

For the first time, CyMedica Orthopedics has combined the following components to provide advanced rehabilitation technology in a simple, easy-to-use, and comfortable system *for every patient*.

QB1 SYSTEM COMPONENTS

CONDUCTIVE GARMENT

- Simple wrap
- Compresses your leg to control postoperative swelling
- Properly positions the muscle-stimulating electrodes on your leg



FORM-FITTING RIGID BRACE

- Protects, supports, and stabilizes your knee
- Controls your knee's range-of-motion based on your surgeon's recommendations



NMES CONTROLLER

- Delivers cutting edge technology anywhere in multiple short therapy sessions
- Activates your muscles more precisely to minimize or avoid unnecessary pain and discomfort
- Constantly monitors and adjusts stimulation to optimally deliver comfortable therapy at a lower power



USING THE QB1 AT HOME

The QB1 system puts access to accelerated recovery in your hands through just two functions: the brace to stabilize and restrict your healing knee and the NMES stimulation system to combat muscle atrophy.

POST-OP BRACE

By wearing your brace throughout the day, you benefit from both the stability and the control of range of motion it provides, allowing your knee to safely heal and regain function.

The brace comfortably secures your knee with simple straps and, if recommended by your doctor, can restrict your knee's flexion and extension with the hinge lock.

NMES SYSTEM

Unlike the brace, you will only use the NMES stimulation three times a day for 20-minute sessions. It's recommended that you do this six days per week, to achieve best results.



CYMEDICA QB1™ PROFESSIONAL-ATHLETE REHABILITATION FOR EVERY PATIENT

Quadriceps muscle loss is a consistent complication after ACL knee surgery but it CAN be minimized and reversed with PROVEN NMES technology and rigid bracing.

While the electrical stimulation may feel unusual, it should not be uncomfortable or hurt. Your quad muscles will tense under stimulation for several seconds, and then relax before another stimulation round begins.

Each NMES session will follow a few simple steps:

- (1) Remove electrode covers.
- (2) Plug the controller into the brace connector.
- (3) Select the treatment type on the screen as directed by your doctor.
- (4) Dial in the intensity level of both the knee and thigh areas for a strong but comfortable stimulation.
- (5) Select "Start" to begin the 20-minute session.
- (6) When you've finished your treatment session, disconnect and power off the controller. Replace the electrode covers.

During your session, you can enjoy passive, seated activities while the QB1 system performs your rehabilitation for you!

For more detailed information and an instructional video, visit www.cymedicaortho.com/patients

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.

Please see QB1 User's Manual for a complete list of device instructions for use, indications, contraindications, warnings, precautions and adverse effects for the QB1 system.

1. Risberg et al. (1999). J Orthop Sports Phys Therapy. 29(7): 400-412.
2. Lewek et al. (2002). Clinical Biomechanics. 17(1): 56-63.
3. Snyder-Mackler et al. (1995). JBJS. 77(8): 1166-1173.

CyMedica Orthopedics Inc.

19120 N. Pima Rd., Ste. 135 / Scottsdale, AZ 85255 U.S.A.
 customerservice@cymedicaortho.com
 Fax: (866) 296-2772 / Phone: (844) CYM-2014 or (844) 296-2014

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Ask your doctor about the CyMedica QB1 rehabilitation system today!



ACL REPAIR NEUROMUSCULAR STIMULATION BRACING SYSTEM

REHAB LIKE A PRO



YOU HAVE MISSED OUT ON ENOUGH

An ACL injury limits your ability to enjoy an active, athletic lifestyle. ACL repair surgery represents the first major step to returning to normal activity. However, you will have to overcome additional hurdles during your rehabilitation process.

Typically, healing and rehabilitation requires a long, strenuous process – one focused on controlling pain and swelling, as well as stabilizing your joint and restoring its normal range of motion.

Hindering your rehabilitation progress is a common condition called *quadriceps (quad) atrophy*, which weakens your leg muscles, affecting your gait and possibly leading to longer rehabilitation.

MUSCLE ATROPHY MAY THREATEN YOUR RECOVERY



Quadriceps Atrophy is the shrinking or weakening of your thigh muscles after an injury, often lasting up to 2 years.¹

➤ CAUSE

- Disuse before and after surgery
- Fluid buildup in joint from swelling
- Surgical access to knee capsule

➤ IMPACT

- Prevents you from participating in everyday sports and activities
- Alters your walking gait
- Lengthens your rehabilitation time
- Reduces your overall satisfaction

Traditional rehabilitation practices included weekly or biweekly physical therapy appointments, focused on stretching/strength exercises and, occasionally, muscle stimulation. The intent is for the muscle to relearn how to fire before building up lost strength.

While beneficial in your overall rehabilitation, this approach is too infrequent and inconsistent to prevent significant short term muscle atrophy.³



HOW TO REHAB LIKE A PROFESSIONAL ATHLETE

ACL injuries are frequent in many sports, and especially among elite athletes. So, how do they salvage their careers and return to the field more quickly than the average patient? Elite and professional athletes benefit from a more intense physical therapy regimen that often includes frequent muscle stimulation.

Neuro Muscular Electrical Stimulation (NMES) technology has been shown to be highly effective at exciting or “jump-starting” atrophied muscles. The technology works by safely sending an electric current to weakened muscles through electrodes on your skin, overriding and reinstating the neurological control lost through quad atrophy.

With frequent administration, this stimulation may lead to reduced muscle loss and shortened time in rehab.³

Introducing a new and effective solution that safely and comfortably delivers the NMES technology of elite athletes to every patient **at home**.

CYMEDICA QB1: NEXT GENERATION REHAB

The QB1 represents a truly innovative approach to bringing professional-level ACL rehabilitation to you – incorporating revolutionary, next-generation NMES technology with standard postoperative bracing.

The result? You may improve your quadriceps strength markedly faster after ACL surgery and reduce your overall rehabilitation time – getting you *back to your active life faster*.