

# Gymna ShockMaster

Fascia & spine applicators



**gymna**<sup>®</sup>

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# Gymna ShockMaster

## Spine & fascia applicators

### Spine applicators

The specialized spine applicators are developed for treating painful **dysfunction** on the entire **spinal column**. They allow muscular imbalances and pain conditions to be treated equally as well as trigger points.

Thanks to the forked shape in three different sizes, the spine applicators optimally reach the vertebral joints of the entire spinal column in the **neck, chest and lumbar areas**. The muscles can be worked on paravertebrally. The contact surface of the U shape allows you to selectively reach myogeloses, tension and trigger points with the shock wave. Pain will be immediately reduced and mobility improved.

- Paravertebral muscles
- Dysfunctions in the entire spinal column
- Muscular imbalances
- Pain conditions
- Trigger points



### General information

- Gymna spine & fascia applicators are exclusively to be used with the Gymna ShockMaster and the short Gymna handpiece.
- When using spine & fascia applicators, the maximum energy level due to the composition of the coupling is limited to  $3\text{bar}_{\text{eff}}$ .
- The spine & fascia applicators can be used both as stand-alone therapy and in combination with a shockwave treatment
- Depending on the treatment area, fascia applicators are pushed across the skin surface at a 45 degree angle, without the use of contact gel.
- Spine applicators should be used with contact gel.
- The selection of energy levels is based on the medical knowledge of the user. The maximum energy level used during treatment must never be allowed to cause the patient to experience any excessive amount of pain.
- The operator is responsible for selecting the appropriate shock applicator and/or the adequate applicator size.
- Recommended to be used by experienced users with specific medical knowledge.

## Fascia applicators

Fasciae are **connective tissue structures** that are woven through the entire body and cover all our muscles as well as our organs. Fasciae are flexible and are subject to change. They are the elastic cover that gives the human body its anatomical shape.

Research has demonstrated that in patients with muscular pain, the fasciae in the affected areas are markedly changed or thickened. **Reduced elasticity and increased stiffness of the fasciae decrease mechanical functionality and enhance irritation and muscle pain.** Stress also has an effect on the fasciae. Permanently stiff fasciae become hard and brittle; in the long term. This leads to inflammations, chronic pain or even to immune deficiency.

The innovative fascia applicators can be used to treat precisely these structures. The special shape of the shock transmitters and the corresponding pressure that they deliver, are intended to **release the adhesions and thereby prevent or even eliminate pain.**

### ➤ Fascia applicator “Knuckle”

*Treatment of all medium and big fasciae*

- Back fascia, plantar fascia
- Trigger bands
- Fascia in the shoulder and neck area



### ➤ Fascia applicator “Scoop”

*Treatment on or below the bone edges*

- Pelvis from the front
- Tibial crest
- Elbow



### ➤ Fascia applicator “Sphere”

*Punctual treatment of the fasciae*

- Cervical muscles
- Plantar fascia
- Arch of the foot
- Back of the hand
- Trigger points



### ➤ Fascia applicator “Scraper”

*Treatment of all fasciae of the locomotor*

- Fascia thoracolumbalis
- Crural fascia
- Fascia lata
- Trigger bands



## Treatment examples

### Spine applicators

*Paravertebral musculature*

- Pressure: 1,5 – 2,5 bar<sub>eff</sub>
- Frequency: 17 Hz
- Shocks: 2.000



### Fascia applicator "Knuckle"

*Fascia lower leg*

- Pressure: 2,0 – 3,0 bar<sub>eff</sub>
- Frequency: 17 Hz
- Shocks: 2.000



### Fascia applicator "Scoop"

*Fascia lower leg*

- Pressure: 1,5 – 2,5 bar<sub>eff</sub>
- Frequency: 13 Hz
- Shocks: 2.000



### Fascia applicator "Sphere"

*Fascia neck and shoulders*

- Pressure: 1,0 – 2,0 bar<sub>eff</sub>
- Frequency: 13 Hz
- Shocks: 2.000



### Fascia applicator "Scraper"

*Fascia arm*

- Pressure: 1,0 – 2,5 bar<sub>eff</sub>
- Frequency: 21 Hz
- Shocks: 2.000

