

The Statik-Relax[®] is a high tech compact device, especially designed to prevent Complaints in Arm, Neck and Shoulder (CANS or RSI, occupational disease number one in Europe). The Statik-Relax[®] helps to protect office workers against CANS /RSI. The device signals the increase in muscle fatigue (mainly caused by static stress in the muscle). When warned by the device, the user can change his/her posture or activity before aches can develop.

Applications

The Statik-Relax[®] can be used for prevention purposes, when for example all new employees work with the device for a few weeks. The user will experience the effect of posture, workplace design, work hours, breaks, etc. on muscle fatigue. The Statik-Relax[®] can also be used by occupational health-professionals to measure the course of muscle fatigue during the day, week and/or month. With these data, one can give the client personal advice to fit his or her needs. Moreover, this device is very suitable as a measuring tool in the reintegration process of people suffering from these aches.



Features Statik-Relax[®]

- The Statik-Relax[®] is the smallest EMG-measuring device in the world.
- Very easy and user-friendly. The device and two small electrodes make one integrated small unit with fits underneath your clothes. The Statik-Relax[®] is placed directly on top of the target muscle. For office workers this is typically the trapeze muscle (neck and shoulder area) or the muscle group in the forearm.
- Completely wireless. The Statik-Relax[®] is placed underneath the clothes on for example the trapezium muscle (neck/shoulder area) with two small electrodes. The device is connected to computer or PDA by means of Bluetooth[®].
- Many feedback options:
 - Acoustical alarm (can be switched off)
 - Display on PC/Laptop or PDA: an indicator for Risk of CANS as a result of muscle fatigue but also an indicator which gives immediate feedback on the current strain on the muscles. On signalling a high level of muscle fatigue, it's possible to get tips and more information on posture, work breaks, etc. It is also possible to display exercises to reduce muscle hardening.
 - Graphical display of muscle fatigue on computer or PDA.
 - Graphical display of muscle activity on computer or PDA.
- Possibility to store all data on the internal memory (only PRO version). This offers many possibilities for analysis and reporting.
- The innovative Statik-Relax[®] can distinguish between different kinds of muscle activity'. Other biofeedback devices only measure the flexing or activity of a muscle, which is not the same as muscle fatigue. This is the unique and patented feature of the Statik-Relax[®]. Because the Statik-Relax[®] distinguishes between 'static-', 'fast dynamic-' and 'slow dynamic-' muscle activity, it can really determine to what extent muscle fatigue and -hardening has developed during the use of the device.