

Compex®

body



User and
applications
manual

FOREWORD



Before using the device, Compex recommends that you read this manual carefully. In particular, we recommend that you read chapter I ("Warnings") and chapter VI ("Programmes and specific applications").

For help...

... or answers to your questions, please do not hesitate to contact the following Compex subsidiaries:

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I. WARNINGS

1. Counter-indications

Important counter-indications

- Cardiac stimulator (pacemaker)
- Epilepsy
- Pregnancy (no positioning in the abdominal area)
- Serious arterial circulatory problems in the lower limbs
- Abdominal or inguinal hernia

Precautions when using the Compex

- After trauma or a recent operation (less than 6 months)
- Muscular atrophy
- Persistent pains
- Need for muscular rehabilitation

In all of the above cases, you are advised to:

- never use the Compex for prolonged periods without medical advice;
- consult your doctor if you are in any doubt whatsoever;
- read this manual carefully, in particular chapter VI, which provides information concerning the effects and indications of each stimulation programme.

■ Osteosynthesis equipment

The presence of osteosynthesis equipment (metallic equipment in contact with the bone: pins, screws, plates, prostheses, etc.) is not a contra-indication for the use of Compex programmes. The electrical current of the Compex is specially designed to have no harmful effect with regard to osteosynthesis equipment.

2. Safety measures

What you should not do with the Compex

- Do not use the Compex in water or in a humid atmosphere (sauna, hydrotherapy, etc.).
- Never carry out an initial stimulation session on a person who is standing. The first five minutes of stimulation must always be performed on a person who is sitting or lying down. In rare instances, very highly strung people may have a vagal reaction. This is of psychological origin and is connected with a fear of the muscle stimulation as well as surprise at seeing one of their muscles contract without having intentionally contracted it themselves. This vagal reaction produces a feeling of weakness with a fainting tendency, slowing down of the heartrate and a reduction in arterial blood pressure. If this does occur, all that is required is to stop the stimulation and lie down with the legs raised for the time it takes for the feeling of weakness to disappear (5 to 10 minutes).
- Never allow movement resulting from muscular contraction during a stimulation session. You should always stimulate isometrically; this means that the extremities of the limb in which a muscle is being stimulated must be firmly fixed, so as to prevent the movement that results from contraction.
- Do not use the device at less than 1.5 metres from a short-wave device, a micro-wave device or high frequency (H.F.) surgical equipment to avoid the risk of causing skin irritations or burns under the electrodes. If you are in any doubt about using the

Compex in close proximity to any other medical device, please consult its manufacturer or your doctor.

- Do not disconnect the stimulator electrode cables during the session without first switching off the stimulator.
- Never connect stimulation cables to an external electrical power supply because of risk of electrical shock.
- Never use the Compex if it is damaged (case, cables, etc.) or if the battery compartment is open. There is a risk of electrical discharge.
- Keep the Compex and its accessories out of the reach of children.
- Do not allow any foreign items (soil, water, metal, etc.) to enter into the Compex and the battery compartment.
- Sudden temperature variations can create droplets in the device due to condensation. Use the device only once it reached ambient temperature.
- Do not use the Compex while driving or operating machinery.
- Do not use the stimulator in the mountains at an altitude higher than 3,000 metres.

Where you should never apply electrodes...

- To the head.
- Counter-laterally: Do not use the two poles of the same channel (one electrode connected to the positive/red pole and one electrode connected to the negative/black pole) on either side of the body centreline (eg: right arm and left arm).
- To or in the vicinity of skin lesions of any kind (wounds, inflammations, burns, irritations, eczema, etc.).

Precautions when using the electrodes

- Only use the electrodes supplied by Compex. Other electrodes may

have electrical properties that are unsuitable for the Compex stimulator.

- Do not remove or move the electrodes during a stimulation session without first switching off the instrument.
- Do not plunge the electrodes into water.
- Do not apply a solvent of any kind to the electrodes.
- Before applying the electrodes, it is recommended to wash and degrease the skin, and then dry it.
- Apply the whole surface of the electrodes to the skin.
- For very important reasons of hygiene, each user must have his own electrode set. Do not use the same electrodes on different people.
- Do not use a set of electrodes for more than fifteen sessions, as the quality of the contact between the electrode and the skin, which is important for the comfort and effectiveness of stimulation, progressively degrades.
- In certain people with very sensitive skin, redness may be observed under the electrodes after a stimulation session. Generally, this redness is completely harmless and disappears after 10 to 20 minutes. However, avoid starting a stimulation session on the same area until the redness is no longer evident.

Precautions when using the batteries

- Do not open the battery compartment without first switching off the stimulator.
- Use only alkaline batteries 1.5 V, size AA, LR6. Never use batteries with other characteristics.
- All the four batteries must be replaced at the same time.

- Batteries must be positioned according to the diagram inside the battery compartment.
- Do not allow any foreign items (object, water, sand, dust, etc.) to enter into the battery compartment.
- Always close the battery compartment before switching off the device.
- Remove immediately the batteries if the Compex “bleeps” continuously,

in case of abnormal heating or smell, or if smoke comes from the device.

- Never leave the batteries inside your device if you do not intend to use it for a long period of time. Batteries may leak and damage your unit. If the batteries show signs of a leak, avoid contact with skin, eyes and clothing. In case of contact, wash surface with water and contact your doctor.

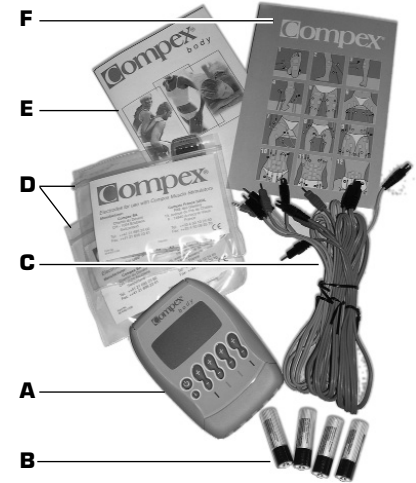


II. PRESENTATION

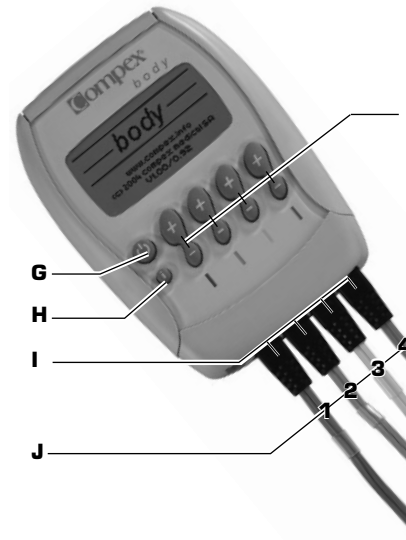
1. Reception of equipment and accessories

Your stimulator is supplied with:

- A** – The stimulator
- B** – 4 batteries
- C** – One set of electrode cables (blue, green, yellow, red)
- D** – 2 bags containing the electrodes
1 bag with 4 small electrodes (5 x 5 cm)
1 bag with 2 large electrodes (5 x 10 cm)
- E** – A user and applications manual
- F** – A poster with the pictures for the placements of electrodes and the stimulation positions



2. Presentation of the device



- G** – “On/Off” switch
- H** – “I” button
- I** – Sockets for the 4 electrode cables
- J** – Electrode cables
channel 1 = blue channel 2 = green
channel 3 = yellow channel 4 = red
- K** – “+/-” keys of the 4 stimulation channels
- L** – Battery compartment
- M** – Belt clip socket



3. Guarantee

The Compex stimulators are contractually covered with a guarantee of 2 (two) years. Register on our web site: www.compex.info.

