

# Gymna ShockMaster

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*Optimizing your shockwave experience*



**gymna**<sup>®</sup>

[gymna.com](http://gymna.com)

# Maximum results in a minimum of time

## Radial extracorporeal shockwave therapy (rESWT)

The ideal treatment method for chronic and complex musculoskeletal conditions

### Operating principle

A rapidly moving projectile transfers its energy to the treatment head, generating radial shockwaves. The waves spread out to be absorbed by the area of the body that needs treatment.

### Results of rESWT

- Pain reduction
- Regeneration of affected tissue
- Breakdown of calcification and fibrosis

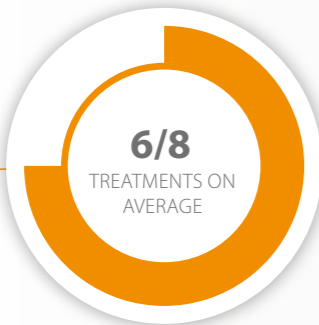
### Added value for you and your patient

- 6 to 8 treatment sessions required on average
- A realistic alternative to surgery



### Did you know?

Radial extracorporeal shockwave therapy (rESWT) is also known as extracorporeal shockwave therapy (ESWT), extracorporeal pulse activation technology (EPAT), Shockwave therapy (SWT) or pressure wave therapy



## Principle applications

Effectiveness of Gymna ShockMaster in the treatment of:



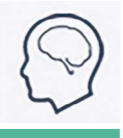
### Tendons

Most common tendinopathies treated with radial shockwave are Achilles, infrapatellar, supraspinatus and lateral elbow pain.



### Bones

The most common bone pathologies are medial tibial stress syndrome and greater trochanter pain.



### Neurological disorders

Muscle treatment of spasticity with radial shockwave, both in post hemiplegia adults and children affected with cerebral palsy.



### Muscles

Muscle treatment of trigger points, muscle soreness and muscle hypertonia.



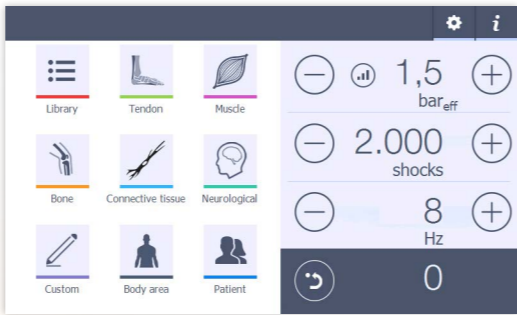
### Connective tissue

Plantar fasciopathy, trigger finger and scar tissue are all well-known pathologies that are treated with radial shockwave therapy.

# GTS

## Gymna's Guided Therapy System

ShockMaster devices are equipped with Gymna's Guided Therapy System (GTS). GTS software supports and guides the therapist in such manner that focus can be entirely on the patient.

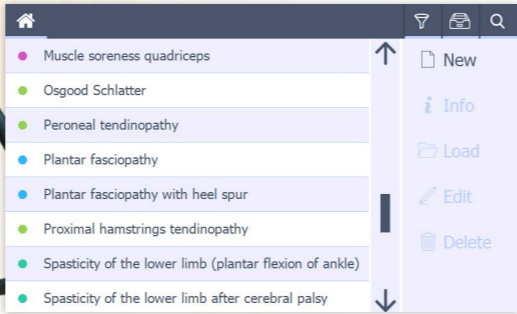


### GTS at a glance

Thanks to the intuitive lay out the therapist is guided to the right protocol in a quick and efficient way.

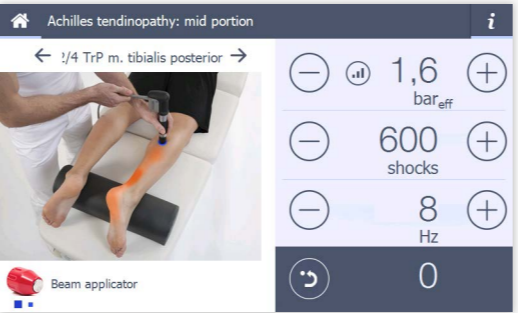
These pre-programmed settings are reviewed by experienced shockwave specialists and always based on clinical evidence.

For total freedom, specialists may also choose their own settings.

