

Gymna Care 300

powered by Fisiowarm

Therapeutic care with TECAR therapy



gymna

gymna.com

What is TECAR therapy?

Accelerating the body's natural recovery ability

TECAR therapy is a form of combined contact diathermy and electrotherapy.

It is a medical practice that applies electromagnetic energy to biological tissue.

The electromagnetic frequency applied originates from the radiofrequency spectrum. Unlike electrotherapy it does not provoke muscle contraction. The therapeutic wavelength spectrum ranges from **300 KHz to 1.2 MHz**.

The high-frequency current's path and the created electromagnetic field are determined by the position of the electrodes and the patient's body composition. The electromagnetic field created, capacitive or

resistive, generates heat, allowing targeted, easy-to-manage therapeutic applications.

The **heat-induced vasodilation** increases the exchange of substances resulting in drainage of the inflamed area and an influx of reparative cells. TECAR therapy also has pain-resolving properties through its stimulation of **endorphin production**.

TECAR therapy uses high-frequency currents for the bio-stimulation of tissue with different resistivity.

BIO-STIMULATION

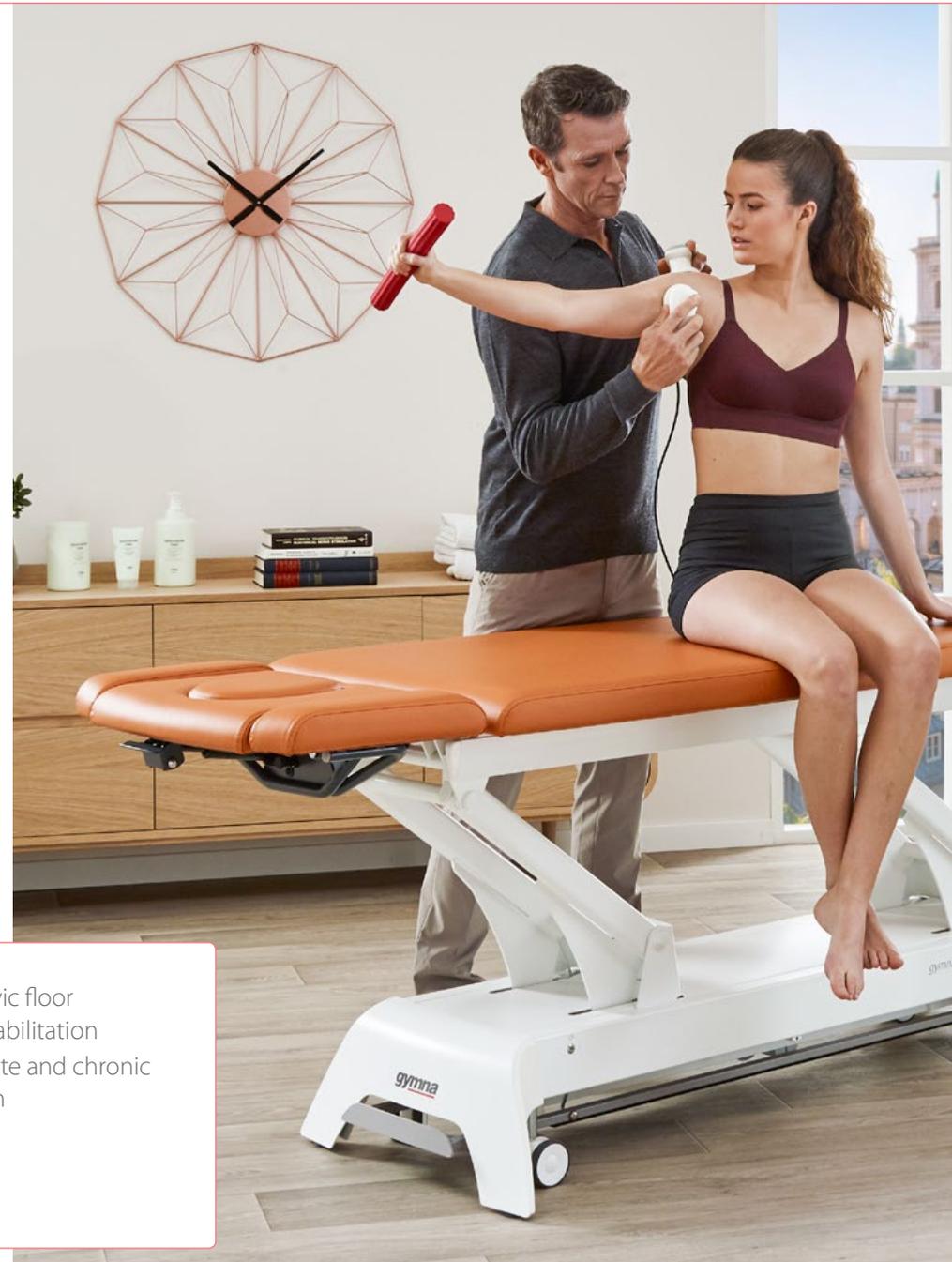
CHEMICAL THERMAL MECHANICAL

The beneficial effects of TECAR therapy are mostly used in physical therapy, rehabilitation and pain management:

