

PROGRAM	P01	P02	P03	P04	P05	P06	P07	P08	P09			P10					P11	
Total duration	25	25	25	40	20	20	45		30	25			35					20
Phase	1	1	1	1	1	1	1	2	1	1	2	3	1	2	3	4	5	1
Process Type	W/R	W/R	Cont	W/R	W/R	W/R	W/R	Cont	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R
Process Time (min)	25	25	25	4			35	10	30	10	10	5	5	10	5	10	5	20
Working frequency (Hz)	10	10	10	20	35	35	35	20	35	10	35	10	4	10	15	40	10	35
Rest frequency (Hz)	0	0		0	0	0	0		0	0	0	0	0	0	0	0	0	0
Width (µS)	240	250	220	220	250	250	300	300	450	240	220	200	240	300	280	270	200	220
Work time (s)	6	6		6	6	6	6		7	5	5	5	6	6	6	5	5	6
Rest time (s)	8	10		8	10	15	9		9	7	8	8	8	8	8	8	8	12
Ramp up (s)	1.0	1.0		1.0	10	15	1.0		1.0	1.0	0.8	1.0	1.0	1.0	0.8	1.0	1.0	1.0
Descent ramp (s)	1.0	1.0		1.0	1.0	1.0	1.0		1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
Process Type																		

PROGRAM	P12					P13			P14				P15				
Total duration	28					14			30				24				
Phase	1	2	3	4	5	1	2	3	1	2	3	4	1	2	3	4	5
Process Type	W/R	W/R	W/R	W/R	W/R	Cont	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R	W/R
Duration (min)	5	6	6	6	5	4	5	5	5	10	10	5	5	5	5	5	4
Working frequency (Hz)	4	10	20	35	10	4	10	35	4	10	20	35	4	10	20	35	10
Rest frequency (Hz)	0	0	0	0	0		0	0	0	0	0	0	0	0	0	0	0
Width (µS)	250	220	220	200	220	260	300	300	240	300	300	240	220	240	240	220	200
Work time (s)	6	6	7	6	6		6	6	6	8	7	7	6	6	6	5	5
Rest time (s)	7	9	7	10	8		8	8	7	7	7	7	8	8	8	8	8
Ramp up (s)	1.0	1.0	0.8	1.0	1.0		0.8	0.7	1.0	1.0	0.8	0.7	1.0	1.0	0.8	0.7	1.0
Descent ramp (s)	1.0	1.0	1.0	1.0	1.0		1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
Process Type																	

PROGRAM	P16					P17				P18	P19				P20	
Total duration	28					25				25	23				30	
Phase	1	2	3	4	1	2	2	3	4	1	1	2	3	4	1	2
Process Type	W/R	W/R	W/R	W/R	Cont	Cont	W/R	W/R	W/R	W/R	Cont	W/R	Cont	W/R	Cont	Cont
Duration (min)	4	10	5	5	20	10	10	5	5	25	5	10	4	4	20	10
Working frequency (Hz)	4	10	20	35	3	10	10	35	10	10	4	40	10	50	3	10
Rest frequency (Hz)	0	0	0	0	200	200	0	0	0	0					200	200
Width (µS)	200	200	200	200			220	200	200	220	240	300	200	240		
Work time (s)	5	5	5	5			5	5	5	5		8		6		
Rest time (s)	10	10	12	12			9	10	8	8		8		8		
Ramp up (s)	1.0	1.0	1.0	1.0			1.0	1.0	1.0	1.0		0.7		1.0		
Descent ramp (s)	1.0	1.0	1.0	1.0			1.0	1.0	1.0	1.0		0.7		1.0		
Process Type																

PROGRAM	P21					P22	
Total duration	25					20	<b>P01</b> Urge incontinence
Phase	1	2	3	4	5	1	<b>P02</b> Frequent urination
Process Type	W/R	W/R	W/R	W/R	W/R	W/R	<b>P03</b> Bladder active stimulation
Duration (min)	3	10	5	4	3	20	<b>P04 - P10</b> Sensory nerve regeneration
Working frequency (Hz)	3	10	20	30	40	2	<b>P05 - P06 - P07</b> Stress incontinence
Rest frequency (Hz)	0	0	0	0	0	0	<b>P08</b> Muscle training
Width (µS)	250	250	250	200	200	220	<b>P09</b> Mixed incontinence
Work time (s)	4	4	4	4	4	6	<b>P11</b> Faecal incontinence
Rest time (s)	4	4	4	6	6	10	<b>P12 - P13 - P22</b> Pelvic muscle exercise
Ramp up (s)	0.8	0.8	0.8	0.7	0.7	1.2	<b>P14</b> Pelvic training - resistance
Descent ramp (s)	0.8	0.8	0.8	0.8	0.8	1.2	<b>P15</b> Pelvic training - maintenance
Process Type							<b>P16</b> Newborn mothers
							<b>P17</b> Exercises after hysterectomy
							<b>P18</b> Cystocele - prolapse
							<b>P19 - P21</b> Lack of sensitivity
							<b>P20</b> Pelvic muscle pain