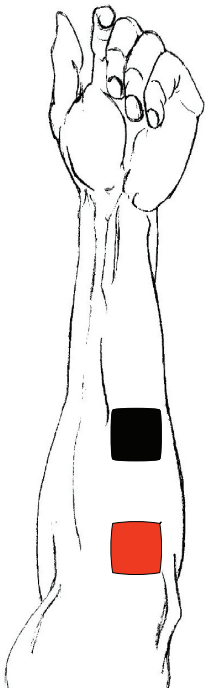
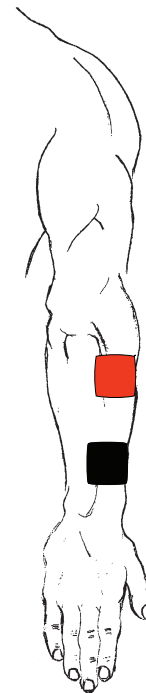
**Wrist & Hand Rehabilitation**

Wrist & Hand Rehabilitation follows such conditions as Colles' fracture, finger fracture, wrist dislocation or other traumatic injury. Often rehabilitation and training may not begin until a cast is removed or the initial phases of healing have been completed at which time muscular atrophy and weakness have occurred. NMES is commonly used to supplement the active exercises and provide accelerated muscle strengthening during rehabilitation.

**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: 50-65 Hz****Pulse width/duration: 250-300 μ s****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: 3-5 sessions per day (or as needed)**