

# TESLAFormer™

## Consultation Guide



# TESLAFormer™

## **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.

# TESLAFormer™

## **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.

# TESLAFormer™

## **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.

# TESLAFormer™

## 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

# TESLAFormer™

## 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

# TESLAFormer™

## 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

# TESLAFormer™

## 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.



# TESLAFormer™

## 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

# TESLAFormer™

## 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

## TESLAFormer™

### 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 lever 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

# TESLAFormer™

## SUPPORT DOCUMENTATION

### REFERRAL AND CONDENSED CONSENT

## TESLAFormer™

### 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

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

#### DOES IT HURT?

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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 4-10+ 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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## POST TREATMENT TREATMENT RECORD

# TESLAFormer™

## 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:						