

Help them
to **recover faster**



INDIBA®

INDIBA stands for “INvestigación División BArcelona (Research Barcelona Division)” and **was founded in Barcelona by Jose Calbet in 1983** with the objective of researching, developing and manufacturing innovative electro-regenerative devices for medical treatments.

The company was born with an **INNOVATIVE SPIRIT** and has pioneered electro-regenerative treatments. INDIBA has developed a unique and exclusive technology through a patented electrotherapy methodology. **It was the first company** capable of integrating Capacitive and Resistive energy emissions in the same system (CRET System) in order to optimize electro-regenerative treatments and their effectiveness.

Thanks to its latest innovations, **INDIBA's R & D department** has developed a new electronic circuit which complies with the strict **Electro Magnetic Compatibility (EMC)** regulation. The EMC's certification guarantees that the technology does not interfere or is interfered by other electronic systems working in the area. This feature is very hard to achieve for radiofrequency devices and is very important when used in a medical environment.

Today the company continues to develop its electro-regenerative devices offering. We invest in **improving the applications** in order to satisfy the specific needs of patients and professionals.

30
1983
2013
YEARS TECHNOLOGY &
METHODOLOGY

A different energy transmission

ALWAYS **AT THE FOREFRONT** OF TECHNOLOGY

INDIBA® activ Therapy stimulates the natural mechanisms of healing and tissue recovery non invasively. It uses a specific form of high frequency current (448 kHz) applied with a system combining the capacitive and resistive modes.



LASTING ANALGESIA

The analgesia obtained both at a non-thermal and thermal level is effective and lasting. The nerve conduction takes place by means of the axonal ion movement, and the release of endorphins.

THE ELECTRO-REGENERATIVE CURRENT OF 448 kHz

Activates the intra and extra cellular ion movement at a frequency that increases the permeability of the

membrane and the cellular metabolism. It speeds up regeneration, scar formation and has analgesic, anti-inflammatory and fibrolytic properties.