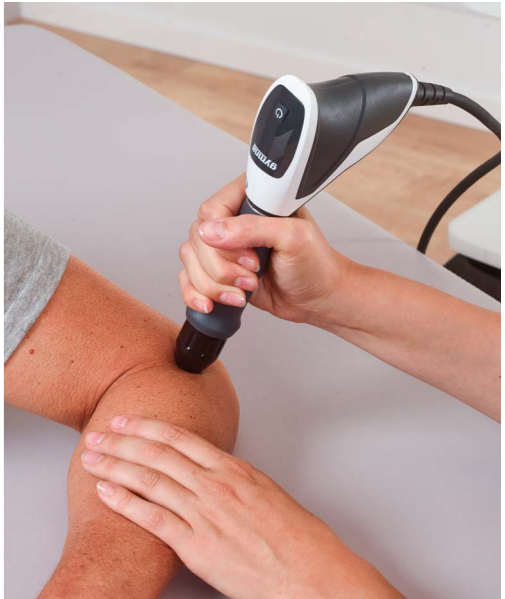


All information necessary to start an effective treatment is available in just one screen. This means there is no switching between screens:

- Treatment zone
- Possible radiating pain zone
- The type of applicator to use
- Number of sequences
- Suggested settings



During treatment, the therapist has the freedom to manage and adapt parameters at any moment, based on pathology and actual patient's condition.



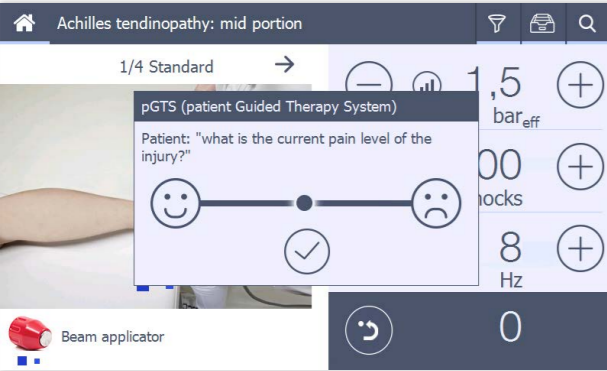
# GTS

## pGTS dynamic protocols

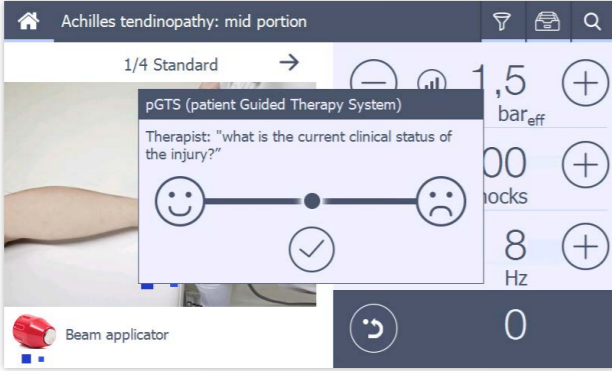
Every patient is different and Gymna ShockMaster devices aim to focus on exactly that. Treatments with our unique dynamic protocols are based on the assessment of patient condition with our patient Guided Therapy System.

### How does it work?

After assessing pathology and patient condition and defining the treatment plan, the specialist will choose the protocol that fits the patient and pathology best.



1 The therapist will ask the patient to point out pain level by moving the bar on the ShockMaster device's VAS score.



2 The therapist will indicate the patient condition level based on clinical findings, like swelling, colour and ROM.



3 The ShockMaster will dynamically adapt the pre-programmed settings.

# GTS

## pGTS dynamic protocols with patient data

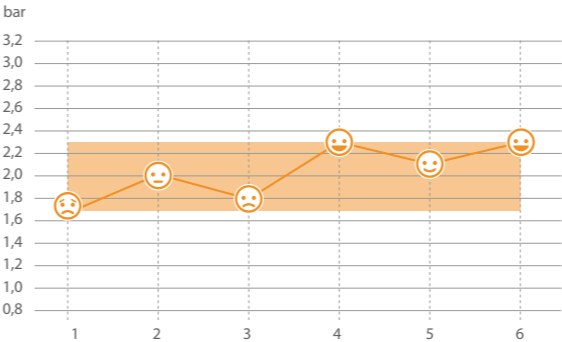
With pGTS the treatment is based on the patient's condition. The ShockMaster 500 device allows to combine patient data with pGTS dynamic protocols for even more patient-tailored treatments.

