

ELEVATE YOUR  
WORK WITH A  
UNIQUE INSIGHT  
INTO MUSCLE  
FUNCTION



TMG™

SCIENCE FOR BODY EVOLUTION.

## SCIENTIFICALLY VALIDATED, FUNCTIONAL AND SELECTIVE MUSCLE MEASUREMENTS

Our proprietary and patented TMG - S1 measurement system is based on tensiomyography, a scientifically validated method substantiated by more than 50 independent studies.

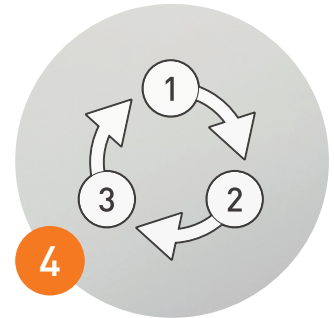
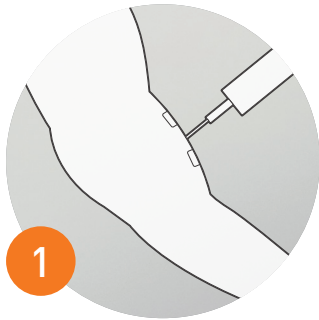
TMG provides relevant information about muscle contractile properties in an objective, selective and non-invasive way. It gives insights into: muscle composition, muscle functional characteristics, local muscle fatigue, atrophy, muscle inhibition, spasticity, tonus, and more. High repeatability enables long-term monitoring of acute and chronic changes in muscle function.





# AN EFFECTIVE DIAGNOSTIC AND TREATMENT MONITORING TOOL

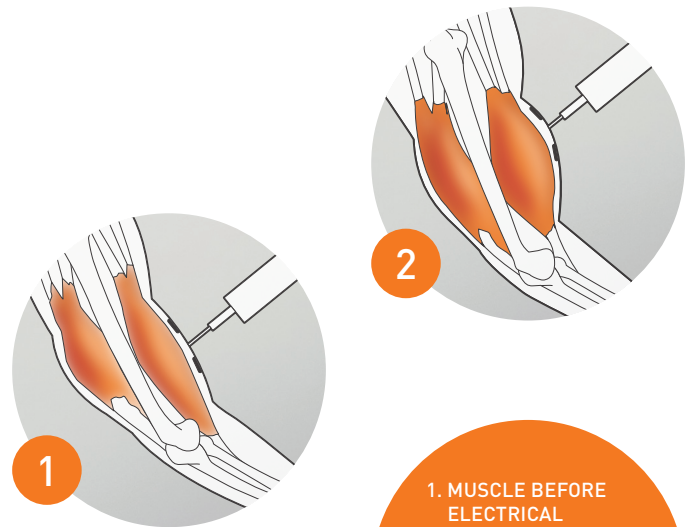
Our methodology is based on selective, qualitative and quantitative monitoring of treatments or action plans with fast and simple measurements to determine the results of your interventions.



## THE MEASUREMENT PROCESS

The measurement is completely non-invasive, fast and user-friendly. The displacement sensor is placed on the skin above the selected muscle, which is artificially stimulated with an electrical stimulator to obtain a standardized, repeatable contraction. The sensor measures the displacement and obtains time-based characteristics.

The results are displayed in real time on a screen as time/displacement curves. The dynamic response time of the sensor is depicted in the millisecond range, allowing you to distinguish the differences in the reaction between fast and slow muscle fibres.



1. MUSCLE BEFORE ELECTRICAL STIMULATION
2. MEASUREMENT OF RADIAL DISPLACEMENT CAUSED BY MUSCLE CONTRACTION

# THE MEASUREMENT SYSTEM

Our patented measurement system was developed in cooperation with the Laboratory for Biomedical and Muscle Biomechanics at the University of Ljubljana, Slovenia.