- Bruises and sprains
- Post-surgery rehabilitation
- Sports traumas
- Muscle and tendon disorders
- Neuropathies
- Scar tissue

- Spine and peripheral joint disorders
- Vascular and lymphatic system disorders
- Orthopaedic disorders of the peripheral nervous system

- Pelvic floor rehabilitation
- Acute and chronic pain



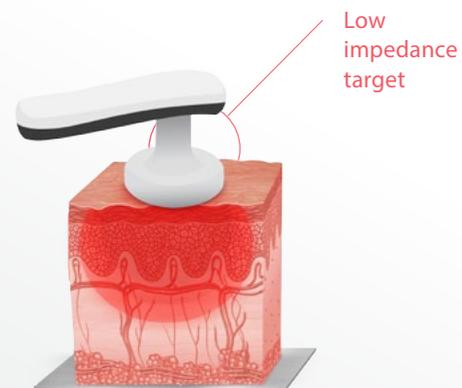
Gymna Care 300

Two possible electromagnetic energy transfer modes

Capacitive

The electromagnetic field is strongest directly under the electrodes

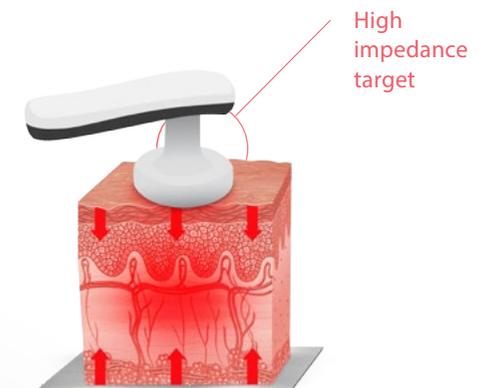
With capacitive electrodes, the therapeutic target is soft tissue – usually tissue with the highest water content and high electrical conductance such as the dermis, the lymphatic system, the venous system and muscles.



Resistive

The electromagnetic field is strongest where the current transfer meets the highest resistance

With resistive electrodes, the therapeutic target is tissue with the highest electrical resistance, such as deep muscles, joints, tendons, ligaments, cartilage and bones.



The patient's point of view

The therapeutic heat penetrates deep into the tissue and patients experience a pleasant warm feeling. The heat induces vasodilation and stimulates the lymphoid system to dissolve adhesions in the tissue.

