

# Product datasheet

## Gymna Myo 200

*The Myo 200, for electrotherapy, myofeedback and combined therapy*

The Myo 200 operates with push buttons control for all functions.

Once the treatment goals and the intensity are determined, the operator is ready to start the treatment within the personalized parameters of the patient.

The unique Myo software program further increases the Myo's possibilities: storing results, displaying and printing different charts, keeping patient files up to date.

The Contilife™ test is included.

Its versatility and functionality makes the unit very suitable for many kinds of exercises and relaxation therapies, including pelvic floor treatment.



### Characteristics

- Therapies :
  - Biofeedback: EMG and pressure
  - Combined therapy (combined with stimulation and feedback)
  - Electro therapy, 2 and 4 poles, 2 channels completely independent
  - Simultaneous therapy (2 different indications treated simultaneously by using electro)
- Currents : 22
  - Current forms: See next pages
- Functionalities :
  - Indications: 85
  - Objectives :
    - General: 21
    - Pelvic floor: 67
    - Muscle: 15
  - Diagnostic: 6
  - Free memory: 20
- Can be connected to the Vaco 200

### Technical specifications

Languages	: 9
Mains voltages	: 100-240-VAC, 50/60 Hz +/- 10%
Max. power-in operation	: 85 VA
Dimensions (bxhxd)	: 268 x 124 x 295 mm
Weight	: c.A 4 kg
Safety	: Class I
Isolation	: Type BF
MDD Classification	: IIa
Safety examination	: CE from conformity with Directives MDD 93/42/EEC

### Manuals

323 011	Safety Instructions
329 637	User manual English
376 126	CD user manual Gymna devices multi-language

**gymna**



Article number: 320.290 Myo 200 white  
320.390 Myo 200 carbon black

### Standard accessories

112 451	Mains lead right angle
329 967	Reference cable, 2 mm
330 803	Test plug, F/F, 2 mm
329 945	EMG Electrode cable, 2 mm, shielded
329 956	EMG Incontinence cable, 2mm, shielded
326 799	Electrode, adhesive, Ø 3 cm, per 4
326 821	Electrode, adhesive, 5 x 5 cm, per 4
329 978	Vaginal probe, Novatys gold
320 848	Combined vaginal pressure probe with adaptor
115 684	Visual Analogue Scale (VAS-Score) Connecting
330 000	cable myo 200/pc (USB)
330 011	Cd-Rom Myo PC software + treatment guide
117 276	Sets of photos for electrodes placement











### Optional accessories

302 955	Carrying Bag 200 series
114 142	Pen electrode with sponge, Ø 15 mm Sponge
109 944	for pen electrode, per 10
330 594	Vaginal probe V2B+
330 572	Vaginal probe Optima 3
330 583	Vaginal probe Perisize 4+
329 989	Anal probe Analia
330 561	Anal probe Analys+
112 166	Stimulation probe, rectal
326 810	Electrode, adhesive, 2.5 x 5 cm, per 4
326 832	Electrode, adhesive, 5 x 10 cm, per 4
340 446	Electrode, rubber, 4 x 6 cm, per 2
340 468	Electrode, rubber, 6 x 8 cm, per 2
340 481	Electrode, rubber, 8 x 12 cm, per 2
100 657	Chamex bag, 4 x 6 cm, per 4
100 658	Chamex bag, 6 x 8 cm, per 4
100 659	Chamex bag, 8 x 12 cm, per 4
108 934	Fixing strap, elastic, 5 x 30 cm
108 935	Fixing strap, elastic, 5 x 60 cm
108 936	Fixing strap, elastic, 5 x 120 cm
320 804	Gymna Mobile
330 033	Tilting support for Myo 200 on Gymna Mobile

