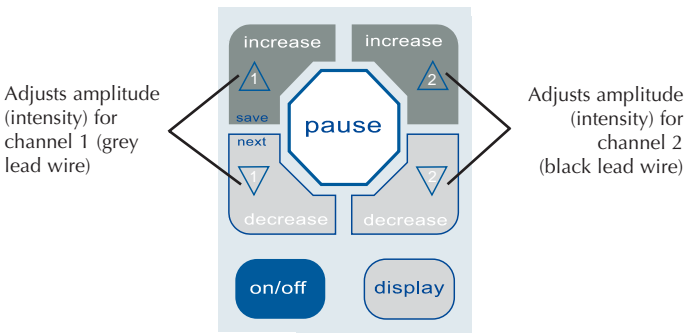


Neuromuscular Universal Patient Protocol

Purpose of Treatment

- Muscle re-education
- Prevention or retardation of disuse atrophy
- Increase local blood circulation
- Maintaining or increasing range of motion

Control Instructions



Press **ON/OFF** to turn on the FastStart EMS.

To select preset:

- Select preset recommended by your clinician by pressing **DISPLAY**, then pressing **INCREASE** to cycle through presets. Press **DISPLAY** again to return to treatment screen.

To adjust treatment intensity:

- Press **INCREASE** (upper left) for channel 1 until maximum contraction comfort level is reached. To decrease intensity, press **DECREASE** (center left).
- Press **INCREASE** (upper right) for channel 2 until maximum contraction comfort level is reached.

To pause treatment:

- Press **PAUSE** to suspend timer. Press **PAUSE** again to resume your treatment.
- The FastStart EMS shuts off automatically at the end of treatment. Treatment can be ended at any time by pressing **ON/OFF**. Remaining treatment time for that session will be cancelled.

Treatment Overview

The FastStart EMS stimulation system provides preset treatment protocols for ease of use and adjustable parameters to individualize your treatment program.

At the start of your program, your muscles may be weak and you may begin with only a few repetitions. As your strength increases, you should increase the total number of repetitions or total time. It is also helpful if you try to contract your muscles at the same time the stimulator is providing a contraction. If your muscles become completely fatigued before the end of your treatment, decrease the treatment time until you can complete your treatment without fully fatiguing your muscles.

Presets

Preset # _____

PROVIDES _____ MINUTES / REPETITIONS OF TREATMENT

This preset may be used _____ / day.

Comments _____

Preset # _____

PROVIDES _____ MINUTES / REPETITIONS OF TREATMENT

This preset may be used _____ / day.

Comments _____

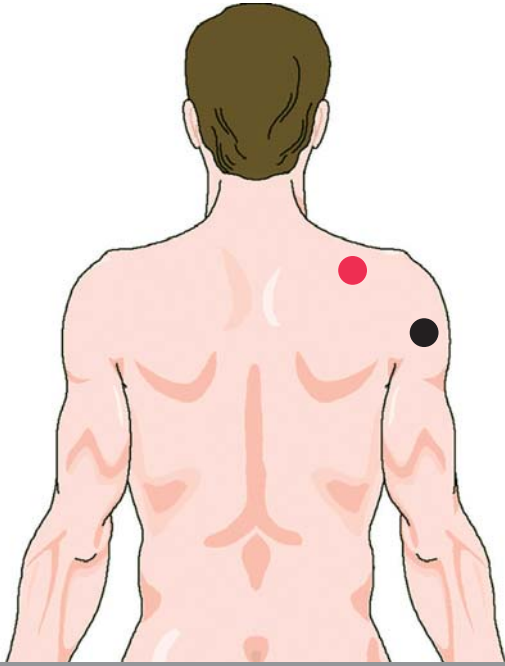
Preset # _____

PROVIDES _____ MINUTES / REPETITIONS OF TREATMENT

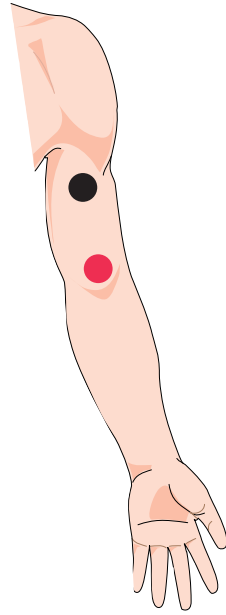
This preset may be used _____ / day.

