



ProMed Specialties

## BLD Stim<sup>3</sup>

The BLD Stim<sup>3</sup> series is one of the most popular and successful devices for physical therapy. It provides all therapies in a single hand held device for physical therapist and home care professionals. The BLD Stim<sup>3</sup> provides four channels, delivering four treatments from a single unit.

### Special Features

- 4 channel, 8 Pad output
- Thicker-gauge color-coded cables for the 4 separate channels
- Large LCD Display
- Intensity Controls For Each Channel
- Treatment Lock-Out
- 4 AA 2300 mAh Ni-MH Rechargeable Batteries
- Compliance Monitor
- Protective Carrying Case.
- Lock Key: Saves the selected treatment parameters and locks out any other input



### BLD Stim<sup>3</sup> series provides following therapeutic modalities:

- Conventional Muscle Stimulation
- Russian Stimualtion
- Interferential Stimulation
- TENS Stimulation

### About Interferential Therapy

Interferential Electrical Stimulation is a unique way of effectively delivering therapeutic frequencies to the tissue. Interferential stimulators use a fixed carrier frequency of 4,000 Hz per second and also a second adjustable frequency of 4,001-4,400 Hz per second. When the fixed and adjustable frequencies combine with each other (heterodyne), they produce the desired signal frequency (Interference frequency) at the point of intersection between the electrodes. This causes the stimulation to concentrate deep in the tissues as well as at the surface of the skin. It provides more analgesic or nerve blocking effect.

### About TENS Therapy

In TENS therapy, a small, battery-operated device delivers low-voltage electrical current through the skin via electrodes placed near the source of pain. It stimulates the nerves in the affected area and sends signals to the brain that block the pain perception. TENS is proven to be an effective therapy to mask pain.

#### TENS Applications

- Low back pain
- Cervical spasms/pain
- Shoulder pain
- Hip strain
- Foot or ankle pain

### About Electrical Muscle Stimulation Therapy (EMS)

EMS sends electrical current through self-adhesive electrodes placed over the muscle. The current passes through the skin to the nerves in that area, causing the muscle to expand and contract, effectively exercising the muscle.

EMS is predominately used by doctors and physical therapists to prevent or reduce muscle atrophy. Atrophy is the weakening and loss of muscle tone, which often occurs after surgeries or injuries. EMS may also be used to help increase blood flow to muscles, increase range of motion, increase muscle strength and tone, and enhance muscle endurance. EMS is widely used by bodybuilders and other athletes to complement strength training. Olympic athletes have used EMS for over 20 years to enhance their training.

#### EMS Applications

- Wrist strengthening
- Quadriceps strengthening
- Shoulder weakness
- Fibromyalgia
- Intrinsic strengthening
- Anterior shoulder subluxation
- Tibialis strengthening
- Grip strengthening
- Upper trap spasm
- ACL reconstruction

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