MUSCLES TO BE STRAPPED BY GROUPS

🥈 GROUP 2 — Upper Leg Posterior

1. Hamstrings

- Biceps femoris
- Semitendinosus
- Semimembranosus
- Gluteus maximus

EMS STRAPPING PROTOCOLS

🦵 GROUP 2 – HAMSTRINGS (Upper Leg Posterior)

Position:

Client prone (lying face down), ankles relaxed.

Pad Placement:

- One electrode over biceps femoris
- One over semitendinosus
- One over semimembranosus
- One superiorly over gluteus maximus insertion / proximal hamstring line

Avoid direct placement behind the knee joint.

Machine Settings

- Frequency: 30–45 Hz
- Pulse width: 200–300 µs
- On/off ratio: 5–8 sec contraction / 5–10 sec rest
- Duration: 15–20 minutes

Increase intensity until visible knee flexion occurs.

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