



**INTRODUCING THE ACTIVLIFE RANGE OF PURPOSE  
MADE MOBILE TENS + NMS PRODUCTS FOR AN  
ACTIVE LIFESTYLE AT ANY STAGE OF LIFE**

The ActivLife range is built on experience and knowledge dating back to 1971.

Each product in the range is designed to serve a specific purpose – and to make simple & effective treatment possible for the individual.

Across three broad categories – Managing Pain, Injury Recovery & Supporting Women's Health – there are five rechargeable mobile products in the range, as well as a professional model used by therapists around Australia since 1988.

Product benefits include chronic pain relief, injury recovery, targeted muscular exercise, pelvic floor strengthening, labour pain & period pain relief, relaxation and easing PMS related symptoms.

**ActiBody**

- ▶ FAST RELIEF FROM STRONG PAIN
- ▶ LONG LASTING RELIEF OF CHRONIC PAIN
- ▶ INCREASE RELAXATION, MOBILITY, CIRCULATION



**SportsMed**

- ▶ STRONG, LASTING MOBILE PAIN RELIEF
- ▶ ACCELERATED RECOVERY FROM INJURY
- ▶ TARGETED MUSCULAR EXERCISE



**SportsMed  
PRO**

- ▶ STRONG, LASTING CLINICAL & MOBILE PAIN RELIEF
- ▶ ACCELERATED RECOVERY FROM INJURY
- ▶ TARGETED MUSCULAR EXERCISE



**InControl**

- ▶ PELVIC FLOOR EXERCISE AND STRENGTHENING
- ▶ INCONTINENCE / BLADDER CONTROL
- ▶ POST-NATAL REHABILITATION



**ActiNatal**

- ▶ FAST PAIN RELIEF DURING LABOUR CONTRACTIONS
- ▶ LONG LASTING RELIEF OF MUSCULAR PAIN
- ▶ POST-NATAL REHABILITATION



**EllaEase**

- ▶ STRONG LASTING RELIEF FROM PERIOD PAIN
- ▶ RELAXATION & EASING OF PMS SYMPTOMS
- ▶ MUSCLE RELAXATION & REGULATION OF STRONG CONTRACTIONS



# ActivLife.

**A COMPLETE RANGE OF  
AUSTRALIAN MADE TENS + NMS  
LIFESTYLE PRODUCTS**



For assistance, information or orders, visit our website or call the ActivLife Customer Support Team today.

**ActivLife.**

LIFE CHANGING TECHNOLOGY

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[www.activlifetech.com.au](http://www.activlifetech.com.au)



## EXAMPLES OF THE WIDE RANGE OF FUNCTIONS ACROSS THE PRODUCT RANGE



Alleviate neck & shoulder tension



Relieve shoulder pain



Relief for arthritic knees



Strong pain relief in labour



Build muscle



Faster healing times



## How TENS + NMS WORKS

TENS + NMS work by stimulating the body's sensory and motor nerves for the purpose of pain relief, injury recovery, muscle strengthening and pelvic floor exercise.

### TENS

TENS is an acronym for Transcutaneous (or "across the skin") Electrical Nerve Stimulation.

A TENS stimulus is created using a small electronic control unit that generates minute electrical impulses.

Applied to sensory nerves, TENS helps to relieve and manage even the strongest pain, via multiple physiological mechanisms.

Two TENS pads are placed at key locations on the skin. The pads receive a signal from the small control unit and transmit this signal through the skin to the sensory nerve endings within the body.

### NMS

NMS stands for Neuromuscular Stimulation.

An NMS stimulus is created similar to a TENS unit – though with some significant differences in the type and pulse shape of the stimulus, the timing of the stimulus and the location of the electrodes – close to motor nerves rather than sensory nerves.

An NMS stimulus of moderate frequency activates the nerves supplying voluntary muscles, causing them to contract and release.

An NMS stimulus of lower frequency activates the smooth or involuntary muscle fibres.

NMS has significant benefits – from injury recovery, to exercise of specific muscle groups and the strengthening of pelvic floor muscles to combat and prevent incontinence and bladder leakage.

## ACTIVLIFE | LIFE CHANGING TECHNOLOGY

ActivLife Technologies Pty Ltd is a family owned, Australian company, committed to improving the health and wellbeing of all Australians.

ActivLife manufacture electromedical products designed for personal and professional use.

Small, powerful and effective, their non-medical appearance, attractive packaging and strong visual appeal provides a distinct retail advantage over competitors.

### ACTIVLIFE AIMS TO

- Assist people of all ages to lead active, healthy and pain-free lives
- Offer knowledgeable, efficient, friendly and useful customer service
- Apply innovation and technology to further develop these life enhancing products
- Focus on quality of product design and components
- Assure quality of assembly through rigorous processes and product testing

### OUR TENS + NMS PRODUCTS ARE UNIQUE

- All products are designed, manufactured and assembled in Australia
- Designs and product features reflect our depth of experience and expertise
- Each product in the range is designed to address a specific customer need

### ACTIVLIFE CUSTOMER SUPPORT IS UNIQUE

- It is based on product knowledge, research and customer feedback from over 40 years experience in the field

