



MUSCLE STIM

THERAPY

BRACING & SUPPORTS

COMPEX MUSCLE STIM trains your muscles in a way that traditional workouts alone cannot. It is a "best kept secret" that many elite athletes and fitness enthusiasts use to enhance their workouts, training and recovery programs.

Muscle Stim is not a miraculous technique, it is very simple and precisely reproduces the processes that occur when our brain orders muscles to contract by sending electric pulses to your motor nerves in order to create muscle contractions. It respects how our body works.



COMPEX THERAPY RANGE offers

the latest technology for prevention.



portfolio of DJO/DONJOY to build technical bracing, compression and supports for the athlete seeking to



MUSCLE STIM

TRAINING

- · Improve muscle strength
- · Optimize training
- Prevent injuries

RECOVERY

- · Reduce muscle soreness
- · Recover after training
- · Reviving massage

WELLNESS

- · Sculpt your body
- Tone your muscles
- · Shape your body
- Relax

PAIN RELIEF

- · Reduce muscle tension
- · Relieve muscular and joint pains
- · Reduce heavy legs
- Treat tendinitis



MPROVE YOUR STRENGTH

YOUR STRENGTH

* Scientific studies available on compex.com

MPROVE
YOUR EXPLOSIVITY
The state of the

INCREASE
YOUR MUSCLE VOLUME

** | |||||||||

REDUCE Metabolic waste

-25%



Equipped with unique MI (muscle intelligence) technology, Compex stimulators adapt to each of your muscles to provide the most effective electrostimulation possible, while offering greater comfort and better performance.



Scans the muscle and automatically adjusts stimulator parameters to your physiology MI-TENS

Makes it easier to adjust stimulation levels for pain relief programs to ensure optimal results



A brand new feature that enables your Compex module to determine the most appropriate level of stimulation automatically

41-ACTION

Optimizes session effectiveness by combining voluntary contractions with muscle stimulated contractions, giving you total control over your workout



Indicates the optimal level of stimulation to use for Recovery and Massage programs

MUSCLE STIM SPORT





SP 8.0 + WOD EDITION

RECOVER FASTER, ENHANCE PERFORMANCE, STRENGTH AND ENDURANCE, HELPS AVOID INJURY AND MANAGE PAIN

Our top of the range wireless stimulator designed for athletes who train and compete on a regular basis. SP 8.0 includes our brand new MI-Autorange feature that continually brings you better results. **WIRELESS TECHNOLOGY**



SP 6.0

IMPROVES STRENGTH AND RESTORES MUSCLE VOLUME, HELPS RELAX AND RECOVER FASTER

For dedicated athletes, SP 6.0 includes all the electrostim functions, but with wireless features for freedom of movement. Its easy-to-use color screen includes electrode placement! **WIRELESS TECHNOLOGY**



SP 4.0

IMPROVES STRENGTH AND RESTORES MUSCLE VOLUME, HELPS RELAX AND RECOVER FASTER

Includes all the basic electrostimulation features and MI-technology, SP 4.0 also offers rehabilitation programs that can be helpful for athletes with frequent injuries who practice their activity 3 times per week. **WIRED TECHNOLOGY**



SP **2.0**

TONES THE MUSCLES, SCULPTS THE BODY, HELPS RELAX AND RECOVER FASTER

With all the basic electrostimulation features and MI-technology, SP 2.0 is the ideal partner for athletes who practice their activity 1 or 2 times per week. **WIRED TECHNOLOGY**



FIT 5.0

DEVELOPS YOUR MUSCLES, SCULPTS YOUR BODY AND HELPS YOU RELAX

Fit 5.0 is the ultimate product in the range, as it also includes Compex wireless technology. Delivered with 2 stimulation modules, Fit 5.0 is also modular, with the option to add 2 additional modules for even more effective performance. **WIRELESS TECHNOLOGY**



FIT 3.0

RESTORES STRENGTH AND MUSCLE TONE WHILE RELIEVING PAIN

Including MI-technology as well as all the basic electrostimulation features, Fit 3.0 also offers massage programs for fitness fans who practice their activity 3 times per week. **WIRED TECHNOLOGY**