The Compex guarantee comes into effect on the date of purchase of the device.

The Compex guarantee applies to the stimulator (goods and work) and does not cover cables and electrodes. It covers all the defects resulting from a problem of quality of the material or from a defective manufacture. The guarantee does not apply if the device was damaged further to a shock, an accident, a false operation, an insufficient protection against the humidity, a dumping or a repair not made by our after-sales services.

■ *The guarantee is valid only on presentation of proof of purchase.*

Legal rights are not affected by this guarantee.

4. Maintenance

To clean your unit, use a soft duster and an alcohol-based cleaning product, which does not contain any solvents. In fact, solvents could damage the plastic parts, especially the panel covering the screen of your Compex.

The user must not attempt any repairs to the device or any of its accessories. Never dismantle the Compex containing high-voltage parts because of risk of electrical discharge.

Compex Médical SA declines all responsibility for damages and consequences resulting from any attempt to open, modify or repair the device or any of its components by a person or a service centre not officially approved by Compex Médical SA.

Compex stimulators do not require calibration or verification of perform-

ance parameters. The characteristics are systematically verified and validated for each device manufactured. These characteristics are stable and do not vary when used under normal conditions.

If your device seems to not function as expected, regardless of the situation, contact an official Compex service centre for assistance.

Medical and health professionals must refer to local legislation for information related to maintenance. Normally, these laws require verification of certain criteria at regular intervals.


5. Storage conditions

The storage conditions must not exceed the following figures:

Storage temperature: from -20°C to 45°C

Max. relative humidity: 75%

Atmospheric pressure: from 700 hPa to 1060 hPa


 *Never leave the batteries inside your device if you do not intend to use it for a long period of time.*

6. Use conditions

Temperature of use: from 0°C to 40°C

Max. relative humidity: from 30% to 75%


Atmospheric pressure: from 700 hPa to 1060 hPa

 *Do not use in an explosion risk area.*

7. Elimination

For environmental protection the device, the batteries and its accessories have to be eliminated with special waste.

Batteries must be disposed of in accordance with your country's national laws governing the disposal of such items.

 *Batteries must never be disposed of in a fire. There is a risk of explosion.*

8. Standards

The Compex is based directly on medical technology.

To guarantee your safety, the design, manufacturing and distribution of Compex are in conformity with the requirements of the European Directive 93/42/CEE.


The device is in conformity with the standard for general safety rules for electromedical devices IEC 60601-1, the standard for electromagnetic compatibility IEC 60601-1-2 and the standard for special safety rules for nerve and muscle stimulators IEC 60601-2-10.


Current international standards (IEC 60601-2-10 AM1 2001) require that a warning be given concerning the application of electrodes to the thorax (increased risk of cardiac fibrillation).


9. Patent

Case: Patent pending

10. Normalised symbols

 **IMPORTANT:** Under some conditions, the effective figure for the stimulation pulses can exceed 10 mA and 10 V. The information given in this handbook must be strictly observed.

 The Compex is a class II device unit with its own internal electric power, with type BF applied sections.

 The "On/Off" switch is a multi-function key:

Functions	Symbol N° (according to CEI 8781)
On/Off (2 positions, stable)	01-03
Waiting or preparation for part of the unit	01-06
Stop (switching off)	01-10

11. Technical information

General points

Power supply: 4 alkaline batteries 1.5 V, size AA, LR6

Case: Plastic

Dimensions: Length: 137 mm; width: 94 mm; height: 33 mm

Weight: 320 g

Neurostimulation

All electrical specifications are given for a charge between 500 and 1000 ohms per channel.

Channels: Four independent and individually adjustable channels electrically insulated from each other and from ground

Impulse shape: Constant rectangular current compensated to eliminate any direct current component to avoid any residual skin polarisation
Maximum current of an impulse: 80 milliamperes

Intensity increase interval:

– Manual stimulation intensity adjustment: 0-389 (energy units)

– Minimum interval: 0.5 mA

Impulse duration: from 50 to 350 microseconds

Maximum quantity of electricity per impulse: 56 microcoulombs (2 x 28 µC compensated)

Typical rise time for an impulse: 3 microseconds (between 20% and 80% of maximum current)

Impulse frequency: from 1 to 150 Hertz

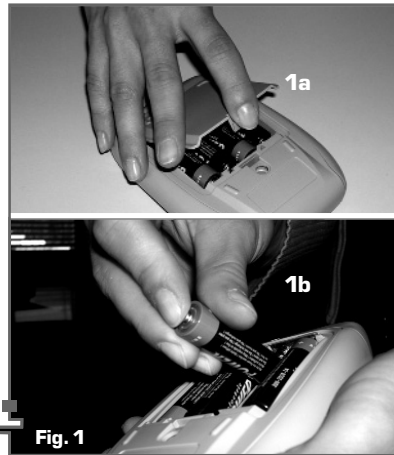
III. DIRECTIONS FOR USE AND INSTRUCTIONS

! Before using the unit for the first time, you are strongly advised to take careful note of the counter-indications and safety measures detailed at the beginning of this manual (chapter I: "Warnings"), as this powerful equipment is neither a toy nor a gadget!

1. Inserting and replacing the batteries

! Before opening the battery compartment, you are strongly advised to take careful note of the counter-indications and safety measures detailed at the beginning of this manual (chapter I: "Warnings").

Before using the unit for the first time and to make it work, you must insert the four batteries delivered with your device into the battery compartment on the back of your device.

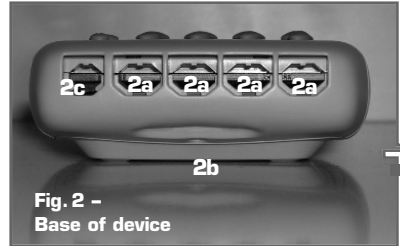


! Use only alkaline batteries 1.5 V, size AA, LR6. Never use batteries with other characteristics

1a To insert the batteries into your device, remove the battery cover.

