

## Whole-body electromyostimulation (WB-EMS training) - Contraindications checklist

Whole-body electromyostimulation (EMS) is an innovative concept with a unique selling point: the ability to activate several large muscle groups simultaneously and to target deep muscles that are otherwise difficult to reach. Under expert guidance, EMS training is an effective and safe method. However, due to its intensity, it may not be suitable for certain user groups, or only to a limited extent.

The following checklist serves as an overview of the users for whom you should **not use** WB-EMS or only use it **with a doctor's approval**.

### Checklist: absolute contraindications

- Acute diseases, bacterial infections and inflammatory processes
- Recently performed operations
- Arteriosclerosis, arterial circulatory disorders
- Stents and bypasses active for less than 6 months
- Untreated hypertension
- Diabetes mellitus
- Pregnancy
- Electrical implants, cardiac pacemakers
- Heart rhythm disorder
- Tumour and cancer
- Bleeding disorder, bleeding tendency (haemophilia)
- Neuronal disease, epilepsy, neurological disorders
- Abdominal wall and inguinal hernia
- Acute influence of alcohol, drugs or intoxicants



You have placed **one or more crosses**?

**Then EMS training should not be done.**

## Checklist: relative contraindications

- Acute back pain without diagnosis
- Acute neuralgia, Herniated discs
- Implants older than 6 months
- Diseases of the internal organs, especially kidney diseases
- Cardiovascular Diseases
- Motion kinetoses
- Greater fluid retention in the body, oedema
- Open skin injuries, wounds, eczema, burns
- Prescription medication



You have placed **one or more crosses**?

**Then you should only use EMS training with a doctor's approval.**

### Definition of the application

If there is a doctor's approval of one or more of the above-mentioned contraindications or conditional contraindications, it should additionally be defined before implementation how the application will be designed, e.g.:

- Should certain areas of the body be left out?
- Are there any restrictions that do not allow the execution of certain movements?

For more information on the safe use of EMS training, read the [Safety First Guidelines](#) developed by experts. Simply scan the QR code and read the guidelines ►