FIT 1.0

SCULPTS THE BODY. TONES THE ABS AND RELIEVES PAIN

The stimulator for fitness and health fans who practice their activity 1 to 2 times per week. **WIRED TECHNOLOGY**

MUSCLE STIM SPORT & FITNESS



COMPEX MINI

FITNESS, RECOVERY AND PAIN RELIEF FOR EVERYBODY

Wireless, mobile-connected muscle stim device. Connecting to your smartphone via Bluetooth, the Compex Mini wireless muscle stim device and TENS machine was created to help everybody embrace their fitness, recovery and pain management, whether on the go, in the gym or at home

MUSCLE STIM PROGRAMS	FIT 1.0	FIT 3.0	FIT 5.0	MIN	SP 2.0	SP 4.0	SP 6.0	SP 8.0	SP 8.0 wor
ONDITIONING	0	0	0	3	7	10	10	13	13
ENDURANCE To improve performance for endurance sports				•	•	•	•	•	•
RESISTANCE To improve ability to provide sustained effort				•	•	•	•	•	•
STRENGTH To increase maximum strength and speed of muscle contraction					•	•	•	•	•
EXPLOSIVE STRENGTH To improve explosivity					•	•	•	•	•
MUSCLE BUILDING To increase muscle tone and volume					•	•	•	•	•
WARM-UP To prepare muscles before a competition				•	•	•	•	•	•
CAPILLARISATION To increase blood flow					•	•	•	•	•
CROSS-TRAINING To train different muscles to work through different working sequences						•	•	•	•
CORE STABILISATION To strengthen the abs and lower back						•	•	•	•
HYPERTROPHY To significantly increase muscle volume						•	•	•	•
OVERCOMPENSATION To improve endurance or muscle resistance in precompetitive phase		mi						•	•
ANKLE TWIST PREVENTION To improve ankle strength								•	•
POTENTIATION To prepare muscles before competition (short distance)								•	•
AIN MANAGEMENT	1	8	10	2	6	8	8	10	10
PAIN MANAGEMENT TENS To alleviate all types of localised pain		•	•	•	•	•	•	•	•
REDUCE MUSCLE TENSION To decrease muscle tension		•	•	•	•	•	•	•	•
MUSCLE PAIN To create analgesic actions to block pain		•	•	- 1	•	•	•	•	•
BACK PAIN To reduce pains in the back					•	•	•	•	•
HEAVY LEGS To eliminate heavy leg sensation					•	•	•	•	•
CRAMP PREVENTION To prevent cramps					•	•	•	•	•
NECK PAIN To reduce pains in the neck						•	•	•	•
TENDINITIS To decrease persistent tendinitis pains						•	•	•	•
LUMBAGO To block the transmission of acute lower back pain								•	•
EPICONDILITIS To decrease persistent elbow pains									•

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MUSCLE STIM PROGRAMS	1.0	3.0	5.0	=	2.0	4.0	6.0	8.0	8.0
	ᇤ	뷴	뷴	MIN	SP	SP	SP	SP	SP
FITNESS	8	9	14	0	4	5	5	10	10
FIRM YOUR ARMS To recover muscle firmness					•	•	•	•	•
TONE YOUR THIGHS To work on toning thighs		•	•		•	•	•	•	•
FIRM YOUR STOMACH To regain a slimmer waist			•		•	•	•	•	•
SHAPE YOUR BUTTOCKS To tone and firm buttocks					•	•	•	•	•
GET A 6-PACK		•	•			•		•	•
To strengthen and tone the abs		•	•						
BUILD YOUR PECS To increase pecs muscle volume								•	•
GET STRONGER BICEPS To increase biceps muscle volume								•	•
LYMPHATIC DRAINAGE To treat swelling of the feet and ankles								•	•
BUILD YOUR SHOULDERS To increase shoulder muscle volume			•					•	•
BODY POWER To improve muscle strength with a slight increase in volume			•					•	•
MUSCLE BUILDING To increase muscle tone and volume			•					-	
CAPILLARISATION		•	•						
To increase blood flow CROSS-TRAINING			•						
To train different muscles to work through different working sequences WARM-UP									
To prepare muscles before a competition			•						
RECOVERY/MASSAGE	1	2	4	1	3	5	5	5	5
RELAXING MASSAGE To generate a relaxing effect		•			•	•	•	•	•
TRAINING RECOVERY			•	•	•	•	•	•	•
To recover after physical effort REDUCE MUSCLE SORENESS					•	•	•	•	•
To reduce duration and intensity of muscle soreness REVIVING MASSAGE		•	•			•	•	•	•
To relieve feelings of tiredness COMPETITION RECOVERY									
To recover after intense muscle fatigue						•	•	•	•
REHABILITATION	0	1	2	0	0	2	2	2	2
MUSCLE ATROPHY To restore muscles that have been inactive for a long period of time		•	•			•	•	•	•
REINFORCEMENT To complete rehabilitation once the muscles have been restored						•	•	•	•
TOTAL PROGRAMS	10	20	30	6	20	30	30	40	40

