



### 3. NMES STIMULATION

Use the included controller several times a day to stimulate your muscles.



Insert Controller Connector

Attach the end of the controller's cord to the garment socket.

Power on the controller using the on/off switch on its top left side. The user interface will display the options "Post-Op" and "Strength." Make your selection based on direction from your medical professional.

Use the controls on the next screen to increase the intensity of the stimulation until a strong but comfortable level of contraction is achieved.



Adjust Stimulation

When you hit the "+" sign, electrical stimulation will be delivered to your quadriceps muscle. You might feel a light tingling until you reach a comfortable muscle contraction.

Set intensity levels for both the knee and thigh areas, and note that it is common to require different levels of stimulation for each.

Select the "Start" button and your 20-minute treatment will begin.

Stimulation levels may be adjusted at any time during your treatment.

Press the large black button under the display screen to pause treatment at any time. Press the "Resume" button on the start screen at any time to continue treatment.

The user interface may be slid into the user interface pouch and adhered to the side of the brace for convenience during treatment.

At the completion of treatment, turn off the user interface, and unplug it from the brace by squeezing both sides of the connector.

To charge your device, turn off the user interface and plug in the charger adapter on the left side of your controller to an outlet.

Visit [www.cymedicaortho.com/patients](http://www.cymedicaortho.com/patients) for a more detailed instructional video.

**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.

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# CYMEDICA QB1™ REHABILITATION SYSTEM

## BRACE & GARMENT QUICK REFERENCE GUIDE



**CYMEDICA**  
orthopedics

# PROFESSIONAL-ATHLETE REHABILITATION FOR EVERY PATIENT



The Cymedica Orthopedics QB1™ system is designed to provide professional-athlete level rehabilitation **at home**. The QB1 strengthens the quadriceps muscle following ACL, reconstructive knee surgeries, and may also be used to treat the non-surgical knee injury.

**Let us get you back to your active life as soon as possible!**

The following guide is a basic summary of usage instructions. Please consult with your physician prior to use and refer to [cymedicaortho.com/patients](http://cymedicaortho.com/patients) for full instructional videos and additional information.

## 1. FITTING THE GARMENT & BRACE

Sit on the floor with the garment under your affected leg and the pre-positioned electrodes aligned with your anatomy (as shown below). Remove the electrode covers.



## 2. SECURE BRACE

Identify and wrap all strap connections on the outside of the brace. Make sure all straps are tight to prevent slippage.

## Secure Garment Ends

Wrap the garment around the top of your thigh and loosely secure it. Follow the same procedure with the calf panels.

Bend the knee and ensure the hinges align with your knee. Adjust accordingly and tighten into final position. Verify that the brace's bars are located on the sides of the leg.

**If indicated by your physician:** Extend leg fully and engage slide locks on either side of the brace to immobilize your leg in full extension. Visit [cymedicaortho.com/patients](http://cymedicaortho.com/patients) for more detailed instructions.

**If indicated by your physician:** Set range of motion limits using hinge dial on either side of brace. Visit [cymedicaortho.com/patients](http://cymedicaortho.com/patients) for more information.