1b Insert the batteries according to the diagram inside the compartment and close the battery cover again.

2. Connections



2a Sockets for the four electrode cables

2b Battery compartment

2c Socket for the after-sales service

! The electrical impulses generated by the Compex are transmitted to the nerves by self-adhesive electrodes. The choice of the size, the connection and the correct positioning of the electrodes are essential factors for ensuring effective and comfortable stimulation. So they require particular care.

To do all this – and for information on the recommended stimulation positions – refer to the pictures and pictograms on the poster, and to the "Table with placements of electrodes and stimulation positions" in chapter VII. The specific applications contained in chapter VI also provide useful relevant information.

Connecting the electrodes and cables

The electrode cables are connected to the stimulator through sockets on the base of the device.

Four cables can be connected simultaneously to the four channels of the device.

For easier use and better identification of the four channels, we advise you to follow the colour of the electrode cables and the stimulator sockets:

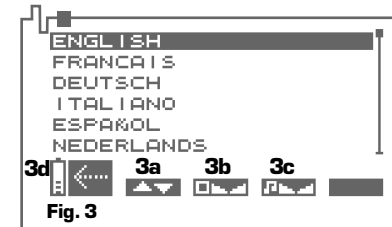
blue = channel 1	yellow = channel 3
green = channel 2	red = channel 4

3. Preliminary settings: language, light intensity and sound volume

Before using the unit for the first time, you should select the working language of the device which is displayed on the options screen. Proceed as per the instructions described below.

Afterwards, for the greatest comfort, Compex offers you a number of setting options (operating language selection, display contrast setting and sound volume setting).

To do this, display the options screen by pressing the "On/Off" switch on the left of the Compex and hold it down for a few seconds.



3a To select the language of your choice, press the "+" / "-" key of channel 1 (to go up or down), until the desired language is displayed in white characters on a black background.

3b To set the contrast of the display, press the "+" / "-" key of channel 2 ("+" to increase the preferred percentage and "-" to reduce it).

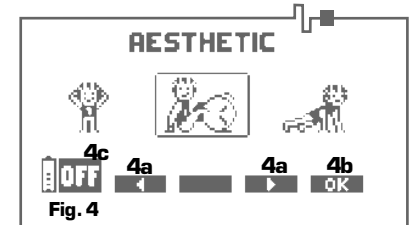
3c To set the sound volume, press the "+" / "-" of channel 3 ("+" to increase the preferred percentage and "-" to reduce it).

3d To confirm the parameters selected, press the "On/Off" switch. Your stimulator saves your options. It is now ready for use with the settings you selected.

4. Selecting your motivation

To switch on your stimulator, briefly press the "On/Off" switch on the left of the Compex. A musical signal can be heard and a screen showing the different motivations is displayed.

Before choosing a programme, you should select the desired motivation.



4a To select the desired motivation, press the "+" / "-" key of channel 1 (to go to the left) or channel 3 (to go to the right), until the desired motivation is displayed in a frame.

4b To confirm your choice and to move on to the programme selection screen (see the next section: "Selecting a programme"), press the "+" / "-" key of channel 4.

4c Press the "On/Off" key to switch off the stimulator.

5. Selecting a programme

To choose a programme, it is particularly useful to consult chapter VI of this manual ("Programmes and specific applications").

Regardless of the motivation you selected in the previous step, a list containing a select number of programmes appears on the screen.

5a To select the desired programme, press the "+"/"-" key of channel 1 (to go up or down), until the desired programme is displayed in white characters on a black background.

5b Press the "On/Off" key to return to the previous screen.



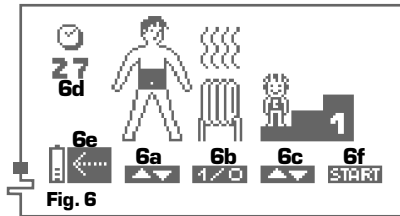
5c After selecting the desired programme, press the "+"/"-" key of channel 4 which, depending on the programme selected, displays the symbol **OK** or **START**.

- a) **START** = the stimulation session starts immediately;
- b) **OK** = a parameter setting screen displays.

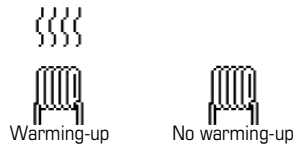
6. Personalising a programme

The programme personalisation screen is not available for all programmes!

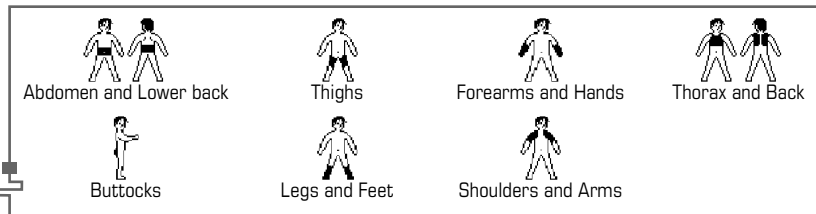
6a Certain programmes require manual selection of the muscular group that you want to stimulate and a figurine is displayed above channel 1. To select your desired group, press the "+"/"-" key of channel 1 (to go up or down). The seven muscular groups are displayed in succession in black on the figurine:



6b The warming-up sequence suggested for some programmes is active by default (an animated rising convection symbol above the heater). If you prefer to skip this sequence, press the "+"/"-" key of channel 2.



Current international standards require that a warning be given concerning the application of electrodes to the thorax (increased risk of cardiac fibrillation).



6c Certain programmes allow you to adjust the level of work. To do this, press the "+"/"-" key of

channel 3 (to go up or down), until the desired level of work is displayed.

6d Total programme time in minutes.

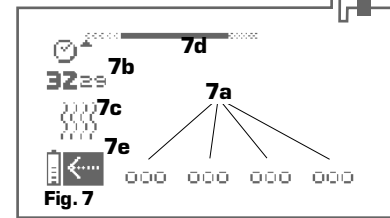
6e By pressing the "On/Off" key, you can return to the previous screen.

6f To confirm your selection and start the programme, press the "+"/"-" key of channel 4.

7. During the stimulation session

Setting stimulation energy

When the programme starts, the Complex prompts you to increase the stimulation energy, a key factor for the effectiveness of the stimulation.



7a The Complex "bleeps" and the symbols of the four channels flash, changing from "+" to "000": the four channels are at 0 energy. You must increase the stimulation energy so that the stimulation can start. To do this, press the "+" of the keys of the relevant channels, until the desired setting is reached.

If you want to increase the energy level of all four channels simultaneously, press the "I" button, located below the "On/Off" key. You can also increase the energy level of three first channels, by pressing the "I" button twice, or the energy level of two first channels only, by pressing three times this button.