MUSCLE STIM ACCESSORIES



RIGID TRAVEL CASE



PROTECTION SLEEVE

• With lanyard for wireless units



PROTECTION SLEEVE

· For wired units



TRAVEL POUCH



2 WIRELESS MODULES

• For Compex Fit 5.0



ELECTRODE GEL AND MOTOR POINT PEN



ELASTIC STRAPS



BLACK ELECTRODES 50x50mm

 1 snap (Easysnap™ Performance)



BLACK ELECTRODES 50x100 mm

 1 snap (Easysnap™ Performance)



BLACK ELECTRODES 50x100 mm

 2 snap (Easysnap™ Performance)



WHITE ELECTRODES 50x50 mm

 1 snap (Easysnap™ Performance)



WHITE ELECTRODES 50x100 mm

 1 snap (Easysnap™ Performance)



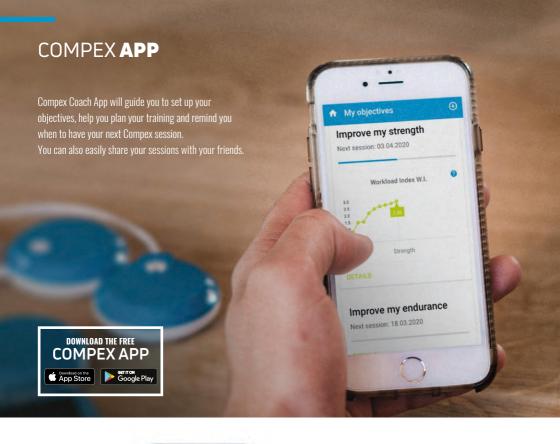
WHITE ELECTRODES 50x100 mm

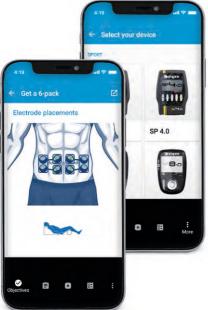
 2 snap (Easysnap™ Performance)



TRAINING GUIDES

 (marathon, cycling, triathlon, etc.)





FEATURES

- Track your progress with our brand new Workload Score when you choose a muscle strengthening or performance objective on our Conditioning programs
- Find an objective that fits your needs (like Prepare for a marathon, triathlon or cycling race, Treat back pain or tendinopathy, Increase your strength...) and set up your plan to reach it
- · Shows you the correct electrode placements
- Displays precise images of electrodes placements and position on the body according to the programme
- Explains how to manage the stimulation intensity according to the programme
- Provides you with full details of each Compex programme (description, usages, effects, stimulation intensity, electrodes placements)
- Explains how muscle stimulation works

COMPEX RECOVERY SELECTION

Compex is a total solution brand for recovery, which results in different methods, which can also be combined. It can be difficult sometimes to select the best recovery method for clients, based on recovery effectiveness, user diversity, costs/investment, easy application and understandability of a device. Before we make an overview of the recovery methods, you need to know the basics of recovery and the effects of it.