	COMBI 200L	COMBI 200	DUO 200	MYO 200	PULSON 200	VACO 200
<b>Therapies</b>						
Electrotherapy (2 independent channels)	■	■	■	■		
Ultrasound therapy (1&3 MHz)	■	■			■	
Laser therapy (optional)	■					
Combination therapy	■	■				
Simultaneous therapy	■	■	■	■		
Pelvic re-education therapy				■		
Muscle re-education therapy				■		
Vacuum						■
<b>User-interface</b>						
Touchscreen navigation	■	■	■		■	
Push Buttons for navigation				■		
Monochrome LCD with backlight (1/4 VGA)	■	■	■	■	■	
2 separate intensity regulators	■	■	■	■		
Direct therapy keys	■	■	■	■	■	
Protocols: Objectives & Indications list	■	■	■	■	■	
Diagnostics S/D curves (Rheobase, Chronaxy, ...)	■	■	■			
Diagnostics (Rheobase, Chronaxy, ...)				■		
Contra-indications list	■	■	■	■	■	
Memory: 50 free locations (Myo: 20)	■	■	■	■	■	













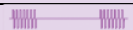














■ = Standard

○ = Optional

		COMBI 200L	COMBI 200	DUO 200	MYO 200	PULSON 200	VACO 200
<b>Ultrasound therapy</b> 							
Treatment head 4 cm <sup>2</sup> (1 & 3 MHz, multifrequent)		■	■			■	
Treatment head 1 cm <sup>2</sup> (1 & 3 MHz, multifrequent)		○	○			○	
Acoustic and visual contact control led		■	■			■	
<b>Laser therapy</b> 							
Monoprobe: max. average power: 70,5 mW		○					
Clusterprobe: max. average power: 4 x 12,6 mW		○					
<b>Myofeedback therapy</b>  							
Electro myography (2 individual EMG channels)					■		
Pressure myography (1 channel)					■		
<b>Combination therapy</b> 							
Ultrasound + Conventional TENS 		■	■				
Ultrasound + Burst TENS 		■	■				
Ultrasound + Random Freq TENS 		■	■				
Ultrasound + 2-pole Medium frequency 		■	■				
<b>Simultaneous therapy</b>							
Electrotherapy (2-pole) + Laser (optional)		■					
Electrotherapy (2-pole) + Ultrasound		■	■				
Ultrasound + Laser (optional)		■					
Electrotherapy (2-pole) + Electrotherapy (2-pole)		■	■	■	■		
Electrotherapy & Myofeedback (on 2 channels)					■		
Myofeedback EMG (on 2 channels)					■		
Myofeedback EMG + Pressure					■		
<b>Vacuum</b> 							
2 independent channels							■
Electronic vacuum control							■
Continuous & pulsed rhythm							■
Connectable in combination with		■	■	■	■		
<b>Myo PC Software package</b>							
Patient database					■		
Pelvic & muscle re-education protocols					■		
Optimal graphical visualization					■		
Comprehensive reporting function					■		

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Electrotherapy 		COMBI 200L	COMBI 200	DUO 200	MYO 200	PULSON 200	VACO 200
		<b>Unidirectional currents</b>					
Rectangular pulse		■	■	■	■		
2-5 current (Ultra Reiz)		■	■	■	■		
Triangular pulse		■	■	■	■		
MF rectangular pulse		■	■	■	■		
Iontophoresis-MF rectangular pulse		■	■	■			
<b>Diadynamic currents</b>							
MF		■	■	■	■		
DF		■	■	■	■		
CP		■	■	■	■		
LP		■	■	■	■		
<b>TENS currents</b>							
Conventional TENS		■	■	■	■		
Low frequency TENS		■	■	■	■		
Burst TENS		■	■	■	■		
High Frequency TENS		■	■	■	■		
Random frequency TENS		■	■	■	■		
Han Stim (via painrelief)		■	■	■	■		
<b>NMES currents</b>							
Rectangular surge		■	■	■	■		
Triangular surge		■	■	■	■		
Biphasic surge		■	■	■	■		
Intrapulse interval surge		■	■	■	■		
Russian stimulation		■	■	■			
2-pole MF surge		■	■	■	■		
Isoplanar vector field surge (4-pole I.F. surge)		■	■	■	■		
<b>Interferential currents</b>							
2-pole medium frequency		■	■	■	■		
Isoplanar vector field-		■	■	■			
Dipole vector field (4-pole I.F. vector)		■	■	■	■		
Classical interferential (4-pole I.F.)		■	■	■	■		
<b>Diagnostic programs</b>							
Rheobase, Chronaxy, AQ		■	■	■	■		
S-D curves		■	■	■			
Pain points		■	■	■	■		
Diagnose stress fracture		■	■			■	
Constant voltage/Constant current		■	■	■	■		

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