

## HOME REHABILITATION PROGRAM

### Neuromuscular Electrical Stimulation (NMES) Chattanooga Continuum

1. Clean skin thoroughly with soap and water.
2. Connect lead wires.
3. Place electrodes on skin as instructed by your health care professional.
4. Turn machine on by pressing the grey Power button in the bottom middle of the device.
5. Set device to:

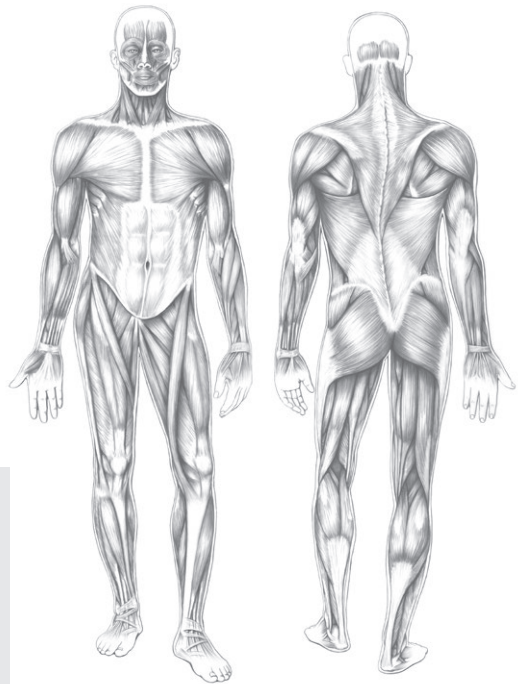
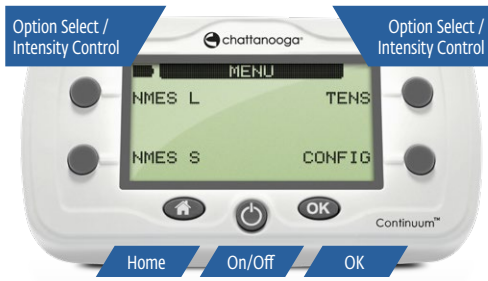
Program \_\_\_\_\_

(NMES - Muscle reeducation/strengthening) \_\_\_\_\_ times per day \_\_\_\_\_ min per session

Program \_\_\_\_\_

(TENS - Pain) \_\_\_\_\_ times per day \_\_\_\_\_ min per session

6. Increase intensity by pressing upper buttons on the left and right side of the screen to reach desired level.
7. Turn off by pressing the grey power button on the bottom middle of the device.



#### CONTINUUM BENEFITS -

#### ACTIVATE YOUR MUSCLES TO RECOVER QUICKER

- Prevent muscle weakness from disuse
- Maintain or increase range of motion and flexibility
- Reeducate and strengthen muscles to help recover faster
- Relax muscle spasms
- Increase local blood circulation to help minimize inflammation
- Prevent venous thrombosis of calf muscles after surgery
- Provide pain relief (chronic/acute) (TENS)

