Compex®





FUNCTIONAL TRAINING AND MUSCLE STIM

INTRODUCTION

FUNCTIONAL TRAINING COMBINES GYMNASTICS, WEIGHTS AND ENDURANCE SPORTS.

ATHLETES HAVE TO BE PROFICIENT IN A HUGE VARIETY OF DISCIPLINES. They run, row, climb rope, jump, move objects, practice Olympic weightlifting and complete movements using gymnastic rings, boxes, kettlebells, bags and other items which serve as training aids.
Functional training focuses on the development of ten athletic skills: cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, agility, coordination, balance and accuracy. The aim is to develop the capacity to train with greater intensity for extended periods, utilising a variety of muscle groups.

The WOD (Workout of the Day) is built around three core principles; functional, constantly varied and high intensity.
Firstly, the movements are functional, or in other words, natural and easily transferable to everyday life: pushing, pulling, jumping, running or lifting a heavy object.

Secondly, the training is constantly varied. Rather than allowing the body to sink into a familiar routine or rhythm, and thus lessening the benefit received from the workout, functional training means you never know what to expect; training might include circuits one day (a sequence of exercises in a given time or for a set number of repetitions) and a singular activity the next: running or pure strength (such as deadlifting, backsquat or shoulder pressing).

Finally, training is usually at high intensity; flirt with your own limitations: run as fast as possible, raise the bar with more weight, push yourself.

Compex can be the ideal partner to help reduce risk of injury through proper warm up, recover faster, and develop strength.



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2016 & 2017
CROSSFIT GAMES CHAMPION

PHYSICAL TRAINING

This section presents the 9 fundamental movements of Functional training plus 2 additional ones. Each movement involves different muscle groups with some that can be considered as priority.
For each movement the guide highlights which muscle group is involved and the relative electrode placement, the body position required and the program to use.
By using your Compex as described in the following pages, you can help to both improve your performance and increase your personal best.
It is important however, to follow your box coach's advice on how to execute these movements correctly, because at the end of the day strength is nothing without control.

GENERAL RULES: HOW TO USE

- Recommended duration of the preparation period is 4 to 6 weeks
- During the preparation, the same muscles will be stimulated 3 times a week.
- The 3 weekly sessions should be distributed as evenly as possible throughout the week. Compex sessions should take place on days either without training or without a demanding workout.
- Even if some movements involve multiple muscle groups, it is advisable to target a maximum of 2 muscle groups during the training period.
- The electrode placements are presented by priority. For example for the air squat movement the quads are the most important muscle group to stimulate. But you can also decide to work on your weakness and select another muscle group as a priority for you.
- The key factor in getting the most out of Compex is adjusting the intensity. The intensity should always be at your maximum tolerance level, or in other words, the highest setting you can bear with reasonable comfort. If you experience pain or discomfort, stop your session immediately
    - The intensity determines how many muscle fibers are recruited
    - The higher the intensity, the greater the progress of the muscle development
    - It is important to progress during a session as well as from one session to another. Keep increasing the intensity
- The combination of dynamic exercises with stimulation does not add any proven efficiency and should be reserved for specific work under the supervision of a physical trainer. This is why for some body positions this guide proposes the static (isometric) position and as a second step the dynamic position.
- Dynamic work, or CCMT™ (Compex Combined Muscle Training) is reserved for expert users who are used to the technique of electrostimulation and have already performed complete stimulation cycles (minimum 4 to 6 weeks at a rate of 3 sessions /week). In addition, the introduction of dynamic effort must be progressive; for example 10 contractions the first week (the remainder of the session in isometric), then 15 the following week, etc.
- In general, it is advisable to voluntarily contract the stimulated muscle during stimulation without moving the limb.
- The full training can be repeated 2-3 times per season



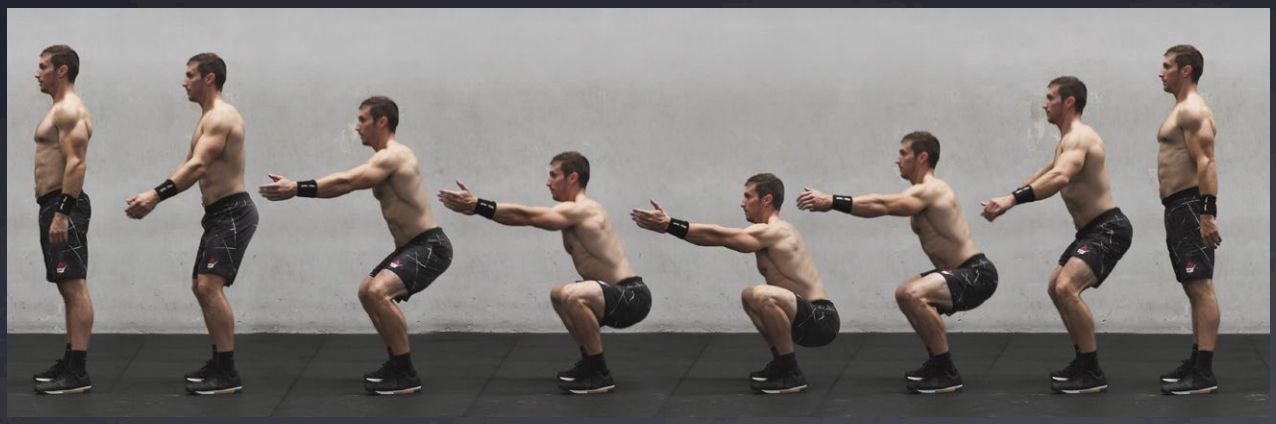
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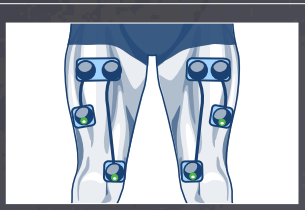
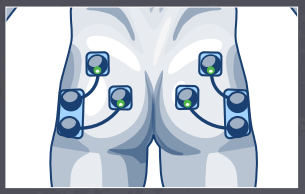
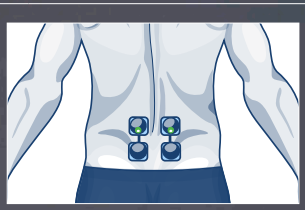
AIR SQUAT