Once you activate the "I" button, the associated channels are highlighted in white on a black background.

7b Remaining time in minutes and seconds.

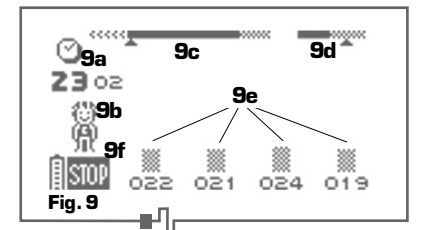
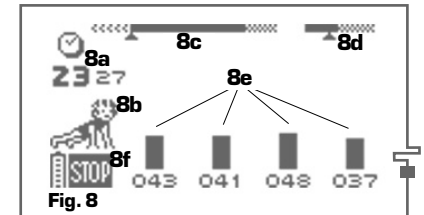
7c The animated rising convection symbol represented the warming-up sequence.

7d Session progression scale. For details on how it works, see the following section ("Programme progression").

7e By pressing the "On/Off" key, you can return to the previous screen.

Programme progression

Stimulation does really start when the stimulation energy has been increased. The screens that are displayed during stimulation allow you to observe the progression of the session. These screens may differ from one programme to another. The examples reproduced below are sufficient for you to understand the general rules.



8a-9a Remaining time (in minutes and seconds) before the end of the programme.

8b-9b A small animated symbol indicating the motivation to which the programme belongs.

8c-9c Session progression scale:

The progression scale is composed of three distinct parts: the programme consists of three stimulation sequences, i.e., warming up (light hatching /left), the actual work (black area/centre) and relaxation at the end of the programme (heavier hatching/right).

The progression scale can be also entirely hatched: the programme then consists of a single stimulation sequence.


The small cursor located just below the scale moves horizontally and indicates precisely the state of progression of the programme (here: start of the first sequence, i.e., the work sequence).

8d-9d Contraction and active rest time bar:

This bar is displayed at the right of the progression scale, but only during the work sequence. It indicates the duration of the contraction and active rest times.

8d The cursor is located under the black (left) part of the bar: you are in a muscular contraction phase.

9d The cursor is located under the hatched (right) part of the bar: you are in an active rest phase.


 The stimulation energy during the active rest phase is automatically set at 50% of the stimulation energy during the muscular contraction.

8e-9e Bar charts:

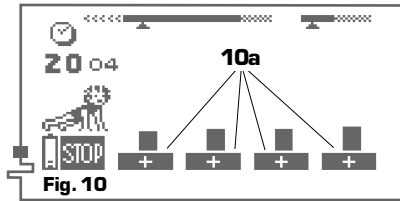
8e The muscular contraction phase is represented by the bar charts of the stimulation channels used (which become black during the contraction phase).

9e The active rest phase is represented by the bar charts of the stimulation channels used (which become hatched during the active rest phase).

8f-9f You can interrupt the programme momentarily (**STOP** = "PAUSE") by pressing the "On/Off" key. If you wish to restart the session, simply press the "+"/"-" key of channel 4.

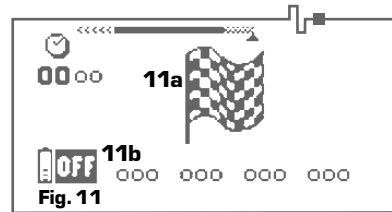
 After an interruption, stimulation restarts at 80% of the stimulation energy set before the **STOP**.

Adjusting stimulation energy



10a During the session, the Compex "bleeps" and some symbols start to flash above the active channels (over the energy indications): the Compex is prompting you to increase the stimulation energy level. If you cannot support an increase of the energy, just ignore this message.


End of programme



11a At the end of the session, you hear a musical signal and a small flag is displayed.

11b It is then only necessary to switch off the stimulator by pressing the "On/Off" key (**OFF**).

8. Electricity consumption

 Use only alkaline batteries 1.5 V, size AA, LR6.
Never leave the batteries inside your device if you do not intend to use it for a long period of time. Batteries may leak and damage your unit. If the batteries show signs of a leak, avoid contact with skin, eyes and clothing. In case of contact, wash surface with water and contact your doctor.

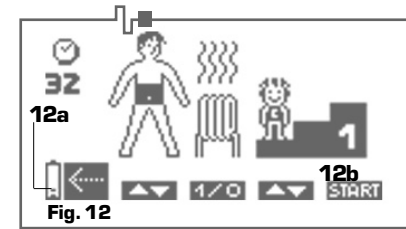
The Compex runs on four alkaline batteries 1.5 V. Their working life depends on the programmes and stimulation energy used.


Before using your stimulator for the first time, insert the four batteries into the battery compartment (see section 1: "Inserting and replacing the batteries").

The symbol of a small battery indicates the charge level of the batteries.

12a The small battery is empty and it is animated: batteries are flat. You must replace them (see section 1: "Inserting and replacing the batteries").

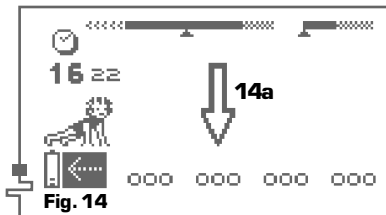
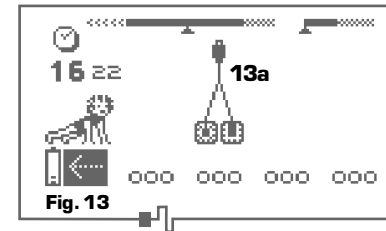
12b The **START** symbol normally displayed above the "+"/"-" key of channel 4 has disappeared.



peared (): The batteries are completely flat. It is no longer possible to use the device. Change the batteries immediately (see section 1: "Inserting and replacing the batteries").

9. Problems and solutions

Electrode fault



13a-14a The Compex "bleeps" and alternatively displays the symbol of a couple of electrodes and an arrow pointing to the channel where a problem has been detected. Above, the stimulator has detected an electrode fault on channel 2. This message may mean that:

- 1) there is no electrode connected to this channel;
- 2) the electrodes are old, worn out and/or the contact is poor: try using new electrodes;
- 3) the electrode cable is defective: try it using another channel. If cable shows a default again, please replace.

Device fault

A fault may happen during use. The following screen is displayed:



If this message appears, switch off the device and remove the batteries. Please contact the hotline, noting this error code.

If, for any reason, you experience any other trouble with your device, please contact the hotline mentioned and approved by Compex Médical SA.

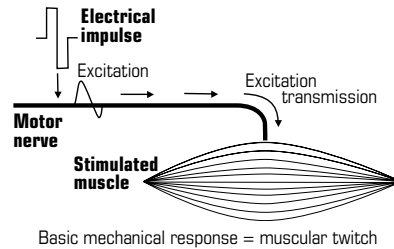
IV. HOW DOES IT WORK?

