

Treatment
Guide
TESLA Former

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 there for 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. 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.

7. 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.



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.



3. Attach it to the muscle that you want to trigger. If it's a biceps let your arm rest on the bed with your palm up like is shown on the picture.



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)

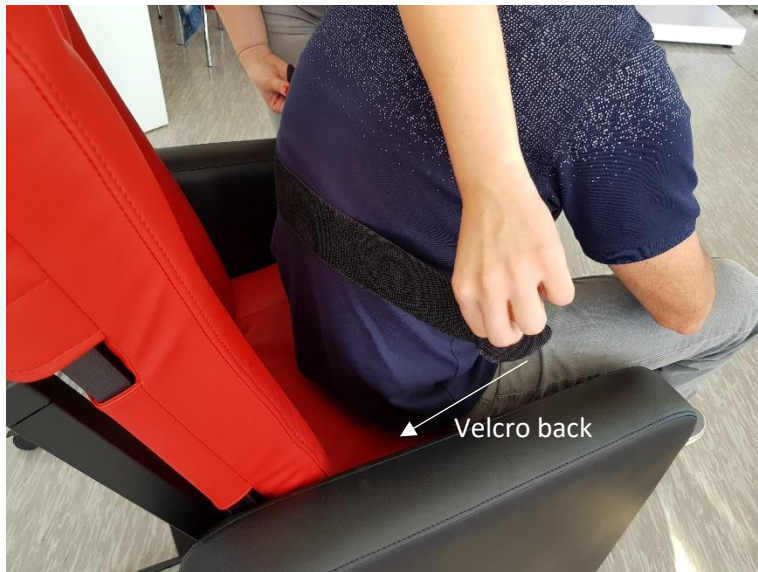
When you are sitting on the chair and using “Core therapy” program, you need handheld applicators attached to abdomen. If you have a bigger abdominal part, you can use two big applicators and strap it. If you have petite abdominal part, you can use just one big applicator or two small applicators. Ways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

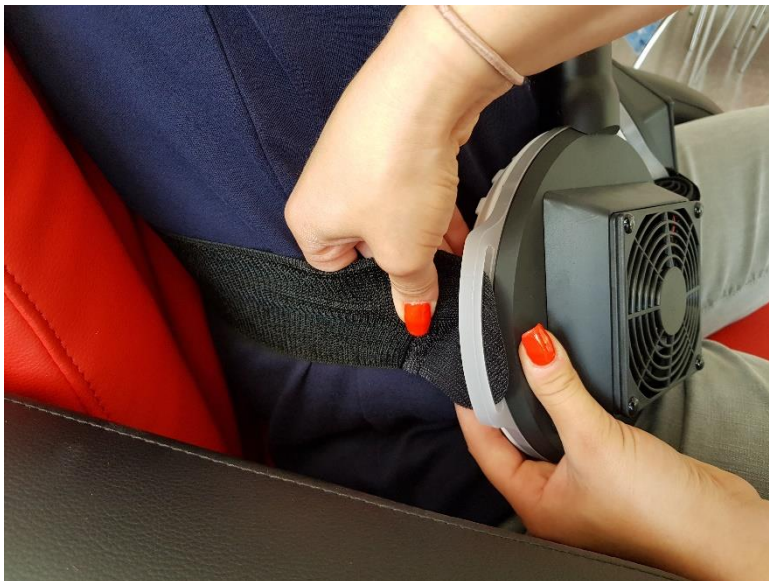
1.



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.





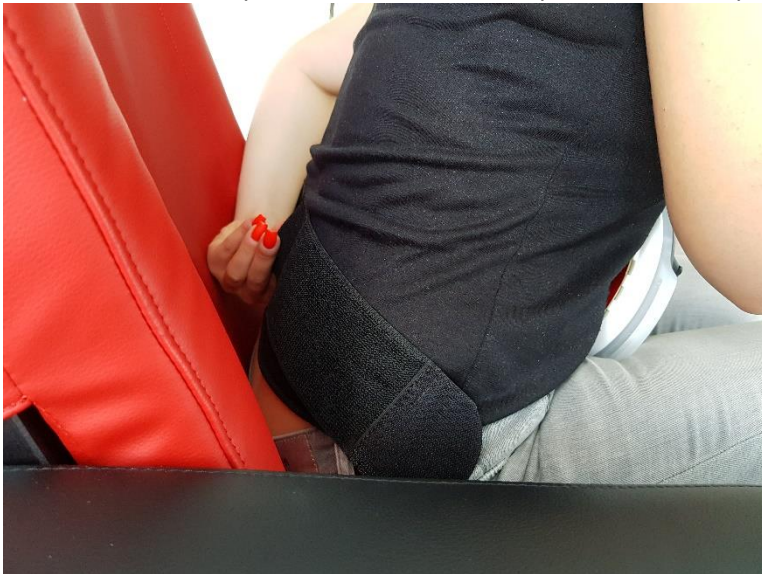
With small applicator the4 process is the same just use thinner straps.

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.



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



8. 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

9. 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