

Contraindications

The objective of making you aware of all these contraindications is informative. Our clients' safety is our utmost priority. Please do not hesitate to contact us if you have any questions or if you are not sure about any of the below.

Absolute contraindications for EMS training – Cannot train under any circumstance even with a medical clearance:

- Active Implantable Medical Devices (AIMD) That can not be turned off or temporarily removed. Including Pacemakers, Defibrillators, Infusion pumps, Neurostimulators, and Ventricular Assist Devices (VAD).
- Acute bacterial or viral infections and inflammatory processes, including Tuberculosis, Urinary Tract Infections (UTIs), Bronchitis, etc. - Cannot train until fully healed or recovered.
- Severe Chronic Kidney Diseases (CKD) and chronic liver diseases.
- Extensive Surgeries/operations/invasive procedures: The body is still in recovery and requires more rest to heal. Follow the recommended rest period by your treating doctor.
- Severe neurological conditions, including Epilepsy, Multiple sclerosis (MS) and strokes.
- Pregnancy: An individual should stop their training as soon as they find out they are pregnant.
- Active cancer or malignant tumours – Active cancer is any cancer growing and/or spreading in the body. This contraindication applies to anyone who is currently diagnosed with Cancer.
- Hematologic disorders such as Haemophilia (external and internal bleeding) or any other blood disorder– the increased blood flow and pressure can significantly aggravate these conditions.
- Congestive Heart Failure (CHF) and arterial circulatory disorders such as arteriosclerosis, Untreated hypertension (no medication taken to regulate it) and heart arrhythmia.
- Stents implanted less than six months ago, and bypasses operated less than six months ago.
- Intoxication: A client can not train if they are under the influence of alcohol, drugs or other intoxicants.
- Acute hernias.

Relative contraindications for EMS training – Will always require medical clearance from treating doctor and approval from SpeedFit:

- Active Implantable Medical Devices (AIMD) exceptions such as: Medtronic bowel sensor.
- Diabetes: Exercise is highly recommended for people with diabetes and plays a significant role in managing this condition. However, due to its complexity, diabetes might present several complications that can prevent the person from exercising or put them at risk when the exercise described is not suitable for their fitness and health. Therefore, SpeedFit has developed a safe framework for people with diabetes to train and exercise. Get in touch with your local studio to know more.
- Cardiovascular diseases that are not listed in the absolute contraindications.
- Prosthetic Implants and other prostheses such as rods, screws, plates and artificial discs implanted less than six months ago.
- Diseases of internal organs other than the kidneys and liver.

Common conditions that are not contra-indicated – Can train without medical clearance but with extra care. Please inform your studio if you have any of the below:

- Breast implants
- Complex regional pain syndrome CRPS - CRPS happens after an arm or leg injury
- Inguinal (groin) hernia and abdominal hernia
- Fibromyalgia
- Discs, spinal injuries, and acute back pain
- Osteoarthritis (degenerative joint disease OA) and Rheumatoid arthritis
- Open skin injuries, wounds, eczema, burns
- Hypertension