



Treatment Protocols – Questions

1. What is the first step before starting an EMS or HIEMT treatment?
2. Why is it important to review the client's medical history before EMS/HIEMT treatment?
3. How should the client be prepared before applying EMS/HIEMT electrodes or applicators?
4. What gel is commonly used with EMS treatments, and why?
5. How are the electrodes or applicators positioned for an abdominal treatment?
6. What is the typical treatment time for a single EMS or HIEMT session on one area?
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7. How do you determine the correct intensity during EMS/HIEMT treatment?
8. What are supramaximal contractions?



9. What should be checked immediately after removing electrodes or applicators?

10. What aftercare instructions should be given post EMS/HIEMT treatment?

11. How often are EMS/HIEMT treatments typically scheduled?

12. Why should practitioners secure electrodes or applicators firmly before treatment begins?

13. What must a practitioner do if a client reports sharp pain or dizziness during treatment?

14. What are common signs that the EMS/HIEMT device settings need adjustment during treatment?

15. What is the purpose of pre treatment photographs and measurements?