



NMES Used at Our Facility

NMES stands for Neuromuscular Electrical Stimulation. It is used to prevent disuse atrophy of affected muscle tone during the healing process. It has also proven to be effective in promoting muscle reeducation.

Description of NMES Therapy

Physiotherapy used to treat patients with muscle atrophy associated with non-use, post-surgery, or after an incomplete spinal injury. Motor nerves supplying the affected muscle are stimulated with electric pads applied directly on the skin. This causes the muscles to contract, improving their strength and range of movement. The muscle contractions also reduce edema (swelling) by helping to pump blood through the tissue. Neuromuscular stimulation can also be used for muscle re-education and has effectively been used for patients after having a cerebrovascular accident (e.g. a stroke).

Our Facility Uses the Empi Focus Neuromuscular Stimulator (NMES)



Important features include:

- A broad selection of parameter options to tailor a program to an individual patient's needs.
- FOCUS allows the clinician to create very aggressive programs for patients who can tolerate them, such as trained athletes
- Very conservative programs can be designed for those patients who are apt to fatigue easily (such as post-CVA)
- Customized pre-programmed regimens that have been clinically devised for specific applications.

Specifications:

- Adjustable rate: 25, 35, or 50 pulses per second to achieve an efficient, tetanized contraction without excessive muscle fatigue.
- Timed treatment option to run set program or preprogrammed regimen for 15 to 30 minutes.
- Choice of symmetrical or asymmetrical biphasic waveforms for comfortable stimulation of both large and small muscle groups.
- Wide range of ON and OFF times for flexibility in setting duty cycles.
- Choice of maximum output: 60 milliamperes for sensitive patients; 100 milliamperes for patients who need higher output.
- External triggering capability.

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- Small, compact size for convenient patient use outside the clinic. Weighs only 4.6 ounces (including 9 volt battery).
- Indicator lights display On/OFF status and signal when battery is low.
- Dual position belt clip can be placed either vertically or horizontally for patient convenience.

We have several North Coast Digital Electronic Muscle Stimulator units at our facility that can be used onsite or taken home and tried on a temporary basis. We also have these NMES units for sale. Some insurance plans will cover the cost of NMES with a prescription from your physician.

Digital Electronic Muscle Stimulator Model DS100



- Portable, compact design is easy to use anywhere. The DS100 is a digital device for muscle exercise and treatment of sport injury. Through a series of stimulated contraction and relaxation phases will enable users to build, tone and strengthen muscles. Features a patient compliance timer that records individual use time, frequency and the cumulative time that the device has been used.

We can also sale a unit for home use - Our Cost: \$499.00 includes education and instruction by a trained physiotherapist.

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