MUSCLES TO BE STRAPPED BY GROUPS

🥉 GROUP 3 — Lower Leg Posterior

1. Calf Complex

- Gastrocnemius (medial head)
- Gastrocnemius (lateral head)
- Soleus
- Tibialis posterior

EMS STRAPPING PROTOCOLS

🦵 GROUP 3 – LOWER LEG POSTERIOR (Calf Complex)

Position:

Client prone or supine with legs elevated.

Pad Placement:

- One electrode over medial gastrocnemius
- One over lateral gastrocnemius
- One over soleus
- One over tibialis posterior/lower posterior calf

Avoid the popliteal fossa (back of knee crease) and Achilles tendon.

Machine Settings

- Frequency: 30–45 Hz
- Pulse width: 200–250 µs
- On/off ratio: 5–8 sec contraction / 5–10 sec rest
- Duration: 15–20 minutes

Increase intensity until visible plantarflexion occurs.

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