

TESLAChair™

TESLAChair Pre-Treatment Checklist

- Please remove any metal objects, belts watch, mobile phone wallet, body suit press studs, piercings, keys...
- 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
- Have you recently been to the toilet?

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

- Please sit in the center of the chair with your legs at 45 degrees apart
- Your 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
- The deep contractions you will experience will feel very strange. The muscle contractions experienced are Supramaximal contraction – which are not possible naturally
- After 5 mins slowly increase the energy levels again.

Post Treatment Reminders to patients:

- TESLA Chair is building new muscle fibers which is important to continue supporting new muscle growth by continuing Kegel exercises at home
- A typical treatment plan would consist of 6-10+ treatments 2-3 times per week with at least 1 rest day in between.
- You should now endeavor to start a Kegel exercise regime or come back for maintenance treatments every 6-12 months as you feel the need
- Slowly increase the energy levels during each session
- 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.
- After treatment you may continue with all normal activities

On completion of session:

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

Contraindication checklist:

- Pregnancy, Endometriosis, Cancer, Epilepsy**
- Complete muscle tear at or near the site of stimulation**
- Cardiac pacemakers + Severe active pulmonary conditions + Cardiac arrhythmia**
- Medication pumps**
- Implants made of ferromagnetic metal at or near the site of stimulation**
- Open wounds at or near the site of stimulation + Recent surgery**
- Hearing aid**