Why patients like TECAR therapy:

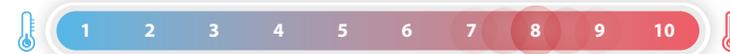
- Extremely well-tolerated therapy
- Pleasant sense of warmth
- Contact between patient and therapist (hands-on therapy)
- Safe and efficient
- Non-invasive
- Treatment starts in acute phase (48 hrs after injury occurrence)
- Both passive and active exercise therapy
- Few to no side effects



Active patient involvement with Warmth Experience Level-score* (WEL)

During the treatment, the therapist will ask the patient to score the level of warmth experienced. The therapist uses this information for different reasons:

- The correct WEL-score is crucial for reaching the aspired therapeutic goal
- For extra safety, the patient determines the warmth level



* WEL-score is a way for a patient to express the warmth level they are experiencing, as each individual is different this is perceived warmth value and not a clinically supported tool

“After a long time I am finally pain free”

“Five days after undergoing surgery for a supposed herniation problem in my lower back, I started to feel the same kind of pain and discomfort as before my operation.

When after six weeks I was finally allowed to start physical therapy, I put my hope of resolving my complaints in my physical therapist’s intervention.

“After 4 sessions, I started experiencing a change in my lower back area.”

He proposed to have a combined treatment of manual therapy and TECAR therapy with his Gymna Care 300 device.

Gradually I became better. The annoying irradiating pain to the back of both my glutei and legs did decrease after every treatment. In my case, the treatment using the bipolar resistive mode was very efficient.

I am very grateful my physical therapist proposed this combined treatment to me.

Thanks to this intervention, I am now able to do the appropriate exercise therapy that, in my opinion, would have been impossible without the use of Gymna Care 300.”



TECAR therapy versus other therapies

Patients appreciate TECAR therapy for the pleasant sensation of warmth. Unlike other therapies or conventional, fixed frequency TECAR therapy, Gymna Care 300 stands out in the number of pathologies that are treatable, even in the acute phase. How does Gymna Care 300 compare to other therapies:

Flexibility and ease of use are just a few of the reasons that make the innovative Gymna Care 300 stand out.



	High power laser	Radial Shockwave	Fixed frequency TECAR Therapy	Gymna Care 300
Acute phase	+	-	+	++
Chronic phase	+	+++	+	++
Smaller areas	+++	++	+	++
Larger areas	-	+	+++	+++
Deeper areas	-	-	+	++
Superficial areas	++	++	++	++
Patient compliance	+	-	+	+++
Safety	++	++	+	+++

The therapist's point of view

"When choosing treatment with Gymna Care 300, I take several parameters such as location, size and consistency of the tissue into account. Beside these, the patient's body composition, the level of acuteness of the pathology and the therapeutic goals are the other main factors to take into account.

