

Vibe Body Conditioning EMS Training – GP / Healthcare Professional Information Sheet

1. Purpose of This Document

This document is provided to inform General Practitioners and Healthcare Professionals about Whole-Body Electrical Muscle Stimulation (EMS) training and to support safe participation.

Patients must not participate in EMS training if they have any absolute contraindications.

Patients with relative contraindications may participate only following written medical approval from their GP or treating clinician.

2. What is Electrical Muscle Stimulation (EMS)?

Electrical Muscle Stimulation (EMS) is a supervised exercise method that uses externally applied electrical impulses to stimulate skeletal muscle contractions.

Surface electrodes embedded within a wearable suit deliver low-frequency electrical impulses to major muscle groups simultaneously while the participant performs guided functional movements under supervision.

EMS has been widely used in physiotherapy rehabilitation, neuromuscular re-education, and sports conditioning.

3. Typical EMS Training Session

- Duration: 15–20 minutes
- Format: 1:1 supervised session
- Intensity: Individually adjusted
- Frequency: Typically 20–85 Hz
- Exercises performed during stimulation
- Work/rest intervals used

4. Physiological Effects

Muscular Effects:

- Increased muscle fibre recruitment
- Improved strength and endurance
- Delayed onset muscle soreness (DOMS)

Cardiovascular Effects:

- Comparable to moderate–vigorous resistance exercise

Metabolic Effects:

- Increased energy expenditure

5. Known Risks

Possible short-term effects include muscle soreness, temporary fatigue, elevated creatine kinase (CK) levels, and mild skin irritation.

Rare but serious risk includes excessive muscle breakdown (rhabdomyolysis), minimised through supervision and progressive loading.

6. Absolute Contraindications (EMS MUST NOT be performed)

- Implanted electronic medical devices (e.g. pacemaker, defibrillator)
- Severe cardiovascular disease
- Severe neurological disorders
- Epilepsy or seizure disorders
- Severe neuromuscular disorders
- Active cancerous lesions
- Severe kidney disease
- Internal bleeding or bleeding tendency
- Non-intact skin
- Pregnancy or suspected pregnancy

7. Relative Contraindications (Medical Approval Required)

- Metal or non-metal implants
- Controlled cardiovascular disease (e.g. hypertension)
- Recent surgery or trauma
- Hernias
- Chronic disease
- Fever or infection
- Diabetes
- Painful or reduced skin sensation
- Severe obesity
- Extreme inactivity
- Cognitive impairment
- Any condition where intense muscular contraction may pose risk

8. Request for Medical Opinion

Patient Name: _____

Relevant Medical Conditions:

Fit to participate in EMS training

Fit to participate with limitations (please specify)

Not recommended

Clinical Notes / Restrictions:

GP / Physician Name: _____

Practice / Clinic: _____

Signature: _____ Date: _____

9. Provider Details

Vibe Body Conditioning

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