Comments _____

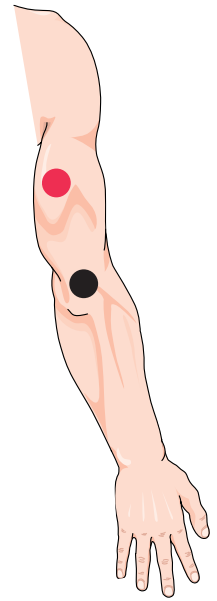
Neuromuscular Universal Patient Protocol



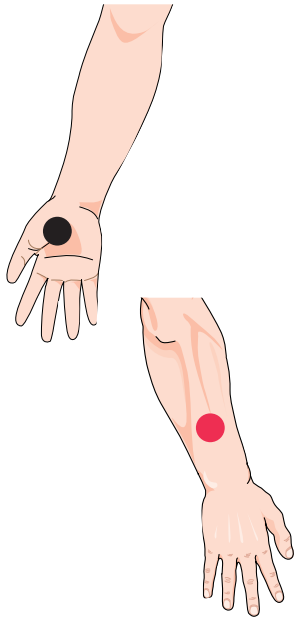
Shoulder Subluxation /
Flaccid Shoulder Re-education



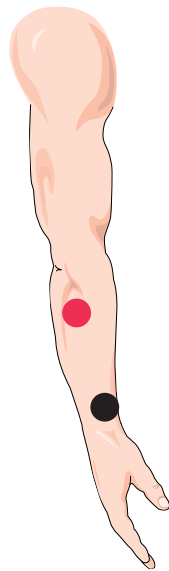
Biceps
Re-education



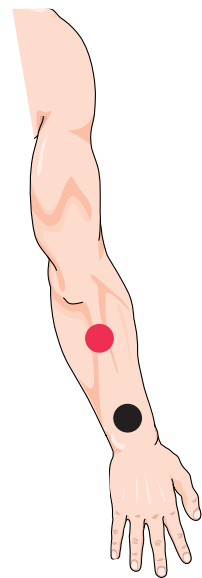
Triceps
Re-education



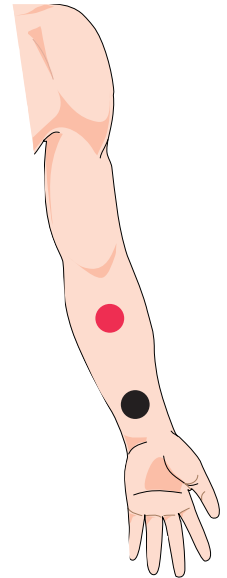
Thumb
Abduction



Thumb
Extension

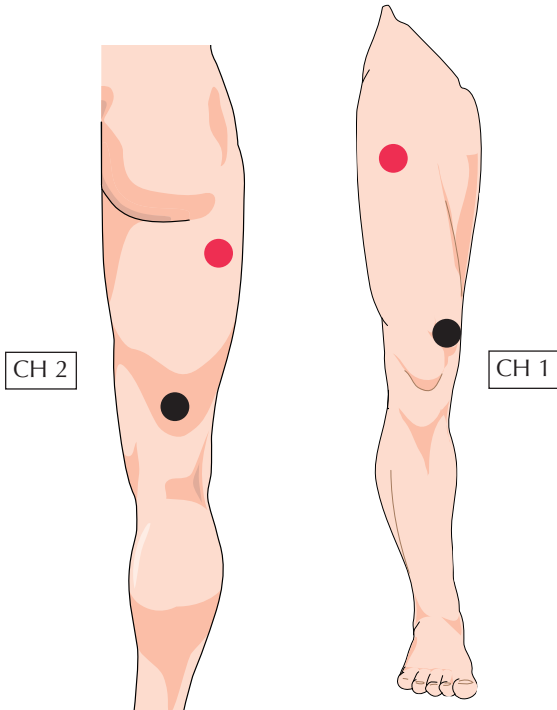


Wrist / Hand
Extension

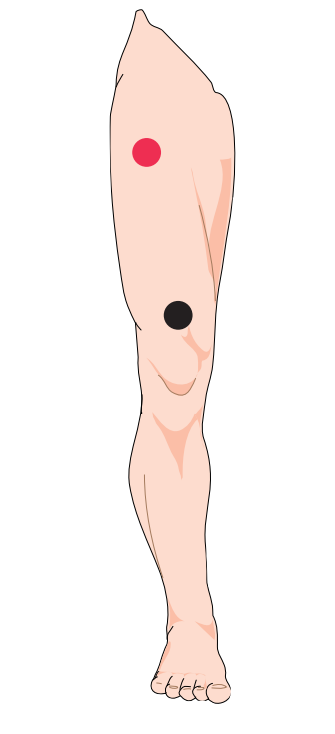


Wrist / Hand
Flexion

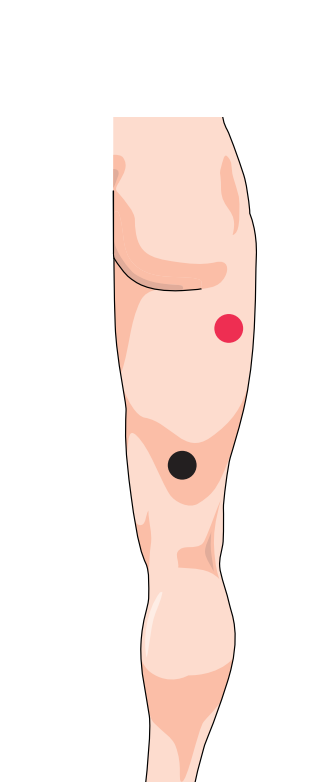
Lower Extremity Electrode Placement



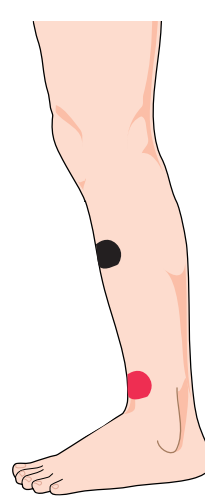
