

# Product datasheet

**gymna**<sup>®</sup>

## Duo 400

*The Duo 400 for electrotherapy.*

The Duo 400, helps achieving your 3 therapeutical goals of pain relief, tissue repair and muscle stimulation by applying electrotherapy.

The color touchscreen, for intuitive navigation, guides you to optimal treatment protocols and access to extended clinical information with GTS.



Article number: 360 420 Duo 400 white  
360 620 Duo 400 black



## Characteristics

### ■ Therapies:

- Electro therapy, 2 and 4 poles, 2 channels completely independent
- S-D curve diagnostic programs
- Simultaneous therapy (2 different indications are treated simultaneously by using both electrotherapy channels)

### ■ Currents: 31

- Current forms: see next pages

### ■ Functionalities:

- Objectives: 143
- Indications: 170
- Diagnostic: 9
- Body Area: 137
- Cellular effects: 16
- Default therapy programs: 48
- Free memory: 850
- Anatomical library: 91

### ■ Can be connected to the Vaco 400

## Technical specifications

Languages : 13

Mains voltages : 100-240-VAC, 50/60 Hz +/- 10%

Max. Power-in operation : 100 VA

Device (b x h x d) : 360 x 260 x 285 mm

Weight incl. accessories : c.a 7,8 kg

Electrical safety protection : Class II

Applied parts : Type BF

MDD Classification : IIa

Conformity : Directive MDD 93/42/ECC

## Standard accessories

100 689	Mains lead
340 406	Electrode cable 2-pole mini/2mm (2)
330 803	Test plug, F/F, 2 mm
340 468	Rubber electrode, 6 x 8 cm 2mm (4)
100 658	Chamex bag, 6 x 8 cm (4)
108 935	Fixing strap, elastic, 5 x 60 cm (4)
115 684	Visual Analogue Scale (VAS-Score)
340 505	Touch pen
319 025	Rotary button silver (2)













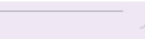







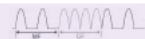
















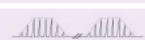








## Manuals

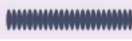



323 011	Safety Instructions
362 505	Quick start manual
362 516	CD user manual Gymna devices multi language





## Optional accessories

114 142	Pen electrode with sponge, Ø 15 mm
109 944	Sponge for pen electrode (10)
329 978	Vaginal probe Novatys Gold
330 594	Vaginal probe V2B+
330 572	Vaginal probe Optima 3
330 583	Vaginal probe Perisize 4+
329 989	Anal probe Analia
330 561	Anal probe Analys+
112 166	Stimulation probe, rectal
326 799	Electrode adhesive, Ø 3 cm (4)
326 810	Electrode adhesive, 2.5 x 5 cm (4)
326 821	Electrode adhesive, 5 x 5 cm (4)
326 832	Electrode adhesive, 5 x 10 cm (4)
340 446	Rubber electrode 4 x 6 cm 2mm (2)
340 481	Rubber electrode 8 x 12 cm 2mm (2)
108 934	Fixing strap, elastic, 5 x 30 cm
108 936	Fixing strap, elastic, 5 x 120 cm
100 657	Chamex bag, 4 x 6 cm (4)
100 659	Chamex bag, 8 x 12 cm (4)
340 428	Adaptor cable 2mm (F) → 4 mm (M)
360 808	Gymna Mobile 400
380 439	Carrying bag touchscreen electro devices