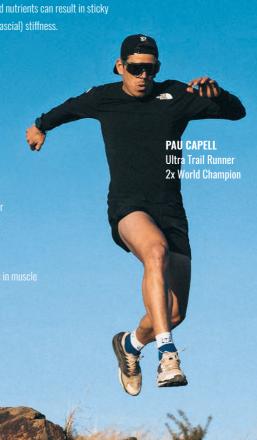
IN THE MUSCLE THE RESULT OF EXERCISE AND METABOLIC PROCESSES CAN BE:

- 1. Lactate, metabolic waste, excess fluid in or around the muscle with a possibility of secondary symptoms of muscle soreness/pain (DOMS) and tensed muscles (stiffness, less mobility).
- 2. (Desperate) need for nutrients and oxygen for rebuilding.
- Myofascial pain and stiffness (pain spots). Overuse or monotonous movements, circulatory and lymph drainage disorders and lack of oxygen, fluids and nutrients can result in sticky and brittle fascia (connective tissue): pain spots and (myofascial) stiffness.

4. Local and central neural fatigue.

POSSIBLE SOLUTIONS TO RESOLVE THE EFFECTS OF EXERCISE (RECOVERY):

- Clearance of lactate and metabolic waste by improving blood flow (venous return)
- Flush out fluids by improving lymph drainage
- Rebuilding "damaged" muscles by improving blood flow for bringing in nutrients & $\mathbf{0}_2$
- Relaxation of the muscle
- Relieve muscle soreness/pain (DUMS)
- Relieve myofascial pain(spots) / trigger points / pain spots in muscle
- Loosen myofascial stiffness
- Calming the nerve system



COMPEX RECOVERY SELECTION

RECOVERY METHOD (DEVICE)



RECO	VERY	EFFECT	IVENESS

Clear lactate and metabolic waste by improving blood flow (venous return)	• • • •	• • • •	• • • •	• • • • •
Improve lymph drainage (flush out fluids)	• • • •	• • • •	• • • • •	• • • • •
Rebuilding "damaged" muscles by improving blood flow (bring in nutrients & 0_2)	• • • •	• • • • •	• • • • •	• • • • •
Relaxation of the muscle	• • • • •	• • • • •	• • • • •	• • • • •
Relieve muscle soreness/pain (DOMS)	• • • •	• • • • •	• • • • •	• • • • •
Relieve myofascial pain (spots) / trigger points / pain spots in muscle	• • • • •	• • • • •	• • • •	• • • •
Loosen myofascial stiffness	• • • • •	• • • • •	• • • •	• • • •
Calming nerve system	• • • • •	• • • • •	• • • • •	• • • •

SPORT RECOVERY EFFECTIVENESS

Endurance-based sports (run, cycle, triathlon)	• • • •	• • • •	• • • • •	• • • •
Strength-/resistance-based sports	• • • •	• • • • •	• • • • •	• • • •
Fitness and welllness	• • • •	• • • • •	• • • • •	• • • •
High user diversity*	• • • •	• • • • •	• • • • •	• • • • •
Easy application**	• • • • •	• • • • •	• • • •	• • • •
Easy to understand***	• • • • •	• • • •	• • • • •	• • • •
Recovery session duration, 1 muscle group	20-30 min	20-50 min	60 sec	60 sec

CLARIFICATIONS

^{*}User diversity = based on the multi diversity of use of the device, recovery effectiveness and other purposes, like training.

^{**}Easy application = based on how much time it takes to start the recovery method as a first-time user.

^{***}Easy to understand = based on the simplicity of using the machine as first-time user.



As the leaders in muscle stim technology, we enlarged our portfolio with a therapy range that offers effective, innovative, portable and easy-to-use products, to help you progress your training, recovery and well-being.



AYRE RECOVERY BOOTS

FEATURES

Compex Ayre compression boots. Designed for elite and recreational athletes on-the-go, trainers and coaches. Compex Ayre uses a dynamic pulsing compression up the limbs in waves for the duration of its use, which helps promote quick healing.

