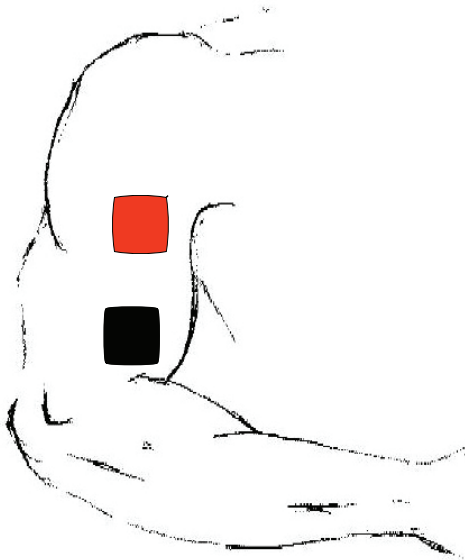


**Elbow Rehabilitation (Strengthening)**

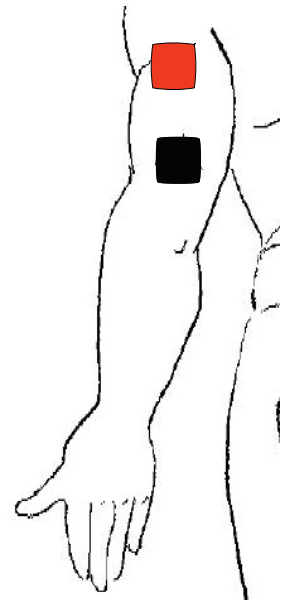
Elbow weakness can result from prior surgery, peripheral nerve injuries, stroke, neuropathies, or drug toxicities. Using EMG feedback, patients learn to contract the elbow musculature and improve elbow strength and function.

Suggested Electrode Placement**2-pad placement**

Place electrode pads over biceps brachii and brachialis muscles (to strengthen flexion)

2-pad placement

Place electrode pads over triceps muscles (to strengthen extension)

**Suggested Settings**

Threshold: Set an appropriate threshold [Refer to the "Setting Threshold Level for Strengthening" section of General Guidelines]

Trials: 15-30 trials

Work time: 5 sec (to begin)

Rest time: 5-10 sec (to begin)

Feedback: ABOVE ("FABV" setting on Care EMG)

Sessions per day: 3-5 sessions per day (or as needed)

