MUSCLES TO BE STRAPPED BY GROUPS

🏅 GROUP 4 — Upper Limb Combination

1. Anterior Upper Arm
   - Biceps brachii
   - Brachialis
2. Posterior Upper Arm
   - Triceps brachii (long head)
   - Triceps brachii (lateral head)

EMS STRAPPING PROTOCOLS

💪 GROUP 4 – UPPER ARM COMBINATION

Position:
Client seated or supine, arm supported.

Pad Placement:

- One electrode over biceps brachii
- One over brachialis
- One over triceps brachii (long head)
- One over triceps brachii (lateral head)

Avoid placing pads directly over the elbow joint.

Machine Settings

- Frequency: 30–45 Hz
- Pulse width: 180–250 µs
- On/off ratio: 5–8 sec contraction/5–8 sec rest
- Duration: 15–20 minutes

Increase intensity until visible elbow flexion/extension occurs.

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