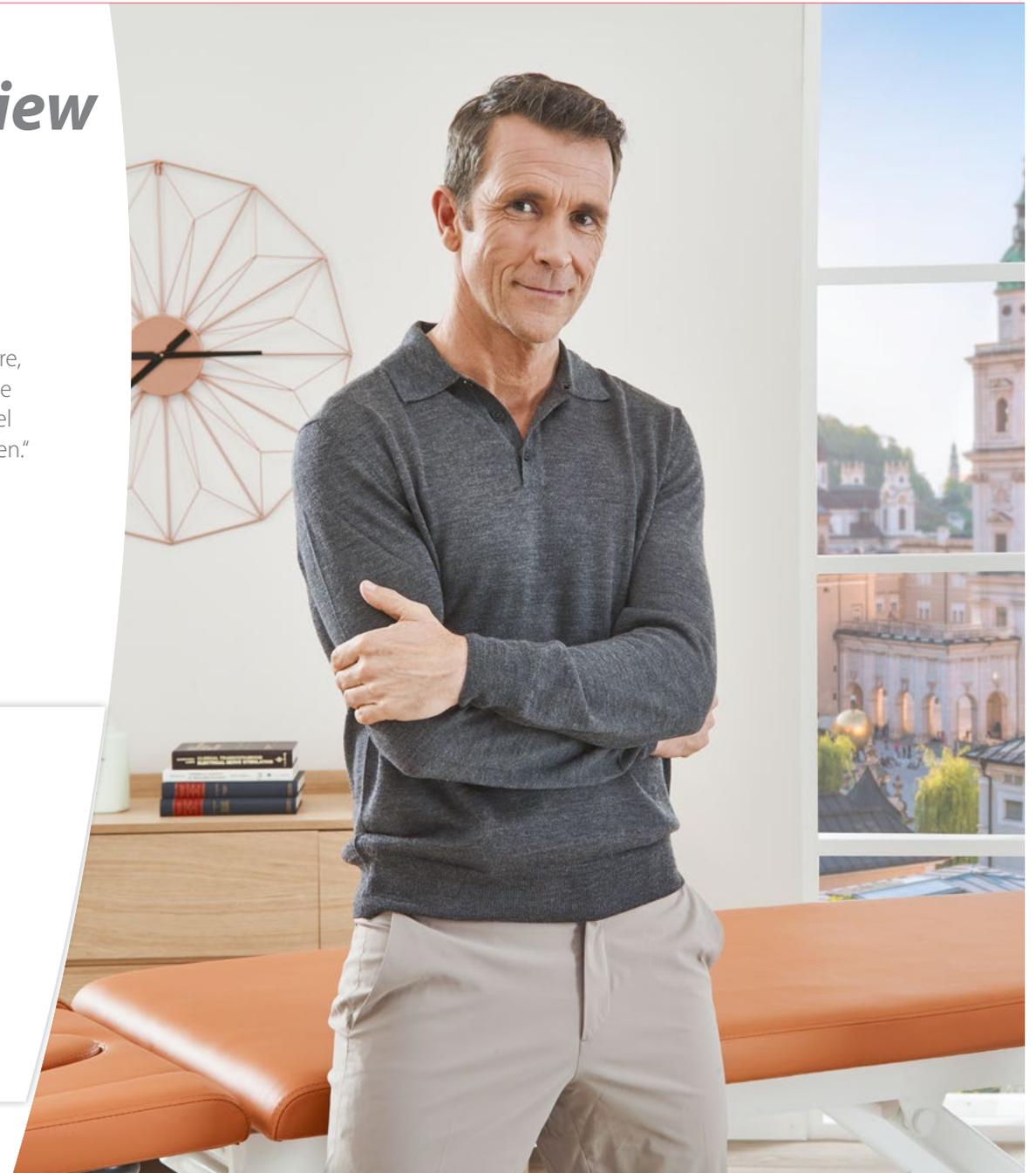
In addition, feedback from my patient on perceived warmth during treatment is important. Am I dealing with a patient in the acute injury phase and should I prevent

tissue from warming up. Or is my therapeutic goal dependent on temperature increase?

To evaluate this, I use the Warmth Experience Level-score* (WEL) score, an easy-to-use scorecard where the patient points out the warmth level experienced on a scale of one to ten."

Therapeutic goal	Desired temperature increase	Desired WEL-score*
Acute phase treatment to decrease swelling and start healing process	0°C	0
Bio-stimulation	1 to 2°C	1 - 3
Blood circulation improvement	2 to 4°C	4 - 7
Endogenous warmth boost	>4°C	8 - 10

* WEL-score is a way for a patient to express the warmth level they are experiencing, as each individual is different this is perceived warmth value and not a clinically supported tool



Traditional TECAR Therapy

Previous limitations and objections

Up to now, most TECAR therapy devices have had big efficiency limitations:

- ⊖ Treatment depth management was limited due to only one or a very limited range of frequencies
- ⊖ The therapy was not effective in the acute phase due to the thermal effects of traditional TECAR therapy
- ⊖ Some anatomical regions were difficult to treat and manage due to the limited range of applicators
- ⊖ It was difficult to choose the right treatment protocol / approach for disorders
- ⊖ There was a risk of operator exposure to unwanted electro-magnetic fields
- ⊖ There was an increased risk of burns and electric shock



Gymna Care 300

Advanced and effective TECAR therapy for the treatment of osteoarticular and peripheral nervous system disorders



EFFECTIVE

Features of the Gymna Care 300 allow the therapy to adapt perfectly to specific patient needs for a tailor-made treatment