MOVEMENT

The movement begins from a standing position and is initiated by moving the hips back and bending the knees and hips to lower the torso then returning to the upright position.

IMAGE



	QUADS	GLUTES	LUMBAR
COMPEX PROGRAM	Resistance	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY			
BODY POSITION	**STATIC**  • Sit with knees bent at approximately 90° • Secure the ankles to avoid knee extension when there is a powerful contraction **DYNAMIC**  • Sit on a chair • When the contraction begins, perform a half squat • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight, lower back arched and eyes facing forward (horizontal) • Stand up during the active rest phase	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction **DYNAMIC**  • Lying on your back • Knees raised, feet flat on the floor • Arms alongside your body • Lift your pelvis whilst contracting the buttocks • Keep the position during the contraction • Option: place a small ball between your knees, squeezing it during the contraction	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction

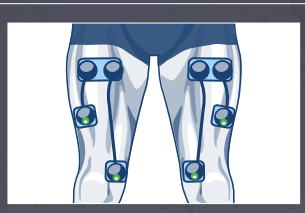
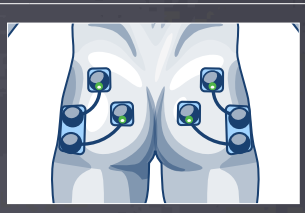
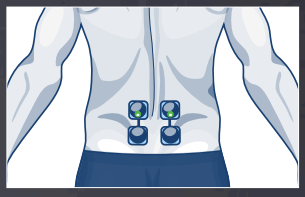
FRONT SQUAT

MOVEMENT

A squat with the barbell racked in the front, at shoulder level.

IMAGE



	QUADS	GLUTES	LUMBAR
COMPEX PROGRAM	Resistance	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY			
BODY POSITION	**STATIC**  • Sit with knees bent at approximately 90° • Secure the ankles to avoid knee extension when there is a powerful contraction **DYNAMIC**  • Sit on a chair • When the contraction begins, perform a half squat • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight, lower back arched and eyes facing forward (horizontal) • Stand up during the active rest phase	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction **DYNAMIC**  • Lying on your back • Knees raised, feet flat on the floor • Arms alongside your body • Lift your pelvis whilst contracting the buttocks • Keep the position during the contraction • Option: place a small ball between your knees, squeezing it during the contraction	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction

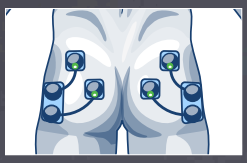
OVERHEAD SQUAT

MOVEMENT

A squat while holding a weight with your arms fully extended overhead.

IMAGE



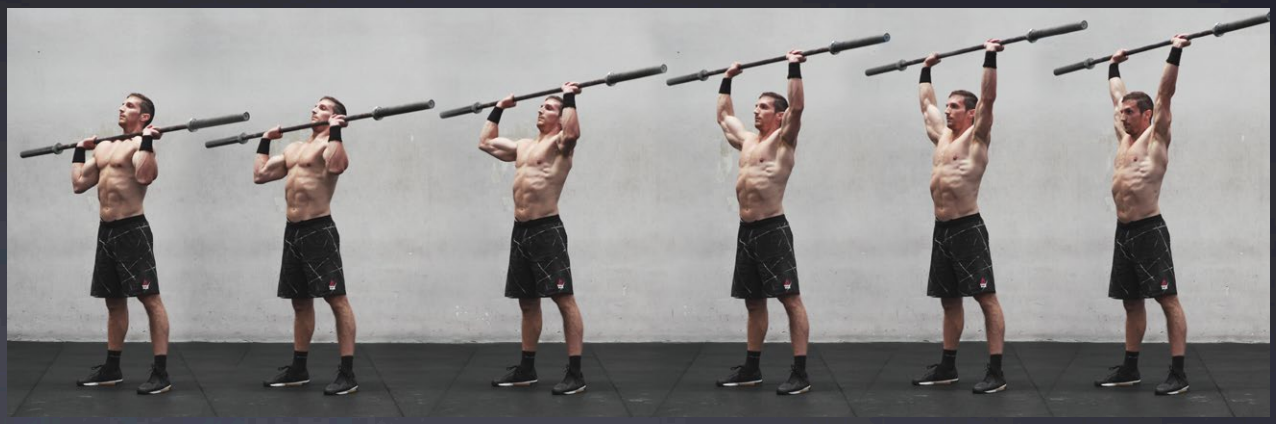
	QUADS	GLUTES	LUMBAR	RHOMBOIDS
COMPEX PROGRAM	Resistance	Resistance	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY				
BODY POSITION	**STATIC**  • Sit with knees bent at approximately 90° • Secure the ankles to avoid knee extension when there is a powerful contraction **DYNAMIC**  • Sit on a chair • When the contraction begins, perform a half squat • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight, lower back arched and eyes facing forward (horizontal) • Stand up during the active rest phase	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction **DYNAMIC**  • Lying on your back • Knees raised, feet flat on the floor • Arms alongside your body • Lift your pelvis whilst contracting the buttocks • Keep the position during the contraction • Option: place a small ball between your knees, squeezing it during the contraction	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction **DYNAMIC**  • Sit on a chair • When the contraction begins move your arms in front of you (like you were pushing something) and bring them back (like you were pulling something). It is very similar to a rowing movement. • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight

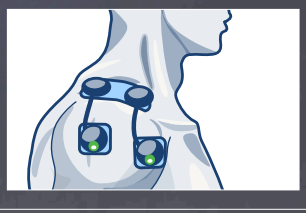
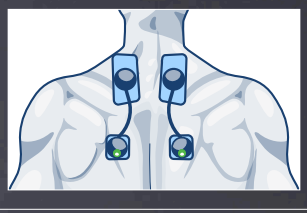
SHOULDER PRESS

MOVEMENT

Starting with the weight at your shoulders, press upwards with no dip in the knees, hip drive, or jump.

IMAGE



	DELTOID	RHOMBOIDS
COMPEX PROGRAM	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY		
BODY POSITION	STATIC 	STATIC 
	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction
	DYNAMIC 	DYNAMIC 
	• Stand up with arms alongside the body • When the contraction begins elevate your arms on the side of the body until you reach the hight of your shoulder then come back to the starting position, arms alongside the body • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight	• Sit on a chair • When the contraction begins move your arms in front of you (like you were pushing something) and bring them back (like you were pulling something). It is very similar to a rowing movement. • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight

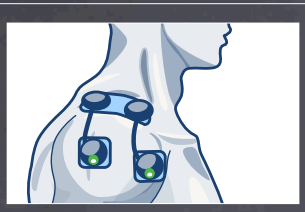
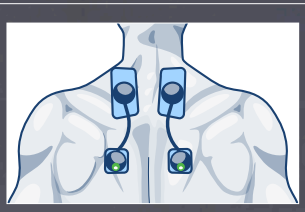
PUSH PRESS

MOVEMENT

Starting with the weight at your shoulders, press upwards with a small dip in the knees to drive the weight upwards.

IMAGE



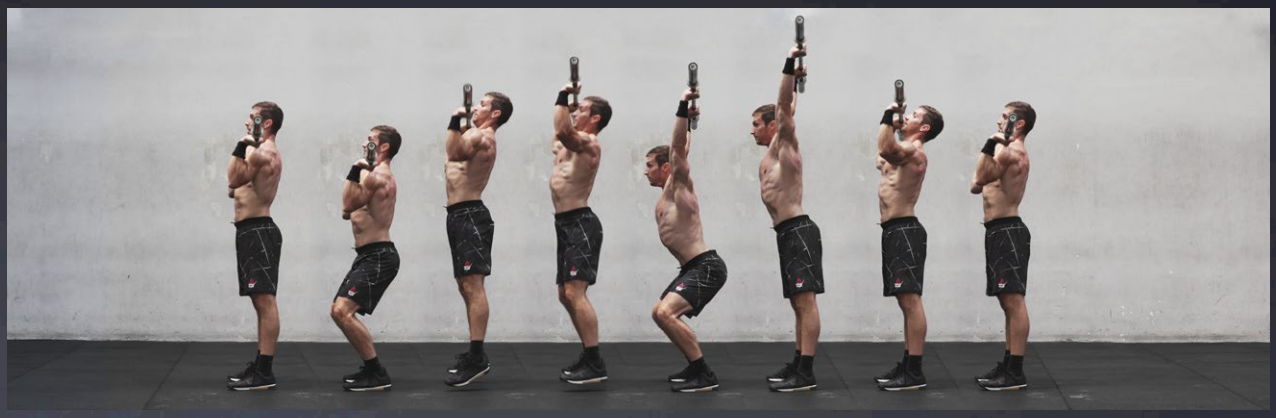
	DELTOID	RHOMBOIDS
COMPEX PROGRAM	**Resistance**	**Resistance**
ELECTRODES POSITION BY PRIORITY		
BODY POSITION	**STATIC** 	**STATIC** 
	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction
	DYNAMIC 	**DYNAMIC** 
	• Stand up with arms alongside the body • When the contraction begins elevate your arms on the side of the body until you reach the hight of your shoulder then come back to the starting position, arms alongside the body • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight	• Sit on a chair • When the contraction begins move your arms in front of you (like you were pushing something) and bring them back (like you were pulling something). It is very similar to a rowing movement. • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight

