

Primera™ Programs

	Prog. No.	Description	Rate (Hz)	Pulse Width (µs)	Work Time (s)	Rest Time (s)	Prog. Time
TENS	P01	CON	80	200	n/a	n/a	1 hour
	P02	CON	150	175	n/a	n/a	20 min.
	P03	CON	2	175	n/a	n/a	20 min.
	P04	BST	150	200	n/a	n/a	1 hour
	P05	BST	150	175	n/a	n/a	1 hour
	P06	MOD	100/65	200/100	n/a	n/a	1 hour
	P07	MOD	65/100	200/100	-	-	1 hour
	HAN	HAN	2/70	250/150	-	-	30 min.
NMES	P08	NMES	12	200	5	5	15 min.
	P09	NMES	35	250	8	8	15 min.
	P10	NMES	12	200	5	10	15 min.
	P11	NMES	35	200	6	12	15 min.
	P12	NMES	12	250	5	15	15 min.
	P13	NMES	35	200	6	18	15 min.

Key to Program Description for above

CON = CONTinuous TENS

BST = BurST TENS

HAN = HAN Mode TENS

MOD = MODulation TENS

NMES = Neuro Muscular ElectroStimulation

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Médical Tronik

190, Boul. St-Elzéar Ouest, Laval (Québec) H7L 3N3
T 450 669.8985 | 1 800 361.0877
F 450 669.9532 | 1 888 935.7001

www.medicaltronik.ca