Athermy
5 Frequencies



COMPLETE

Gymna Care 300 ensures supreme performance and unlimited treatment options

Gymna Care 300 App
Accessories



SAFE

Gymna Care 300 passes the most stringent electrical safety tests and eliminates the risk of electric shock and accidental burns

Low voltage circuits
Capacitive electrode coating
Housing and cable shielding





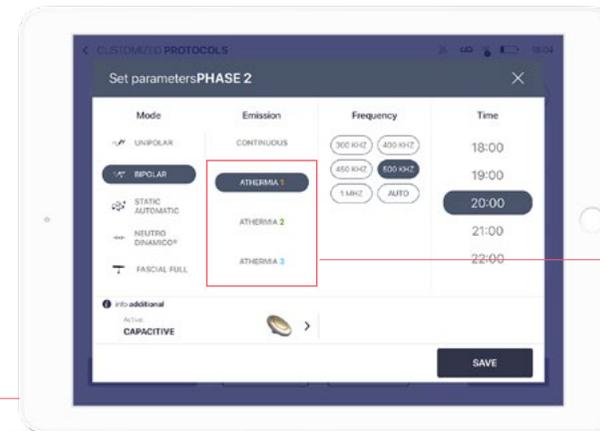
EFFECTIVE

Athermy

In the acute phase of an injury, it is crucial to work in athermic conditions. The dose of traditional TECAR therapy should be decreased so much that it renders the therapy ineffective and pointless.

The Gymna Care 300 differs from traditional TECAR therapy because it has the ability to work at high power without a large temperature increase. Similar to traditional diathermy, the device can operate in pulsed mode, giving the body the time to dissipate the heat produced by the output during the short pause.

Three different pulse-pause ratios can be selected to offer greater flexibility and therefore find the best possible treatment for the patient.



3 different settings to work with Gymna Care 300 even in the acute injury phase.