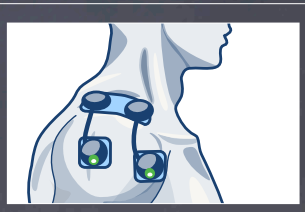
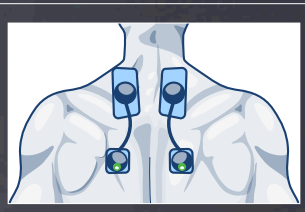
PUSH JERK

MOVEMENT

Lifting the weight overhead in combination with two small dips in the knees to drive the weight upwards.

IMAGE



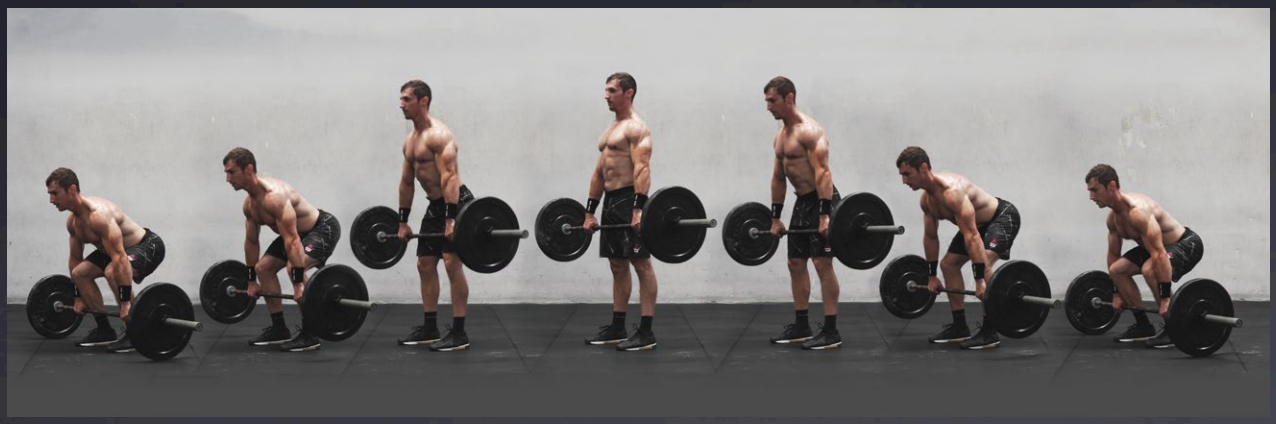
	DELTOID	RHOMBOIDS
COMPEX PROGRAM	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY		
BODY POSITION	**STATIC** 	**STATIC** 
	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction
	DYNAMIC 	**DYNAMIC** 
	• Stand up with arms alongside the body • When the contraction begins elevate your arms on the side of the body until you reach the hight of your shoulder then come back to the starting position, arms alongside the body • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight	• Sit on a chair • When the contraction begins move your arms in front of you (like you were pushing something) and bring them back (like you were pulling something). It is very similar to a rowing movement. • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight

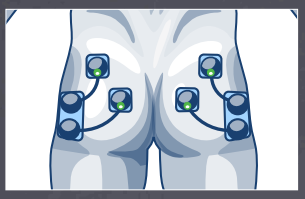
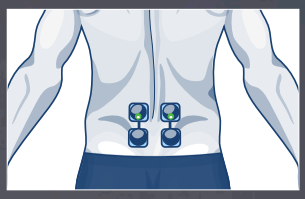
DEADLIFT

MOVEMENT

A barbell lift starting from the ground, in which one engages the legs and core to lift the weight from the ground to a hang.

IMAGE



	HAMSTRING	GLUTES	LUMBAR
COMPEX PROGRAM	Resistance	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY			
BODY POSITION	STATIC 	STATIC 	STATIC 
	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction
	DYNAMIC 	DYNAMIC 	
	• When the contraction begins bend forward at your hips • Bend your knees • Then come back to the starting position • The movement is very similar to the good morning movement but without a barbell • Repeat the movement several times (3-5) for the full duration of the contraction • Keep neutral back position	• Lying on your back • Knees raised, feet flat on the floor • Arms alongside your body • Lift your pelvis whilst contracting the buttocks • Keep the position during the contraction • Option: place a small ball between your knees, squeezing it during the contraction	

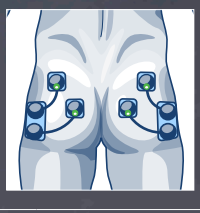
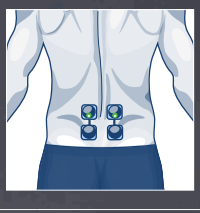
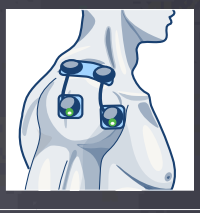
SUMO DEADLIFT HIGH PULL

MOVEMENT

The lift starts much like the deadlift, but with a wider stance and narrow grip. The weight is accelerated using the legs and hips to drive it to a top position directly under the chin.

