



TESLAFormer™

Functional Magnetic Stimulation
For Body Contouring



TESLAChair™

CryoMed

Functional Magnetic
Stimulation; TeslaFormer



TECHNOLOGY BACKGROUND



“FMS” TECHNOLOGY

Functional magnetic stimulation

Tesla Former device was developed by Iskra Medical for strengthening muscle using the special FMS technology – Functional Magnetic Stimulation.

The pulsed magnetic field generated by the device causes the muscles to contract without even skin contact.

FMS is an effective way to build muscles and contour the body. FMS treatment increases the strength and endurance of the muscles and therefore increases the need for energy use.

That leads to fat reduction, because energy from local fat tissue is used for muscle energy.



How it all started?

- In 1831 Faraday made a discovery that forms the basis of magnetic stimulation.
- The ability of magnetic fields to stimulate nervous tissue was first demonstrated in 1896 by D'Arsonval.
- In 1982 Polson et al. produced a magnetic stimulator capable of peripheral nerve stimulation.
- Barker et al. first described in 1985 magnetic stimulation of the human motor cortex.
- This discovery told us that a time varying magnetic field can be used to induce an electric current. These are just some of the most important discoveries for FMS



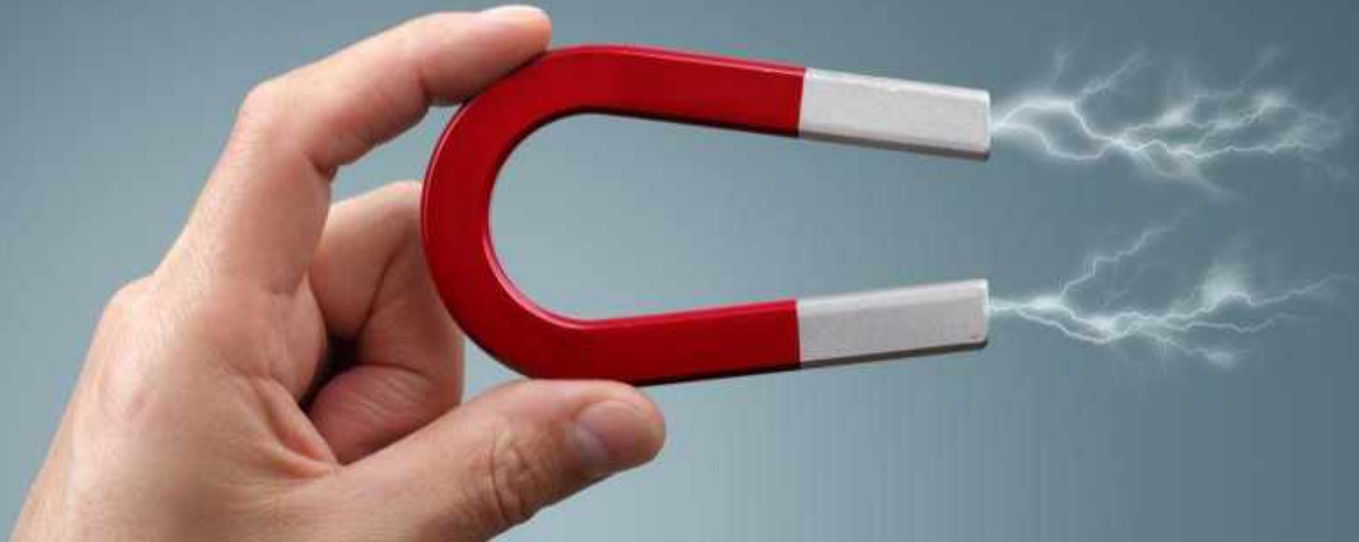
History in medicine

Since that time it has been suggested that magnetic therapy can be useful in treatment of:

- Broken bones (rogachefsky, 1998; sharrard, 1990),
- Wounds (lee, canady, & doong, 1993; man, man, plosker, markov, 1997; szor, 1998),
- Chronic pain (campbell, 1997; valbona, hazelwood & gabor, 1997),
- Psychiatric disorders (baker-price & persinger, 1996; george et al., 1997; kirkcaldie, pridmore, & pascual-leone, 1997)
- Sports rehabilitation (case studies and testimonials, 1999)

Functional magnetic nerve stimulation is a method of stimulating nerves that does not rely on the passage of electric current through electrodes and the skin.