The principle of electrostimulation is to stimulate nerve fibres by means of electrical impulses transmitted by electrodes.

The electrical impulses generated by Compex stimulators are high-quality impulses – ensuring safety, comfort and efficiency – that stimulate different types of nerve fibres:

– the motor nerves to stimulate a muscular response. The quantity of work and the benefits obtained depend on the stimulation parameters. This is known as electromuscularstimulation (EMS).

– certain types of sensitive nerve fibres to obtain analgesic or pain-relieving effects.



second, contraction time, rest time, total programme time) subject the muscles to different types of work, according to muscular fibres. In fact, different types of muscular fibres may be distinguished according to their respective contraction speed: slow, intermediate and fast fibres. The fast fibres will obviously predominate in a sprinter, while a marathon runner will have more slow fibres.


With a good knowledge of human physiology and a perfect mastery of the stimulation parameters of the various programmes, the muscular work can be directed very precisely towards the desired goal (muscular reinforcement, increased blood flow, firming up, etc.).

2. Stimulation of the sensitive nerves

The electrical impulses can also excite the sensitive nerve fibres to obtain an analgesic or pain-relieving effect.

The stimulation of the tactile sensitive nerve fibres blocks the transmission of pain by the nervous system. The stimulation of another type of sensi-

tive fibres creates an increase in the production of endorphins and, therefore, a reduction of pain.

 Do not use the pain programmes for a long period without medical advice.

■ Benefits of electrostimulation

Electrostimulation is a very effective way to make your muscles work:

- with significant improvement of different muscular qualities,
- without cardio-vascular or mental fatigue,
- with limited stress on the joints and tendons.

Electrostimulation thus allows a greater quantity of work by the muscles compared with voluntary activity.

To be effective, this work must involve the greatest possible number of muscular fibres. The number of fibres working depends on the stimu-

lation energy. It will therefore be necessary to use the maximum tolerable energy. The user controls this aspect of stimulation. The higher the stimulation energy, the greater the number of muscular fibres that are working and, therefore, the more significant the progress achieved.

To maximize your results, Compex recommends that you complement your electrostimulation sessions with other efforts, like:

- regular exercise,
- proper and healthy nutrition,
- balanced lifestyle.

1. Motor nerve stimulation (EMS)

In voluntary activity, the order for muscular work comes from the brain, which sends a command to the nerve fibres in the form of an electrical signal. This signal is then transmitted to the muscular fibres, which contract. The principle of electrostimulation accurately reproduces the process observed during a voluntary contraction. The stimulator sends an electrical current impulse to the nerve fibres, exciting them. This excitation is then transmitted to the muscular fibres causing a basic mechanical response (= muscular twitch). The latter constitutes the basic requirement for muscular contraction.


This muscular response is completely identical to muscular work controlled by the brain. In other words, the muscle cannot distinguish whether the command comes from the brain or from the stimulator.

The parameters of the Compex programmes (number of impulses per

V. USE PRINCIPLES

The use principles presented in this section should be considered general rules. For all programmes, it is recommended that you read carefully the information and advice on use presented in chapter VI of this manual (“Programmes and specific applications”).

1. Placement of electrodes

 It is recommended that you comply with the suggested placements. To do this, refer to the pictures and pictograms shown on the poster and to the “Table with placements of electrodes and stimulation positions” in chapter VII.

A stimulation cable consists of two poles:

- a positive pole (+) = red connection
- a negative pole (–) = black connection

A different electrode must be connected to each of the two poles.

Note: It is possible and normal to have an electrode arrangement that

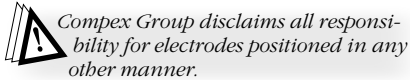
leads one electrode connection free from a cable.

Depending on the characteristics of the current used for each programme, the electrode connected to the positive pole (red connection) is more effective when placed in a “strategic” position.

For all muscle electrostimulation programmes, i.e., programmes involving muscle contractions, it is important to place the positive polarity electrode on the muscle motor point.

The choice of electrode size (large or small) and the correct positioning of the electrodes on the muscular group to be stimulated are determinant and essential factors for the effectiveness

of the stimulation. Therefore, always use the size of electrodes shown in the pictures. Unless you have other specific medical instructions, always follow the placement directions in the pictures. If necessary, find the best position by slightly moving the positive polarity electrode, so as to obtain the best muscle contraction or the position that seems most comfortable.



Compex Group disclaims all responsibility for electrodes positioned in any other manner.

2. Stimulation positions

■ To determine the stimulation position to adopt depending on the placement of the electrodes and the chosen programme, refer to the pictures and pictograms on the poster and to the “Table with placements of electrodes and stimulation positions” in chapter VII.

The stimulation position depends on the muscular group to be stimulated and the programme chosen.

For the programmes involving powerful muscular contractions, the muscle should always be stimulated in an isometric fashion. Consequently, you should fix the extremity of the stimulated limb(s) firmly. In this way, you provide maximum resistance to the movement and prevent any shortening of the muscle during the contraction, which could create cramp pains and serious stiffness after the session. For example, when stimulating the quadriceps, the user should be in a seated position with the ankles fixed with straps to prevent extension of the knees.

For the other types of programmes (for example, the Health programmes and the **Active recovery** programme),

which do not involve powerful muscular contractions, position yourself as comfortably as possible.

3. Setting the stimulation energy level

In a stimulated muscle, the number of recruited fibres depends on the stimulation energy. For the programmes involving powerful muscular contractions, it is therefore absolutely necessary to use maximum stimulation energy, always at the limit of what you can support, so as to involve the greatest possible number of fibres.

The “Table with placements of electrodes and stimulation positions” in chapter VII provides information on the energy to use, depending on the selected programme.

4. Progression in the levels

In general, it is not advisable to go through the different levels quickly with the intention of reaching level 3 as fast as possible. In fact, the different levels correspond to progress with electrostimulation.

The simplest and most usual procedure is to start with level 1 and raise the level when changing to a new stimulation cycle.

At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session a week at the last level reached.

VI. PROGRAMMES AND SPECIFIC APPLICATIONS

The applications that follow are given by way of example. They provide a better understanding of how electrostimulation sessions can be combined with voluntary activity.

You can of course choose a muscular group different from the one indicated, depending on the activities you practice or the body area you wish to stimulate.

The specific applications provide you information on the placement of electrodes and the stimulation position to adopt. This information is represented by numbers (placement of electrodes) and letters (stimulation position). They refer to the “Table with placements of electrodes and

stimulation positions” in chapter VII and to the poster with the pictures for the placements of electrodes and the pictograms for the body positions. The table also indicates the stimulation energy to use, according to the programme.