2 modes: Inflate the four chambers one by one or all four chambers at the same time

Powerful compression: Up to 120 mmHg

Battery lifespan: Up to 3 hours and it may be used while it is charging
Ultra portable: No tethers to a power outlet during compression
Set content: 2 compression boots • 1 premium travel case • 1 charger

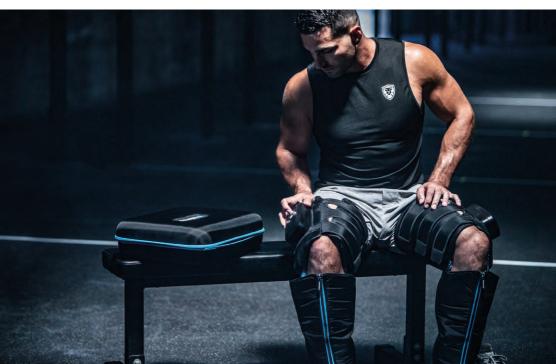
USE TO HELP TREAT / PREVENT

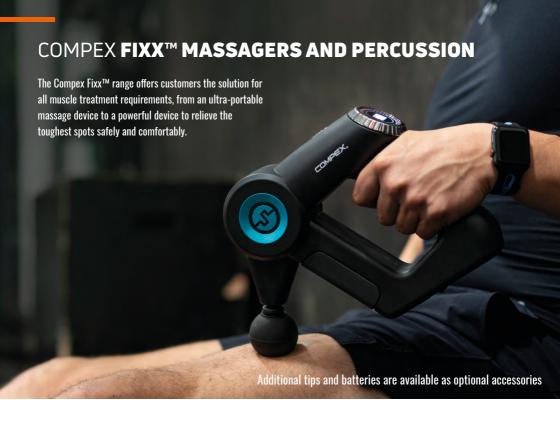
Sore or aching muscles, pain and swelling of the muscles.

BEST FOR

Aiding in the relief of sore or aching muscles from exercise or recreational activities helping you to be ready to go at full speed the next day.







COMPEX FIXX MINI

FFATURES

The Compex Fixx Mini provides the ultimate on-the-go deep tissue massage for sore and overworked muscles. When its three speeds are combined with hand pressure, the Fixx Mini offers a variety of massage options to help reduce soreness and loosen tight muscles before and after intense activities. The included extension handle helps the Fixx Mini bring relief to hard to reach areas.

3 speeds: 25, 33 and 42 strokes per second

Compact and lightweight: 565 g (770 g with handle)

Battery lifespan: Up to 1.5 hours

Ergonomic design: Fits in the palm of your hand and extremely portable

Quiet motor: Less than 60dB

Extension handle: Included for hard to reach areas

Interchangeable tips: For customized massage treatments (sold separately)
Set content: 1 Compex Fixx Mini massager • 1 extension handle • 1 charger

Also available in white

RECOMMENDED FOR





COMPEX FIXX 1.0

FEATURES

The Compex Fixx 1.0 massager provides the ultimate deep tissue massage for sore and overworked muscles. Fixx massager adjusts to 3 different speeds ranging from 25, 33, and 46 strokes per second. Combining speed and hand pressure customizes your massage to meet your needs and requirements for recovery. Fixx massager can help reduce soreness, loosen tight muscles, and can be used for warm up prior to activity.

3 arm position options

3 speeds: 25, 33 and 46 strokes per second

Amplitude: 14 mm

Weight (with battery and tip): 990 g

Battery lifespan: 2 hours

Set content: 1 Compex Fixx 1.0 massager • 1 premium travel case 1 lithium Ion battery • 1 power adapter • 1 charging dock • 1 tip

RECOMMENDED FOR

Muscle soreness • Loosening tight muscles • Warming up prior to activity



COMPEX FIXX 2.0

FEATURES

The Compex Fixx 2.0 massager helps warm up muscles before a workout, and relieve stiffness after a hard session. Five powerful intensity settings, paired with a high stall force, give the intense pressure needed to relieve the toughest spots safely and comfortably. Interchangeable tips (included) and a rotating head help tailor your massage to the specific needs of different muscle groups. Removable and rechargeable batteries, a compact design, and quiet motor help provide relief anywhere and everywhere.