### How does it work?

After assessment of the patient's pain level and clinical signs, the settings will be adapted dynamically. As a result, based on the latest information, the ShockMaster 500 will change the treatment plan within safe limits.

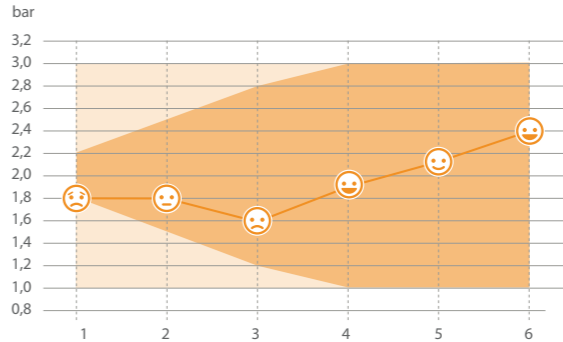


### ShockMaster 300 (with pGTS dynamic protocols)



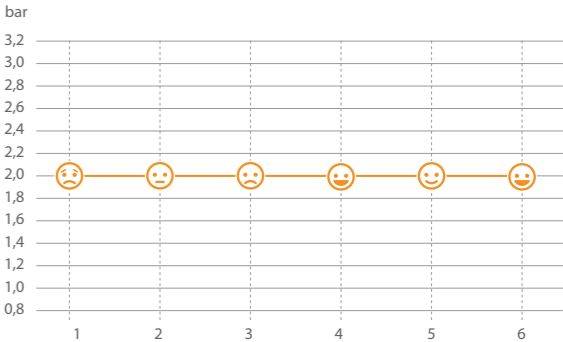
Settings vary according to patient's condition.

### ShockMaster 500 (with pGTS dynamic protocols and patient data)



Settings vary and are based on the combination of patient's condition and data from previous treatment.

### Competitive devices (no pGTS)



Settings never vary.

# GTS

## Supporting information



**Medical e-book\***

GTS software also supports the therapist in explaining pathology, anatomy of the treatment site and the treatment to the patient. These illustrative and easy to understand support tools include:

- Anatomical library
- Applications supported by medical information

Information with regard to applicators, such as penetration depth, application, diameter, parameter setting and a short description on their use is another easy to use feature of GTS.



**Contraindications**

All contraindications at a glance for safe treatment.



**Soft start\***

With an automatic start at 1 Bar and gradual build up to the desired pressure level, soft start allows the patient to get accustomed to the treatment in a gradual way.



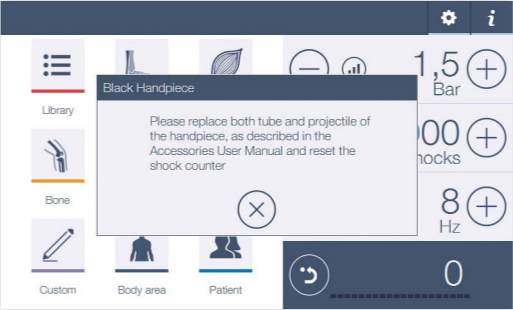
**Safety restriction**

To prevent unsafe situations. Protecting the therapist from using the wrong handpiece when selecting a treatment protocol.



**Revision message**

Warning for a handpiece revision with the easy to use revision kit. Highly recommended to always achieve optimum results with a perfectly functioning handpiece.



**Want to move towards a more comprehensive treatment approach?**

Direct treatment of the pathology by treating the affected tissue is only one way of approaching treatment. For a more comprehensive

treatment approach, Gymna ShockMaster devices also offer you the possibility to treat the related myofascial tissue.



\*Gymna ShockMaster 500 only

# Gymna ShockMaster devices

Shockwave treatment fine-tuned to your patient's condition

The five ShockMaster steps to treat a tendinopathy:



1

Assessment of patient condition with pGTS

The intelligent ShockMaster patient Guided Therapy System will automatically adapt treatment level based on your patient's condition



2

Treatment of the affected area

Choose the correct applicator taking into account pathology and depth, start standard treatment based on your pGTS result



3

Treatment of related trigger points

Change applicator if necessary and treat related trigger points



4

Muscle loosening treatment

Treat muscular tension, improve blood circulation and relax trigger points with the D-actor



5

Metabolic activity stimulation

Stimulate metabolic activity and toxin elimination, improve microcirculation and obtain muscle relaxation with the V-actor

# Gymna ShockMaster 500

## The intelligent solution

The ShockMaster 500 is Gymna's most intelligent shockwave solution. The device is equipped with all GTS features:

- pGTS dynamic protocols and patient data
- Supporting information
- GTS specific software and protocols

### User friendly and quality

From custom made applications to two output channels for rapid switch between handpieces. From the ergonomically shaped cart with all accessories within easy reach, to the noiseless and vibration-free oil compressor. Gymna ShockMaster 500 stands out for its user friendliness and quality.