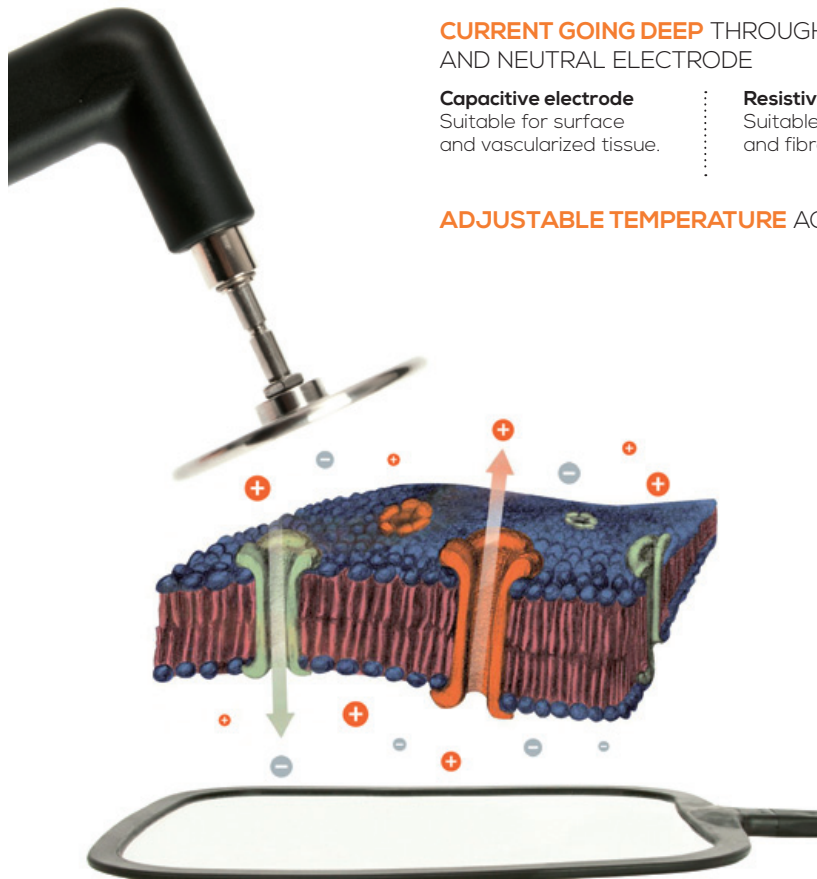
CAPACITIVE MODE

The reactions caused by the capacitive mode are mainly focused on the soft tissue next to the electrode. Its properties enable it to act as a external capacitor and to obtain a localised increase in the electro-regenerative energy. The capacitive mode reduces the internal resistance of the tissues

(as a result of the vascularisation improvement).

RESISTIVE MODE

The reactions caused by the resistive mode act at a deeper level and focus on more resistant tissues, such as joints, ligaments and tendons. This high resistance, linked to the tissue's high density and scarce water content, facilitates a greater concentration of electro-regenerative energy than in the more vascularised soft tissue.



CURRENT GOING DEEP THROUGH THE TISSUES BETWEEN ACTIVE AND NEUTRAL ELECTRODE

Capacitive electrode

Suitable for surface and vascularized tissue.

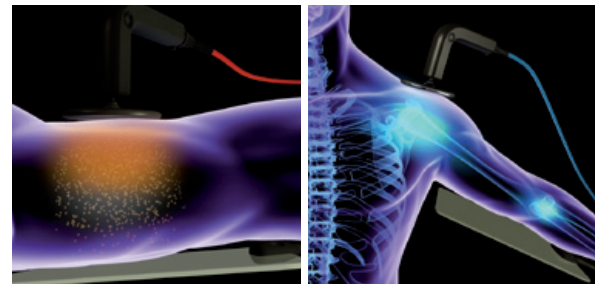
Resistive electrode

Suitable for thick, fat and fibrotic tissue.

Neutral electrode

Return plate permits the comeback of the ions to the active electrode.

ADJUSTABLE TEMPERATURE ACCORDING TO THE TISSUE FEATURES

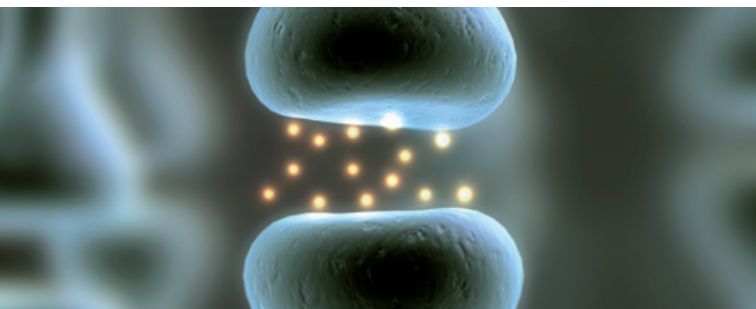


"The regulation of ion channels influences the life of the cell on its functions under normal conditions"

E. Neherand, B. Sakmann
Nobel Prize in Physiology, 1991.

INDIBA® activ Therapy

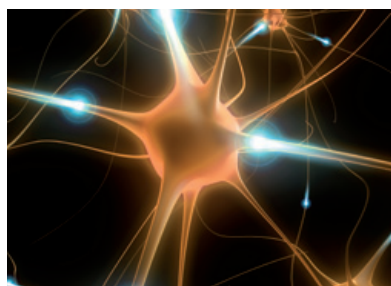
REACHING **NEW FRONTIERS** IN
OPTIMISED RECOVERY AND PAIN REDUCTION



INDIBA® activ Therapy is based on a patented and safe technology that, integrates manual therapy and achieves a triple effect in tissues during rehabilitation: **an increase in the speed of recovery, fibrolytic action and antiinflammatory acute and chronic pathologies.** These different actions work both on acute pathologies and chronic complaints.

