

INDEX

| | |
|--|---|
| Electrostimulation | 2 |
| Equipment and programmes | 3 |
| Types of electrodes, placement and maintenance | 5 |
| Technical specifications | 7 |
| Weelko electrostimulation instruments | 7 |
| Web Information | 8 |

Sculpt your body with **Digi-Tech** from Weelko



Do you want to **fight flaccidity**? Reduce centimetres?
Gain muscle tone? **Improve circulation**?



The **electrostimulation** digital equipment from Weelko helps eliminate the accumulated grease and tone up the muscles.

Our **Technical ZOOM** shows you all the details, functions and gives you the chance to know our instruments. The electrostimulation is put in the Weelko spotlight. Discover it here inside!

About the electrostimulation

The electrostimulation is a type of treatment to remodel the body by means of corporal electric pulses that provoke muscular contraction and, as a consequence, we obtain an effect similar to the one we would obtain by exercising the muscles in a traditional way. It is passive exercising, which allows to tone the muscles and to fight muscle flaccidity by increasing its volume, strength and resilience.

What does it consist of?

The electrostimulation is based in applying currents that simulate the electric pulses that are sent by the nerve system to the muscle to make it tighten. This stimulus appears by placing a pair of electrodes on the area to be treated with the aim of making the muscle tighten, as it was receiving the nerve impulses from the brain. The muscle does not distinguish the voluntary from the involuntary tightening, which appear without any effort from the patient and in a very safe way.

Which are the effects?

The electrostimulation combined with an equilibrated diet strengthens the muscles and make them more resilient; it improves the blood system of the lower part of the body and helps eliminate the excess liquid. The electrostimulation treatment brings very positive results to relax and massage the muscles, stimulating the lymphatic flow and improving the muscle tone in arms, thighs, buttocks and legs. It also contributes to eliminate toxins, grease deposits and to strengthen the breast tissue.

Uses

This technique offers a wide range of treatments as it can be applied in multiple areas of the body, such as buttocks, hips, abdomen, arms, legs and face.

What is it appropriate for?

- Overweight
- Swelling
- Heaviness
- Excess liquid elimination
- Flaccidity
- Keep-fit
- Postnatal period

Contraindications

- People having a pacemaker.
- Arrhythmia or heart diseases.
- Any muscular injury.
- Pregnant women.
- Do not apply it in the liver area in people with hepatic dysfunctions and lithiasis problems.
- Severe blood disorders or not compensated, such as phlebitis, thrombophlebitis or important varicose veins.
- The tightening never has to be painful. Too intensive tightening may produce muscle injuries or tears.
- Epilepsy

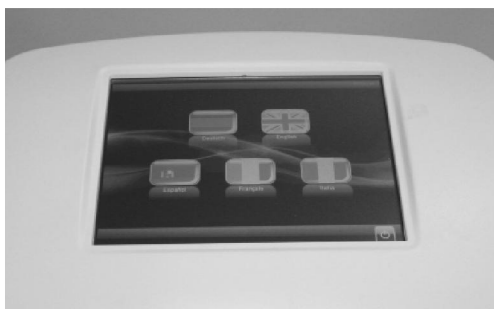
*If the patient suffers from any health problem, ask a specialist before its use.

Sessions

An electrostimulation session lasts approximately 30 minutes and should be carried out 2 or 3 times a week. After 4 or 6 weeks, you can notice a significant decrease in liquid retention and the grease deposit volume, as well as the muscle tone.

DIGI-TECH (Ref. F-350): Equipment and programmes

The Weelko electrostimulation equipment **DIGI-TECH** for professional use is composed of a main unit, placed on a column with a 4-wheel base of easy assembly, which allows to freely move the equipment.



The main unit has a **touch digital screen** of 8" and allows to choose the **language** between English, Spanish, French, German and Italian.

Once the language is chosen, the DIGI-TECH programmes are gathered in three main groups: **muscle strengthening**, **Body slimming** and **Massage & health care**.



Each of these programmes offer specific programmes according to the area and the desired effect with the chosen treatment:

Muscle strengthening

- Chest
- Abdomen
- Shoulders and arms
- Forearms
- Back
- Thighs
- Calves

Body slimming

- Breast enhancing
- Breast lifting
- Waist and belly reduction
- Hips reduction
- Face toning
- Calves slimming
- Thighs slimming
- Arms slimming
- Back toning

Massage and Health care

- Full-body lymph drainage
- Lymph nodes circulation in the lower body part
- Areolar tissue and abdomen
- Improve areolar tissue resistance and eliminate toxins
- Chest drainage
- Arm and shoulder massage

In the **manual of instructions** and exploring the displays of the equipment, you will find detailed information for every concrete programme, such as: the function, the process to follow, the position to be taken by the patient and the recommended time, as well as a chart which displays how to correctly place the electrodes. Here below an example:

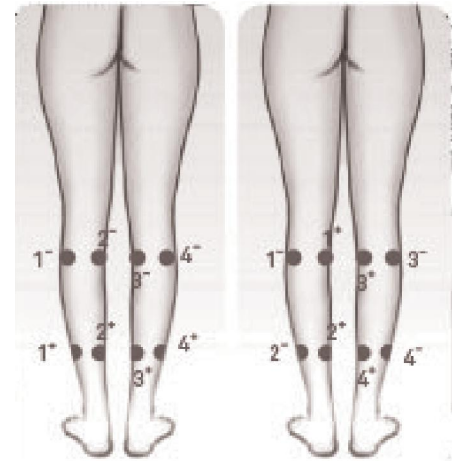
Calves slimming

Function:

1. Grease reduction in the calves
2. Muscle toning in the calves

Posture: lying face up (raised head up to 30°) with bended legs.