You must select in the device the muscular group indicated on the figurine. When no figurine appears (–), it is not necessary to choose the muscular group: the selection is automatic.



www.compex.info

You will find additional applications on our Internet site (www.compex.info). These protocols will help you to determine the best procedure to follow depending on your needs (choice of the programme, muscular group, duration, placement of the electrodes, body position).

1. Your motivation: Aesthetic

You are concerned about your appearance, and you want to have a firm body and a harmonious figure. However, an inadequately balanced diet and not enough activity, regardless of why, does not seem to allow you to obtain the look you desire.

The targeted effects of the Aesthetic programmes will help you in your efforts to preserve a healthy life style and to benefit from the positive effects of intense muscular activity: toned muscles, a well-shaped figure and a sculpted body. Used regularly, these programmes will help you to recover or maintain your figure.

Programmes

Toning

The use of this programme will help you to tone up your muscles and prepare them before the more intensive work of firming. You will quickly recover a tonic, firm and well shaped body.

Firming

This programme is very useful if you want to increase firmness and restore the elastic quality of the supporting tissues. It also compensates for insufficient muscular activity by specifically putting to work some flabby areas.

Shaping

This programme is your partner if you want to define and shape your body, when your muscles are already firm. Your figure will visibly take on a new shape.

Elasticity

This programme increases circulation and cellular exchange to improve the elastic quality of the skin. It may be used as a complement to the **Toning**, **Firming** and **Shaping** programmes.

Lymphatic drainage

The deep, massage-like sensations produced by this programme activate circulation and fluid exchange. Excess water and accumulated toxins are eliminated allowing the skin to regenerate under purified conditions.

Abs

Combining the beneficial effects of the **Firming** and **Shaping** programmes adapted to the specificities of the muscles of the abdominal belt, this programme will enable you to reduce your waist line, while improving the muscular support of the abdominal wall.

Buttocks

This programme subjects the buttocks muscles to the most appropriate work for improving your figure. Its hyper-tensor effect is the ideal solution for restoring or improving the tone of the buttocks region.

Specific applications

You want to firm your thighs and sculpt your body

The **Toning**, **Firming** and **Shaping** programmes impose perfectly adapted and progressive work on the muscles. This very intensive muscular activity (hundreds of seconds of sustained contractions) first tones and firms your muscles, then redefines their contours to sculpt your body.

In this example, the person wants to work on her thighs. It is of course possible to stimulate other muscles as well. Also, the same stimulation routine can be applied to several muscular groups during the same cycle.

Cycle duration: 12 weeks

Weeks 1-4: 4 x **Toning** 8G /week

Weeks 5-8: 4 x **Firming** 8G /week

Weeks 9-12: 4 x **Shaping** 8G /week


At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session **Shaping** a week at the last level reached



You want to firm your arms and improve the elasticity of the skin

The **Toning**, **Firming** and **Shaping** programmes are intended for people who have just lost weight or people whose skin has lost its tone and elastic qualities over the years. The great efficacy of these programmes allows the restoration of strong muscles, a firm body and a shapely figure. The combination with the **Elasticity** programme increases the oxygen flow in the skin, intensifies cellular exchanges and activates the elastic fibres so as to retighten the skin and restore its elasticity.

In this example, the person wants to work on her arms. It is of course possible to stimulate other muscles as well. Also, the same stimulation routine can be applied to several muscular groups during the same cycle.

Cycle duration: 12 weeks

Weeks 1-4: 3 x **Toning** 19D, 20D or 21D /week

Weeks 5-8: 3 x **Firming** 19D, 20D or 21D /week; 3 x **Elasticity** 19D, 20D or 21D /week


Weeks 9-12: 3 x **Shaping** 19D, 20D or 21D /week; 3 x **Elasticity** 19D, 20D or 21D /week

At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session **Shaping** and 1 session **Elasticity** a week at the last level reached

You want to improve the circulation and fluid exchange in your legs

Poor circulation in the veins frequently causes a build-up of lymphatic fluid and blood in the legs. The deep, massage-like sensations created by the **Lymphatic drainage** programme is very effective for activating the lymphatic circulation and eliminating excess fluid and toxins, resulting in improved skin quality.

Cycle duration: 8 weeks, 3 x/week

Programme: **Lymphatic drainage** 25 

**You want to reduce your waist and tone up your abdominal belt**

The **Abs** programme is especially appropriate for improving the qualities of support and firmness of the abdominal belt muscles. The various work routines, associated with the tonic massage performed during the rest phases, guarantee beneficial results on the waist line.

Cycle duration: 3 weeks, 4 x/week

Programme: **Abs 49I –**

At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session a week at the last level reached

Your objective is to improve the firmness and shape of your buttocks

The considerable amount of progressive and specific work of the buttocks muscles produced by the **Buttocks** programme effectively increases the firmness of these muscles. The shape of the buttocks improves progressively, with beneficial effects on the whole figure.

Cycle duration: 3 weeks, 4 x/week

Programme: **Buttocks 9A,B,L –**

At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session a week at the last level reached

2. Your motivation: Health



Minor localized pains and uncomfortable physical sensations are often the result of unavoidable and repetitive daily situations: an incorrect posture sitting in front of a computer, prolonged standing, hours and hours spent in a car, a telephone regularly held between the shoulder and the cheek, etc. If stress and fatigue are added to all this, muscular tensions, back pains and other blood flow problems frequently appear.

The different stimulation principles of the Health programmes will cause your pains and unpleasant sensations to disappear, improving your well-being and your comfort in daily life.

Programmes

Pain management TENS

All painful phenomena and, in particular, pains due to sports-related pathological conditions, can be effectively attenuated using this programme that blocks the transmission of pain by the nervous system.

Chronic pain

Thanks to its analgesic action, this programme provides rapid relief in case of chronic muscular pains (back, lower back pains, etc.). It reactivates the circulation, oxygenates and loosens up tense muscles.

Decontracture

This programme provides an excellent means for reducing sharp and localized muscular tensions (eg: lumbago or stiff neck) and obtaining a relaxing and particularly pleasant effect.

Heavy legs

This programme is intended to eliminate the sensation of weight and discomfort in the legs that is felt in particular circumstances (following prolonged standing positions, exces-

sively high ambient temperature, hormonal imbalance related to the menstrual cycle, etc.). It quickly produces a sensation of lightness and suppleness.

Cramp prevention

By restoring the balance of the blood flow, this specific programme prevents the onset of cramps during the night or after physical effort.

Relaxing massage

This programme is indicated for reducing unpleasant muscular tensions and creating a relaxing sensation of well-being, in particular after a tiring day. It induces a state of very pleasant optimal relaxation.



The use of Pain management TENS, Chronic pain and Decontracture programmes should not be prolonged without medical advice.