ACL Repair Prevention and Retardation of Disuse Atrophy
Dual Channel Stimulation



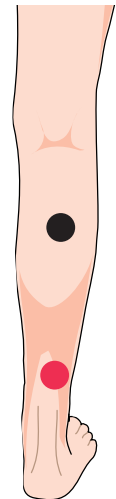
Quadriceps Femoris / Knee Extension



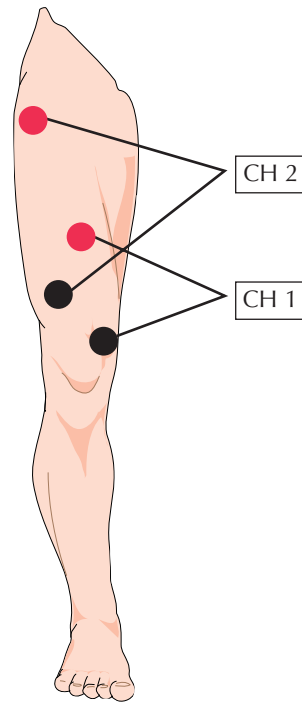
Knee Flexion / Hamstrings



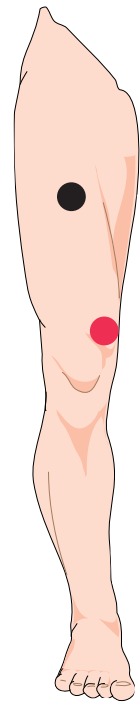
Drop Foot / Ankle Dorsiflexion



Ankle Plantar Flexion



Vastus Medialis Patella Tracking
Dual Channel Sequential



Vastus Medialis Patella Tracking
Single Channel

Component Use and Care

Electrodes

IMPORTANT: Read the instructions for the application and use of electrodes found on the electrode package and in the patient operating manual.