## ELECTRICAL STIMULATOR

|                        |                                 |
|------------------------|---------------------------------|
| Output current         | 0 – 100 mA                      |
| Output voltage         | $U_{outmax} < 10 \text{ V rms}$ |
| Pulse duration         | 1 ms                            |
| Pulse shape            | square, monophasic              |
| Power supply (battery) | 12 V DC                         |

## DIGITAL - OPTICAL SENSOR

|                          |                                                  |
|--------------------------|--------------------------------------------------|
| Operating principle      | optical ladder                                   |
| Maximum measuring length | 32 mm                                            |
| Resolution               | 1 $\mu\text{m}$                                  |
| Error                    | 1,5 $\mu\text{m}$ across entire measuring length |
| Maximum velocity         | 1 m/s                                            |



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1. ELECTRICAL  
STIMULATOR  
2. DIGITAL SENSOR  
3. TRIPOD &  
MANIPULATING HAND  
4. ELECTRODES  
5. SUPPORTING PADS  
6. USER INTERFACE
- The image shows a man lying on a blue padded table. A robotic arm with a digital sensor is positioned over his knee. Two electrodes are attached to his knee. A laptop and an electrical stimulator are on a table next to him. A neck pad is under his head. The background is a plain grey wall.

2

4

1

6

5



## SELECTED REFERENCES

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### EDUCATIONAL SECTOR

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Harvard Medical School, USA  
Ruhr-Universität Bochum, Germany  
Johannes Gutenberg University Mainz, Germany  
Manchester Metropolitan University, UK  
University of Stirling, UK  
Technical University of Madrid, Spain  
Leeds Beckett University, UK  
Beijing Sport University, China  
Kokushikan University, Japan  
University College for Health Studies, Slovenia

### SPORT CLUBS AND TRAINING FACILITIES

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FC Barcelona, Spain  
Chelsea FC, UK  
Liverpool FC, UK  
Manchester United FC, UK  
FIGC – Italian Football Association  
Baylor Bears, USA  
FC Bayern München, Germany  
Aspire Academy, Qatar  
Bundesamt für Sport BASPO, Switzerland  
UK Athletics

### HEALTH SECTOR

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Massachusetts General Hospital, USA  
Quiron Grupo Hospitalario, Spain  
Centre of a Physical Rehabilitation, Moscow, Russia  
Daejeon Teun Teun Hospital, South Korea  
Gemeinschaftspraxis Königsallee, Germany  
Soča Rehabilitation Centre, Slovenia  
Rogachev Memorial Federal Scientific Clinical Center, Russia  
Orthopaedic Hospital Valdoltra, Slovenia  
Universitätsmedizin Göttingen, Germany  
ZVD - Institute of Occupational Health, Slovenia  
Hiroshima University Hospital, Japan  
Faculty of Medicine, University of Maribor, Slovenia

## SELECTED SCIENTIFIC PUBLICATIONS

| TITLE                                                                                                                                                    | YEAR | TYPE    | PUBLICATION                                                                                                                         | AUTHOR(S)                                                                                                         |
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| Tensiomyography in Physical Rehabilitation of High Level Athletes                                                                                        | 2010 | Journal | The Open Sports Sciences Journal, 2010, 3, 47-48                                                                                    | Pedro S. Dias, Joan S. Fort, D. Albano Santos and Mário C. N.                                                     |
| Reduced Radial Displacement of the Gastrocnemius Medialis Muscle Following Electrically Elicited Fatigue                                                 | 2015 | Journal | Journal of Sport Rehabilitation                                                                                                     | Macgregor LJ1, Ditroilo M, Smith MM, Hunter AM.                                                                   |
| Physical activity program effects on the functional efficiency of flexors and extensor's knee and ankle in Alzheimer's patients                          | 2011 | Journal | European Geriatric Medicine. 2S. Pág.: S154. ISSN: 1878-7659.                                                                       | Sarmiento, S.; Rodríguez-Ruiz, De Saa, Bartolomé de la Rosa                                                       |
| Effects of anterior cruciate ligament injury on neuromuscular tensiomyographic characteristics of the lower extremity in competitive male soccer players | 2014 | Journal | Knee Surgery, Sports Traumatology, Arthroscopy                                                                                      | Pedro Alvarez-Diaz, Eduard A. Ramon, Miguel Marin, Gilbert José Boffa, Xavier Cuscó, Oscar Ballester, Ramon Cugat |
| Evaluation of the Ability to Make Non-invasive Estimation of Muscle Contractile Properties on the Basis of the Muscle Belly Response                     | 2001 | Journal | Med Biol Eng Comput. 2001 Jan;39(1):51-5.                                                                                           | R. Dahmane, V. Valenčič, N. K.                                                                                    |
| Effect of high-load and high-volume resistance exercise on the tensiomyographic twitch response of biceps brachii                                        | 2012 | Journal | J Electromyogr Kinesiol. 2012 Aug;22(4):612-9. ISSN: 1050-6411 doi: 10.1016/j.jelekin.2012.01.005. Epub 2012 Feb 15. PMID: 22341590 | García-Manso, Rodríguez-Ma De Saa, Vaamonde, Rodríguez Grigoletto.                                                |
| Effects of age and physical activity on response speed in knee flexor and extensor muscles                                                               | 2013 | Journal | European Review of Aging and Physical Activity DOI: 10.1007/s11556-013-0127-7. ISSN: 1813-7253                                      | Rodríguez-Ruiz, D.; García-Matoso, D.; Sarmiento, S.; D. Pisot, R.3                                               |
| Strength and endurance of knee extensors in subjects after paralytic poliomyelitis                                                                       | 2005 | Journal | Disabil Rehabil. 2005 Jul 22;27(14):791-9. PMID: 16096231                                                                           | Grabljevec, Burger, Kersevan                                                                                      |
| Inter-Rater Reliability of Muscle Contractile Property Measurements Using Non-Invasive Tensiomyography                                                   | 2010 | Journal | J Electromyogr Kinesiol. 2010 Aug;20(4):761-6. doi: 10.1016/j.jelekin.2010.02.008. Epub 2010 Mar 16. PMID: 20236839                 | Tous-Fajardo, Moras, Rodríguez Doutres, Maffiuletti.                                                              |



