

**Edema Reduction**

**Edema can be reduced by using NMES to activate skeletal muscles and therefore facilitate mechanical pumping of fluids through the veins and lymphatic vessels back toward the heart. This treatment can be used to reduce edema caused from surgical procedures, traumatic injury, or muscle strain/sprain.**

**Suggested Electrode Placements**

**2-pad placement of electrode pads over the area of edema**

**4-pad placement of electrode pads over the area of edema**

**Suggested Settings**

**Pulse rate: 50-65 Hz**

**Pulse width/duration: 250-300  $\mu$ s**

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

**Ramp time: 1 sec**

**Amplitude: Maximally tolerated contraction**

**Treatment Time: 15-20 minutes**

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

