

# MIO-CARE FITNESS

Mio-Care Fitness is the ideal electrostimulator for pain treatment, able to meet the needs of the sportsman and indicated for aesthetic purposes.

## TECHNICAL FEATURES

- ✓ Combined electrotherapy unit with 2 independent channels
- ✓ Compensated biphasic square wave: current quantity from positive pole to negative one is constant to avoid hazardous thermal effect of polarization
- ✓ Asynchronous channels working (lipolysis, tonic and phasic contraction, agonist/antagonist)
- ✓ Digital easy to use keyboard
- ✓ Remaining therapy time and programs instructions shown on graphic display
- ✓ Internal rechargeable battery pack (removable)
- ✓ Backlight display
- ✓ Maximum intensity 100 mA

## KIT

- ✓ Mio-Care Fitness
- ✓ TENS and EMS electrotherapy with graphic display
- ✓ 2 connection cables with splitters (8 electrodes connection)
- ✓ Pre-gelled adhesive electrodes
- ✓ Internal Ni-Mh rechargeable battery pack with new LL technology (long lasting)
- ✓ Battery charger
- ✓ Belt clip
- ✓ User manual and electrodes positions manual
- ✓ Carriage bag

## DIMENSIONS

114 X 68 X 26 mm



### MEDICAL DEVICE CLASS IIa

MIO-CARE FITNESS is a medical device CE0068

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## PROGRAMS

### 20 MEDICAL PROGRAMS

Conventional tens (fast)  
 Endorphinic tens (delayed)  
 Tens at maximum values  
 Anti-inflammatory  
 Neck pain/cervicogenic headache  
 Backache/sciatic pain  
 Distorsioni/contusioni  
 Vascularization  
 Muscle relaxant  
 Haematomas  
 Atrophy prevention  
 Atrophy (trophism rehabilitation)  
 Hand and wrist pain  
 Plantar stimulation  
 Epicondylitis  
 Epitroclea  
 Periarthritis  
 Microcurrent  
 Stress incontinence (probe not incl.)  
 Urgency incontinence (probe not incl.)

### 15 BEAUTY PROGRAMS

Firming up – upper limbs and trunk  
 Firming up – lower limbs  
 Toning up – upper limbs and trunk  
 Toning up – lower limbs  
 Definition – upper limbs and trunk  
 Definition – lower limbs  
 Modelling  
 Microlifting  
 Lipolysis - abdomen  
 Lipolysis - thighs  
 Lipolysis - glutei and hips  
 Lipolysis - arms  
 Tissue elasticity  
 Capillarization  
 Heaviness in legs

### 20 FITNESS PROGRAMS

Warming up  
 Resistance – upper limbs and trunk  
 Resistance – lower limbs  
 Resistant strength – upper limbs and trunk  
 Resistant strength – lower limbs  
 Basic strength – upper limbs and trunk  
 Basic strength – lower limbs  
 Fast strength – upper limbs and trunk  
 Fast strength – lower limbs  
 Explosive strength – upper limbs and trunk  
 Explosive strength – lower limbs  
 Deep capillarization  
 Muscle recovery  
 Agonist-antagonist  
 Sequential tonic contractions  
 upper limbs and trunk  
 Sequential tonic contractions  
 lower limbs  
 Sequential phasic contractions  
 upper limbs and trunk  
 Sequential phasic contractions  
 lower limbs  
 Muscle relaxant  
 Deep massage

## ALTERNATE STIMULATION ON TWO CHANNELS

MIO-CARE can generate alternate impulses on the two channels to produce sequential contractions or stimulations. This features avoid the use of MIO-CARE FITNESS both for beauty treatments (for example lipolysis) and for fitness treatments to stimulate agonist muscles or in sequential contractions. Its high power can satisfy even the most exigent sport user.