

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?

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.

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.

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. 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.

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

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.

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

WHO CANNOT BE TREATED?

- ✗ Pregnancy
- ✗ Cancer
- ✗ Epilepsy
- ✗ Complete muscle tear at or near the site of stimulation
- ✗ Cardiac pacemakers
- ✗ 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
- ✗ Cardiac arrhythmia
- ✗ Recent surgery
- ✗ 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

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.