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

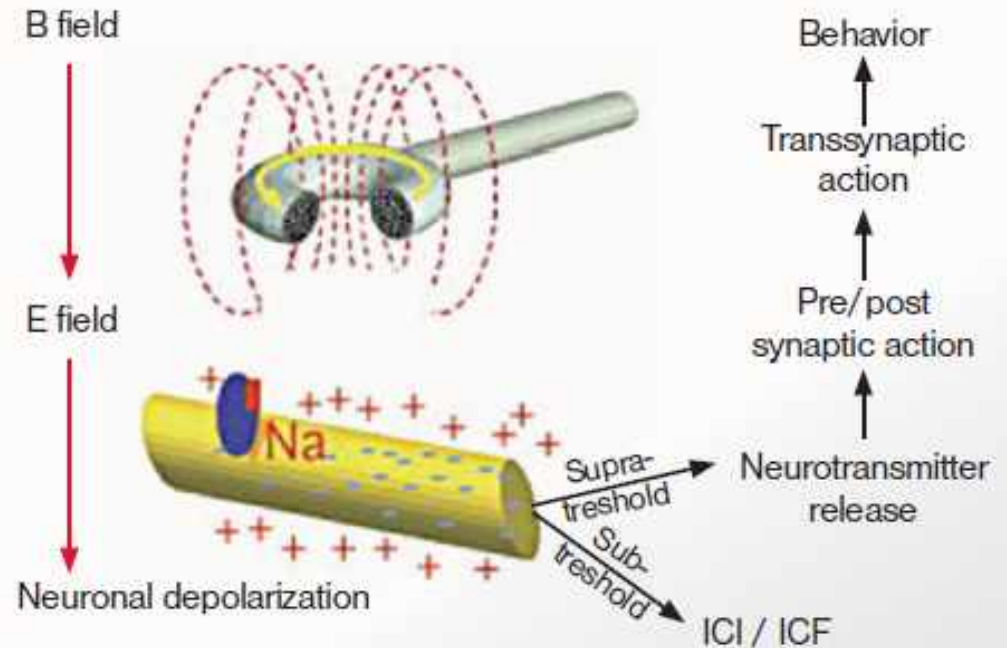


What is a functional magnetic stimulation (FMS)?

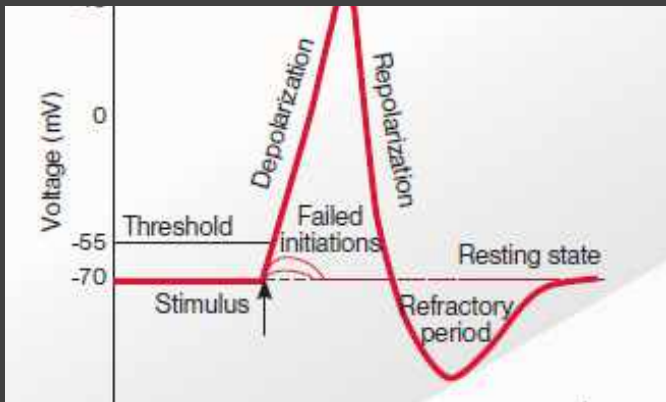
These magnetic pulses produce electrical fields, and if the induced current is of sufficient amplitude and duration such that depolarisation occurs, neural tissue will be stimulated in a similar manner to conventional electrical stimulation.

Importantly, the magnetic fields preferentially activate larger fibres, so avoiding the smaller fibres that mediate pain.

How does a magnetic field activate a muscle?



Rapid changes of magnetic field intensity induce an electrical current in the neuron. This phenomenon is called ELECTROMAGNETIC INDUCTION.



