

Therapy list 200 and 400 series

1. Therapy menu

1.1 Electrotherapy

Unidirectional currents

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Diadynamic currents

MF	18
DF	20
CP	21
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TENS currents

Conventional TENS	6
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1.4 Combination therapy

Unidirectional

US + MF constant	500*
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Diadynamic currents

US + Diadynamic MF	504*
US + Diadynamic RS	505*
US + Diadynamic DF	506*
US + Diadynamic CP	507*
US + Diadynamic LP	508*

TENS currents

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Medium frequency

US + Russian stimulation	509*
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Microcurrent

US + Microcurrent modulated	510*
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US + High voltage	511*
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*Only valid for Gymna 400

1.5 Laser therapy

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2. Objectives

2.1 Electrotherapy

Pain relief

Gate Control

Conventional TENS 180/200
Random frequency TENS 450

Opioid release

Low frequency TENS 182/202
High frequency TENS 181/201
Burst TENS 451
Han Stim 195

Muscle detonising

Mild detonising 183/204
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Muscular training

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Atrophy

Clear atrophy 186/227
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Specific muscle funct.

Endurance strength

Very weak 190/230
*Weak 191/231

Absolute strength

Very weak 147/237
*Weak 189/238

Explosive strength

Very weak 148/239
*Weak 149/240

Anaerobic strength

Very weak 150/250
*Weak 151/251

Improve muscle control 143

Pelvic re-education

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Denervation

Triangular pulses 60
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*Sport

Endurance strength

Upper limbs + trunk

Level 1 low strength 300
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Level 3 302

Level 4 303

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Lower limbs.....

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Level 2 306

Level 3 307

Level 4 308

Level 5 high strength 309

Absolute strength

Upper limbs + trunk

Level 1 low strength..... 310

Level 2 311

Level 3 312

Level 4 high strength 313

Lower limbs

Level 1 low strength..... 314

Level 2 315

Level 3 316

Level 4 high strength 317

Explosive strength

Upper limbs + trunk

Level 1 low strength..... 318

Level 2 319

Level 3 320

Level 4 high strength 321

Lower limbs

Level 1 low strength..... 322

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Level 3 324

Level 4 high strength 325

Anaerobic strength

Upper limbs + trunk

Level 1 low strength..... 326

Level 2 327

Level 3 328

Level 4 329

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Lower limbs

Level 1 low strength..... 331

Level 2 332

Level 3 333

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Upper limbs + trunk 338

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Via symp. nerve system	135/215
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Improve tissue repair (cell function)	
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*728/*341	
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*719/*342	
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2.2 ET iontophoresis

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2.3 Ultrasound therapy

Trophic condition	
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Chronic.....	144
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Subacute	64
Chronic.....	144
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Phonophoresis	66
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2.5 Laser therapy

Improve tissue repair (cell function)	
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Small - Mono	68
Small - Cluster	156
Large - Mono.....	157
Large - Cluster	167
Joint lesions	
Acute 0,5cm depth - Mono	70
Acute 0,5cm depth - Cluster	160
Acute 1,0cm depth - Mono	71
Subac. 0,5cm depth - Mono	72
Subac. 0,5cm depth - Cluster ..	161
Subac. 1,0cm depth - Mono	73
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Acute 0,5cm depth - Cluster	160

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*Smooth muscle function	59

*Contractures	
Superficial	65
Partial joint	145

**Increase extensibility

Superficial contractures	65
Partial joint contractures	145

Improve tissue repair (cell function)

Acute joint lesions	66
Acute muscular lesions	66
Acute neuro. lesion	66
Fracture healing	67

Acute 1,0cm depth - Mono	75
Subac. 0,5cm depth - Mono	74
Subac. 0,5cm depth - Cluster ..	161
Subac. 1,0cm depth - Mono	73

Tendon lesions	
Acute 0,5cm depth - Mono	90
Acute 0,5cm depth - Cluster	162
Acute 1,0cm depth - Mono	108
Subac. 0,5cm depth - Mono	76
Subac. 0,5cm depth - Cluster ...	161
Subac. 1,0cm depth - Mono.....	77

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Acute 0,5cm depth - Mono.....	103
Acute 0,5cm depth - Cluster	160

Acute 1,0cm depth - Mono.....	104
Subac. 0,5cm depth - Mono.....	105
Subac. 0,5cm depth - Cluster ...	161
Subac. 1,0cm depth - Mono.....	78

