

Neuro-Muscular Electronic Stimulation (NMES) Therapy

Patient User Guide

Basic Purpose of the Neuro-Muscular Electronic Stimulation Therapy

Electric impulses create muscle contractions in order to prevent muscle disuse atrophy, to re-educate muscle and to increase range of motion as well as blood circulation in affected muscles.

Your Daily Prescription

Use for _____ hours _____ times per day for _____ days.

Default utilization directions: Use for 20 minutes, 4 times a day. Adjust settings to your comfort at the start and progress as muscle re-education allows.

Your Settings (for your handy reference)

Your beginning muscle stimulation settings:

amplitude: _____ contraction time: _____ relaxation time: _____

frequency: _____ ramp: _____

Your muscle health, not maximum frequency or twitch, is your therapy goal. Settings should always be placed on comfortable parameters that don't quickly result in fatigue.

Basic Patient Guide for Use of the NMES

- Step 1. Place electrodes in areas where current will transverse the affected muscle.
- Step 2. Turn on amplitude buttons for every channel you are using.
- Step 3. Adjust amplitude buttons slowly to effective treatment without pain levels.
- Step 4. Adjust ramp to give you some ramp time up and down, for a controlled muscle contraction.
- Step 5. If time, frequency or ramp modes need to be adjusted, adjust them slowly.
- Step 6. When session is complete, turn down the amplitude buttons to off.
- Step 7. Remove electrodes and place them back on dura-stick plastic film.

Basic Troubleshooting

- **If needing to stop in mid therapy:**
Turn amplitude knobs off. Pull up on connectors to disengage cables.
- **If therapy seems weak:**
Open the case by pulling downward. The 9V battery may need to be replaced.
- **If electrodes losing stick:**
Clean silicone rubber electrodes with soap and water. Dry before using.



For all other questions: Contact _____ at _____.
(Rep Name)