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HOW DOES ELECTROSTIMULATION WORK?

Muscular electrostimulation is a new technological therapy that is of great help in improving our health and physical appearance. It consists of electrically stimulating the motor nerve in such a way that the impulse which the muscle does not originate in the brain (voluntary action) but from an electrical impulse. This stimulation of the motor nerve causes the muscle to contract, improving its capacity to generate strength and resistance to continuous stimuli.

For over 20 years, **COMPEX** has been a leader in the field of electrostimulation. Thanks to their advanced technology and proven experience in the medical and sports sectors, their wide range of electronic muscle stimulators offer safety, comfort and effectiveness.





THE BENEFITS OF ELECTRONIC MUSCLE STIMULATION

Electrostimulation offers a very efficient way of working your muscles:

- with a significant progression of the different levels of muscle development
- with no cardiovascular or mental fatigue
- with no strain on joints or tendons.

In this way, with electrostimulation it is possible to demand greater efforts from the muscles, as compared to voluntary activity.

The greater the stimulation, the greater number of fibres are made to work, and therefore, the achievement will also be greater. In order to obtain better results, you are recommended to complement your sessions of electrostimulation with regular physical exercise, a balanced diet and a healthy lifestyle.

A PROGRAMME OF STIMULATION FOR EACH NEED

COMPEX electronic stimulators include a wide range of work possibilities that guarantee a fast and safe method of achieving your objectives :

- CATEGORY SPORT : to increase physical performance in the sporting field
- CATEGORY FITNESS : to improve general physical condition

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- CATEGORY ANTI-PAIN : to combat, reduce or alleviate any kind of pain
- CATEGORÍA ANTI-DOLOR : para combatir, paliar
- CATEGORY AESTHETICS : to help in looking after your body and feeling better
- CATEGORY REHABILITATION : to recuperate tone and strength after an injury
- CATEGORY MASSAGE : to improve physical and mental condition through a pleasurable, relaxing experience
- CATEGORY CIRCULATION : to improve blood circulation

All these categories include a wide selection of programmes that are adapted to the specific needs of each user.

HOW MANY SESSIONS ARE RECOMMENDED IN ORDER TO OBTAIN RESULTS?

Each individual is a case apart, and the Compex apparatus should be used according to the objectives, the level of activity and physical condition, the time available for training, etc...

Examples:

- For a person who habitually takes little or no physical exercise, it would be sufficient to have two sessions per week for six weeks. As the body becomes used to working with Compex, the requirements will increase (results can be obtained with three sessions per week). Progress is quick, for example, in a further six weeks.

For a top-level sportsman, from three to ten sessions per week are recommended, depending on the sport he practices, the time of the season, the demands of the competition, physical condition, etc.

- For a person who regularly practices sport, we would advise having three to six sessions per week for eight weeks.

Compex has a permanent technical advisory service available in order to get the maximum advantage from the benefits of electrostimulation in accordance with the needs of each individual.

Customer service telephone:
900 80 12 80
www.compex.info