Pain relief

Myogenic pain points	
0,5cm depth - Mono	79
0,5cm depth - Cluster	163
Neurog. pain points	
0,5cm depth - Mono	171
0,5cm depth - Cluster	164

Indications

*Achilles tendinopathy, ET	720	Acute 1.0cm depth, Mono.....	71
Acrocyanosis, ET		Subac. 0.5cm depth, Mono.....	72
Intensive, local	80	Subac. 0.5cm depth, Cluster	161
Mild, segmental.....	135	Subac. 1.0cm depth, Mono.....	73
Specific points	81	Bursitis, US	62
Adhesions, IO.....	82	Calcium deposits, IO.....	86
Arteriosclerosis, ET		*Carpal Tunnel Syndrome, ET	
Intensive, local	191	Phase 1.....	124
Mild, segmental.....	135	Phase 2.....	130
Specific points.....	81	Cellulitis, ET	
Arthralgia, ET		Activ. subcut. muscle	116
Local.....	180	Breakdown fat tissue	117
Local + Regional	84	*Inflamed tissue	722
Specific points.....	85	Cellulitis, LA	
Arthralgia, IO	83	Small area, Mono.....	113
Arthritis, IO		Small area, Cluster	154
Acute	83	Large area, Mono.....	155
Subacute	91	Large area, Cluster	114
Arthritis, LA		Cervicobrachialgia, ET	
Acute 0.5cm depth, Mono	70	Acute	180
Acute 0.5cm depth, Cluster.....	160	Subacute.....	181
Acute 1.0cm depth, Mono	71	Chronic.....	182
Subac. 0.5cm depth, Mono	72	Cervicoceph. Syndr., ET	
Subac. 0.5cm depth, Cluster.....	161	Subacute.....	180
Subac. 1.0cm depth, Mono	73	Chronic.....	181
Arthrosis, ET		Contractures, ET	
Local.....	180	Subacute	84
Local + regional.....	84	Chronic.....	118
Specific points.....	181	Contractures, IO.....	82
Arthrosis, US		Contractures, US	
Subacute	64	Superficial	65
Chronic.....	144	Deep	62
Arthrosis, CO		Contractures, CO	
Subacute	350	Superficial	354
Chronic.....	351	Deep	355
Specific points.....	353	Coxarthrosis, ET	
Aspecific back pain, ET.....	172	Subacute	84
Atrophy, ET		Chronic.....	180
Clear atrophy	186	Decubitus, ET	
Slight atrophy	187	With infect./necrosis.....	52
Prevention of atrophy.....	146	Without infection	51
Bechterew, US	62	*Improve skin healing	716
Brachialgia, ET		Decubitus, IO	87
Acute	180	Decubitus, LA	
Subacute	181	Small area, Mono.....	68
Chronic.....	182	Small area, Cluster	156
Burger, ET		Large area, Mono.....	157
Intensive, local	80	Large area, Cluster	167
Mild, segmental.....	135	Decubitus, US	88
Specific points	81	Dupuytren, US	65
Bursitis, ET		Dysmenorrhoea, ET	
Acute	180	Acute	84
Subacute	97	Subacute	181
*Inflamed tissue	722	Edema, ET	
Bursitis, LA		General	119
Acute 0.5cm depth, Mono	70	*Post injury: preferred	725
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Epicondylitis, ET		Lumbalgia, ET	
Local + regional.....	97	Acute	180
*Improve tendon healing	724	Subacute	120
Epicondylitis, IO		Chronic.....	137
Acute	83	Interferential step 1	176
Subacute	91	Interferential step 2	177
Chronic.....	92	Myalgia, IO	83
Epicondylitis, LA		Myalgia, LA	
Acute, Mono	90	Small area, Mono.....	168
Subacute, Mono	76	Small area, Cluster	159
Epicondylitis, US		Large area, Mono.....	169
Subacute	63	Large area, Cluster	158
Chronic.....	62	Myalgia, US.....	144
Epicondylitis, CO		Myofasc. triggerp., ET	
Subacute	356	Subacute	97
Chronic.....	357	Chronic.....	182
Fluctuating pain, ET	165	Myofasc. triggerp., IO	
Fractures, ET		Subacute	83
*Preferred.....	717	Chronic.....	91
Alternative	53	Myofasc. triggerp., LA	
Fractures, US	67	Acute 0.5cm depth, Mono.....	79
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Fungal infections, IO	93	Chronic.....	133
Gonarthrosis, ET		Myositis Ossificans, IO.....	86
Subacute	84	Neuralgia, ET	
Chronic.....	137	Acute	180
Gouty arthritis, IO	94	Subacute	102
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Herpes Simplex, LA		Neuralgia, IO	
Small area, Mono.....	68	Subacute	83
Small area, Cluster	156	Chronic.....	91
Large area, Mono.....	157	Neuralgia, LA	
Large area, Cluster	167	Acute 0.5cm depth, Mono.....	103
Herpes Zoster, ET		Acute 1.0cm depth, Mono.....	104
Acute	180	Subac. 0.5cm depth, Mono.....	105
Subacute	181	Subac. 1.0cm depth, Mono.....	78
*Improve skin healing.....	718	Neuropathy, US	66
Herpetic Whitlow, IO	95	Neuropathy, CO	360
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Preferred	716	Acute	180
Alternative	198	Chronic.....	181
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Acute	180	Plantar fasciitis, IO	91
Subacute	120	Post surgical pain, ET	
Chronic.....	137	Acute	180

