

Program no.	Sequence	Stim. type	Duration	Frequency	Pulse width	Rising ramp time	Work time	Decreasing ramp time	Pause
1	1	TENS	6 min	9 Hz	180 / 280 $\mu$ s				
	2	TENS	6 min	7 Hz	200 / 300 $\mu$ s				
	3	TENS	6 min	5 Hz	220 / 320 $\mu$ s				
	4	TENS	6 min	1 Hz	240 / 340 $\mu$ s				
2	1	TENS	6 min	6 Hz	150 $\mu$ s				
	2	TENS	6 min	4 Hz	170 $\mu$ s				
	3	TENS	6 min	3 Hz	190 $\mu$ s				
	4	TENS	6 min	1 Hz	210 $\mu$ s				
3	1	TENS	6 min	9 Hz	150 $\mu$ s				
	2	TENS	6 min	7 Hz	170 $\mu$ s				
	3	TENS	6 min	5 Hz	190 $\mu$ s				
	4	TENS	6 min	1 Hz	210 $\mu$ s				
4	1	Dynamic	5 min	8 Hz	200 $\mu$ s	2 s		2 s	
	2	Dynamic	5 min	6 Hz	200 $\mu$ s	2 s		2 s	
	3	Dynamic	5 min	4 Hz	200 $\mu$ s	2 s		2 s	
	4	TENS	5 min	1 Hz	200 $\mu$ s	---			
5	1	TENS	10 min	2 Hz	100 / 150 $\mu$ s				
	2	TENS	10 min	2 Hz	130 / 180 $\mu$ s				
	3	TENS	10 min	2 Hz	150 / 200 $\mu$ s				
	4	TENS	10 min	2 Hz	180 / 230 $\mu$ s				
	5	TENS	10 min	2 Hz	200 / 250 $\mu$ s				
6	1	TENS	5 min	5 Hz	150 / 200 $\mu$ s	---	---		---
	2	Muscle	15 min	15 Hz	200 / 250 $\mu$ s	2 s	5 s	1 s	5 s
	3	Muscle	15 min	60 Hz	200 / 250 $\mu$ s	2 s	5 s	1 s	5 s
	4	TENS	5 min	4 Hz	170 / 220 $\mu$ s				
	5	TENS	5 min	2 Hz	210 / 260 $\mu$ s				
7	1	Dynamic	5 min	80 Hz	180 / 280 $\mu$ s	2 s		2 s	
	2	Dynamic	5 min	60 Hz	200 / 300 $\mu$ s	2 s		2 s	
	3	Dynamic	5 min	4 Hz	220 / 320 $\mu$ s	2 s		2 s	
	4	TENS	5 min	2 Hz	240 / 340 $\mu$ s	---			
8	1	Dynamic	5 min	30 Hz	150 $\mu$ s	2 s		2 s	
	2	Dynamic	5 min	30 Hz	170 $\mu$ s	2 s		2 s	
	3	Dynamic	5 min	30 Hz	200 $\mu$ s	2 s		2 s	
	4	TENS	5 min	2 Hz	200 $\mu$ s	---	---	---	---
9	1	TENS	5 min	8 Hz	120 / 220 $\mu$ s				
	2	TENS	5 min	6 Hz	140 / 240 $\mu$ s				
	3	TENS	5 min	4 Hz	160 / 260 $\mu$ s				
	4	TENS	5 min	2 Hz	180 / 280 $\mu$ s				