Specific applications

You have hand and wrist pains (eg: pains following prolonged use of a computer mouse)

Remaining for a long time in certain inappropriate working positions and the micro-traumas caused by the repetitive use of a computer mouse can lead to a wide range of painful phenomena.

Hand and wrist pains are the most frequent and can be treated very effectively using the **Pain management TENS** programme.

Cycle duration: 1 week, min. 1 x/day, then adapt in relation to painful episodes

According to requirements, the **Pain management TENS** programme can be repeated several times during the same day

Programme: **Pain management TENS** 39◇ –

You have muscular tensions in the back of the neck, middle of the back or lower back region

Pains in the back area or the back of the neck are due to a stiffness of the muscles, with accumulation of toxins. The pain can then become continuous or appear after only a few minutes spent working in an unfavourable position (for example, working in front of a computer screen).

These chronic pains can be treated effectively with the **Chronic pain** programme. In addition to its pain-reducing effect, it reactivates the circulation and relaxes the stiff muscles.

Cycle duration: 4 week, 2 x/day, with a 10 minute break between the 2 sessions

Programme: **Chronic pain** 15◇ (back of the neck), 13◇ (middle of the back) or 12◇ (lower back region)

You have recent and acute muscle pains in the back of the neck or the lower back region (stiff neck, lumbago)

Due to a sudden or inappropriate movement, an incorrect sleeping position or cold weather, a sharp pain may be felt in the back of the neck or lower back area. This is muscle stiffness, in which case it is recommended to consult a doctor.

In order to relax the muscles and eliminate the pain, the **Decontracture** programme can be an effective solution.

Cycle duration: 1 week, 2 x/day, with a 10 minute break between the 2 sessions, then adapt according to how the pain develops

Programme: **Decontracture** 15◇ (stiff neck) or 33◇ (lumbago)

You want to prevent the feeling of heaviness and discomfort in the legs

The feeling of heaviness in the legs is due to a temporary deficiency in the venous return. The insufficient supply of oxygen to the tissue, and in particular the muscles, that results from this situation, causes the unpleasant feeling in the legs.

Use of the **Heavy legs** programme accelerates the return of blood to the veins and has an important relaxing effect on the sore muscles.

Cycle duration: To be used whenever an occasional feeling of heaviness in the legs occurs

Programme: **Heavy legs** 25J –

You want to prevent cramps in the calf muscles

Many people suffer from cramp in the calf muscles, which can appear spontaneously during rest at night or as a result of prolonged muscular effort. The phenomenon of cramp may in part be caused by a disequilibrium of blood flow in the muscles.

To improve the blood flow and prevent the onset of cramp, the **Complex** offers a specific stimulation programme that will allow you to obtain positive results.

Cycle duration: 5 weeks, 1 x/day, at the end of the day or at night

Programme: **Cramp prevention** 25◇

You want to prevent uncomfortable muscular tension in the back of the neck

Remaining seated for long periods, associated with repetitive arm movements (as is frequently the case in front of a computer screen), often provokes increased tension in the back of the neck muscles. Any other condition of stress may also create situations leading to a state of excessive muscular tension, which is often responsible for painful or uncomfortable sensations.

The in-depth effects produced by the **Relaxing massage** programme ease such painful sensations, with a particularly relaxing effect.

Cycle duration: To be used on the back of the neck muscles, whenever an occasional sensation of painful muscular tension is felt; to be repeated, if necessary, in cases of particularly strong muscular tension

Programme: **Relaxing massage** 15◇





3. Your motivation: Sport

You run, you swim, at times you roller-skate or simply, walk. Ultimately, you can't always do as much as you like or as promised. Regardless, with a minimum of motivation, you know you could do more to remain in the best shape all year round.

In this context, the Sport programmes put you more in control of reaching your goals. They will help you to maintain your energy and vitality, so that you can take full advantage of all your physical activities.

Programmes

Muscle starter

If you are not regularly active, this programme will help you activate your muscles and ease you back to some physical activity. This is a great programme to initiate your experience with electrostimulation.

Muscle building

This programme will help you not only to obtain firm and well shaped muscles, but also to develop in a balanced manner your musculature in general (strength, volume, tone). If you have never used electrostimulation, we recommend you start with the **Muscle starter** programme.

Combined workout

By subjecting your muscles to different working routines, this programme has been designed to maintain your overall physical condition or to reactivate your muscles after a period of rest and before a more intense and targeted physical or sports activity.

Active recovery

Through a strong increase of the blood flow and an accelerated elimination of muscular contraction waste, this programme stimulates and activates your muscular recovery. It has a relaxing and soothing effect after particularly sustained muscular work or strenuous physical activity.

Specific applications

You want to start muscle training with electrostimulation

If you are a sedentary person, a sudden increase of muscular activity often triggers off severe and very uncomfortable muscle sores. It frequently entails major disruptions of the normal movements associated with everyday life, for instance, climbing up and, above all, going down stairs.

To avoid this kind of inconvenience, the **Muscle starter** programme controls very progressive work specially suited to the muscles of a beginner which have never been stimulated by a Compex device.

Cycle duration: 3 weeks, 2 x/week

Programme: **Muscle starter 8G**

At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session a week at the last level reached

You want to develop harmonious arm muscles with a moderate increase in muscle volume

Most voluntary physical activities, such as jogging and cycling, require the arm muscles to do only limited work. That is why it is particularly important to compensate this under-utilisation with electrostimulation sessions.

The **Muscle building** programme allows to impose a lot of specific work to the muscles of the upper part of your body and thus ensures the harmonious development of your arms, with firm and well shaped muscles.

Cycle duration: 5 weeks, 4 x/week

Eg for 1 week

Mon: 45'-1h of voluntary physical activity (jogging, swimming, cycling, fitness activity, etc.), then 1 x **Muscle building 19D, 20D or 21D**

Tue: Rest

Wed: 1 x **Muscle building 19D, 20D or 21D**

Thu: 45'-1h of voluntary physical activity (jogging, swimming, cycling, fitness activity, etc.)

Fri: 1 x **Muscle building 19D, 20D or 21D**

Sat: Rest

Sun: 1 x **Muscle building 19D, 20D or 21D**

At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session a week at the last level reached



You want to recover better and faster after an effort

A session with the **Active recovery** programme, which accelerates the drainage of toxins, will help you to relax your muscles and to restore your muscular balance faster, whatever type of activity you practice.

The programme is usually used between 15 minutes and 3 hours after a physical effort. If the result is insufficient, the session can be repeated immediately a second time. It is also possible to repeat a session the following day, if it is found that aches and/or spasms persist.







An example of how to use this programme is suggested under the application "You want to use a varied muscle training approach".