The ergonomically shaped, lightweight handpiece and the rapid software updates via USB port make the ShockMaster 500 a complete and effective shockwave therapy device.





## Gymna ShockMaster 300

### Serious about shockwave treatments

*If you believe shockwave therapy should be part of your offering and want to have the flexibility to choose a large number of set protocols or choose your own settings, then the ShockMaster 300 is Gymna's solution tailored to your needs.*

Featuring GTS, with pGTS dynamic protocols, contraindications and GTS specific software and protocols, the ShockMaster 300 also allows complete freedom to choose your own settings. The ShockMaster 300 comes with an easy to use, full colour, 7-inch touchscreen for intuitive operation and an ergonomically shaped, lightweight handpiece. The ShockMaster 300 will show a pop up warning to perform a handpiece revision with the easy to use revision kit. Performing rapid software updates via the USB port are straightforward and easy.



*Ergonomically shaped, lightweight handpiece*


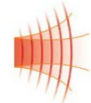

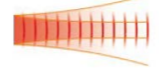











*Full colour, 7-inch touchscreen for intuitive operation*

*Optional trolley with two shelves, a drawer and integrated bottle holder*

Regular applicators



Regular applicators are compatible with all handpieces, except for the V-actor handpiece.


	Name	Diameter	Application	Penetration depth	Intensity	Energy bundle
	Beam / classic	15 mm	Pain therapy in tendon disorders, calcified shoulder, heel spur etc.	0 - 40 mm	+++	
	Deep impact	15 mm	Low pressure: skin-deep injuries. High pressure: deep seated locations and for high energy requirements.	0 - 60 mm	++++	
	Focus lens	15 mm	Close to surface pain areas, fascial muscles, neck, head, individual triggers.	0 - 20 mm	+	
	Acupuncture	6 mm	Acupuncture shockwave therapy.	0 - 40 mm	++	
	D-actor 20 mm	20 mm	Myofascial trigger therapy, muscle- and connective tissue, dissolution of fibrosis, treatment of deep-seated muscles.	0 - 50 mm	++++	
	D-actor 35 mm	35 mm	Myofascial trigger therapy, muscle- and connective tissue, back muscle, skin elasticity, trigger-diagnose, dissolution of fibrosis, treatment of deep-seated muscles.	0 - 50 mm	+++	
	Atlas	15 mm	Treatment of highly sensitive regions, like trigger points in the cervical spine muscles and mobilization of the cervical facet joints.			

	Name	Diameter	Application	Penetration depth	Intensity	Energy bundle
	D-actor 20 mm "T"	20 mm	Treatment for professional athletes and high-energy applications	0 - 50 mm	+++++	
	Ceramic	15 mm	Pain therapy in any type of enthesopathy	0 - 30 mm	+++++	
	Trigger 10mm	10 mm	Specific treatment of Trigger Points or deep-lying enthesopathy.	0 - 40 mm	+++++	

V-actor handpiece and applicators






V-actor applicators are only compatible with the V-actor handpiece.

	Name	Diameter	Application
	V-actor	25 mm	Relaxation of muscles and connective tissue, improving blood circulation, and stimulation of metabolic activity.
	V-actor	40 mm	Relaxation of muscles and connective tissue, improving blood circulation, and stimulation of metabolic activity.



# Specialty applicators

Specialty applicators are only compatible with the short handpiece.

