

AHEAD OF THE CURVE WITH TRUSCULPT FLEX



We speak to DR SEAN ARENDSE about why Cutera's truSculpt flex is his preferred choice of muscle-building device.

What made you decide to get the truSculpt flex?

As an early adopter of CoolSculpting when it first was introduced to Australia six years ago, I really believed in the technology and the results that could be achieved. Over the last few years, fat reduction technologies have improved in leaps and bounds. Now we have faster, more effective treatments. The gold standard in the industry for fat reduction is the truSculpt ID reducing treatment times down to 15 minutes with an average of 24% reduction in fat per treatment. We know that for optimal health we should be aiming for our bodies to have low body fat and a high lean muscle mass. Previously we have only been able to offer devices that reduce fat, but now we have many clients who are at their ideal body fat percentage, so now the focus shifts to building and defining muscle.

The truSculpt flex is an absolute game changer with the ability to build and define muscle and all this in your lunch break. It is the most advanced and customisable muscle-toning device on the market.

Can you run us through the treatment?

After a thorough consultation and identification of the areas we want to treat, between eight and 16 specialised hand-pieces are placed over the selected muscle groups. We then select one of the three unique modes available to us with the truSculpt flex, which are:

Prep Mode: this mode creates twisting motions similar to those experienced during warm-up exercises. It involves stretching of muscles which slowly builds a tolerance to muscle contraction.

Tone Mode: this mode is similar to performing squats and involves contracting muscles until the point of exhaustion. This mode mimics strength training programs and results in increased strength and endurance.

Sculpt Mode: this mode is similar to performing crunches and involves fast, deep, sequential contractions of the muscles. This mode mimics muscle-building programs involving the development of new muscle fibres. An increased muscle mass is also accompanied by a simultaneous elevation of basal metabolic rate (BMR) for the growth and support of muscle mass.

So during the truSculpt flex treatment, you feel your muscles involuntarily contract, it's an odd sensation, but not painful. The day after the treatment, you will likely feel sore; much like you would if you had a hard workout at the gym. To see changes we advise that you commit to at least four treatments of 45 minutes each, with each treatment spaced a few days apart.



Why is the truSculpt flex your preferred choice compared to similar devices?

Other technologies currently available use electromagnetic stimulation to induce muscle contractions, whereas truSculpt flex utilises electrical stimulation. During electromagnetic stimulation, a magnetic field is applied over a broad area of treatment resulting in the activation of peripheral nerves that stimulate the muscles. truSculpt flex on the other hand stimulates specific muscles by the placement of individual hand-pieces, thus requires far less energy to cause the muscle to contract. This results in muscle contractions similar to the way the muscle contracts during exercise, but the contractions induced by the truSculpt flex are more intense and result in increased muscle mass, strength, and tone.

One of the limitations of electrical muscle stimulation in increasing muscle strength is that the same muscles that are superficially located are recruited during repetitive use. This can lead to muscle fatigue and damage. truSculpt flex overcomes this with the truControl technology which increases current intensity through the course of a training session and allows for the recruitment of deeper muscle groups during training and thus avoids muscle damage.

Altering the direction of the current can also avoid stimulation of the same muscles and facilitate activation of the muscles in a comprehensive manner. The other huge advantage of the truSculpt flex is that you can treat up to eight areas at once as opposed to only two by the electromagnetic devices.

Always keep in mind that some people do not get a significant visual change but do experience a significant functional change with increased strength and endurance. There is also great preliminary evidence that patients with chronic lower back issues really benefit by how the truSculpt flex can strengthen their core and reduce the symptoms of pain in many patients.

What has your experience working with Cutera been like?

I have partnered with Cutera for about the past 11 years. From the minute I bought my first Cutera device, I was blown away. Cutera devices are the gold standard in the industry and deliver result time after time, consistently, reliably and safely. The ongoing support that not only me but also my staff receive from Cutera is something that I have not experienced with any other device company in the market. 🍀 To find out more, visit CUTERA.COM.AU