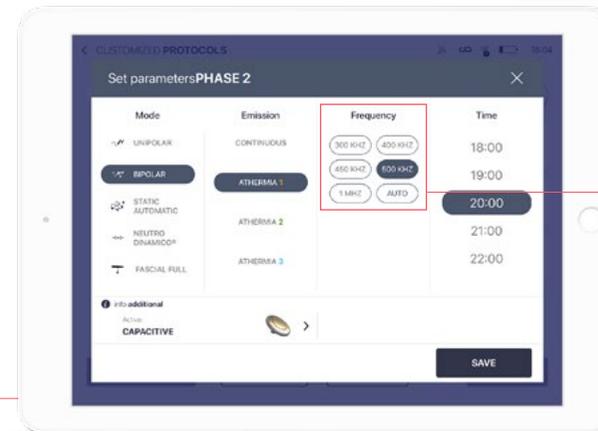


The advantage of working at multiple frequencies

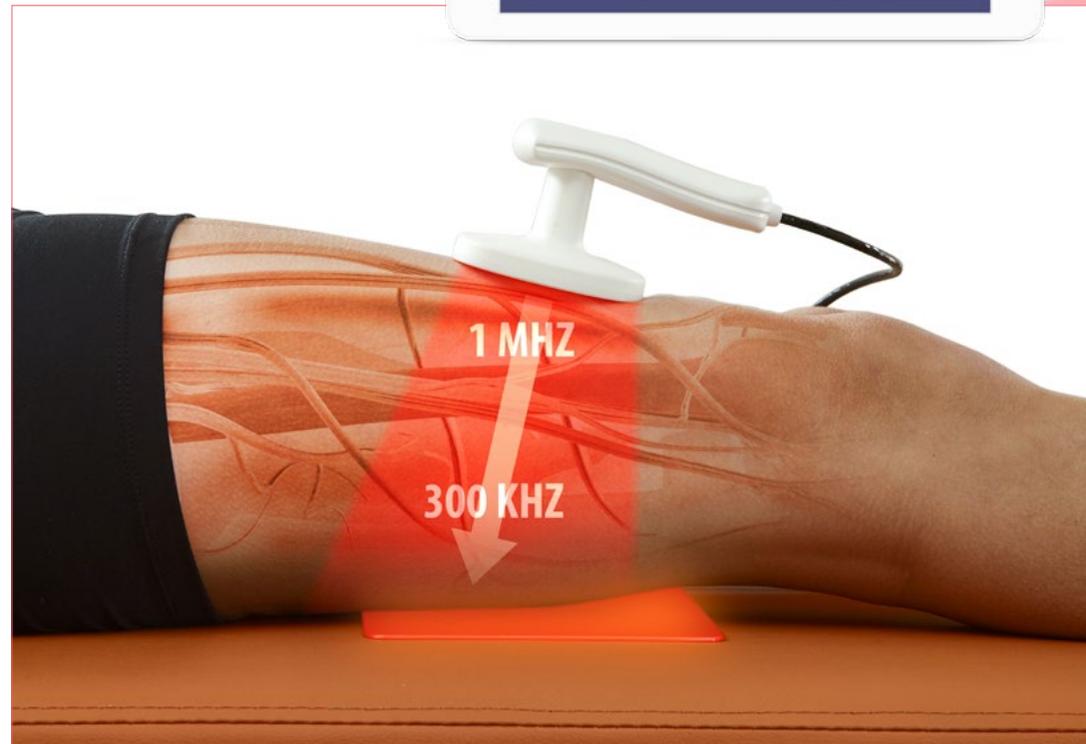
Early TECAR therapy devices worked on only one frequency, however it is widely accepted that the lower frequencies get deeper into the tissue, whilst the higher frequencies work on a more superficial level. It is therefore easy to understand that not every pathology can be treated successfully on one frequency only.

Gymna Care 300 offers the flexibility of choosing between 5 pre-set operating frequencies varying between 300 kHz and 1 MHz and in "automatic scanning" mode of these frequencies.

Whether therapists want to treat deep into the tissue or more superficially, they can choose what fits the patient and the treatment best. They can even vary the depth and diffusion of the transmitted energy during a single treatment with the automatic scanning mode. The device will automatically switch to every available frequency, which is particularly useful in the case of multiple treatments with TECAR therapy, as it prevents the tissue from getting used to the single frequency and the therapy from becoming ineffective.



5 different frequencies and autoscan mode to treat an extended number of pathologies.





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Everything you need in one App

The Gymna Care 300 stands out for many different reasons, one being that it offers a complete and user-friendly solution to all therapists.

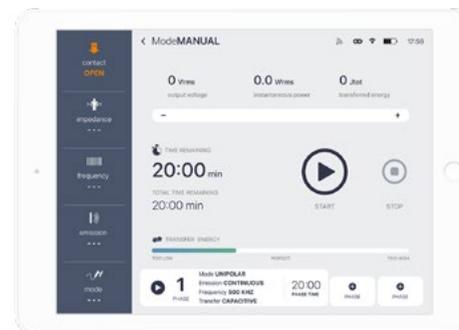
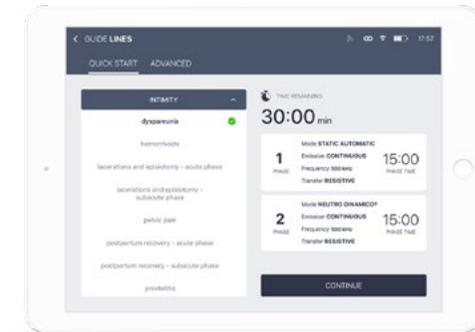
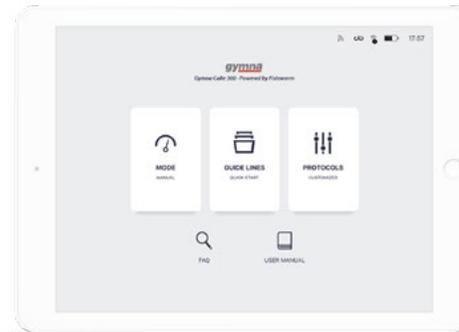
For the first time, an App controls and communicates with the device to increase the user-friendliness and experience. The user interacts with an iPad and has the freedom to operate the device from a distance thanks to the **remote Bluetooth control**.