	COMBI 400V & 400 VIP	DUO 400V & 400 VIP	COMBI 400 & 400M	DUO 400 & 400M	PULSON 400 & 400 M
<b>Therapies</b>					
Electrotherapy (2 independent channels)	■	■	■	■	■
Ultrasound therapy (1 & 3 MHz)	■	■	■	■	■
Laser therapy (optional)	■	■	■	■	■
Combination therapy	■	■	■	■	■
Simultaneous therapy	■	■	■	■	■
Vacuum	■	■	■	■	■
<b>User-interface</b>					
Full colour TFT display, 10.4 inch (SVGA: 800 X 600 pixels)	■	■	■	■	■
Touch screen	■	■	■	■	■
Customisation wizard	■	■	■	■	■
Colour guided therapy methods	■	■	■	■	■
Enlarged therapy windows in dashboard design	■	■	■	■	■
2 separate intensity regulators	■	■	■	■	■
Guided Therapy System (GTS)	■	■	■	■	■
Medical E-book: anatomical library	■	■	■	■	■
Help and Clinical information screens	■	■	■	■	■
Direct therapy keys	■	■	■	■	■
Protocols: objectives, list of indications, selection for each body area	■	■	■	■	■
Protocols: cellular effects [heal the tissue]	■	■	■	■	■
3D pictures of electrode placement	■	■	■	■	■
Diagnostics (S-D curve, Rheobase, Chronaxy, ...)	■	■	■	■	■
Contra-indications list	■	■	■	■	■
<b>Memory (free locations)</b>					
500 for favourites/own programs	■	■	■	■	■
200 for diagnostic results	■	■	■	■	■
100 for own sequential programs	■	■	■	■	■
50 for shared programs on multiple devices	■	■	■	■	■

Electrotherapy		COMBI 400V & 400 VIP	DUO 400V & 400 VIP	COMBI 400 & 400M	DUO 400 & 400M	PULSON 400 & 400 M
<b>Unidirectional currents</b> allowed with: 						
Direct current		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rectangular pulse	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2-5 current (Ultra Reiz)	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triangular pulse	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MF rectangular pulse	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iontophoresis- MF rectangular pulse	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Iontophoresis- direct current	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Diadynamic currents</b>						
MF	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DF	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RS	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CP	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LP	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>TENS currents</b>						
Conventional TENS	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low frequency TENS	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Burst TENS	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High frequency TENS	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Random Frequency TENS	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Han Stim (via painrelief)	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>NMES currents</b>						
Rectangular surge		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triangular surge		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biphasic surge		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intrapuls interval surge	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Russian stimulation	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2-pole MF surge		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isoplanar vector field surge	 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

			COMBI 400V & 400 VIP	DUO 400V & 400 VIP	COMBI 400 & 400M	DUO 400 & 400M	PULSON 400 & 400 M
<b>Interferential currents</b>							
2-pole Medium Frequency			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isoplanar vector field			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dipole vector field			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Classical interferential			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Micro current</b>							
Micro current			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Micro current modulated			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Micro current surge			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>High Voltage (HVPC)</b>							
High Voltage			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High Voltage surge			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Diagnostic programs</b>							
Rheobase and Chronaxy			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rheobase and AQ			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S-D curve rectangular			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S-D curve triangular			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
S-D curve rectangular + triangular			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain points			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diagnose stress fracture			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Iontophoresis programs</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Phonophoresis programs</b>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constant Voltage / Constant Current			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Ultrasound therapy</b>							
Hybrid treatment head 4 cm <sup>2</sup> (1 & 3 MHz, multifrequent)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hybrid treatment head 1 cm <sup>2</sup> (1 & 3 MHz, multifrequent)			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	COMBI 400V & 400 VIP	DUO 400V & 400 VIP	COMBI 400 & 400M	DUO 400 & 400M	PULSON 400 & 400 M
<b>Laser therapy</b> 					
Monoprobe 400: max. average power: 70,5 mW	○		○		
Clusterprobe 400: max. average power: 4 x 12,6 mW	○		○		
<b>Combination therapy</b> 					
See electro currents with 	■		■		
<b>Simultaneous therapy</b>					
Electrotherapy (2-pole & 4-pole) + Laser (optional)	■		■		
Electrotherapy (2-pole & 4-pole) + Ultrasound	■		■		
Ultrasound + Laser (optional)	■		■		
Electrotherapy (2-pole) + Electrotherapy (2-pole)	■	■	■	■	
<b>Vacuum</b> 					
2 independent channels	■	■			
Electronic vacuum control	■	■			
Continuous & pulsed rhythm	■	■			
Massage effect	■	■			
Control via Combi 400 or Duo 400	■	■			
Vacuum screen in dashboard design	■	■			

■ = Standard  
○ = Optional