IMAGE



	HAMSTRING	GLUTES	LUMBAR	DELTOID	TRAPEZIUS
COMPEX PROGRAM	Resistance	Resistance	Resistance	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY					
BODY POSITION	STATIC  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	STATIC  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	STATIC  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	STATIC  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	STATIC  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction
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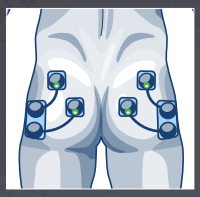
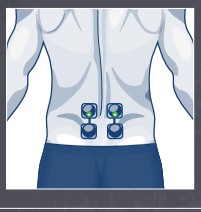
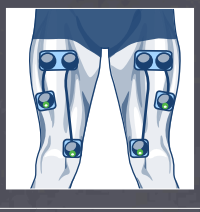
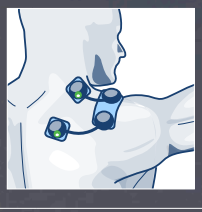
MED BALL CLEAN

MOVEMENT

Start like the deadlift setup. Rapidly extend hips and knees and shrug yourself under the medball to a squat position. Then stand up.

IMAGE



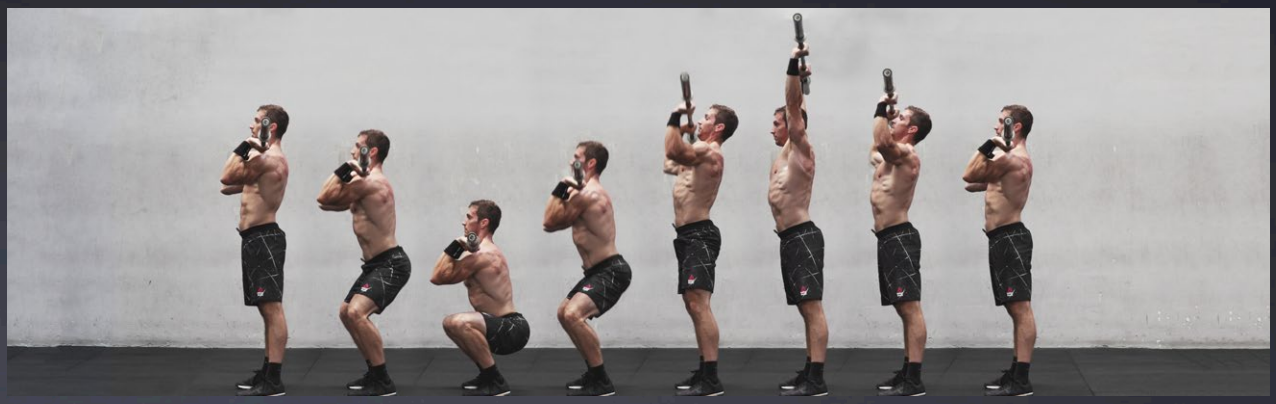
	HAMSTRING	GLUTES	LUMBAR	QUADS	TRAPEZIUS
COMPEX PROGRAM	Resistance	Resistance	Resistance	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY					
BODY POSITION	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction **DYNAMIC**  • When the contraction begins bend forward at your hips • Bend your knees • Then come to the starting position • The movement is very similar to the good morning movement but without a barbell • Repeat the movement several times (3-5) for the full duration of the contraction • Keep neutral back position	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction **DYNAMIC**  • Lying on your back • Knees raised, feet flat on the floor • Arms alongside your body • Lift your pelvis whilst contracting the buttocks • Keep the position during the contraction • Option: place a small ball between your knees, squeezing it during the contraction	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	**STATIC**  • Sit with knees bent at approximately 90° • Secure the ankles to avoid knee extension when there is a powerful contraction **DYNAMIC**  • Sit on a chair • When the contraction begins, perform a half squat • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight, lower back arched and eyes facing forward (horizontal) • Stand up during the active rest phase	**STATIC**  • Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction

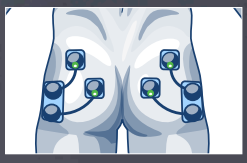
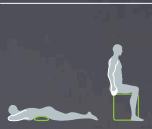
THRUSTER

MOVEMENT

A barbell lift starting from shoulder height, in which one performs a front squat, then pushes the barbell overhead during the rise to standing position.