- Reusable, self-adhering electrodes are included in your kit and can be used as soon as sterile electrodes have been removed.
- **Do not** use alcohol to clean skin surface.
- Apply reusable, self-adhering electrodes to dry, clean, unbroken skin surfaces only, checking all edges for proper adhesion.
- **Do not** apply skin lotion prior to application of reusable electrodes.
- Reusable electrodes should always be placed at least **one inch apart**.
- Remove reusable electrodes before showering.
- Once reusable electrodes are removed from skin, adhesive-remover towelettes can be used to clean off any adhesive residue.
- If you experience symptoms of skin irritation while using the FastStart EMS, discontinue use immediately and contact VQ OrthoCare's Patient Care department at **800.452.7993**, or consult your physician.

Caution

Electrodes should be discarded and replaced if damaged or when proper adhesive tack can no longer be obtained, the gel has separated, or a change in stimulation intensity is perceived. If in doubt about the integrity or proper function of any electrode, replace it before proceeding with treatment. **IF USING PAIN MEDICATION AND/OR PAIN MANAGEMENT DEVICES, EXERCISE CAUTION WHEN INCREASING AMPLITUDE ON THE FASTSTART EMS.**

Warning

This device is designed for use only with electrodes approved for medical electrical stimulation.

Batteries and AC adapters

- Low-battery indicator will flash when battery power pack needs to be replaced. Remove used power pack and replace with new unit.
- Power packs are not rechargeable. **THE AC ADAPTER DOES NOT CHARGE THE BATTERIES.**
- Replacement power packs can be ordered from VQ OrthoCare's Patient Care department at **800.452.7993**.

VQ OrthoCare does not assume liability for the improper use of this equipment.

Indications

- Symptomatic relief of chronic intractable pain and as an adjunctive treatment in the management of post-traumatic and postsurgical pain relief
- Relaxation of muscle spasms
- Prevention or retardation of disuse atrophy
- Increasing local blood circulation
- Muscle re-education
- Immediate postsurgical stimulation of calf muscles to prevent venous thrombosis
- Maintaining or increasing range of motion

Contraindication

- Stimulators should not be used on patients with cardiac demand pacemakers

Warnings

- The long-term effects of chronic electrical stimulation are unknown
- Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex
- Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing
- Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias
- Stimulation should not be applied transcerebrally
- Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions (e.g. phlebitis, thrombophlebitis, varicose veins, etc.)
- Stimulation should not be applied over, or in proximity to, cancerous lesions

Precautions

- Safety of stimulators for use during pregnancy has not been established
- Caution should be used for patients with suspected or diagnosed heart problems
- Caution should be used for patients with suspected or diagnosed epilepsy
- Caution should be used in the presence of the following:
 - When there is a tendency to hemorrhage following acute trauma or fracture;
 - Following recent surgical procedures when muscle contraction may disrupt the healing process;
 - Over the menstruating or pregnant uterus; and
 - Over areas of the skin which lack normal sensation
- Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternative conductive medium or alternate electrode placement
- Electrode placement and stimulation settings should be based on the guidance of the prescribing practitioner
- Keep out of reach of children
- Use only with the leads and electrodes recommended for use by the manufacturer
- Portable stimulators should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury

Adverse Reactions

- Skin irritation and burns beneath the electrodes have occasionally been reported with the use of stimulators

Stimulators should only be used under medical supervision as adjunctive therapy for the treatment of medical diseases and conditions.

CAUTION

Federal law restricts this device to sale by, or on the order of, a practitioner licensed by the law of the State in which he/she practices to use or order the use of the device.



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