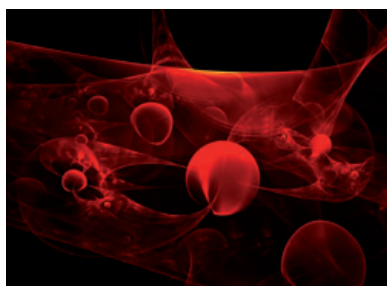
CELLULAR BIO-STIMULATION

The high frequency energy generated modifies the permeability of the cellular membrane, even when using the nonthermal application. It increases intra and extracellular ion exchange and provides effective tissue regeneration. The metabolism increases, as does the cells' demand for oxygen.



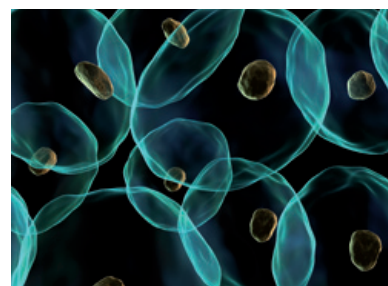
MICROCIRCULATION OR VASCULARISATION

The increase in microcirculation complements the bio-stimulation and provides the tissue with the elements it needs to regenerate itself. Capillary vasodilation nourishes and brings oxygen to the tissue, improving venous and lymphatic reabsorption.



HYPER-ACTIVATION

Hyperthermia greatly increases cellular metabolism and starts a restructuring process in the tissue to fight against fibrosis. The tissue is reorganised even in chronic cases in which fibrosis has been present for some time as after effects of traumatism or osteoarthritis.



MOST TREATED **PATHOLOGIES:**

ACUTE INJURIES

- Lateral epicondylitis (tennis elbow)
- Bursitis
- Tendinopathies
- Muscular injuries
- Spasms
- Sprains
- Fractures

CHRONIC INJURIES

- Osteoarthritis
- Lumbago
- Cervical (neck) pain
- Adhesive capsulitis (frozen shoulder)

A safe and effective therapy

SCIENTIFIC DATA

FCB A CASE STUDY

"Monopolar radiofrequency capacitive / resistive 448 kHz (INDIBA ® activ Therapy) in the rehabilitation treatment of hamstrings injuries resulting from sports."

Arnedo F, Andreu A, Till L, Sendrós S et Hellín S

FEMEDE (Spanish Sports Medicine Federation), Santander 21-24 November 2012

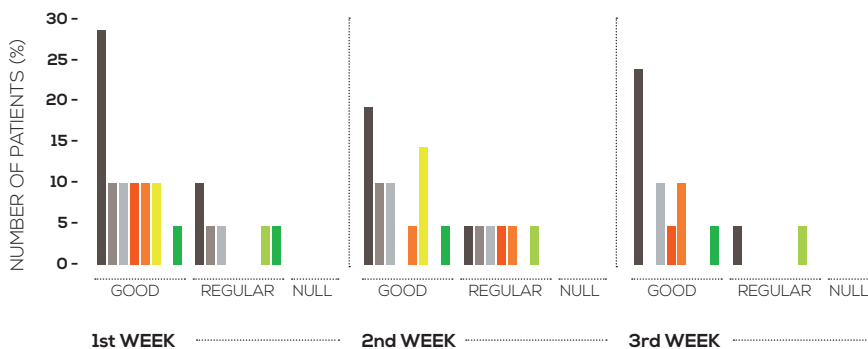
RESULTS

The obtained results are analyzed according to the type of sport. There were 73% good results and 27% of regular. There were no null results or treatment discontinuation. The ultrasound scan revealed a rapid overall improvement of the treated lesions and a visible reduction of edema and hematoma.

CONCLUSIONS

The RFM CAP / RES 448 kHz (INDIBA activ ® Therapy) has proven to be an effective, innocuous and safe in the treatment of acute hamstring muscle injuries. It promotes a rapid acceleration of muscles recovery and an earlier incorporation to sports. The ultrasound scan shows a good performance and a faster recovery from an injury.