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Program no.	Sequence	Stim. type	Duration	Frequency	Pulse width	Rising ramp time	Work time	Decreasing ramp time	Pause
10	1	Dynamic	10 min	80 Hz	200 / 250 $\mu$ s	4 s		4 s	
	2	TENS	10 min	2 Hz	200 / 250 $\mu$ s	---	---	---	---
11	1	TENS	10 min	5 Hz	180 / 180 $\mu$ s				
	2	TENS	15 min	1 Hz	180 / 180 $\mu$ s				
12	1	Dynamic	10 min	80 Hz	200 $\mu$ s	1 s		1s	
	2	TENS	10 min	2 Hz	200 $\mu$ s	---	---	---	---
13	1	Dynamic	5 min	80 Hz	100 $\mu$ s	2 s		2 s	
	2	Dynamic	5 min	60 Hz	120 $\mu$ s	2 s		2 s	
	3	Dynamic	5 min	30 Hz	140 $\mu$ s	2 s		2 s	
	4	TENS	5 min	2 Hz	140 $\mu$ s	---	---	---	---
14	1	BURST	25 min	80 Hz	150 $\mu$ s	0,25 s			
15	1	TENS	10 min	80 Hz	200 / 250 $\mu$ s				
	2	TENS	10 min	2 Hz	200 / 250 $\mu$ s				
16	1	TENS	25 min	2 Hz	200 / 280 $\mu$ s				
17	1	TENS	5 min	5 Hz	200 / 350 $\mu$ s	---	---	---	---
	2	Muscle	12 min	60 Hz	250 / 400 $\mu$ s	2 s	8 s	1 s	8 s
	3	TENS	15 min	3 Hz	200 / 350 $\mu$ s	---	---	---	---
18	1	TENS	5 min	5 Hz	200 / 350 $\mu$ s	---	---	---	---
	2	Muscle	40 min	15 Hz	250 / 400 $\mu$ s	1 s	8 s	1 s	4 s
	3	TENS	15 min	3 Hz	200 / 350 $\mu$ s			---	
19	1	TENS	5 min	5 Hz	200 / 350 $\mu$ s	---	---	---	---
	2	Muscle	20 min	90 Hz	250 / 400 $\mu$ s	2 s	4 s	1 s	20 s
	3	TENS	15 min	3 Hz	200 / 350 $\mu$ s	---	---	---	---
20	1	TENS	5 min	5 Hz	200 / 350 $\mu$ s	---	---	---	---
	2	Muscle	12 min	120 Hz	250 / 400 $\mu$ s	1s	3s	1 s	25s
	3	TENS	15 min	3 Hz	200 / 350 $\mu$ s			---	
21	1	TENS	5 min	5 Hz	200 / 350 $\mu$ s	---	---	---	---
	2	Muscle	15 min	80 Hz	270 / 420 $\mu$ s	3s	5s	4 s	7s
	3	TENS	5 min	5 Hz	190 / 340 $\mu$ s	---	---	---	---
	4	TENS	5 min	2 Hz	210 / 360 $\mu$ s	---	---	---	---

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Program no.	Sequence	Stim. type	Duration	Frequency	Pulse width	Rising ramp time	Work time	Decreasing ramp time	Pause
22	1	TENS	5 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	2	Muscle	10 min	30 Hz	250 / 350 $\mu$ s	3s	8s	2 s	16s
	3	TENS	10 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	4	Muscle	10 min	60 Hz	250 / 350 $\mu$ s	3s	6s	2 s	12s
	5	TENS	10 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	6	Muscle	10 min	30 Hz	250 / 350 $\mu$ s	3s	8s	2 s	16s
	7	TENS	5 min	5 Hz	150 / 250 $\mu$ s	---	---	---	---
23	1	TENS	25 min	8 Hz	200 / 280 $\mu$ s				
24	1	TENS	25 min	8 Hz	240 / 320 $\mu$ s				
25	1	TENS	5 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	2	Muscle	10 min	30 Hz	150 / 250 $\mu$ s	3 s	8 s	2 s	16 s
	3	TENS	5 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	4	Muscle	10 min	60 Hz	150 / 250 $\mu$ s	3 s	6 s	2 s	12 s
	5	TENS	5 min	2 Hz	150 / 250 $\mu$ s	---	---	---	---
26	1	TENS	5 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	2	Muscle	10 min	30 Hz	200 / 350 $\mu$ s	3 s	8 s	2 s	8 s
	3	TENS	10 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	4	Muscle	10 min	60 Hz	200 / 350 $\mu$ s	3 s	6 s	2 s	6 s
	5	TENS	10 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	6	Muscle	10 min	30 Hz	200 / 350 $\mu$ s	3 s	8 s	2 s	8 s
	7	TENS	5 min	5 Hz	150 / 250 $\mu$ s	---	---	---	---
27	1	TENS	10 min	8 Hz	150 / 250 $\mu$ s	---	---	---	---
	2	Muscle	10 min	60 Hz	250 / 350 $\mu$ s	3 s	8 s	2 s	8 s
	3	TENS	5 min	5 Hz	150 / 250 $\mu$ s	---	---	---	---
28	1	TENS	5 min	3 Hz	200 / 300 $\mu$ s				
	2	TENS	5 min	30 Hz	200 / 300 $\mu$ s				
	3	TENS	15 min	100 Hz	200 / 300 $\mu$ s				
	4	TENS	5 min	2 Hz	200 / 300 $\mu$ s				
29	1	TENS	25 min	8 Hz	200 / 280 $\mu$ s				
30	1	TENS	5 min	5 Hz	300 $\mu$ s	---	---	---	---
	2	Muscle	12 min	60 Hz	320 $\mu$ s	2 s	8 s	1 s	8 s
	3	TENS	15 min	3 Hz	250 $\mu$ s	---	---	---	---

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