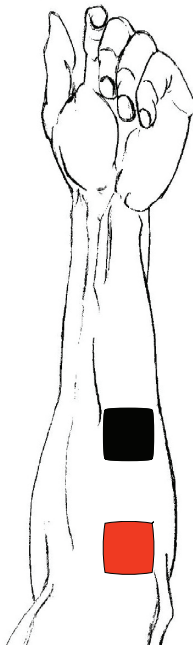
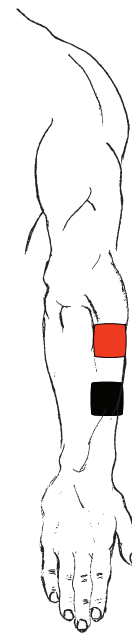
**Tenolysis in Hand**

Tenolysis is a procedure used to remove adhesions from tendons and is designed to improve active digital movement into flexion or extension. Tendon adhesions that develop after injury or surgery to the flexor tendons create decreased active range of motion of the digit as compared to passive range of motion, especially in flexion. Tenolysis is performed to nongliding adhesions in order to restore function of the digit. After this procedure is done, NMES can be a very effective modality to facilitate muscle contraction and tendon gliding through the tendon sheaths, thus helping to prevent or decrease adhesions.

**Suggested Electrode Placements****2-pad placement**

Place electrode pads over wrist and finger flexor muscles OR wrist and finger extensor muscles

**Suggested Settings****Pulse rate: 50 Hz****Pulse width/duration: 250-300 μ 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: 15-30 minutes****Sessions per day: 3-5 sessions per day (or as needed)**