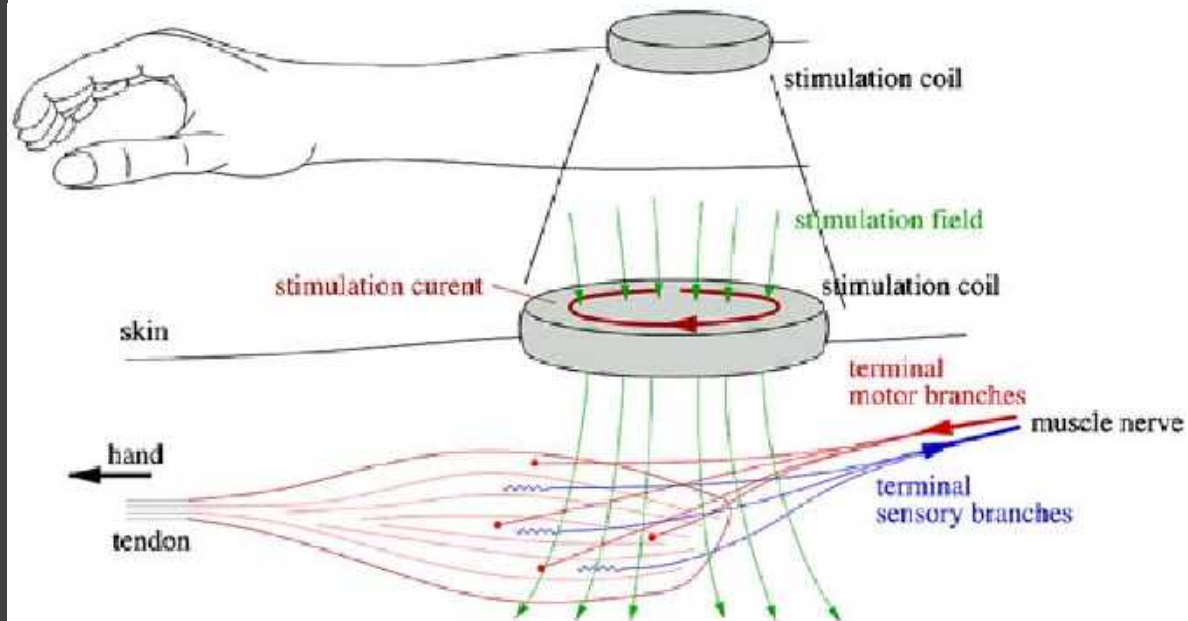
The aim of magnetic stimulation is to cause current to flow in nervous tissue, resulting in depolarisation of the nerve cell membrane and the initiation of an action potential.

A pulse of the magnetic field penetrates into the body. This induces an electric field, which in turn causes ions to flow and result in stimulation.

This stimulates the nerve cells, muscles and blood vessels.

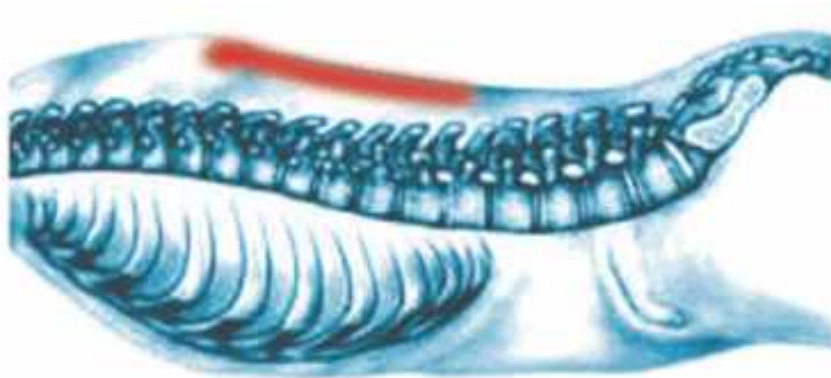
The magnetic field functions as the vehicle that causes ion flow in the body and does not itself stimulate the nerve.

- Magnetic stimulation creates intense, rapidly changing magnetic fields that are able to penetrate clothing, soft tissue and bone, to reach deep nervous structures.
- The human body is a good conductor for the magnetic field.

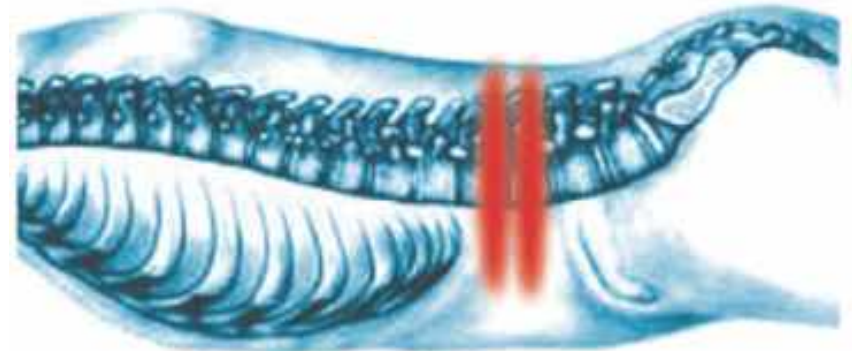


ELECTRO THERAPY VS. FUNCTIONAL MAGNETIC THERAPY

Electro therapy



Functional Magnetic therapy



Comparing it 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 skin surface 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.