IMAGE



	QUADS	GLUTES	LUMBAR	DELTOID
COMPEX PROGRAM	Resistance	Resistance	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY				
BODY POSITION	**STATIC** 	**STATIC** 	**STATIC** 	**STATIC** 
	• Sit with knees bent at approximately 90° • Secure the ankles to avoid knee extension when there is a powerful contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction
	DYNAMIC 	**DYNAMIC** 		**DYNAMIC** 
	• Sit on a chair • When the contraction begins, perform a half squat • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight, lower back arched and eyes facing forward (horizontal) • Stand up during the active rest phase	• Lying on your back • Knees raised, feet flat on the floor • Arms alongside your body • Lift your pelvis whilst contracting the buttocks • Keep the position during the contraction • Option: place a small ball between your knees, squeezing it during the contraction		• Stand up with arms alongside the body • When the contraction begins elevate your arms on the side of the body until you reach the hight of your shoulder then come back to the starting position, arms alongside the body • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight

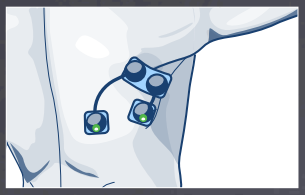
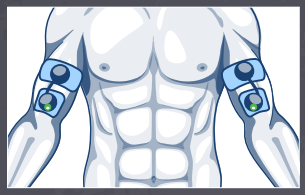
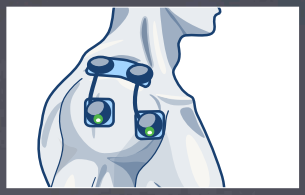
STRICT PULL UP

MOVEMENT

Hanging on a bar with straight arms, pull yourself up until the chin goes over the bar

IMAGE



	LATISSIMUS DORSI	BICEPS	DELTOID
COMPEX PROGRAM	Resistance	Resistance	Resistance
ELECTRODES POSITION BY PRIORITY			
BODY POSITION	STATIC 	STATIC 	STATIC 
	• Exhale slowly allowing the belly to draw in • Push the elbows into the armrests • Clench the buttocks and maintain a straight back	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction	• Stimulate the muscle isometrically by holding the extremities of limbs stimulated • Avoid any shrinking of muscle during contraction
			DYNAMIC 
			• Stand up with arms alongside the body • When the contraction begins elevate your arms on the side of the body until you reach the hight of your shoulder then come back to the starting position, arms alongside the body • Repeat the movement several times (3-5) for the full duration of the contraction • Keep the back straight

IMPROVE CORE STABILISATION

THE BOTTOM OF THE SPINE IS AN IMPORTANT BRIDGE WHICH ALLOWS transmission of forces between the upper and lower body, and when all is well, ensures mechanical efficiency.

Proper maintenance of this area is therefore essential for better performance during almost all WODs, but also, to reduce the risk of injury around the lumbar region.
Athletes should incorporate regular 'armouring' sessions into their regime, consisting of stimulation of the abdominal and lower back muscles along with exercises suitable for postural muscles (not utilising fast fibers).

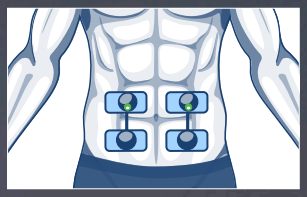
The advantage of core stabilisation with Compex is twofold: it helps to reduces pressure on the lower back whilst giving the lumbar-abdominal muscles an intense workout.

GENERAL RULES: HOW TO USE

- Recommended duration of the preparation period is 4 to 6 weeks
- Ideally 3 session per week
- At the end of the regime, it is advisable to keep up 1 session per week using the same program in order to maintain the muscle lining.

COMPEX PROGRAM — **Core Stabilization**

ELECTRODES POSITION



AT THE SAME TIME



BODY POSITION

STATIC



- Sit on a firm chair with a straight back.
- With each contraction, perform the following routine:
- Breath slowly emptying the lungs for the duration of the contraction.
- Pull in the belly.

DYNAMIC



- Rest on your forearms, body facing the floor
- Keep your body straight, with knees on the ground, or legs outstretched
- Hold the selected position for the duration of the contraction
- Then come back on rest position with knees down

WARM UP

WARMING UP IS AN IMPORTANT STEP BEFORE ANY WORKOUT in order to avoid injury and to prepare the muscle for an efficient workout.

WARM-UP PROGRAM

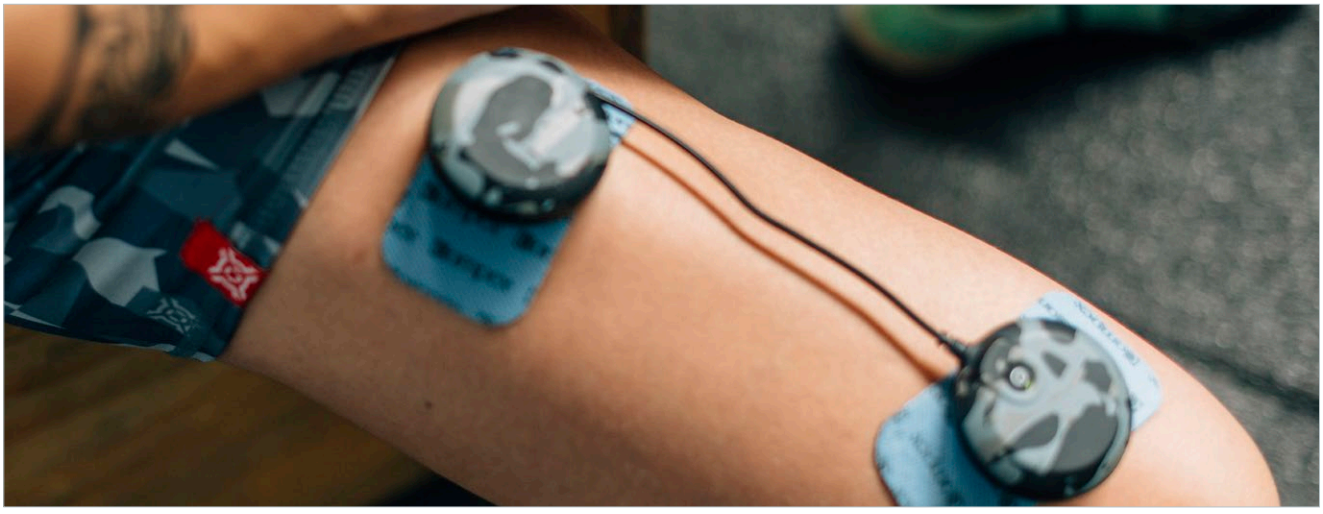
This program supplements warming up, ensuring optimal muscle-condition during a WOD. It's designed to improve muscular explosivity and delay 'nervous fatigue' (physical or psychological) during repetitions of high-strain movements which require maximum effort.
A Warm-Up session is short (about 9 minutes) and can be completed before the start of a WOD. A special regime incorporating muscle activation may help you to achieve good performance in your WOD.
The Warm-Up program generates a kind of beat interspersed with contractions from the stimulated muscle (muscle twitching). This specific type of muscle activation leads to a sharp increase in blood flow and improves the contraction capabilities of the muscles stimulated.

