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# Aesthetic Insights™

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## Multi-Device Therapy Enhances Body Contouring and Muscle Toning

[Zimmer MedizinSystems \(Irvine, Calif.\)](#) recently introduced two new aesthetic devices for comprehensive body contouring and muscle toning: the ZStim for advanced muscle stimulation and the ZShape, a next-generation radiofrequency (RF)-based body contouring system. “These devices work together seamlessly with Zimmer MedizinSystems’ ZWave acoustic wave device, providing a multi-layered approach in aesthetics, treatment after weight loss, and for cellulite,” said Michael Busic, Director of Aesthetics and Wellness at Zimmer MedizinSystems, USA. “Backed by our 50-plus years of experience, these advanced technologies offer practitioners the convenience of a single, trusted source for a wide range of aesthetic needs delivering superior, customizable results that enhance both patient satisfaction and treatment efficiency.”

The ZStim is a sophisticated 8-channel muscle stimulation device that enables simultaneous treatment of multiple body regions, including torso, legs, buttocks and arms. Each color-coded channel can be tailored to a specific area and offers 15 pre-defined protocols focused on muscle strengthening, toning, volume building, and increasing blood flow. “The process is like the electrical stimulation (STIM) used for physical therapy, but here it’s applied for aesthetic goals,” Mr. Busic explained. “While our electrode guidance system simplifies the process, practitioners with experience or specific preferences can still customize the settings to suit individual needs.”

“When treating a patient, it’s crucial to recognize that each individual has different goals, levels of muscle tone, and tolerance for treatment,” Mr. Busic added. “A new patient’s first session might start with lower intensity, like easing into any new physical activity. After the initial



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session, the practitioner assesses how the patient responded, noting any prolonged muscle fatigue or discomfort, as seen with any overworked muscle. This feedback allows for customizing treatment intensity in subsequent sessions, gradually increasing as the patient desires.”

The device offers two types of waveforms: biphasic, the default because of its comfort, and middle frequency. The ZStim also features an expert mode that can enable a practitioner to customize settings for precise, individualized treatment. A remote control allows patients themselves to adjust the intensity according to their comfort level. “The major difference between the expert mode and standard settings is intensity,” Mr. Basic stated. “Expert mode allows the practitioner to set guidelines, while the standard settings are pre-programmed. The goal with ZStim is to achieve muscle strengthening and toning through these adjustable settings.”

The ZShape device combines RF energy and vacuum technology to deliver exceptional body contouring results with high patient comfort. “By pulling tissue into the applicator, RF transmits across deep into tissues, prompting collagenesis. The vacuum function, integrated into its medium and large handpieces, enhances blood circulation, stimulates metabolism, and promotes lymphatic drainage, further boosting treatment success and patient satisfaction,” Mr. Basic noted.

The handpieces can accommodate various treatment areas and have intelligent features that make sessions effortless, giving real-time feedback on treatment temperature and if optimal skin contact is lost. Practitioners can seamlessly adjust the RF energy intensity directly from the handpiece, not having to go back to the control panel for precisely controlled RF energy delivery during a session.

The ZShape device offers personalized treatments with three RF frequencies, 10 vacuum levels, and three pulse modes, making it versatile for various patient needs. In addition, practitioners can use it in combination with other Zimmer MedizinSystems devices, such as the ZStim and ZWave, to create a comprehensive treatment protocol that targets muscle, fat, skin, and cellulite.

The ZWave is a non-invasive medical device designed for aesthetic and therapeutic treatments, primarily focusing on cellulite reduction. Using radial shockwave technology, the ZWave delivers acoustic waves that stimulate a reduction in fat cell size, promoting increased blood circulation, collagen production, and lymphatic drainage.

When discussing combination therapy with ZShape, ZWave, and ZStim, Mr. Basic added, “With new medications creating quick, dramatic weight loss, this combination therapy makes great sense to tone areas of the body that have lost appreciable volume. The idea is to treat the body in layers. ZStim targets the deep muscle layer, ZWave focuses on the medium fat layer, and ZShape addresses the superficial fat and skin layer with RF technology. A typical combination treatment might begin with an initial assessment of the patient’s goals, such as muscle toning, fat reduction, skin tightening, or cellulite

reduction. Based on this assessment, the provider creates a tailored treatment plan that can incorporate all three devices.”

*“ZStim targets the deep muscle layer, ZWave focuses on the mediumfat layer, and ZShape addresses the superficial fat and skin layer with RF technology.”*

This comprehensive approach maximizes results by addressing different aspects of body contouring, leading to a more noticeable and lasting improvement. “The combination and order of treatments depend on the patient’s specific needs and condition,” continued Mr. Busic. “A useful approach could be to start with ZStim and ZWave before using ZShape RF. This combination stimulates significant blood flow, which warms the tissue and skin, making it easier to reach the target temperatures with ZShape.”

For ZStim and ZShape, weekly sessions are typically sufficient, he expressed. “As the RF in ZShape is intended to stimulate collagen production, the treated areas need time to recover and take effect. Allowing at least a week between treatments is typical. The same principle applies to electrical muscle treatment with ZStim.”

Combining therapy often makes the desired outcome more likely. “Patients benefit from a holistic approach to body contouring, resulting in higher satisfaction with both immediate and long-term results,” Mr. Busic said.

Zimmer MedizinSystems also offers the convenience and reliability of purchasing all necessary devices for this combination therapy from a single, well-known company, eliminating the need for purchasing or leasing similar energy-based systems from multiple vendors. “Typically, to achieve the same layered treatment results, you may have to buy devices from three different companies. With Zimmer MedizinSystems, you can get all three technologies — sound wave, aesthetic body stim, and vacuum-assisted RF from a company you already trust. Our German-made devices already have a solid reputation in the industry.” Mr. Busic concluded.

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