TESLA TREATMENT





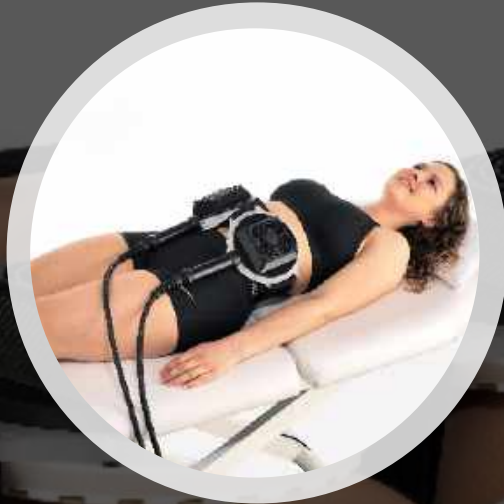
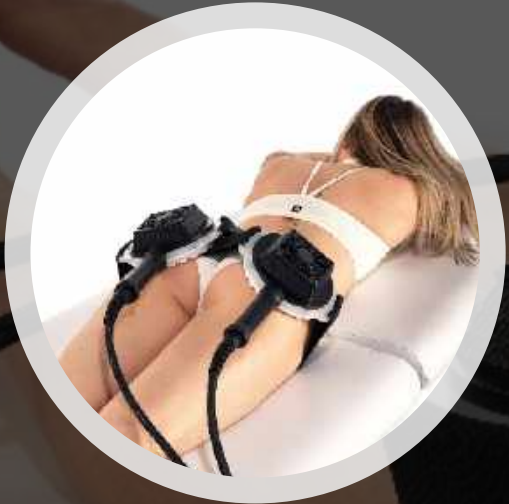
Tesla FORMER
device

| | |
|--|---------------------------------------|
| MAGNETIC FIELD STRENGTH | max 3 Tesla |
| THERAPY FREQUENCY | 1 to 160 Hz, adjustable |
| NUMBER OF CHANNEL | 4 |
| THERAPY DURATION | 1 min - 60 min, adjustable |