ASSESSMENT OF TREATMENT ACCORDING TO SPORT



■ SOCCER ■ HOCKEY ■ BASEBALL ■ BASKETBALL ■ RUGBY ■ FOOTBALL ■ ATHLETICS ■ WOMEN'S SOCCER

There are more than **150 bibliographical references** and studies demonstrate the effects and safety of this therapy (case studies, open studies and random controlled trials).

155

BIBLIOGRAPHICAL REFERENCES

96

PUBLISHED SCIENTIFIC ARTICLES

9

BOOK/CHAPTER REFERENCES

14

CLINICAL TRIALS PLANNED OR UNDERWAY

70

CLINICAL TRIALS CARRIED OUT / SERIES OPENED

5 PhD

THESES COMPLETED

CONTRAINDICATIONS

Should not be used on patients with pacemakers or other types of electronic implants, in pregnancy, on damaged skin (open wounds or recent burns) or on patients with thrombophlebitis.

There is **no contraindication** to treat in presence of osteosynthesis*.

* "Monopolar Capacitive Resistive radio-frequency 448 kHz in the femur fracture post-surgical treatment"

Terranova A, Vermiglio G, Arena S et al.

The patient comes first

TREATMENT GUIDELINES



In current practice, the frequency of sessions is 1 to 3 weekly. The therapist adapts this frequency to the **patient's needs**. If necessary, therapy can be applied daily.

ACUTE INJURIES

The treatment may be prolonged for 4 sessions may be freely prolonged without any side effects, depending on the condition of the patient and the severity of the injury. The session duration is between 12 and 15 min, and can be done in conjunction with other physical therapy.

CHRONIC INJURIES

The treatment may be extended from 8 to 10 sessions, with a frequency of between 2 and 3 sessions a week, to achieve tissue reorganization lasting effects. The session duration varies between 12 to 30 min, depending on the range area to be treated and its condition, and can be performed in conjunction with a physical therapy session.

It is mandatory for the therapist to receive training in **therapy protocols**.

Guidelines Examples



CE Medical

HCR 902

CAP: 450 VA, RES 200W

Actively endorsed therapy

THE WORLD'S **BEST ATHLETES** USE IT

Today, the use of **INDIBA® activ Therapy** has spread worldwide. Doctors, physiotherapists and other health professionals in private practices and hospitals, as well as federations of professional athletes and successful teams are using our devices.



JOAQUIM RODRÍGUEZ, KATUŠA UCI PRO TOUR



RAFAEL NADAL uses **INDIBA® activTherapy** in his recovery

INDIBA® ACTIV is present at many national and international sports events and is used by athletes from different disciplines to prepare and recover before and after competitions. In fact, **INDIBA® ACTIV** was present at the London Olympic Games through the Olympic Committees and Federations of countries such as France, Japan, Spain, Italy, Germany and Holland.

More than 9,000 health professionals worldwide use our equipment. The method is currently spreading from countries such as Spain, France, Germany and Japan to all corners of the world. Our own customers are the best ambassadors to demonstrate the potential of this therapy.

The best athletes in the world use **INDIBA® activ Therapy**.

Rafael Nadal, Astana UCI Pro Tour, Purito Rodriguez...

Medical Commission of the French (CNOSF) and Spanish (COE) Olympic Committees; High Performance Center Sant Cugat (CAR); Institut National du Sport, l'Expertise et de la Performance (INSEP)...

Football: Spanish federation, Paris Saint Germain, FC Barcelona, AS Roma, FC Sochaux, Auxerre, Athletic de Bilbao, Inter Milano...

Rugby: Racing-Metro 92, Biarritz Olympique, Spanish Rugby Federation (FER)...

Golf, tennis, basketball, volleyball...

Don't stop, ever

INDIBA®
activ
ProRecovery



Javier GÓMEZ NOYA
World triathlon champion

INDIBA® **activ**
ProRecovery

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