



Ultra Vitality Treatment Programmes

Programme: P01

Total time: 20 mins

Pelvic Floor Pain		Phase 1
Phase time	minutes	20
Mode		Cont
Frequency work	Hz	3
Pulse duration	μ S	150
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	Cont
Rest time	secs	0

Programme: P02

Total time: 20 mins

Urge Incontinence		Phase 1
Phase time	minutes	20
Mode		W/R
Frequency work	Hz	10
Pulse duration	μ S	250
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5

Programme: P03**Total time: 20 mins**

Stress Incont. 1		Phase 1
Phase time	minutes	20
Mode		W/R
Frequency work	Hz	40
Pulse duration	µS	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	6
Rest time	secs	15

Programme: P04**Total time: 20 mins**

Stress Incont. 2		Phase 1
Phase time	minutes	20
Mode		W/R
Frequency work	Hz	30
Pulse duration	µS	200
Ramp up time	secs	0.8
Ramp down time	secs	0
Work time	secs	5

Programme: P05**Total time: 20 mins**

Frequency/Urge 1		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	10
Pulse duration	µS	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5



Ultra Vitality Treatment Programmes

Programme: P06**Total time: 20 mins**

Frequency/Urge 2		Phase 1
Phase time	min	15
Mode		Cont
Frequency work	Hz	10
Pulse duration	μ S	200
Ramp up time	secs	1.0
Ramp down time	secs	0
Work time	secs	Cont
Rest time	secs	0

Programme: P07**Total time: 20 mins**

Frequency/Urge 3		Phase 1
Phase time	min	20 mins
Mode		Cont
Frequency work	Hz	10
Pulse duration	μ S	220
Ramp up time	secs	
Ramp down time	secs	
Work time	secs	
Rest time	secs	



Ultra Vitality Treatment Programmes

Programme: P08**Total time: 25 minutes**

Lack of Sensitivity		Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Phase time	min	3	10	5	4	3
Mode		W/R	W/R	W/R	W/R	W/R
Frequency work	Hz	3	10	20	30	40
Pulse duration	µS	250	250	250	200	220
Ramp up time	secs	0.8	0.8	0.8	0.6	0.8
Ramp down time	secs	0	0	0	0	0
Work time	secs	4	4	4	4	4
Rest time	secs	4	4	4	6	6

Programme: P09**Total time: 45 minutes**

Pelvic Floor Work Out		Phase 1	Phase 2	Phase 3	Phase 4	Phase 5
Phase time	mins	4	15	8	8	10
Mode		W/R	W/R	W/R	W/R	W/R
Frequency work	Hz	20	10	20	30	10
Pulse duration	µS	250	250	250	200	250
Ramp up time	secs	0.8	0.8	0.8	0.6	0.8
Ramp down time	secs	0	0	0	0	0
Work time	secs	5	5	5	5	5
Rest time	secs	5	5	5	6	7



Programme: P10**Total time: 20 mins**

Building up Endurance		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	20
Pulse duration	μ S	250
Ramp up time	secs	0.8
Ramp down time	secs	0
Work time	secs	5
Rest time	secs	5

Programme: P11**Total time: 20 mins**

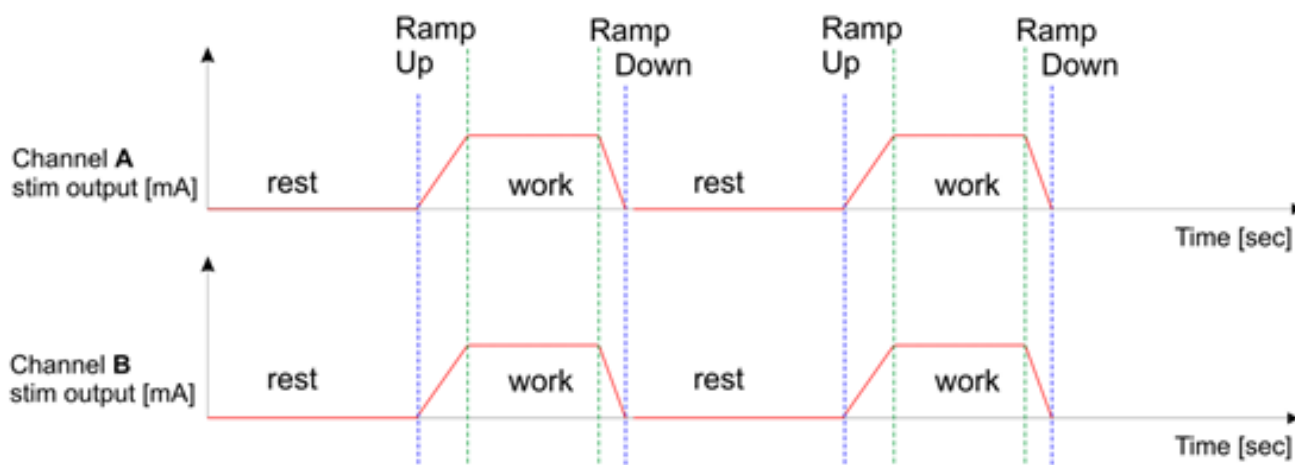
Relaxing the Pelvic Muscle		Phase 1
Phase time	min	20
Mode		W/R
Frequency work	Hz	2
Pulse duration	μ S	220
Ramp up time	secs	1.2
Ramp down time	secs	1.2
Work time	secs	6
Rest time	secs	10



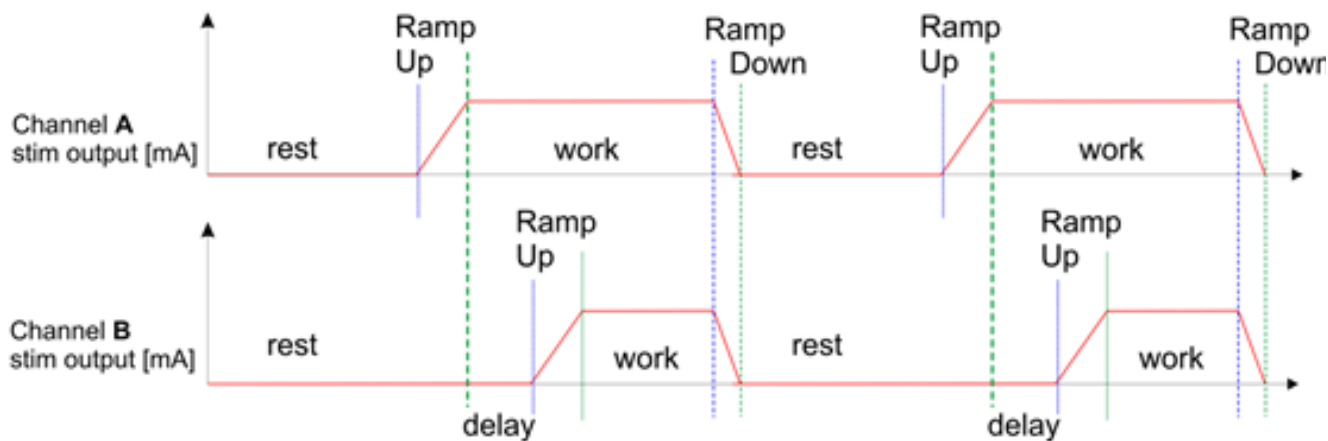
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Output forms for synchronous and alternating, Work/Rest operation examples

STIM W/R Synchronous with Delay=0



STIM W/R Synchronous with Delay > 0



STIM W/R Alternating