Handheld applicators

Chair

Chair and handheld applicators



TESLAChair™

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TESLAChair™ TESLAFormer™





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AESTHETICS

Group Name

Page 1

Page 2

Gluteus

Gluteus Advanced

Abdomen I

Abdomen II

Core Therapy

Inner Thighs

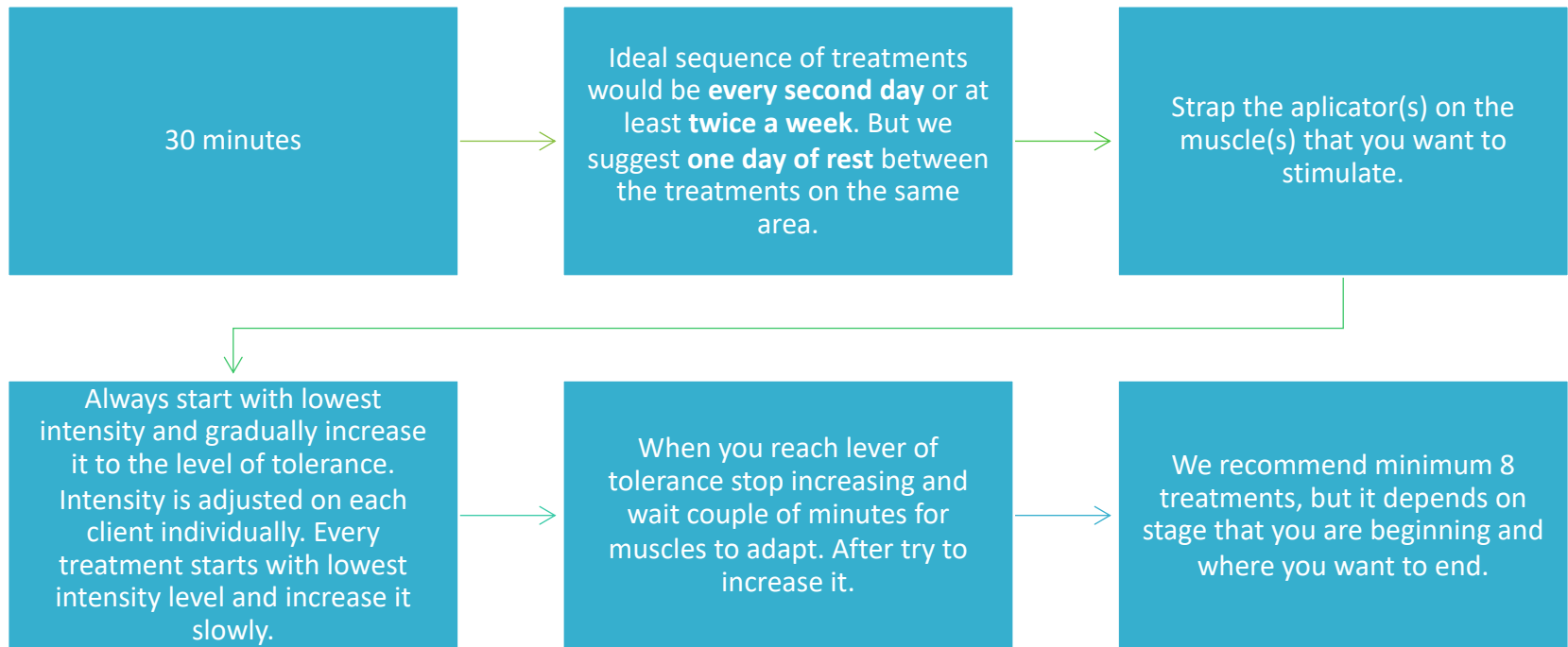
Outer Thighs

Lymphatic Drainage I

Lymphatic Drainage II

Adipocirculation I

Back



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Have realistic expectations.

Clients BMI should not be higher than 25.

Clients that are in better shape will have better and quicker results.

Clients with high BMI will have muscles developed behind the the layer of fat tissue so there will be results but hidden to the eye of observer.

TREATMENT APPLICATION



ABDOMINAL APPLICATION one applicator:

1. Place the strap with two velcros on table so that Velcro is looking down.



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

ABDOMINAL APPLICATION two applicators:

1. Place the strap with two velcros on table so that Velcro is looking down.



2. First draw together two applicators with strap 30 mm.



- Put the patient on table – strap should be on the middle of the back, place the combined applicators on abdomen on the middle. Put the Velcro through ear and attach it on strap. Repeat it on other side.



STOMACH APPLICATION



GLUTEUS APPLICATION:

1. First prepare the straps on the table. One strap with two velcros put it that the velcros are turned down. Prepare two straps with just one Velcro and put it that Velcro is turned up.



2. Second draw together two applicators with strap 30 mm.



3. Position the patient on the table and put the applicators on gluteus – be careful that the applications are on side of the glutes. Pull the velcro trough ear and fix it to the band. Repeat it on the other applicator.



4. Stripe the handle of the applicator to the leg with one Velcro band.

5. Result



GLUTEUS APPLICATION



LEG APPLICATION:

1. First prepare the straps on the table. One strap with two velcros put it that the velcros are turned down. Prepare two straps with just one Velcro and put it that Velcro is turned up. Select inner thigh or outer thigh program.



ARM APPLICATION:

1. On the arms - simply lean applicator to triceps or biceps and use the inner thighs program.



TESLA FORMER

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Consultation



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WHAT IS THE TESLAFORMER?

TESLAFormer™ uses Functional Magnetic Stimulation (FMS) to stimulate muscle contraction which is much higher than what typically the body can achieve through exercise. TESLAFormer™ form is the only system capable of running all muscle groups up to 50,000 contractions in one session.

WHAT IS IT USED FOR?

TESLAFormer™ excels in muscle development (aesthetic programs), TESLAFormer™ training also offers basic therapies, physical rehabilitation therapies. TESLAFormer™ form is the only system that can work with 24 different sequences within the same program / session according to the treated area.

WHAT IS THE TECHNOLOGY?

A special magnetic field is generated by a pulse of current inside the Tesla Electro-Magnetic Mechanism, and this induces a current that triggers the motor nerve system of the body, stimulating the targeted muscles to contract, and helping to boost circulation and nutrition.

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WHAT DOES THE TREATMENT INVOLVE?

TESLAFormer™ is an in and out procedure, non-invasive and no downtime. Treatments take from 30 minutes and patients can return to their normal routine after their treatment. You will be seated or lay down fully clothed, in the comfortable TESLAChair or treatment bed.

WHO IS IT SUITABLE FOR?

TESLAFormer™ is suitable for anyone who wants to tone and strengthen muscle. Best results are seen from people who maintain relative fitness and a healthy lifestyle.

WHY TESLA?

TESLAFormer™ offers a fundamental therapy with 2 Applicators - a unique system with fixed programs for different parts of the body. In A 30-minute session, using different frequencies and sequences, it stimulates muscle nerves, contract muscles, increases the circulatory system and stimulates the fascia. While working on the muscles, the body begins to consume fat tissue in the targeted area. In this way, you build in muscle tone and burn fat.

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WHAT IS THE TREATMENT COURSE?

We recommend a minimum of 4 treatment sessions.

For more advanced treatment, 6 – 10 treatments we be required.

Therapy is performed two or three times per week for thirty minutes.

DOES IT HURT?

