MUSCLES TO BE STRAPPED BY GROUPS

🥇 GROUP 1 — Upper Leg Anterior

1. Quadriceps Femoris

- Rectus femoris
- Vastus medialis
- Vastus lateralis
- Vastus intermedius

EMS STRAPPING PROTOCOLS

💪 GROUP 1 – QUADRICEPS FEMORIS (Upper Leg Anterior)

Position:

Client lying supine (on back), knee slightly supported.

Pad Placement:

- One electrode proximally over rectus femoris
- One over vastus medialis
- One over vastus lateralis
- One over vastus intermedius/distal anterior thigh

Pads must be placed along the muscle belly and never directly over bone.

Machine Settings (Typical Salon EMS):

- Frequency: 35–50 Hz
- Pulse width: 200–300 µs
- On/off ratio: 5–10 sec contraction / 5–10 sec rest
- Duration: 15–20 minutes

Increase intensity gradually until visible contraction occurs.

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