

**Spasticity (Muscle Fatiguing Method)**

**Spasticity has been defined as an increase in muscle tone due to hyperexcitability of the stretch reflex. Clinically, patients exhibit stiffness and increased muscle tension and many times report symptoms of muscle and joint pain as well. The joints most often affected include the shoulder, elbow, wrist, hand, knee, and ankle.**

**Suggested Electrode Placements**

**2-pad placement of electrode pads over muscle(s) with spasticity**

**4-pad placement of electrode pads over muscle(s) or muscle group with spasticity**

**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)**