TESLAFormer™ is a highly tolerable treatment. The sensation is new to most patients, contracting muscles at a fast and effective rate without causing discomfort. No pain management is involved in the treatment.

IS THERE ANY DOWNTIME?

The therapy is non-invasive, painless and without any known side effects. You will be encouraged to concentrate on muscle contraction during the stimulation. This facilitates the implementation of active learning exercises.

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WHAT ARE THE ADVANTAGES OF FMS TECHNOLOGY?

- Allows deep penetration into tissue
- FMS allows stimulation of deep muscle structures that cannot be reached by other modalities
- FMS is painless, noninvasive and thus suitable for patients where other technologies cannot be used
- FMS effectively stimulates muscle tissue without direct skin contact
- No negative side effects are known in the literature as long as contraindications are taken into account

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WHAT AREAS DOES THE TESLAFORMER™ TREAT

- Abdomen
- Gluteus muscles
- Hamstring area
- Arms
- You can apply it on any muscle except in the chest area and head.

PRESCRIPTIONS FOR FMS for Body Reshaping:

- Recommended min 4 sessions (dependant on baseline and treatment goal)
- 2-3 sessions per week (always having 1 day rest in-between)
- Improvement seen after 3-4 sessions
- Strong existing muscles will build faster - less sessions required
- If more subcutaneous fat in area and muscles are weak - more sessions will be required

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WHAT DOES THE TESLAFORMER™ TREAT

- ✓ Body reshaping
- ✓ Cellulite reduction and burning fat
- ✓ 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

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TREATMENT INFORMATION

PRE-TREATMENT:

- Make sure that you have not eaten within 2 hours (similar to exercise). On the day of the treatment, you are advised to wear comfortable clothing which allows flexibility for correct positioning during the treatment.
- With your clothes on, the TESLAFormer™ paddle fits closely pressed on the targeted muscle area, such as your abdomen, thighs, or buttocks. The TESLAFormer™ produces electromagnetic waves that cause muscle contractions.
- TESLAFormer™ treatment sessions typically take 30 minutes. There is no downtime and you can resume normal activities following the treatment. Your practitioner will help you create a treatment plan catered to your desired goals.
- Ideal sequence of treatments would be every second day or at least twice a week. But we suggest one day of rest between the treatments on the same area.
- Applicators are strapped on the muscle(s) that you want to stimulate. It is important that you don't have any metal in the treatment area such as metal studs in jeans. Active wear or gym wear are most suitable options to wear on day of treatment.
- Treatment is always started on lowest intensity and gradually increased to the level of tolerance – pain threshold. Intensity is adjusted on each client individually. Every treatment starts with lowest intensity level and increased slowly. When you reach level of tolerance intensity will plateau and then increase again in a couple of minutes for muscles to adapt.
- We recommend minimum 4 treatments, but it depends on stage that you are beginning and where you want to end.**
- A typical treatment plan would consist of 4-10+ treatments 2-3 times per week with at least 1 rest day in between.**
- It is recommended to drink plenty of water after treatment.

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WHO CANNOT BE TREATED

- Pregnancy, Cancer
- Epilepsy, Recent surgery
- Complete muscle tear at or near the site of stimulation
- Cardiac pacemakers and Cardiac arrhythmia
- Severe active pulmonary conditions
- Medication pumps
- Implants made of ferromagnetic metal at or near the site of stimulation
- Endometriosis
- Open wounds at or near the site of stimulation
- Hearing aid
- Clients BMI should not be higher than 25. Clients that are in better shape will have better and quicker results.
- Clients with high BMI will have muscles developed behind the layer of fat tissue so there will be result but hidden to the eye of observer.
- You are under the age of 18

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PRE TREATMENT DOCUMENTATION

CLIENT INFORMATION AND CONSENT

DISCLAIMER: This documentation is for general information purposes only and not intended as legal advice. The sample consent form is provided for your convenience and should be reviewed and edited to ensure that its contents comply with your local regulatory (legal) and institutional requirements.

FUNCTIONAL MAGNETIC STIMULATION TESLAFormer™ FOR BODY CONTOURING

SAMPLE CLIENT INFORMATION AND CONSENT FORM FOR TREATMENT

CLIENT NAME: _____ DATE: _____

ABOUT TESLAFORMER™

TESLAFormer™ uses Functional Magnetic Stimulation (FMS) to stimulate muscle contraction which is much higher than what typically the body can achieve through exercise. TESLAFormer™ is a highly tolerable treatment. The sensation is new to most patients, contracting muscles at a fast and effective rate without causing discomfort. No pain management is involved in the treatment.

