

# Guide to NMES

- 1 Prepare skin for electrode placement
- 2 Place 3x5 inch pads on quadriceps motor points
- 3 Measure patient's quadriceps maximal voluntary isometric contraction with PT encouragement
- 4 Patient education on NMES
- 5 Set appropriate parameters on Unit (Table)
- 6 Begin treatment, keeping quadriceps muscle *relaxed*
- 7 Increase intensity as needed throughout treatment

Testing Angle	60 deg*
Total Time	15 min
Pulse Width	400 $\mu$ s
Pulses per Second	50-75 pps
Ramp Time (s)	2
On Time (s; contraction +ramp time)	12
Rest (s)	50

\*testing position can be individualized to the injury/surgery and patient tolerance