You want to use a varied muscle training approach

Through these eight sequences that automatically follow each other, the **Combined workout** programme imposes various kinds of stimulation during the same session. It does not emphasise any particular kind of muscular performance, but rather allow you to reach the right level in all kinds of muscular work (endurance, resistance, strength).

Cycle duration: 6 weeks, 2-3 x/week

Eg for 1 week

- Mon: 1 x **Combined workout** BG , then 1 x **Active recovery** B 
- Tue: Normal training
- Wed: 1 x **Combined workout** BG , then 1 x **Active recovery** B 
- Thu: Normal training
- Fri: 1 x **Combined workout** BG , then 1 x **Active recovery** B  (optional)
- Sat: Normal training or other outdoor physical activity
- Sun: Rest

At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session a week at the last level reached

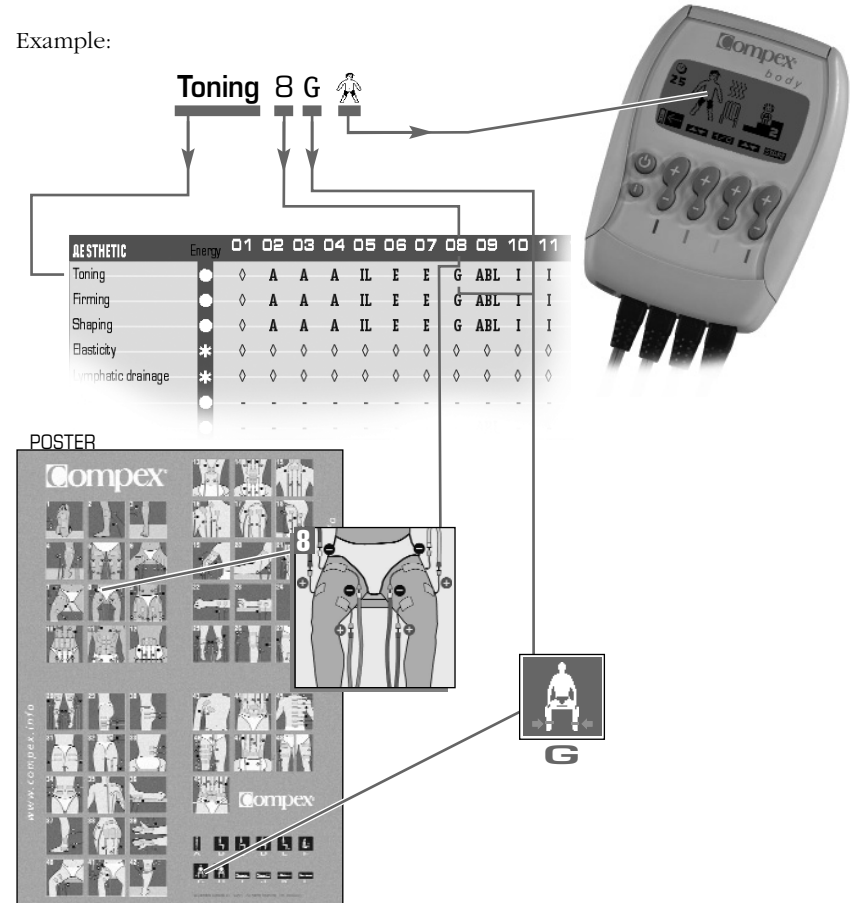
VII. TABLE WITH PLACEMENTS OF ELECTRODES AND STIMULATION POSITIONS

The following table will help you to determine which electrode placement and associated stimulation position to adopt, depending on the chosen programme. It should be read together with the poster:

- the numbers in the table refer to the electrode placement pictures on the poster;
- the letters to the pictograms of the corresponding body positions.

The table also indicates the stimulation energy to use, according to the programme.

Example:



AESTHETIC	Energy	01	02	03	04	05	06	07	08	09	10	11
Toning	●	◇	A	A	A	IL	E	E	G	ABL	I	I
Firming	●	◇	A	A	A	IL	E	E	G	ABL	I	I
Shaping	◇	◇	A	A	A	IL	E	E	G	ABL	I	I
Elasticity	*	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Lymphatic drainage	*	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇

	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
AESTHETIC	Energy																								
Toning	◇	A	A	IL	E	E	G	ABL	I	I	B	B	B	B	B	H	C	D	D	D	D	F	F	-	-
Firming	◇	A	A	IL	E	E	G	ABL	I	I	B	B	B	B	B	H	C	D	D	D	D	F	F	-	-
Shaping	◇	A	A	IL	E	E	G	ABL	I	I	B	B	B	B	B	H	C	D	D	D	D	F	F	-	-
Elasticity	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Lymphatic drainage	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Abs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Buttocks	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
HEALTH	Energy																								
Pain management TENS	Cover the painful area (eg.: 26, 35, 36, 37, 38, 39); Comfortable position																								
Chronic pain	*	Positive electrode on the painful point (eg.: 12, 13, 15); Comfortable position																							
Decontracture	*	Positive electrode on the painful point (eg.: 24) or standard placement (01-23); Comfortable position																							
Heavy legs	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	JL
Cramp prevention	*	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇
Relaxing massage	*	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇

	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
SPORT	Energy																								
Muscle starter	◇	A	A	IL	E	E	G	ABL	I	I	B	B	B	B	B	H	C	D	D	D	D	F	F	-	-
Muscle building	◇	A	A	IL	E	E	G	ABL	I	I	B	B	B	B	B	H	C	D	D	D	D	F	F	-	-
Combined workout	◇	A	A	IL	E	E	G	ABL	I	I	B	B	B	B	B	H	C	D	D	D	D	F	F	-	-
Active recovery	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇	◇

	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
AESTHETIC	Energy																								
Toning	-	-	-	-	-	L	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	C
Firming	-	-	-	-	-	L	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	C
Shaping	-	-	-	-	-	L	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	C
Elasticity	-	-	-	-	-	◇	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	◇
Lymphatic drainage	-	-	-	-	-	◇	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	◇
Abs	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	I
Buttocks	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
HEALTH	Energy																								
Pain management TENS	Cover the painful area (eg.: 26, 35, 36, 37, 38, 39); Comfortable position																								
Chronic pain	*	Positive electrode on the painful point (eg.: 12, 13, 15); Comfortable position																							
Decontracture	*	Positive electrode on the painful point (eg.: 24) or standard placement (01-23); Comfortable position																							
Heavy legs	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cramp prevention	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	◇
Relaxing massage	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	◇

	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
SPORT	Energy																								
Muscle starter	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	C
Muscle building	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	C
Combined workout	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	C
Active recovery	*	-	◇	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	◇

◇ = Maximum tolerable energy
 * = Pronounced twitches
 ✨ = Ticking sensation

◇ = Comfortable position
 - = Non applicable

Letters in the table refer to pictograms for the body positions in the poster

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