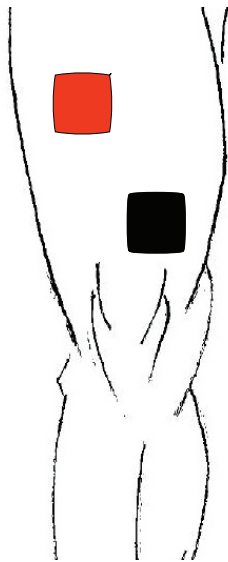
**ACL Reconstruction (Strengthening Phase)**

Once the patient has gone through the initial acute phase of an ACL Reconstructive surgery, you can begin to focus on independently strengthening the hamstrings or quadriceps muscle groups.

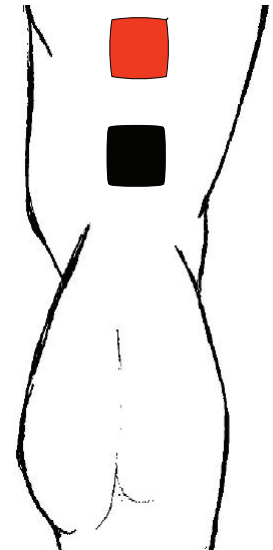
As the patient increases in strength, the parameter settings can be changed from using a Synchronous to an Asynchronous mode where the hamstring muscles fire a couple of seconds before the quadriceps. Eventually, once more strength has returned, you may use a general strengthening protocol for just the quadriceps or hamstrings by applying all 4 pads to the posterior thigh or the anterior thigh.

**Suggested Electrode Placements****4-pad placement**

Place electrode pads with 2 over the quadriceps muscles and 2 pads over the hamstring muscles.

**4-pad placement**

Place electrode pads with all 4 pads over the quadriceps muscles OR all 4 pads over the hamstring muscles.

**Suggested Settings****Pulse rate: 50-65 Hz****Pulse width/duration: 250-300 µs****On/Off times: 1:3 ratio (start with 10 sec ON, 30 sec OFF)****Ramp time: 1 sec****Amplitude: Maximally tolerated contraction****Treatment Time: 20-30 minutes****Sessions per day: 3-5 sessions per day (or as needed)**