Total time: 55 min.



Process:

The calves is a highly innervated area and, in consequence, very sensitive. In order to avoid any painful sensation or unpleasant tightening, do not treat the calves in high intensity.

Phase 1

Muscle relaxing massage followed by lymph flow activation. Finally, a massage to strengthen the muscles of the area (the recommended time to phase 1 is 15 minutes).

Phase 2

Muscle relaxing massage and microcurrent application, so as to slim calves during 15 minutes. After that, a massage of 5 minutes is carried out to tone the muscles of the area. The first cycle finishes after phase 2. In this moment, a pause of 5 minutes should be taken. After the pause, the cycle 2 can be started.

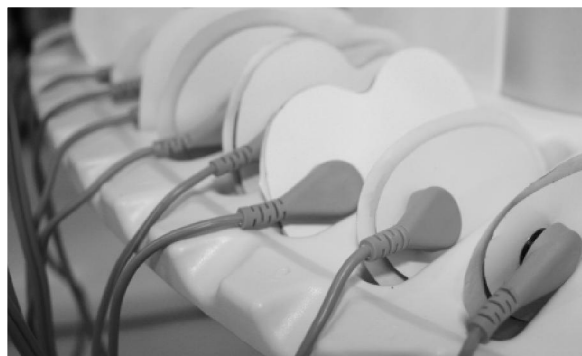
The software allows, once the programme is chosen, to adjust the output intensity in each channel. Adjust intensity at the minimum to start the treatment and change it according to the patient sensation. Try to increase always the intensity level slowly and gradually.

The Muscle strengthening programme allows to set up some additional values so as to repeat a cycle of treatment. Look up at the manual for more specific information.

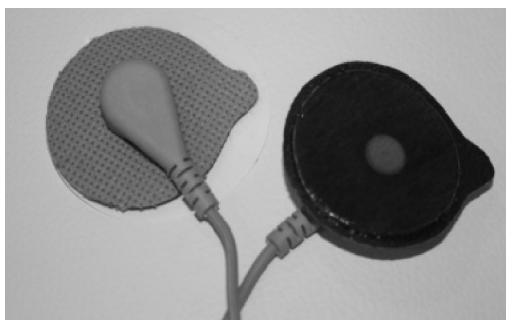


Types of electrodes, placement and maintenance

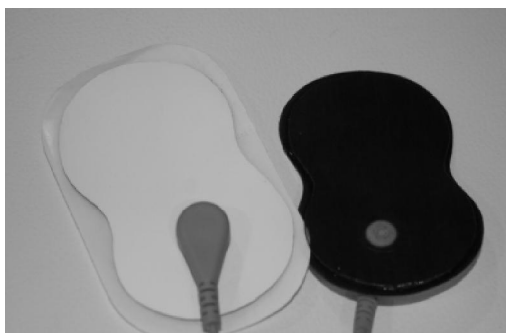
The equipment is fitted with **10 channels** in which three types of **self-adhesive electrodes** get connected. They are **clipped** to the cable.



The original packing includes **30 pairs** of electrodes of different sizes:



Circular-shaped electrode (diameter of 4 cm) conceived for toning treatments, especially facial.



8-shaped electrode (8,5cm x 4,5cm) for bigger areas: back, thighs, hips, waist and abdomen.



Oval-shaped electrode (7,7cm x 4,4cm) for small areas.

Each output connection has a bipolar pair of electrodes. Each electrode acts intermittently as positive and negative, so we do not need to distinguish their polarity. It is very important to **place them** on the patient's body **symmetrically on the same muscle** to obtain an optimal result.

Electrodes maintenance

- To extend the electrodes lifespan, make sure that the skin is clean before placing them. It is recommended to scrub the skin with alcohol and dry it before sticking the electrodes.
- Do not apply gel on the electrode as this could damage it.
- If necessary, elastic belts can be used (accessory) for a better fastening of the electrodes. In this case, make sure that the belts are duly fastened.
- Storing the electrodes in their packing is recommended. Do not keep them glued to each other.
- Try to store the electrodes in dry spaces. Avoid wet places, high-temperature and sun exposure.
- Do not unstick the electrodes from the body while working. If necessary, switch the equipment off and after remove the electrodes. Try not to touch the silicone area with your fingers.
- The electrodes should be replaced after 30 uses or once the adherence becomes damaged.
- Do not use the equipment if the patient feels pinches or sharp pain instead of pulses.



Technical specifications

| | | |
|----------------------------|-----------------------------|----------------------|
| Weight and sizes | Packing size (cm) | 49 x 45 x 19,5 cm |
| | Product size (cm) W x H x D | 33,5 x 9,5 x 25,5 cm |
| | Gross weight (kg) | 22 Kg |
| | Net weight (kg) | 18,5 Kg |
| Electrical characteristics | Voltage | 220 V—240 V |
| | Frequency | 50 Hz |
| Working characteristics | Working power | 12 V a 150 V |
| | Working middle frequency | 2000 Hz |
| | Working low frequency | 1 to 200 Hz |

Spare parts

| No. | PRODUCT | REFERENCE |
|-----|-----------------------------------|-----------|
| 1 | Set of circular-shaped electrodes | 10110 |
| 2 | Set of 8-shaped electrodes | 10111 |
| 3 | Set of oval-shaped electrodes | 10112 |
| 4 | Set of 10 wires of DIGI-TECH | 10113 |
| 5 | Set of elastic belts | 10045 |

More electrostimulation devices from Weelko:

DIGI-TECH (F-350T):



U-TECH (F-905):



Distribution in Croatia:
 Dimitto d.o.o
 +385 1 7774746
 dimitto@dimitto.hr