TESLAFormer™ is an in and out procedure, non-invasive and no downtime. Treatments take from 30 minutes and patients can return to their normal routine after their treatment. TESLAFormer™ is suitable for anyone who wants to tone and strengthen muscle. Best results are seen from people who maintain relative fitness and a healthy lifestyle.

TESLAFormer™ offers a fundamental therapy with 2 Applicators - a unique system with fixed programs for different parts of the body. In A 30-minute session, using different frequencies and sequences, it stimulates muscle nerves, contract muscles, increases the circulatory system and stimulates the fascia. While working on the muscles, the body begins to consume fat tissue in the targeted area. In this way, you build in muscle tone and burn fat.

TESLAFormer™ is the only system capable of running all muscle groups up to 50,000 contractions in one session. TESLAFormer™ train uses a power up to 3 TESLAFormer™ and has a large number of dedicated programs. TESLAFormer™ excels in muscle development (aesthetic programs), TESLAFormer™ training also offers basic therapies, physical rehabilitation therapies. TESLAFormer™ is the only system that can work with 24 different sequences within the same program / session according to the treated area.

WHAT ARE THE ADVANTAGES OF FMS?

- Allows deep penetration into heterogeneous biological tissue
- FMS allows stimulation of deep muscle structures that cannot be reached by FES
- FMS is painless, noninvasive and thus suitable for patients where FES cannot be used
- FMS effectively stimulates muscle tissue without direct skin contact
- No negative side effects are known in the literature as long as contraindications are taken into account

AREAS THAT CAN BE TREATED WITH TESLAFORMER™

- Abdomen
- Gluteus muscles
- Hamstring area
- Arms
- You can apply it on any muscle except in the chest area and head.

PRE TREATMENT CHECKLIST

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Pre-Treatment Checklist

- Please remove any metal objects, belts watch, mobile phone wallet, body suit press studs, piercings, keys ...
- Have you recently been to the toilet?
- Make sure that you have not eaten within 2 hours (similar to exercise).
- On the day of the treatment, you are advised to wear comfortable clothing which allows flexibility for correct positioning during the treatment.
- You are not pregnant?
- Do you have an IUD?
- Cannot treat if contains any metal, if all plastic no problem but may become dislodged
- You do not have a Cardiac Pacemaker or any electronic in-plants, drug pumps etc.
- You do not have any metal implants
- You do not have a heart disorder

If All OK you can select program or advanced program and begin by saying:

- With your clothes on, the TESLAFormer™ paddle fits closely pressed on the targeted muscle area, such as your abdomen, thighs, or buttocks. The TESLAFormer™ produces electromagnetic waves that cause muscle contractions.
- TESLAFormer™ treatment sessions typically take 30 minutes. There is no downtime and you can resume normal activities following the treatment. Your practitioner will help you create a treatment plan catered to your desired goals.
- Applicators are strapped on the muscle(s) that you want to stimulate. It is important that you don't have any metal in the treatment area such as metal studs in jeans. Active wear or gym wear are most suitable options to wear on day of treatment.
- Treatment is always started on lowest intensity and gradually increased to the level of tolerance – pain threshold. Intensity is adjusted on each client individually. Every treatment starts with lowest intensity level and increased slowly. When you reach level of tolerance intensity will plateau and then increase again in a couple of minutes for muscles to adapt.
- Please confirm not in contact with Ribs or Hip bones or incorrect placement. The deep contractions you will experience will feel very strange, please provide feedback on sensation throughout the treatment.
- Clients BMI should not be higher than 25. Clients that are in better shape will have better and quicker results.
- Clients with high BMI will have muscles developed behind the layer of fat tissue so there will be result but hidden to the eye of observer.
- After 5 minutes you will start to relax as your muscles become exhausted
- Once they are exhausted and have used up the muscle storage of fuel and naturally burn subcutaneous fat. Hence Building muscle & burning fat

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SUPPORT DOCUMENTATION

REFERRAL AND CONDENSED CONSENT

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REFERRAL AND CONDENSED INFORMED CONSENT

You have been referred for TeslaFormer treatment therapy as prescribed by: _____

TeslaFormer is intended to be delivered through a series of non-invasive treatments for the purpose of building of muscles and thereby reducing localized fat.