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| INSTITUTION                                                     |                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ger J, Narici M,                                                | Institute for Kinesiology Research, Science and Research Centre Koper, University of Primorska, Koper, Slovenia                                                                                                                                                                                                                                                                               |
| Daniel A. Marinho, Marques                                      | University of Beira Interior, Sport Sciences Department (UBI, Covilhã, Portugal). Universidade de Barcelona, Instituto Nacional de Educação Física da Catalunha, (INEFC, Barcelona, Spain). Research Centre in Sports, Health and Human Development (CIDESD, Vila Real, Portugal)                                                                                                             |
| Smith IJ, Fairweather                                           | 1Health and Exercise Sciences Research Group, University of Stirling, Scotland.                                                                                                                                                                                                                                                                                                               |
| iz, Rodríguez-Matoso, a, García-Manso, J.M.                     | University of Las Palmas de Gran Canaria                                                                                                                                                                                                                                                                                                                                                      |
| alentorn-Geli, Silvia<br>t Steinbacher, Juan<br>car Ares, Jordi | 1Mutualidad de Futbolistas, Federación Española de Fútbol, Delegación Cataluña, Barcelona, Spain                                                                                                                                                                                                                                                                                              |
| Knez, I. Eržen                                                  | Institute of Anatomy, Medical Faculty, Ljubljana, Slovenia Faculty of Electrical Engineering, University of Ljubljana, Slovenia                                                                                                                                                                                                                                                               |
| matoso, Sarmiento,<br>z-Ruiz, Da Silva-                         | Laboratorio de Análisis y planificación del entrenamiento deportivo, Physical Education Department, University of Las Palmas de Gran Canaria, Spain.                                                                                                                                                                                                                                          |
| Manso, J.M.; Rodríguez-<br>a Silva-Grigoletto, M.2;             | Department of Physical Education, University of Las Palmas de Gran Canaria, Campus Universitario de Tafira, s/n, Edificio de Ciencias de la Actividad Física y el Deporte, 35017, Las Palmas de Gran Canaria, Spain 2. Andalusian Sports Medicine Centre, Seville, Spain 3. Institute of Kinesiology Research, Science and Research Centre of Koper, University of Primorska, Koper, Slovenia |
| , Valencic, Marincek.                                           | Institute for Rehabilitation Ljubljana, and University of Ljubljana, Faculty of Electrical Engineering, Slovenia.                                                                                                                                                                                                                                                                             |
| uez-Jiménez, Usach,                                             | Sports Science Research Group, Institut Nacional d'Educacio Fisica de Catalunya, Centro de Barcelona, Avda. de l'Estadi s/n, Anella Olímpica de Montjuic, Barcelona, Spain. juliotosus@mastercede.com                                                                                                                                                                                         |

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