



# Treatment Programmes

## Programme: P01

SETE		Phase 1
Phase time	minutes	60
Mode		W/R Mod
Frequency work	Hz	12
Frequency rest	Hz	6
Pulse duration	$\mu$ S	300
Ramp up time	secs	2.0
Ramp down time	secs	n/a
Work time	secs	7
Rest time	secs	8

## Programme: P02

UI-1		Phase 1	Phase 2
Phase time	minutes	5	10
Mode		W/R Mod	W/R
Frequency work	Hz	50	50
Frequency rest	HZ	15	-
Pulse duration	$\mu$ S	250	200
Ramp up time	secs	1.0	1.0
Ramp down time	secs	n/a	0
Work time	secs	5	8
Rest time	secs	8	2

### Programme: P03

UI-2		Phase 1
Phase time	minutes	20
Mode		W/R
Frequency work	Hz	50
Pulse duration	$\mu$ S	300
Ramp up time	secs	1.0
Ramp down time	secs	1.0
Work time	secs	8
Rest time	secs	10

### Programme: P04

BOWL		Phase 1
Phase time	minutes	40
Mode		W/R
Frequency work	Hz	35
Pulse duration	$\mu$ S	300
Ramp up time	secs	0.5
Ramp down time	secs	0.5
Work time	secs	5
Rest time	secs	5



## Programme: P05

EREC		Phase 1
Phase time	minutes	15
Mode		W/R
Frequency work	Hz	50
Pulse duration	$\mu$ S	220
Ramp up time	secs	1
Ramp down time	secs	0
Work time	secs	6
Rest time	secs	7

## Programme: P06

UI-3		Phase 1
Phase time	minutes	20
Mode		W/R
Frequency work	Hz	10
Pulse duration	$\mu$ S	400
Ramp up time	secs	1.2
Ramp down time	secs	0
Work time	secs	11
Rest time	secs	5



## Programme: P07

STRN		Phase 1
Phase time	minutes	60
Mode		W/R
Frequency work	Hz	20
Pulse duration	$\mu$ S	250
Ramp up time	secs	1.5
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5

## Programme: P08

MAXS		Phase 1
Phase time	minutes	15
Mode		W/R
Frequency work	Hz	100
Pulse duration	$\mu$ S	100
Ramp up time	secs	2.0
Ramp down time	secs	0
Work time	secs	6
Rest time	secs	15

