

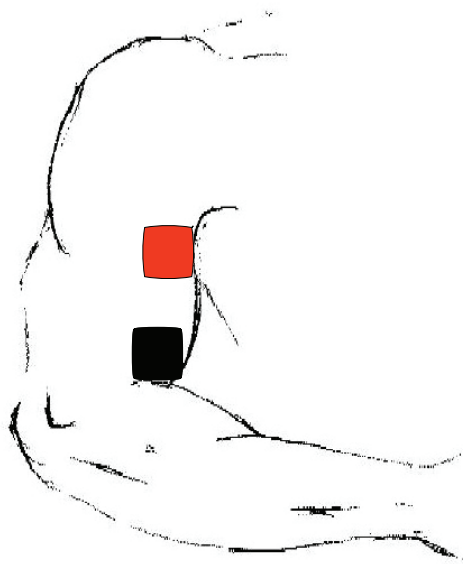
**Elbow Rehabilitation**

NMES is an often used modality used to improve elbow range of motion and increase muscular strength. This protocol outlines the parameters commonly used to provide cyclical electronic stimulation to the agonist and antagonistic muscles of elbow (biceps and triceps) in order to improve elbow function.

Be sure to use the "Alternating" setting for this protocol.

Suggested Electrode Placements**4-pad placement**

Place electrode pads with 2 pads on the muscle belly of the biceps brachii and 2 pads on the triceps brachii.

**Suggested Settings**

Pulse rate: 40-50 Hz

Pulse width/duration: 250-300 μ s

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

ALTERNATING

Ramp time: 1 sec

Amplitude: Maximally tolerated contraction

Treatment Time: 15-20 minutes

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