- The treatment is typically 30 minutes per session, with sessions separated by at least 1 day apart, depending on your starting point and treatment goal. Completing a full treatment course is required to maximize treatment results. We also recommend at home maintenance exercises and occasional top up sessions. Results will typically continue to improve over the next few weeks after treatment. Most patients require 5-15 sessions.
- You remain fully clothed during the treatment. You will experience gradually increasing knocking and tingling sensations accompanied by muscle contractions. These sensations are only in the treated area. There is typically no pain associated with your treatment however your feedback will be requested for optimum application.
- I understand there are certain rare risks associated with TeslaFormer treatments that I may need to manage after treatment including: mild muscular pain, temporary muscle spasm, temporary joint or tendon pain, local skin redness. I understand that the treatment may involve risks or complications, or injury and I assume these risks.
- I am aware that I can't undergo the treatment when menstruating and will need to reschedule during these times. I understand that I cannot undergo treatment while pregnant or lactating.
- I am willing to fill in forms and/or anonymous questionnaires if requested, as this will help for medical evaluation of the results of the treatment. Information will be acquired for medical records or marketing purposes.
- I understand the results may vary from person to person and that treatment result cannot be predicted. I acknowledge the results may not meet my expectations. Your treatment provider will discuss your individual treatment needs with you.
- I certify that I have read this entire document and that I agree with all provisions. I certify that I have had the opportunity to ask questions and these questions have been answered in full to my satisfaction. I fully understand the treatment conditions, the procedure and possible side effects.

I have read the above information, and I request and give my consent to be treated with the TeslaFormer procedure.:

Patient signature: _____ Date: _____

TeslaFormer Operator: _____ Treatment Sheet Given

FREQUENTLY ASKED QUESTIONS

FUNCTIONAL MAGNETIC STIMULATION

FOR BODY CONTOURING

FREQUENTLY ASKED QUESTIONS TESLA FORMER

WHAT IS THE TESLA FORMER?

TESLAFormer™ uses Functional Magnetic Stimulation (FMS) to stimulate muscle contraction which is much higher than what typically the body can achieve through exercise. TESLAFormer™ is the only system capable of running all muscle groups up to 50,000 contractions in one session.

WHAT IS IT USED FOR?

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WHAT DOES THE TREATMENT INVOLVE?

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WHAT IS THE TREATMENT COURSE?

For effective treatment, we recommend 6 – 10 treatments. Therapy is performed two or three times per week for thirty minutes.

DOES IT HURT?

TESLAFormer™ is a highly tolerable treatment. The sensation is new to most patients, contracting muscles at a fast and effective rate without causing discomfort. No pain management is involved in the treatment.

IS THERE ANY DOWNTIME?

The therapy is non-invasive, painless and without any known side effects. You will be encouraged to concentrate on muscle contraction during the stimulation. This facilitates the implementation of active learning exercises.

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Pre Treatment Checklist

- Please remove any metal objects, belts watch, mobile phone wallet, body suit press studs, piercings, keys ...
- Have you recently been to the toilet?
- Make sure that you have not eaten within 2 hours (similar to exercise).
- On the day of the treatment, you are advised to wear comfortable clothing which allows flexibility for correct positioning during the treatment.
- You are not pregnant?
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- ❑ With your clothes on, the TESLAFormer™ paddle fits closely pressed on the targeted muscle area, such as your abdomen, thighs, or buttocks. The TESLAFormer™ produces electromagnetic waves that cause muscle contractions.
- ❑ TESLAFormer™ treatment sessions typically take 30 minutes. There is no downtime and you can resume normal activities following the treatment. Your practitioner will help you create a treatment plan catered to your desired goals.
- ❑ Applicators are strapped on the muscle(s) that you want to stimulate. It is important that you don't have any metal in the treatment area such as metal studs in jeans. Active wear or gym wear are most suitable options to wear on day of treatment.
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- After 5 minutes you will start to relax as your muscles become exhausted
- Once they are exhausted and have used up the muscle storage of fuel and naturally burn subcutaneous fat. Hence Building muscle & burning fat

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Post Treatment Reminders to Patients:

- It is recommended to drink plenty of water after treatment.
- We recommend minimum 8 treatments, but it depends on stage that you are beginning and where you want to end.
- A typical treatment plan would consist of 6-10+ treatments 2-3 times per week with at least 1 rest day in between.

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On completion of session:

- Very carefully remove Velcro and applicators and position pack on pole
- Inform patient they will feel a little tender of a few days
- All normal activities can be continued

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On completion of session:

- Very carefully remove Velcro and applicators and position pack on pole
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POST TREATMENT TREATMENT RECORD

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SAMPLE TREATMENT RECORD

Patient's Name:

Initial Consultation Date:

| Session # | Date | Preset Used | Intensity (%) | | Patient Feedback and Treatment Comments | Operator Initials |
|-----------|------|-------------|---------------|-----|---|-------------------|
| | | | Start | End | | |
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| NOTES: | | | | | | |