Study # 3  Influence de la fréquence de stimulation neuromusculaire électrique de la jambe sur le débit artériel fémoral.
Focus:  Demonstrate the increase of blood flow with frequency.
Year / Country:  1995 BELGIUM
Authors:  Zicot, M.  /  Rigaux, P.F.

Study # 6  Effets comparés de deux méthodes de récupération à l'aide de la cinétique des lactates: électrostimulation et récupération active.
Focus:  EMS is an interesting method to promote recovery and lactate elimination and has the advantage to not induce additional central fatigue as found with an active low-impact run.
Year / Country:  1998 FRANCE
Author:  Ribeyre, F.
Thesis:  Université Bordeaux II

Study # 7  Effect of electrical stimulation training on the contractile characteristics of the triceps surae muscle.
Focus:  EMS is also significant in dynamic contractions and for all articular positions.
Year / Country:  1993 FRANCE
Authors:  Cometti, G.  /  Martin, L.  /  Pousson, M.  /  Morlon, B.

Study # 16  The effects of electrostimulation training and basketball practice on muscle strength and jumping ability.
Focus:  Vertical jump height increased by 14% after EMS.
Year / Country:  2000 FRANCE
Authors:  Maffiuletti, N.A.  /  Cometti, G.  /  Amiridis, I.G.  /  Martin, A.  /  Pousson, M.  /  Chatard, J.C.
Study # 21  Activation of human plantar flexor muscles increases after electromyostimulation training.

Focus: Short-term EMS training strength gain are the consequence of an increase in neural activation (nervous command).

Year / Country:  2002  FRANCE
Authors:  Maffiuletti, N.A. / Pensini, M. / Martin, A.

Study # 23  Electrostimulation training effects on the physical performance of ice hockey players.

Year / Country:  2005  FRANCE
Authors:  Brocherie, F. / Babault, N. / Cometti, G. / Maffiuletti, N. Chatard, J.C.

Study # 25  Electromyostimulation training effects on neural drive and muscle architecture.

Focus: Strength gains after 8 weeks of EMS was + 27%. Muscular adaptations (hypertrophy) became significant between 4 and 8 weeks of EMS training.

Year / Country:  2005  FRANCE
Authors:  Gondin, J. / Guette, M. / Ballay, Y. / Martin, A.