



World Aesthetix

nuFORM Protocol

How it works

- The nuFORM 16E uses Electrical Muscle Stimulation technology where electrical impulses are delivered through applicators placed on the skin, which send signals directly to the underlying muscle. These impulses mimic action potentials from the central nervous system, causing the muscles to contract.
- 36,000 contractions generated in a 30-minute session
- Up to 4 areas may be treated in a single session (16 applicators/ ~ 4 applicators/ area)
- Most popular areas treated are abdomen, glutes, and thighs, (posterior and anterior). Other common treatment areas are biceps, triceps, and calves.

Treatment Indications

- Muscle Definition and Toning
- Muscle Atrophy (Sarcopenia)
- Postpartum Core rehabilitation
- Diastasis Recti
- Athletic Conditioning and Performance
- Post Weight Loss Body Reshaping
- Increase BMR (Basal Metabolism Rate)
- Lower Back Pain Relief and Strengthening
- Combine treatments with nuFIRM

Contraindications

- Pregnancy or Lactating
- Active Cancer or Chemotherapy



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- Patients with implanted devices such as: Cardiac Pacemakers or Defibrillators
- Metal implants in treatment area
- Epilepsy or seizure history
- Skin conditions in treatments area such as: Ezema, Open Wounds, Active Infection
- Treatment on Abdomen with Presence of Hernia
- Treatment near the Heart (Anterior/Posterior)

Client Preparation

- Avoid heavy meals 1 hour prior
- Hydrate well before and after
- Remove metal jewelry and/or electronic devices such as: Apple Watch/ Garmin
- Take pre-treatment photos or run body analysis on nuSCALE

Treatment Parameters (Standard Protocols)

Area	Duration	Intensity	Frequency	Number of Sessions
Abs	30 min	Moderate to High (60–85%)	2x/week	6–8 sessions
Glutes	30 min	Moderate to High	2x/week	6–8 sessions
Thighs	30 min	Moderate	2x/week	6–8 sessions
Arms	20–30 min	Low to Moderate	2x/week	6–8 sessions



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Adjust intensity based on client tolerance. Always start lower and gradually increase.

Treatment Steps

1. Sanitize and prep the treatment area
2. Apply adhesive pads to desired muscle groups
3. Attach EMS applicator to pads
4. Choose program setting:
 - Basic Training
 - Adaptive Training
 - Preliminary Training
 - Advanced Training
 - Professional Training
5. Increased intensity slowly until visible contractions occur (without discomfort)
6. Monitor client feedback and device function
7. Remove applicators, clean skin, hydrate client

Post- Treatment Care

- Encourage hydration
- Mild soreness is normal; just like an intense workout
- Space sessions 2-3 days apart to allow for muscle recovery
- Every 3rd session redo body analysis on nuSCALE

Recommendation:

- Maintenance treatments should be every 2-3 months per indication.