

**Back Rehabilitation**

NMES is commonly used to treat postural kyphosis, lordosis, scoliosis, paraspinal weakness, and post-surgical back re-education. This treatment can be used to reduced edema caused from surgical procedures, traumatic injury, or muscle strain/sprain.

Suggested Electrode Placements

2-pad placement of electrode pads on each side of the spine at level being treated

4-pad placement of electrode pads with 2 pads on each side of the spine at level being treated

Suggested Settings

Pulse rate: 50-65 Hz

Pulse width/duration: 250-300 μ s

On/Off times: 1:3 ratio (start with 5 sec ON, 15 sec OFF)

Ramp time: 1 sec

Amplitude: Maximally tolerated contraction

Treatment Time: 15-20 minutes

Sessions per day: 2-3 sessions per day (or as needed)