POTENTIATION PROGRAM

Like the Warm Up program, the Potentiation program should be completed before beginning a WOD. This program is shorter (less than 4 minutes) with the principle function of improving muscle contractility. Its main effect is to increase the speed of contraction and nerve transmission. It is essential to complete a preliminary warm-up before using this program as Potentiation does not increase circulation in the same way as the Warm Up program.

GENERAL RULES: HOW TO USE

- Electrodes position should be applied according to the main muscles used during the workout, please follow the electrode position shown on the device
- Body position should be applied according to the electrodes placement and program, please follow the body position shown on the device
- Intensity for muscle twitching phase should be increased until you feel and see visible muscle twitches. When you have tetanic contraction phase (strong contraction) you need to increase the intensity to the highest level you can bear with reasonable comfort. If you experience pain or discomfort, stop your session immediately



RECOVERY

HIGH INTENSITY WORKOUT SESSIONS CAN CAUSE A STATE OF TEMPORARY FATIGUE. The accumulation of toxins produced from exertion and alterations in the muscle fibers contribute to this condition. A proper training regime must incorporate workout routines but also recovery between workouts (or indeed competitions).
Training before the musculature has regained its potential can mitigate the benefits of a workout or worse still lead to complications caused by over-training. The Training recovery program can help accelerate the muscle recovery process after an intensive effort, exploiting several key factors:

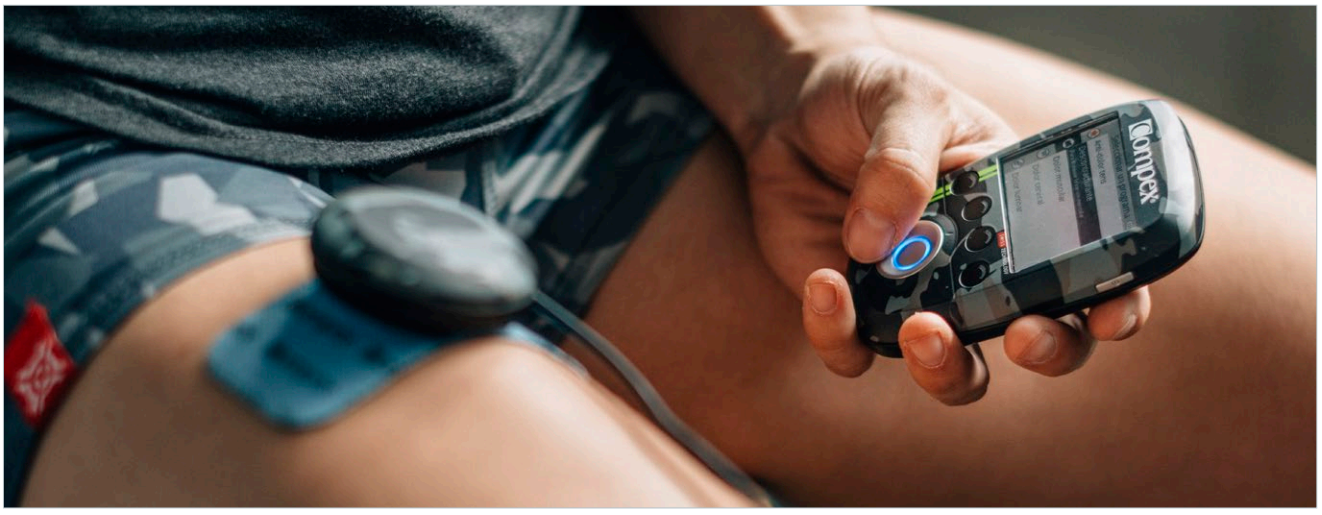
- Increasing local blood flow to the muscles drains toxins
- Generating endorphin (natural substances with analgesic properties) production reduces muscle soreness
- Promoting muscle relaxation

TRAINING RECOVERY PROGRAM

Unlike muscle building programs, the Training recovery program does not cause powerful contractions. Rather, it induces simple muscle twitches, providing a massaging sensation.
What is the difference between the Training recovery program and the Competition recovery program? The Competition recovery should be used after a very exhausting effort, when muscles are very fatigued. The frequency of this program helps reduce the risk of muscular cramp when a muscle is completely exhausted.

