.

9. Application instructions

Handheld applicators are applied to a desired muscle with an elastic band. The elastic bands come in a set for each applicator. Elastic bands in the set are different sizes – S, M, L (all three sizes are included in each set).

S – 60 cm
M – 90 cm
L – 120 cm

The elastic bands in the sizes S, M or L come with two pieces of Velcro on them. There are also two additional bands in the sizes of 30 cm and 60 cm in the set that have one Velcro on them.

ABDOMINAL APPLICATION with one applicator (Abdomen I):

1. Place the strap with two pieces of Velcro on table so that Velcro is facing down.



Former

2. Position the patient on table – strap should be on the middle of the back, place the applicator in the middle of the abdomen. Put the Velcro through the ear and attach it to the strap. Repeat the process on the other side.



ABDOMINAL APPLICATION with two applicators (Abdomen II):

1. Place the strap with two pieces of Velcro on table so that Velcro is facing down.



2. First attach the two applicators together with the single Velcro 30 cm strap.





3. Position the patient on table – strap should be on the middle of the back, place the combined applicators in the middle of the abdomen. Pull the Velcro through the ear and attach it to the strap. Repeat the process on other side.



GLUTEUS APPLICATION (Gluteus, Gluteus advanced):

1. First you should prepare the straps on the table. You will need one strap with two pieces of Velcro (the Velcro should be facing down) and two straps with the single Velcro on them (the Velcro should be facing up).



2. Attach the two applicators together using the single Velcro 30 cm strap.





3. Position the patient on the table and place the applicators on the gluteus – make sure to place the applicators are on either side of the glutes. Pull the Velcro trough ear and attach it to the band. Repeat the process on the other applicator.



4. Attach the handle of each applicator to the thighs using the single Velcro band.





5. The final result should look like this.



ARMS APPLICATION (Inner thighs)

If you have a smaller arm (mostly woman) we suggest using smaller applicator to attach it to biceps or triceps in case of a bigger arm (male arm) use the big applicator in following order:

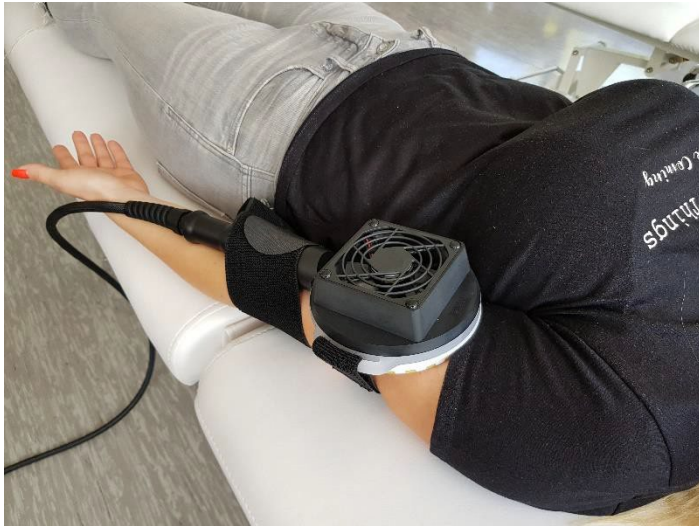
1. Attach the strap to the applicator





2. Strap it to the arm with additional strap to stabilize the applicator.





4. If you want to trigger triceps try to put the arm across the abdomen.



If you don't own smaller applicator you can help yourself with big applicators, but you need stands for it. Like shown on the picture below



APPLICATION HANDHELD APPLICATORS ON CHAIR (Core therapy)

When you are sitting on the chair and using “Core therapy” program, you need handheld applicators attached to abdomen. If you have a bigger abdominal part, you can use two big applicators and strap it. If you have petite abdominal part, you can use just one big applicator or two smalls applicators. Ways of application is shown below.

6. If you are using two big applicators, attach the two applicators together using the single Velcro 30 cm strap..





3. Place the applicators to the abdominal part and pull the Velcro trough ear and attach it to the band. Repeat the process on the other applicator.

Or use single applicator



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2. Pull the strap behind the back and repeat the first step on the other side.



The process is the same for small and large applicators.

APPLICATION HANDHELD APPLICATORS ON CHAIR (Core therapy)

When you are sitting on the chair and using “Core therapy” program, you need handheld applicators attached to abdomen. If you have a bigger abdominal part, you can use two big applicators and strap it. If you have petite abdominal part, you can use just one big applicator or two smalls applicators. Ways of application is shown below.

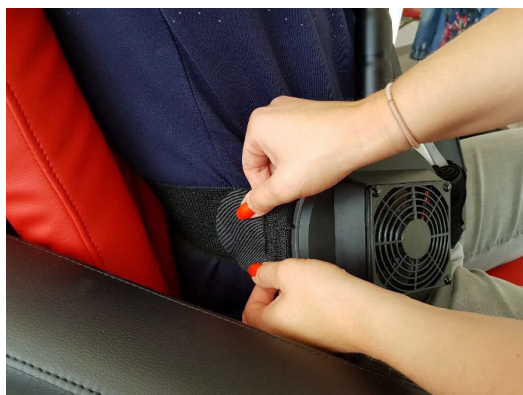
1. If you are using two big applicators, attach the two applicators together using the single Velcro 30 cm strap.



2. Then place the long strap with two velcros behind the client with velcros looking to the chair.
3. Place the applicators to the abdominal part and pull the Velcro trough ear and attach it to the band. Repeat the process on the other applicator.



4. With small applicator the process is the same just use thinner straps.

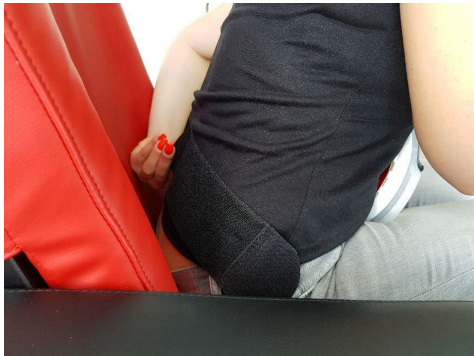


If you are going to use just one big applicator the process is next:

1. First apply the applicator to abdomen and pull the Velcro trough ear and attach it to the band.



2. Pull the strap behind the back and repeat the first step on the other side.



APPLICATION ON CHAIR

When you are sitting on the chair and using any 'Incontinence' program, position the patient in the center of the chair with legs at 45 degrees apart as shown in below image. Knees need to be at 90 degrees to the floor – use footrest

Select Protocol - Begin treatment. Slowly increase the energy levels while talking to the patient not discussing energy levels with them. After 5 mins slowly increase the energy.

