CARE REHAB®
And Orthopaedic Products, Inc.
www.carerehab.com

Clinical Resource Series

Muscle Stimulation (NMES) Protocols

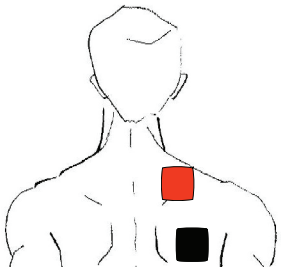
Shoulder Subluxation

Shoulder Subluxation often results from the weight of an injured or flaccid arm applying direct mechanical stretch to the joint capsule of the shoulder. The weight and resultant stretch partial dislocate the joint and create decreased strength and impaired upper extremity function and coordination. Shoulder subluxation has been implicated as a causitive factor for RSD. NMES has provided some moderate success in the prevention and treatment of subluxation. Research shows that, not only can NMES help reduce the subluxation of the shoulder joint, but it enhances motor recovery of the shoulder and also helps reduce shoulder pain.

Suggested Electrode Placements

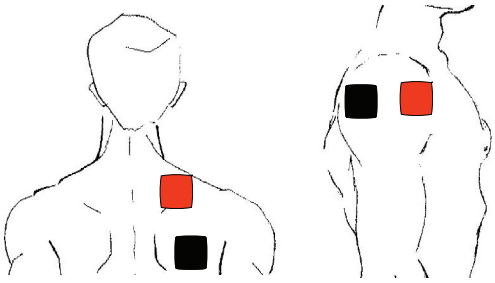
2-pad placement

Place electrode pads on the infraspinatus/ teres minor and supraspinatus muscles of the shoulder



4-pad placement

Place electrode pads on the infraspinatus/ teres minor, supraspinatus posterior deltoid, and anterior deltoid of the shoulder



Suggested Settings

Pulse rate: 50-65 Hz
Pulse width/duration: 250-300 µs
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)