The Gymna Care 300 offers the beginner therapist an easy way to start treatments with quick start, whilst giving the experienced therapist all the tools needed to set up and provide safe, tailor-made treatments when necessary.



The Gymna Care 300 App offers:

- ⊕ All the therapy parameters at a glance on an iPad, for ease-of-use
- ⊕ iPad does not need to be connected to the device, offering more operating freedom to the therapist
- ⊕ Pre-set protocols to assist the less experienced therapist with treatments
- ⊕ Advanced treatment modes for accommodating the more experienced therapist for patient- and therapy-specific treatments
- ⊕ Tutorials available for beginner and experienced users
- ⊕ Patient feedback and charts for a comprehensive overview of the treatment effectiveness
- ⊕ Patient progress monitoring possibility
- ⊕ Interface: Contemporary look and feel
- ⊕ Logical and intuitive buttons
- ⊕ Ability to have the latest software updates through push notifications
- ⊕ Gymna look and feel





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Standard configuration and specifications

When ordering the Gymna Care 300, the following items are part of the standard configuration:

- + Gymna Care 300 device
- + iPad
- + Trolley
- + Warming plate
- + Unipolar electrode kit
- + Second electrode kit of choice, choose between:
 - > Bipolar electrode kit
 - > Neutro Dinamico kit
 - > Static automatic kit

Interface	Gymna Care 300 iPad App OLED display and rotary encoder with multi-function button
Nominal power	400 Watts
Operating frequency	Pre-set frequencies: 300, 400, 450, 500 kHz, 1 MHz Auto (automatic scanning of the pre-set frequencies)
Emission	Continuous – Sensitive – Athermy 1/ 2/ 3
Operating modes	Unipolar – Bipolar – Neutro Dinamico – Static automatic
Energy transfer	Capacitive - Resistive
Preset programs	56 guidelines that can be integrated into the new releases of the app and advanced modes



Multiple accessories for unlimited treatment options

The Gymna Care 300 comes with a large number of accessories to cover a full range of applications for the treatment of musculoskeletal, aesthetic and pelvic floor disorders.

Accessories for the following treatment options:



Unipolar



Bipolar



Neuro Dinamico



Static automatic



Trigger points



Myofascial



Intimty



Physioaesthetics



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Unipolar standard kit - Art. 349107



Cable for unipolar applications



Handpiece for capacitive and resistive unipolar applications



Steel neutral plate for unipolar applications (14 x 20 cm)



44 mm diameter capacitive unipolar electrode

For treatment of shoulder impingement



64 mm diameter capacitive unipolar electrode

For treatment of cervicobrachialgia



80 mm diameter capacitive unipolar electrode

For treatment of muscle fiber rupture



44 mm diameter resistive unipolar electrode

For treatment of cervicobrachialgia



64 mm diameter resistive unipolar electrode

For treatment of cervicobrachialgia



80 mm diameter resistive unipolar electrode

For treatment of Südecks's atrophy

Unipolar specialty



Unipolar endoprobe

For treatment of abdominal adhesions

Art. 349173



Unipointer for triggerpoints

For treatment of trigger points

Art. 349195



Fascia full applicator for Gymna Care 300 with pouch

For treatment of myofascial tissue
Art. 349206

Bipolar standard kit - Art. 349118



Handpiece for capacitive and resistive bipolar applications (cable incl.)