GENERAL RULES: HOW TO USE

- Electrodes position should be applied according to the main muscles used during the workout, please follow the electrode position shown on the device
- Body position should be applied according to the electrodes placement and program, please follow the body position shown on the device. But in general it is relaxed position
- Intensity should be increased until you feel and see visible muscle twitches. If you experience pain or discomfort, stop your session immediately.
- Use the Training recovery program ideally just after the workout but in any case within a time frame of 3 hours
- Like all Compex programs, Training recovery can be used all muscle groups that have been highly stressed during WODs



PAIN RELIEF

FUNCTIONAL TRAINING IS VERY DEMANDING ON THE JOINTS, MUSCLES AND TENDON STRUCTURES, especially when a WOD technique is poorly executed due to fatigue or and/or other factors. This can lead to pain or even worse, injury.
Before applying any Compex program it is important to be able to identify the type of pain in order to apply the appropriate program to help relieve pain.

PAIN MANAGEMENT TENS PROGRAM

Joint pain, tendon pain and ligament pain are particularly common among athletes and can be relieved by the 'painkiller' programs widely employed by physiotherapists. The Pain management TENS program should be used during the acute phase of the injury where it is advised to avoid pressure or weight on the afflicted area. This program provides a sensory stimulation (tingling sensation felt under the electrodes) which can help fight pain.

MUSCLE PAIN PROGRAM

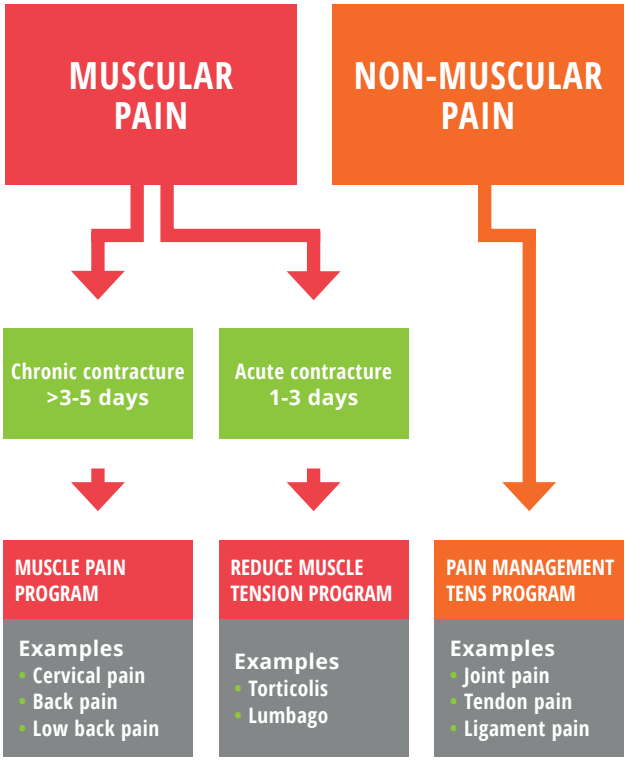
Muscle pain origin must first be clearly identified so as to avoid any serious injury like muscle tear or breakdown. These situations would require rest and the support of a doctor.
The Muscle pain program can be used during the chronic phase of an injury, as well as for issues with persistent muscle spasms (more than 3 to 5 days) by improving blood supply to the tendon or muscle and aiding recovery.

REDUCE MUSCLE TENSION PROGRAM

This program is used to relax and reduce the tension in the muscle.
After tiring muscle work, intense training or a competition, certain muscles or certain parts of muscles often remain tense and slightly painful. These are known as muscular contractures which should disappear after a few days with rest, good rehydration, a balanced diet with mineral salts and application of the Reduce muscle tension program.
It is important to differentiate recent contractures for which the Reduce muscle tension program is well adapted, with "old" contracture (more than 3 to 5 days) for which the Muscle pain program is better adapted.

GENERAL RULES: HOW TO USE

- Electrodes position for:
  - Pain management TENS progam, the general rule is to cover the painful area with electrodes
  - Muscle pain and Reduce muscle tension programs, should be applied according to the muscle that hurts, please follow the electrode position shown on the device
- Body position should be applied according to the electrodes placement and program, please follow the body position shown on the device, but always in a comfortable position
- Intensity for:
  - Pain management TENS program, gradually increase the intensities until tingling sensation are felt under the electrodes
  - Muscle pain and Reduce muscle tension programs, gradually increase the stimulation intensities until visible muscle twitches are obtained




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The Compex devices stimulate the motor neurons in healthy people to facilitate muscle performance, increase blood flow and allow your muscle fibres to relax. The product is also intended to stimulate the sensory nerves in order to obtain analgesic effects. Compex electrostimulators have a medical certificate and are regulated in accordance with CE legislation.

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