

Chattanooga® Continuum™

Switch on Recovery



Product Description

The Chattanooga® Continuum™ is a portable 2 channel stimulator used by therapists in clinics and patients at home to provide electrical stimulation treatments in pain management (TENS) and neuro muscular stimulation (EMS/NMES). By combining TENS with NMES, users can simultaneously help manage pain and enhance exercise,³ thereby shortcutting the traditional muscle recovery cycle. Factor in a choice of program options including customizable waveforms, and you have a highly versatile and user-friendly rehabilitation tool that can help deliver optimal therapeutic outcomes.^{1,2}

Product Features

- **1+1 Function:** Continuum features 2 separate channels that can be managed independently. Users can select either the same program on both channels, or 2 different programs to be used simultaneously
- **Individually tailorable:** Continuum has 13 pre-programmed and 2 custom regimens for NMES and TENS. Modify treatment time, waveform type (Symmetrical or Asymmetrical), pulse rates and durations (widths), cycling type, off times, channel ramp times, and on time
- **Generating a strong contraction:** Continuum uses balanced waveforms that deliver muscle stimulation that is powerful whilst remaining comfortable
- **Hand switch:** The handheld remote trigger can be used to easily activate stimulation, either by the clinician at a distance, or by the patient
- **Heel switch:** When placed inside the user's shoe, this optional heel switch can be used to trigger muscle stimulation
- **Belt clip:** A simple belt clip that fits over a belt or waistband
- **Kick stand:** Built-in, pull-out kick stand
- **Battery powered:** Continuum runs on a pair of standard AA batteries

NMES Regimens

NMES LARGE MUSCLE
• Amplitude at 1000 ohm is 100 Vpeak
• Amplitude at 500 ohm is 50 Vpeak

NMES SMALL MUSCLE
• Amplitude at 1000 ohm is 100 Vpeak
• Amplitude at 500 ohm is 50 Vpeak

TENS Regimens

TENS SMP
• Amplitude at 1000 ohm is 100 Vpeak
• Amplitude at 500 ohm is 50 Vpeak

TENS MOD
• Amplitude at 1000 ohm is 100 Vpeak
• Amplitude at 500 ohm is 50 Vpeak

Technical Information

- Model:** Chattanooga Continuum
- FDA:** Class II
- IP class:** IP22
- Applied part:** Type BF
- Dimensions:** 1.26" (32mm) x 3.3" (84mm) x 4.5" (114mm)
- Battery:** 2x AA batteries
- Weight (with batteries):** 226.8g





Continuum™



Ordering Information

Chattanooga® Continuum™ Kit
Part number: 2600-KIT

Part number	Description
2600-DEV	Chattanooga® Continuum™ device
2615	Set of 2 pin cables
13-00183	User manual and practical guide
2049	Transportation pouch
2630	Hand Switch

Optional Accessories

2645	Heel/foot switch
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Clinical References

1. Topp R, Swank AM, Quesada PM, Nyland J, Malkani A. The effect of prehabilitation exercise on strength and functioning after total knee arthroplasty. *PMR*. 2009 Aug;1(8):729-735.
2. Avramidis K, Karachalios T, Popotonasios K, Sacorafas D, Papathanasiades AA, Malizos KN. Does electric stimulation of the vastus medialis muscle influence rehabilitation after total knee replacement? *Orthopedics*. 2011 Mar 11;34(3):175. doi: 10.3928/01477447-20110124-06.
3. Mintken PE, Carpenter KJ, Eckhoff D, Kohrt WM, Stevens JE. Early neuromuscular electrical stimulation to optimize quadriceps muscle function following total knee arthroplasty: a case report. *J Orthop Sports Phys Ther*. 2007 Jul;37(7):364-371.



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