Resistive bipolar profile electrode with mobile heads

For treatment of lower back pain



44 mm diameter capacitive bipolar electrode

For treatment of shoulder impingement



64 mm diameter capacitive bipolar electrode

For treatment of biceps tendinitis long head



80 mm diameter capacitive bipolar electrode

For treatment of biceps tendinitis long head

Bipolar specialty



Bipolar endoprobe
For pelvic floor rehabilitation

Art. 349184



Facelift bipolar resistive electrode for aesthetic applications

For facial skin treatment of wrinkles
Art. 349217

Neutro Dinamico kit standard - Art. 349129



Cable for Neutro Dinamico and static automatic applications



Neutro Dinamico handpiece for unipolar resistive electrodes

Neutro Dinamico kit specialty - Art. 349140



Cable for Neutro Dinamico and static automatic applications



Handheld Neutro Dinamico electrode

For treatment of runner's knee

Static Automatic kit - Art. 349151



Cable for Neutro Dinamico and static automatic applications

Art. 349558



Kit for static automatic applications, includes main cable and connections, 4 resistive clip electrodes, 2 rubber belts, 130cm

For treatment of proprioceptive ankle treatment

Art. 349591



Cable for disposable neutral electrode

Art. 349162

Disposable neutral electrodes (25 pcs)

Art. 349272

Other



Gymna Care 300 conductive cream - 1000 ml

Art. 349250



Gymna Care 300 conductive cream - 150 ml

Art. 349261



Gymna Care 300 trolley with 2 drawers for accessories and warming plate

Art. 349228

Gymna Care 300 carrying bag with compartments and accessory holders (IATA cabin size)

Art. 349239

Studies on the dielectric properties of human tissues below 1 MHz emphasize the importance of moisturising the skin for improving electrical resistance



SAFE

For safe, comfortable and highly effective application

The Gymna Care 300 is designed to pass the most stringent electrical safety tests and is classified as a Class B product for radiated and conducted emissions.



The device may therefore even be used in non-professional settings, giving

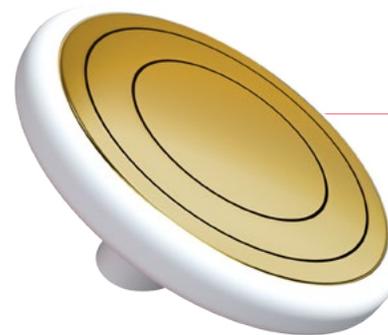
the therapist the freedom to treat patients in domestic settings.

To limit the "aerial effect" electronics have been fully shielded. Special cables that maintain their shape and elasticity for greater longevity have specifically been developed to shield the signal.

Low-voltage capacitive electrodes have been coated with highly conductive and biocompatible gold (1 micron) to eliminate the risk of electric shock and accidental burns.



Fully shielded electronics to limit aerial effects.



Low voltage gold coated (1 micron) capacitive electrodes to reduce burn risk.



Gymna Care 300

Therapeutic care with TECAR therapy

powered by Fisiowarm



Cryotherapy



Tecar - Diathermy



Shockwave Therapy



Physio Care



Treatment Tables



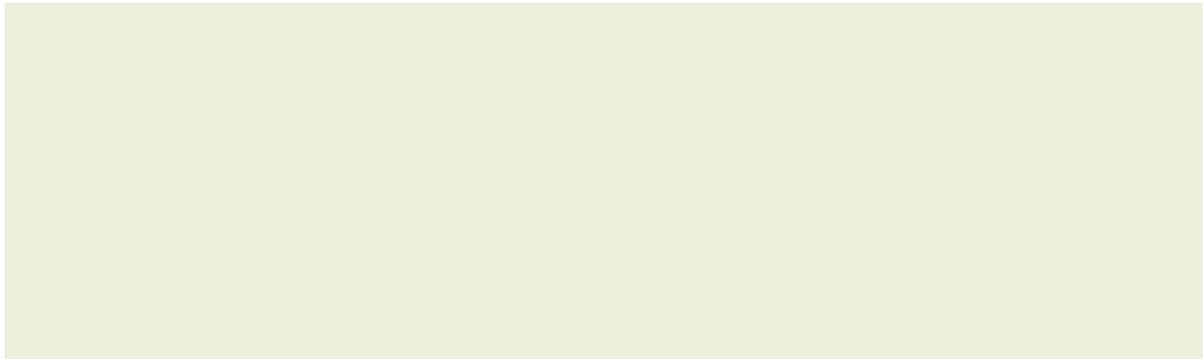
Electrotherapy



Active Motion



Your dealer



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