

Whole-body electromyostimulation (WB-EMS training) FAQ

Safe, effective and time-saving: EMS training (electromyostimulation) is an innovative concept for the treatment or prevention of non-specific back pain and sarcopenia. In our fact sheet we present frequently asked questions and give you incentives for helpful answers.

„What is WB-EMS and how does it work?“

„Whole-body electrostimulation (EMS) is an innovative, time-saving and highly effective whole-body workout that specifically strengthens the muscles. **It is based on the body's own principle of muscle contraction** with the difference that the muscle contraction is set by an external electrical impulse. The impulses are delivered via electrodes. In this way, the deep back muscles and large muscle groups are also intensively trained at the same time.“

20 minutes
1 × per week



„How is professional whole-body EMS different from the muscle stimulation devices found in teleshops or at discount stores?“

„Unlike muscle stimulation devices from teleshops or discount stores, professional whole-body EMS trains large muscle groups of the entire body at the same time, which prevents one-sided strain and muscular imbalance. The electrical impulses have an effect **down to the deep muscles. Due to professional care**, you can't do anything wrong.“

The application takes place only with EMS trainers or therapists.

„Is EMS safe?“

„**EMS is safe.** Guidelines govern all aspects to be observed before, during, and after EMS use to avoid potential side effects in the event of non-professional use. In addition, if there are any contraindications, a physician's confirmation is required prior to initial use.“

„Are the current pulses dangerous to the body?“

„**The EMS stimulation current is absolutely** harmless. The current levels are in the milliampere (mA) range and activate only skeletal muscles, not organ and cardiac muscles.“

„For whom is EMS appropriate?“

“In general, **EMS is suitable for everyone** who wants to maintain their health and strengthen their muscles in a targeted manner. Due to the small amount of time required, EMS can be easily integrated into everyday life. In addition, EMS is possible up to old age due to the particularly joint-friendly application.”

„When not to use EMS?“

“**Contraindications to EMS** use include pregnancy, epilepsy, cardiac arrhythmias or cancer, and any inflammatory, acute illness, infection or other factor that weakens the immune system.”

„Is it okay to use EMS at home?“

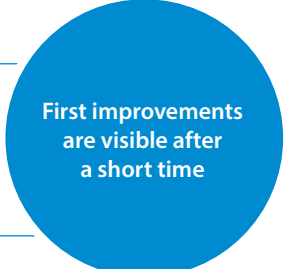
“In the private sphere, the safe use of EMS devices designed for professional application on the whole body cannot be guaranteed. Experts therefore recommend banning the private use of such EMS devices. Use should only occur in controllable, **commercial or therapeutic setting.**”

„Is it possible to do other sports activities in addition to EMS?“

“In principle, other sports can be performed in addition to EMS training. However, EMS is a high-intensity whole-body workout, which is why the body needs a break after the EMS exercise session. This **should be at least 48 hours**. Between two EMS exercise units, **a break of at least 4 days** should be planned.”

„When do you start seeing results?“

“The posture of the body is improved after only a few exercise sessions, and the increase in strength should be visible and noticeable after four to six weeks.”



First improvements are visible after a short time