

ePulse Wireless 1600 NMES Modality Guide

1. Cupping

Simulates rhythmic suction-like pulses to mimic traditional cupping therapy. Helps improve blood circulation, release muscle knots, and relieve deep muscle tension. Ideal for back, shoulders, and large muscle groups.

2. Scraping

Emulates Gua Sha-style scraping. Provides continuous, dragging-like stimulation to promote lymphatic drainage and reduce inflammation. Best for stiff neck, IT band, and post-workout detoxification.

3. Neck/Upper Back

Designed specifically for cervical and upper thoracic spine relief. Releases tightness, eases nerve compression, and promotes better posture. Apply electrodes across the traps or either side of the spine.

4. Hand Pressure

Mimics palm pressure and kneading techniques often used in manual therapy. Ideal for muscle warm-up or cooldown, joint pain, and fatigue in hands, arms, and feet.

5. Tapping

Reproduces the effect of percussive tapping, perfect for increasing blood flow and relieving muscle stiffness. Commonly used on quads, calves, and shoulders post-exercise.

6. Reflexology

Focuses on stimulating foot zones connected to organs and systems throughout the body. Use on soles and heels to support circulation, energy flow, and pain reduction.

7. Acupressure

Targets specific acupuncture points with gentle rhythmic pulses to balance energy and relieve stress-related tension. Suitable for anxiety, digestive issues, and chronic pain conditions.

8. Tapotement

Based on Swedish massage technique using rhythmic striking motions. Useful for awakening muscle groups, promoting lymphatic drainage, and improving tone. Use on thighs, calves, and arms.

9. Balance

Harmonizes both muscle activation and relaxation patterns. Best for neuromuscular coordination, balance training, and rehabilitation post-injury or surgery. Works well on core and stabilizer muscles.

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10. Lower Back / Glute Mode

Optimized for lumbar and glute regions. Helps reduce sciatica symptoms, relieve lower back stiffness, and activate glute muscles. Perfect for desk workers or those with hip imbalances.

11. Stretching

Stimulates muscles in slow, elongating pulses to simulate assisted stretching. Ideal for warm-up/cool-down routines, hamstring relief, and mobility work.

12. Head and Neck

Designed for tension headaches, migraines, and neck stiffness. Best used with electrodes placed on the upper neck and base of skull (never directly on head).

13. Core

Targets abdominal and oblique muscles with rhythmic contractions. Supports core strengthening, posture, and rehabilitation after abdominal surgeries or childbirth.

14. Sculpting

Focused on toning and defining muscle groups. Great for cosmetic use on abs, thighs, arms, and glutes. Enhances appearance while mildly stimulating fat metabolism.

15. Strength

Delivers deeper, more intense pulses to promote muscle growth and endurance. Ideal for athletes looking to build mass or maintain muscle tone during recovery. Use on quads, biceps, and glutes.

16. Weight Loss

Uses alternating pulses to mimic cardio-like muscle stimulation, aiming to boost metabolism and blood flow. Best used on large muscle areas like thighs, abdomen, and glutes for 20-30 min sessions.