

## ABOUT NMES:

Neuromuscular electrical stimulation (NMES) is the application of electrical stimuli to a group of muscles, most often for the purpose of muscle strengthening. NMES is achieved by passing an electrical impulse from a device through electrodes placed on the skin over the targeted muscle or muscles.

**e·vive™**  
with CyMotion™ Technology

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## QUICK START GUIDE

### TAKE CONTROL OF YOUR REHAB AND OSTEOARTHRITIS

A big part of what makes recovery from knee surgery or managing osteoarthritis difficult is the loss of quadriceps strength. In fact, most patients lose over 60% of quad strength after knee surgery and over 56% due to osteoarthritis, which can prevent you from getting back to a normal, active life.

### UNDERSTANDING QUADRICEPS WEAKNESS

Quadriceps atrophy - or the weakening of your thigh muscles - is a common but overlooked result of knee surgery and osteoarthritis. As your muscle atrophies due to reduced use as a result of pain and stiffness caused by osteoarthritis, or the inability to use your knee after surgery, the communication between your nerves and muscles becomes hindered. This limits your ability to recruit your quadriceps and weakens the signal between your nerves and muscles.

Our neuromuscular electrical stimulation (NMES) solutions are designed to help speed up the muscle strengthening process, with an emphasis on comfort and convenience - so you can work on strengthening your quadriceps from home, work, or just about anywhere else.



Empowering patients  
to transform muscle strengthening

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# INSTRUCTIONS FOR USE:

## STEP 1



### Download the e-vive app

- ✓ To download the CyMedica e-vive app, SEARCH: “CyMedica” in the Apple App Store or Google Play Store.



## STEP 2

### Pair your e-vive controller with the e-vive app

- ✓ Make sure Bluetooth and location services are enabled and you have an internet connection through Wi-Fi or a cellular data connection on your smart device.
- ✓ The e-vive app will prompt you to scan your e-vive controller. Click “OK” or “Allow” if asked for access to the camera.
- ✓ Position the square outline on your smart device screen over the Quick Response (QR) Code on the back of the e-vive controller or manually pair by clicking “ENTER CODE” to enter the controller ID next to the QR Code.

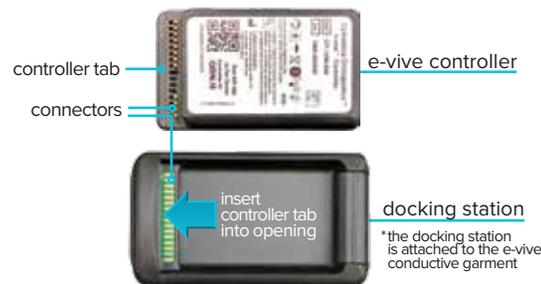


\* Each Controller has a unique Quick Response Code and Controller ID.

## STEP 3

### Dock the e-vive controller into the garment

- ✓ Slide the e-vive controller into the e-vive dock, making sure the metal connectors line up. Press down on the corners of the e-vive controller until there is an audible “click” to ensure that the unit is secure. Do not use excessive force to dock the e-vive controller.

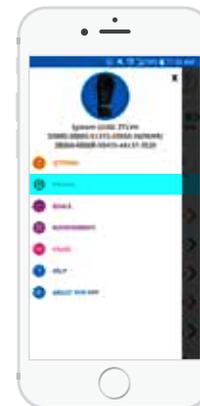


- ✓ When the e-vive controller is docked, press the power button to turn it on. A light blue light will indicate that the e-vive controller power is on.
- ✓ The e-vive app will automatically pair with the e-vive controller.

## STEP 4

### Complete your profile

- ✓ Follow the prompts to complete your profile.
- ✓ The e-vive app profile should be completed in order to best communicate your rehab progress to your authorized healthcare providers.



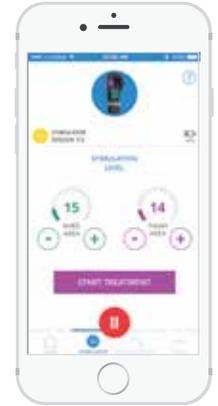
### What to expect from your e-vive system

The e-vive system is designed to deliver neuro-muscular electrical stimulation (NMES) for muscle activation two times per day or at the intervals prescribed by your healthcare provider.

Additionally, the e-vive app will prompt you for daily information on your rehabilitation progress, like range of motion, pain level, and a knee survey.



RANGE OF MOTION



STIMULATION INTENSITY

