

# FOR THE MODERN WOMAN, BEFORE, DURING AND AFTER BIRTH!

## cefar<sup>®</sup> femina

It becomes more natural for the modern women of today to take an active part in influencing her own individual situation. CEFAR FEMINA provides a method for pain relief during birth, without any side effects. It does not affect the mother or the expected child. Except for being the natural choice of pain relief during birth, the CEFAR FEMINA provides solutions for every day problems during and after pregnancy such as, swollen feet, neck- and shoulder ache or loss of muscular elasticity. CEFAR FEMINA is a two channel stimulator with five preset programs.



### Preset programs:

#### P1: Pain relief during childbirth

80 Hz Conventional, 180  $\mu$ s

This program is aimed for use during childbirth. By using the hand switch it is possible to better control the pain. By pressing the button, you switch between Basic stimulation (between contractions) and Intensive stimulation (during contractions).

#### P2: Pain relief for back, neck and pelvis

80 Hz Pulsewidth modulation 2 sec. 70-180  $\mu$ s

During pregnancy it's very common with pain in the back-pelvis or the neck-shoulder region. This is due to the increased body weight but also to hormone changes. In this important stage of life CEFAR FEMINA offer pain relief without side effects.

#### P3: Massage for back and neck

5-15Hz 3 sec Frequency modulation 3 sec, 250  $\mu$ s

Enables a very effective decontraction of the muscles due to the comfortable vibrations that increase the circulation and helps the muscles to relax.

#### P4: Massage for tired/swollen feet/legs

5Hz Pulsewidth modulation 5 sec 150-300  $\mu$ s

Use this program to relieve tired and swollen legs. The stimulation produces a muscular pumping effect that increases the circulation and promotes removal of excessive fluid.

#### P5: Back to shape

EMS Frequency modulation 50-70Hz, 250 $\mu$ s.

Work: 6 sec / Active rest 4Hz: 14 sec.

After birth many women discover a change in muscular elasticity. Especially in the muscles around the abdomen, hips and thighs. This program creates muscular contraction in order to regain the elasticity in your muscles.



### Backlight

The new CEFAR FEMINA is equipped with backlight which has been a request by many users. A larger display in combination with backlight makes it easier to see and read the display on the CEFAR FEMINA, even if the surrounding light is insufficient.

### Self check

To increase the level of security for the user, CEFAR FEMINA is equipped with an automatic self check. If there is something wrong in the PCB (printed circuit board) connections, the stimulator will not be possible to use. An error sign will be shown in the display, and service is needed.

### Timer

The preset treatment time for program 2-5 is set to 30 minutes. You have the option to change the timing individually up to 60 minutes. If there is no preset timing (program 1), the stimulation will go on until you stop the stimulation manually.

### Key lock

A key lock is automatically activated if no button is pressed for 10 seconds. This to prevent unintentional changes of the amplitude during stimulation.

### Program pause

Whenever you desire you can push the P button during stimulation and pause the program. If a program is paused for more than five minutes the stimulator turns off automatically.

### Program guide

Extensive information regarding when to use what program is now added to the users manual. Here you can get information about the different stimulation forms, example of indications and also find electrode placement pictures of all the suggested treatments.

#### Technical Specifications:

Channels	2 (non-independent)
Constant current	Up to a resistance of 1500 Ohm
Stimulation current/channel	0-60mA
Max pulsewidth	300 $\mu$ s
Max frequency	80 Hz
Waveform	Symmetric biphasic pulse 100% compensated
Preset programs	5
Timer	.1 to 60 min/Off
Size	120 x 50 x 30mm