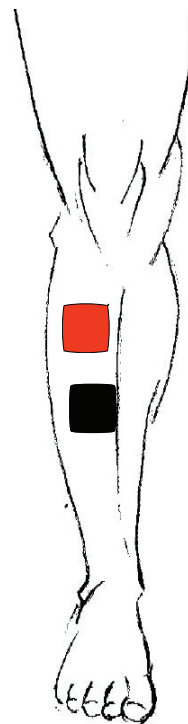


**Foot Drop (Gait Training)**

Foot drop can be associated with a variety of conditions such as dorsiflexor injuries, peripheral nerve injuries, stroke, neuropathies, drug toxicities, or diabetes. NMES can be used as direct stimulation of the dorsiflexors or a manual switch can be used to activate the muscles during functional activities such as gait.

Suggested Electrode Placement**2-pad placement**

Place electrode pads with 1 pad over anterior tibialis muscle and 1 pad over extensor digitorum muscle

**Suggested Settings**

Pulse rate: 35-50 Hz

Pulse width/duration: 250-300 μ s

On/Off times: 1:3 ratio (start with 10 sec ON, 30 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)