	Name	Diameter	Application
	Fascia "knuckle"		Treatment of all medium and big fasciae (back fascia, plantar fascia, trigger bands, fascia in the shoulder and neck area)
	Fascia "sphere"		Punctual treatment of the fasciae (cervical muscles, plantar fascia, arch of the foot, back of the hand, trigger points)
	Fascia "scoop"		Treatment on or below the bone edges (pelvis from the front, Tibial crest, elbow crest)
	Fascia "scraper"		Treatment of all fasciae of the locomotor system (fascia thoracolumbalis, crural fascia, Fascia lata, trigger bands)
	Spine applicators	20 mm 27,5 mm 35 mm	Treatment of the vertebral joints of the entire spinal column in the cervical, thoracic and lumbar areas (paravertebral muscles, dysfunctions of the entire spinal column, muscular imbalances, pain conditions, trigger points)

# Fascia applicators

Fasciae are connective tissue structures that are woven through the entire body and cover all our muscles as well as our organs. Patients with muscular pain show fasciae in the affected areas that are markedly changed or thickened, this can lead to inflammation and chronic pain. The special shape of the innovative fascia applicators and the corresponding pressure that they deliver, are intended to release the adhesions and thereby prevent or even eliminate pain.



# Spine applicators

The specialized spine applicators are developed for treating painful dysfunctions on the entire spinal column. Thanks to the forked shape in three different sizes, the spine applicators optimally reach the vertebral joints and paravertebral muscles. The applicators allow you to selectively reach adhesions, tension and trigger points. Pain will be immediately reduced and mobility improved.



Features

ShockMaster 500		ShockMaster 300	
Characteristics			
Dimensions (H x D x W in cm)	102 x 58 x 57	18 x 38 x 42	
Weight (kg)	65	11	
Mobility	Integrated trolley 4 extra-large swivelling wheels for superior mobility Made in aluminium Side protection for the device	Portable	
Carrying bag		Custom made	
Compressor	In trolley (oil), noiseless, vibration free 8 bar	Built-in (Air)	
Connections	2	1	
User Interface			
Free mode	Plug and play	Plug and play	
Application list	Pre-programmed settings	Pre-programmed settings	
Body part	Quick start	Quick start	
Patient database	2,500 Patients		
Back-up system	Patient database		
GTS	SCM500: Full option - SCM300: Standard option		
Preset counter	Supported by illuminated bar	Supported by illuminated bar	
Software update	Via USB Port	Via USB Port	
Guided Therapy System			
GTS software	Intuitive layout	Intuitive layout	
GTS pre-programmed settings	Complete treatment info	Complete treatment info	
pGTS	pGTS dynamic protocol with patient data	pGTS dynamic protocol	
Medical e-book	Anatomical library Medical information Applicator information		
Contraindications	Contraindications list	Contraindications list	
Soft start	Gradual build-up of pressure		

ShockMaster 500		ShockMaster 300	
Guided Therapy System			
Safety restriction	Preventing wrong handpiece connection	Preventing wrong handpiece connection	
Revision message	After 1.25 million shocks	After 1.25 million shocks	
Performance			
Frequency range	0.5 – 21 Hz (in steps of 0.1 Hz)	0.5 – 17 Hz (in steps of 0.1 Hz)	
Max. frequency with V-actor	35 Hz	31 Hz	
Pressure range	0.3 – 5 bar <sub>eff</sub> (in steps of 0.1 bar <sub>eff</sub> )	0.3 – 4 bar <sub>eff</sub> (in steps of 0.1 bar <sub>eff</sub> )	
Handpiece and applicators			
	Short handpiece	Short handpiece	
On/off function	Electronic	Electronic	
Weight (kg)	0.45	0.45	
Ergonomics	Soft rubber protection	Soft rubber protection	
V-actor vibration therapy	Yes	Yes	
Revision kit	Revision kit HP short	Revision kit HP short	
Revisions included	4 Revisions	4 Revisions	
Applicators included in standard packaging	Beam applicator D-actor 20 mm applicator Deep impact applicator Classic 15-mm applicator D-actor 35 mm applicator Focus lens applicator Acupuncture 6 mm applicator D-actor 20mm «T» applicator Ceramic applicator Trigger 10mm applicator Spine applicator set Fascia applicator set Atlas applicator	Beam applicator D-actor 20 mm applicator Deep impact applicator Classic 15-mm applicator D-actor 35 mm applicator Focus lens applicator Acupuncture 6 mm applicator D-actor 20mm «T» applicator Ceramic applicator Trigger 10mm applicator Spine applicator set Fascia applicator set Atlas applicator	
Optional applicators			
Marketing materials			
	Poster Certificate Application guide	Poster Certificate Application guide	



# Gymna ShockMaster

*Optimizing your shockwave experience*



Cryotherapy



Tecar - Diathermy



Shockwave Therapy



Physio Care



Treatment Tables



Electrolysis



Electrotherapy



Your dealer

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