5 interchangeable tips

LED screen display with power and battery level

3 arm position options

5 speeds: 16, 25, 33, 41 and 50 strokes per second

Amplitude: 16 mm

Weight (with battery and tip): 1.3 kg

Battery lifespan: 2 hours Ouite motor: Less than 60dB

Powerful motor: Twice the power of Fixx 1.0

Set content: 1 Compex Fixx 2.0 massager • 5 tips 1 premium travel case • 1 lithium-polymer battery • 1 charging dock • 1 power adapter



VIBRATING ROLLER AND BALL

The Compex Ion and Molecule will help you to relieve pain from stiff or aching muscles and improve your range of motion and flexibility. These self-massage products are compact, portable, lightweight and rechargeable.

ION

FEATURES

The Compex lon helps to gain relief from sore or stiff muscles by working out deep layers of tissue. Made with industrial-grade material this roller is heavy duty and will not lose its shape under any weight-bearing circumstance. A polyurethane finish was used to make the outside feel like rubber. The textured finish allows for a solid grip on any area of the body you are trying to roll out. Featuring four vibration speeds, this roller offers a variety of vibration intensity to meet your recovery needs. Portable and easy to recharge with the micro USB charger.

4 speeds

Weight: 1,425 g

Battery lifespan: Up to 2.5 hours

Size: 312x122x122 mm Material: EVA / ABS

RECOMMENDED FOR

Muscle soreness and relaxation

Massage care • Warm-up and recovery



MOLECULE

FEATURES

The Compex Molecule vibrating massage ball has four levels of vibration intensity to relieve pain from stiff or aching muscles. Increases circulation in targeted areas, relieves soreness, and inflation to muscles. Use this recovery tool before and after a workout to heal and nourish your body.

4 speeds

Weight: 295 g

Battery lifespan: 1.5 hours

Size: 90x90x90 mm Material: Silicone / ABS

RECOMMENDED FOR

Muscle soreness and relaxation

Massage care • Warm-up and recovery



BACK AND KNEE PAIN RELIEF

FEATURES

The Compex Back or Knee Pain Relief wraps deliver temporary pain relief whether from exercise, work or day-to-day activities. This product can also help with chronic pain management and pain associated with arthritis. Use the touch screen to choose your program, intensity, and level of heat.

No electrodes needed
Anatomical pad placement
Compression and warmth: To relax muscles
8 different programs: Including
TENS+HEAT and relaxation
2 levels of heat
Wireless and portable
Available in 2 sizes

RECOMMENDED FOR

- · Temporary pain relief
- · Chronic pain management
- Arthritis











FEATURES

Supports muscles, removes congestion to the flow of body fluids, corrects joint problems, improves proprioception and relieves musculoskeletal pain.

RECOMMENDED FOR

- · Relieving pain
- · Increasing body awareness, proprioception
- Increasing blood circulation and activating the lymphatic system
- · Activating healing systems in the body
- · Increasing muscle functions and movements
- Providing structural support to joints and muscle movements

Tape application guides and videos

available at compex.com

REUSABLE GEL PACKS

FEATURES

The ideal product for both injury management and injury prevention.

- Stays flexible even when frozen
- Microwaveable
- Reusable
- Dimesions: 29x27 cm or 21x14 cm
- Includes a sleeve for applying the pack directly to the skin

RECOMMENDED FOR

- Soothing aches, pains, bumps and bruises
- Pain relief, reducing swelling and alleviating muscle cramps





HOT/COLD THERAPY

COLDFORM KNEE

COLDFORM UTILITY

COLDFORM BACK







Compex Hot/Cold therapy helps reduce swelling and pain, accelerating recovery through movable hot/cold gel pack and a compression wrap.