Subacute	181
*Improve tissue repair	729
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Posttraum. diseases, LA	
Acute 0.5cm depth, Mono	70
Acute 0.5cm depth, Cluster	160
Acute 1.0cm depth, Mono	71
Subac. 0.5cm depth, Mono	72
Subac. 0.5cm depth, Cluster	161
Subac. 1.0cm depth, Mono	73
Posttraum. diseases, US	
Acute	66
Subacute	64
Posttraum.dystrophy, ET	
Acute	180
Subacute	120
Chronic	181
*Improve tissue repair	727
Quervain, IO	
Acute	83
Subacute	91
Quervain, LA	
Acute, Mono	134
Acute, Cluster	107
Subacute, Mono	98
Subacute, Cluster	170
Raynaud, ET	
Intensive, local	80
Mild, segmental	135
Specific points	81
Reumatic diseases, IO	106
Reumatoid arthritis, LA	
Acute 0.5cm depth, Mono	70
Acute 0.5cm depth, Cluster	160
Acute 1.0cm depth, Mono	71
Subac. 0.5cm depth, Mono	72
Subac. 0.5cm depth, Cluster	161
Subac. 1.0cm depth, Mono	73
Scar tissue, IO	82
Scar tissue, LA	
Small area, Mono	68
Small area, Cluster	156
Large area, Mono	157
Large area, Cluster	167
Scar tissue, US	
Acute	66
Subacute	65
Sciatica, ET	
Acute	180
Subacute	102
Chronic	181
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Shin splints, IO	91
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*Improve tissue repair	732
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Sprain, ET	
Subacute	84
Chronic	80
*Improve tissue repair	723
Sprain, LA	
Acute 0.5cm depth, Mono	70
Acute 0.5cm depth, Cluster	160
Acute 1.0cm depth, Mono	71
Subac. 0.5cm depth, Mono	72
Subac. 0.5cm depth, Cluster	161
Subac. 1.0cm depth, Mono	73
Sprain, US	
Acute	66
Subacute	64
Sprain, CO	
Acute	350
Subacute	351
Südeck's dystrophy, ET	
Acute, segmental	180
Subacute, regional	120
Chronic, central	181
*Improve tissue repair	727
Tendinitis, ET	
Local + regional	97
*Improve tendon healing	724
Tendinitis, IO	
Acute	83
Subacute	91
Chronic	92
Tendinitis, LA	
Acute 0.5cm depth, Mono	90
Acute 1.0cm depth, Mono	108
Subac. 0.5cm depth, Mono	76
Subac. 1.0cm depth, Mono	77
Tendinitis, US	
Subacute	63
Chronic	62
Tendinitis, CO	
Subacute	356
Chronic	357
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*Preferred	722
Alternative	85
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*Preferred	731
Alternative	173
Ulcus Cruris, ET	
With infect./necrosis	52
Without infection	51
*Chronic	197
*Improve skin healing	716
Ulcus Cruris, IO	87
Ulcus Cruris, LA	
Small area, Mono	68
Small area, Cluster	156
Large area, Mono	157
Large area, Cluster	167
Ulcus Cruris, US	88
Viral infections, IO	95

Weak abdominal musc., ET 84

****Only 400-series***

*****Only 200-series***