

MINI-EMG

Analysis of muscular tension



The Mini-EMG uses surface electromyography, a medical and scientific measurement method which **analyses the muscles in the neck, shoulder and nape region**, revealing possible causes or risks of tension along with the typical complications.

In order to generate a realistic image, the measurements should be carried out under everyday conditions while the test person is working. Given the small size of the measuring instrument which is positioned in the area of the nape of the neck, the examination can be carried out at any time. The electrical activity of the relevant muscle groups is recorded both when the muscles are inactive and when they are moving. The strength and nature of the electrical impulses indicate where there may be a need for improvement.

The device's feedback function is a crucial feature. An on-screen display shows where excessive strain is being placed on the muscles and suggests possible ways of changing sitting habits. The test person therefore has the opportunity to practise and learn a technique which is both beneficial to health and helps to prevent premature fatigue, muscular tension and muscular induration. This involves alternately tensing and relaxing the muscles by placing a strain on them and then relieving this strain.



Ergonomics



Ergo-Contact

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