BRACING LOWER EXTREMITY

WEBTECH PATELLA STRAP



FEATURES

LEVEL OF SUPPORT • • • •

- Silicone strap applies even pressure to the patellar tendon
- Padded back strap for comfort
- · Fits left or right

RECOMMENDED FOR

Pressure relief around the patella

BIONIC KNFF



FEATURES

LEVEL OF SUPPORT

- Wrap design for ease of application
- Bilateral hinges help support and protect unstable joints
- Anti-slip technology prevents brace from sliding
- · Fits left or right

RECOMMENDED FOR

Minor lateral and knee instability, overuse symptoms and minor knee sprains



BRACING LOWER EXTREMITY

PINPOINT KNEE STRAP



FEATURES

LEVEL OF SUPPORT • • • •

- Pinpoint technology delivers comfortable and targeted support to help relieve pain
- · Adjustable support
- · Fits left or right

RECOMMENDED FOR

Patellar tendonitis and chronic tendinosis

WEBTECH KNEE



FEATURES

LEVEL OF SUPPORT ••••

- Unique silicone structure surrounds and stabilizes the patella
- Shock absorbing stretch silicone helps diffuse tensions
- Bilateral hinges provide stability
- · Ergonomic, lightweight design

RECOMMENDED FOR

Minor anterior knee pain, minor lateral and knee instability, overuse symptoms and to reduce stress on the knee

TRIZONE KNFF



FEATURES

LEVEL OF SUPPORT ••••

- Low profile knee sleeve with targeted compression zones
- Silicone bands reinforce support, similar to athletic taping
- Available in left and right versions

RECOMMENDED FOR

Repetitive motion or fatigue symptoms, minor strains, inflammation and swelling and to reduce stress on the knee

WEBTECH PATELLA



FEATURES

LEVEL OF SUPPORT ••••

- Silicone membranes surround and stabilize the patella
- Shock absorbing stretch silicone helps diffuse tensions
- Lightweight, low profile design
- · Fits left or right

RECOMMENDED FOR

Minor anterior knee pain, knee instability, overuse symptoms and to reduce stress on the knee

BRACING LOWER EXTREMITY/BACK

LACE-UP ANKLE



FEATURES

LEVEL OF SUPPORT • • • •

- Lightweight, easy-to-apply brace with Figure 8 and circumferential straps
- Stabilize the heel and prevent ankle sprains
- · Fits left or right

RECOMMENDED FOR

Ankle sprains and strains and ankle instability

BIONIC ANKIF



FEATURES

LEVEL OF SUPPORT ••••

- Single strap closure for ease of application
- Bilateral stabilizers help reduce risk of ankle rollover
- Low profile design, comfortably fits in all shoes
- Available in left and right versions

RECOMMENDED FOR

Symptoms of instability or overuse and mild to moderate ankle sprains/strains

TRIZONE ANKI F



FEATURES

LEVEL OF SUPPORT

- Compressive knit provides support and stability
- Tape-like silicone bands reinforce support
- · Fits left or right

RECOMMENDED FOR

Repetitive motion or fatigue symptoms, weak ankles, minor sprains or strains in ligaments and tendons

BIONIC BACK



FEATURES

LEVEL OF SUPPORT ••••

- Semi-rigid stays help improve posture and reduce lower back strain
- Wrap design for ease of application

RECOMMENDED FOR

Minor lower back pain, muscle weakness and lumbar support

BRACING UPPER EXTREMITY

WRIST WRAP



FEATURES

LEVEL OF SUPPORT • • • •

- Protective adjustable wrist support helps limit harmful movements
- Movable and lightweight foam pads
- · Fits left or right

RECOMMENDED FOR

Range of motion protection, wrist instabilities, mild strains and sprains and tendonitis

TRIZONE TENNIS/GOLF ELBOW

FEATURES

COMPE

LEVEL OF SUPPORT ••••

- Elastic compressive elbow band
- Silicone band provides targeted support
- Fits left or right

RECOMMENDED FOR

Minor soreness and to reduce stress on the elbow

TRIZONE ARM

FEATURES

LEVEL OF SUPPORT ••••

- Elastic knitted arm sleeve with zonal compression
- Tape-like silicone bands reinforce support
- · Fits left or right

RECOMMENDED FOR

Repetitive motion or fatigue symptoms, strains, minor inflammation and swelling









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