

InTENSity™ Twin Stim® III Instructions and Care Information

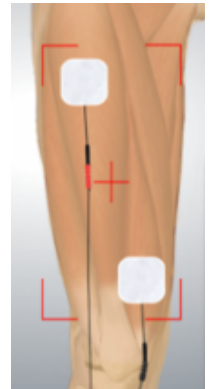


Your healthcare provider has prescribed the use of an NMES (Neuromuscular Electrical Stimulation) System as part of your treatment plan to reduce **muscle atrophy**, improve your strength, and ultimately accelerate your rehabilitation & recovery.

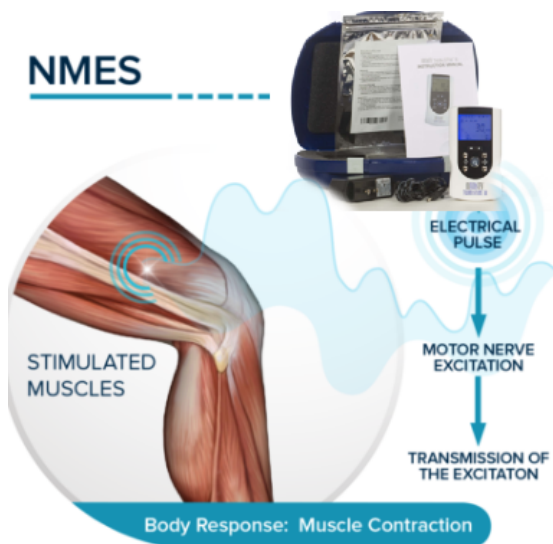
What is muscle atrophy? Quadriceps atrophy - or the weakening of your thigh muscles - is a common occurrence associated with orthopedic conditions and surgical procedures. The resulting loss of muscle tone and mass may decrease your strength and normal function of the surrounding joints. This muscle weakness is caused by your inability to use your knee regularly for an extended period of time.

Application and Usage Instructions

1. Begin stimulation therapy approximately 48 hours after surgery, once the surgical dressing has been removed.
2. Place one electrode slightly above the knee cap towards the inside of the thigh. (See Illustration)
3. Place a second electrode mid thigh slightly towards the outside of the thigh. (See Illustration)
4. Attach lead wires to top of the device on channel '1'.
 - a. Attach each lead wire to each electrode (red lead wire goes closest to the knee cap)
5. Turn 'On' by pressing the center power button on the device.
6. Increase intensity to the highest level that does not cause discomfort. Continue to increase the intensity until you feel and see movement in the knee and thigh muscles.
7. Do not use your ice machine during stimulation.
8. It is recommended you complete at least two 20-minute stimulation sessions daily, for 5 days per week throughout your rehabilitation period.



NMES



Important Care Information

- Do not shave your leg on the day of simulation sessions. Shaving prior to stimulation may cause discomfort.
- Replace electrodes every 2-3 weeks. Available to purchase in DME Stores.
- Remove the battery from the device before you clean the device.
- Clean the device after use with a soft, slightly moistened cloth. In case of more extreme soiling, you can also moisten the cloth with mild soapy water. Do not use any chemical cleaners or abrasive agents for cleaning.

Midwest Orthopaedics at Rush DME Store Contact Information

Please call or stop in if you have any problems or questions

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Westchester - 2450 S Wolf Road Suite G, Westchester, IL - (708) 273-8426

Oak Park - 610 S Maple Ave. Suite 1550, Oak Park, IL - (312) 432-2550

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