

e·vive™

Empowering patients to be proActive
with their knee osteoarthritis



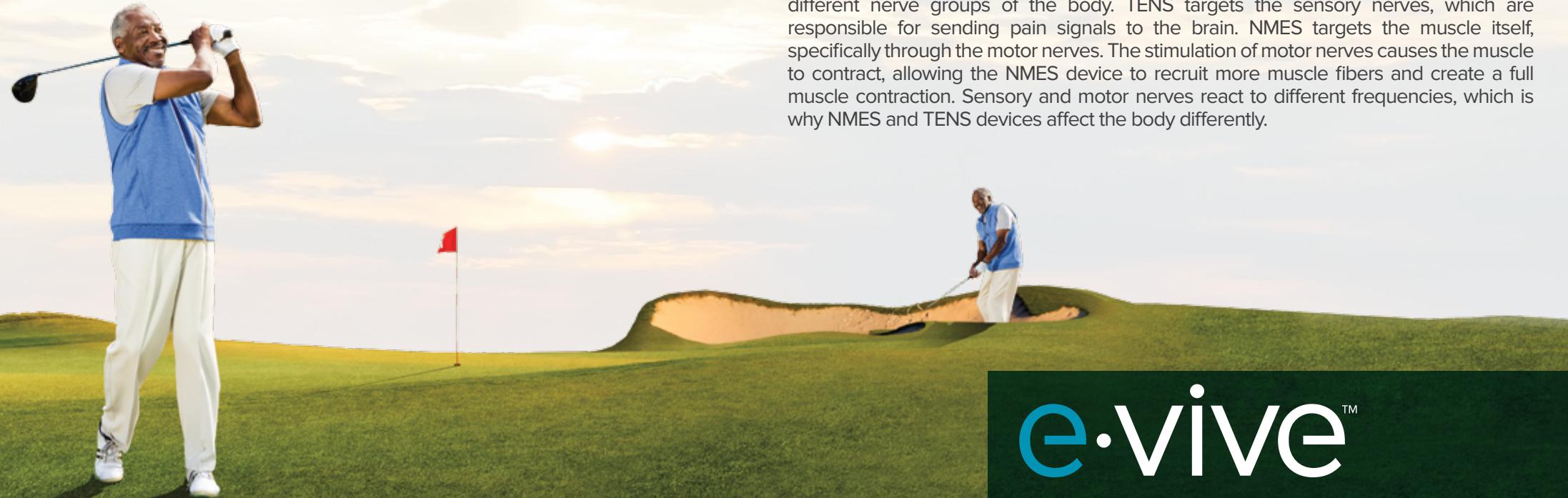
CyMedica
ORTHOPEDICS®

Understanding the Role of Muscle Weakness in Osteoarthritis

Knee osteoarthritis (OA) is caused by the degeneration, or breakdown, of articular cartilage in your knee joint. OA can impact your current lifestyle, causing knee pain, stiffness, limited movement, and loss of thigh muscle strength.

Your quadriceps muscles – or thigh muscles – play an important role in managing your joint pain from osteoarthritis. Acting as shock absorbers¹, your quadriceps help reduce the strain on your knee during daily activities. However, these muscles can weaken over time as your arthritis progresses. The weakening of this muscle group due to limited or modified use is known as quadriceps atrophy. Muscle atrophy is considered one of the most prevalent underlying clinical conditions associated with knee osteoarthritis.

The muscle weakness associated with your OA may be the primary cause of lost function.² Regaining lost strength may help with managing your knee osteoarthritis symptoms.



Muscle Atrophy can be Prevented:

Through the use of e-vive Neuromuscular electrical stimulation (NMES), electrical stimuli is applied to a group of muscles for the purpose of muscle rehabilitation and strengthening. NMES uses electrical muscle stimulation (EMS) to cause excitement in the muscle tissue. This is achieved by passing mild electrical impulses from a device through electrodes placed on the skin over the targeted muscles. The NMES stimulus is designed to mimic the same type of signal the brain sends to the muscle when exercising.

TENS vs. NMES What's the Difference?

TENS and NMES therapies are frequently misunderstood. These therapies target different nerve groups of the body. TENS targets the sensory nerves, which are responsible for sending pain signals to the brain. NMES targets the muscle itself, specifically through the motor nerves. The stimulation of motor nerves causes the muscle to contract, allowing the NMES device to recruit more muscle fibers and create a full muscle contraction. Sensory and motor nerves react to different frequencies, which is why NMES and TENS devices affect the body differently.

Let e-vive™ Help You Regain Strength

NMES is a proven modality to treat muscle weakness, re-educate nerve-to-muscle communication, and increase knee range of motion and muscle function. By strengthening the quadriceps, it has the ability to correct imbalances and reduce additional stress on the joint, thereby potentially slowing the progression of OA. An increase in muscle strength can support your return to an active lifestyle.

e·vive™

Introducing

e·vive™
for Osteoarthritis

For a stronger you.

If you suffer from knee osteoarthritis, it is likely that you want to:

- Relieve knee pain
- Restore function in your knee
- Delay knee surgery
- Treat your knee OA conveniently from home

Treat Your Muscle Weakness from Home with e-vive™

The CyMedica e-vive™ system is an app-based muscle strengthening solution designed to help you be proactive with your osteoarthritis conveniently from home. The device uses advanced NMES therapy to activate and strengthen your quadriceps muscles. Research has shown that muscle strengthening with NMES can significantly reduce joint stiffness and improve function in patients with knee osteoarthritis.³

Be prOActive with managing your OA

The e-vive™ smart device app allows you to take charge of your care, giving you control of NMES sessions and the ability to monitor your improvement in real-time. The app's secure data collection enables your provider to access key information to make decisions about your progress and treatment.

e-vive™ goes beyond managing symptoms by helping you take back your freedom and maintain your active lifestyle.

FIND YOUR KNEE
STRENGTH AGAIN





The e-vive™ system consists of three components:



The e-vive™ Conductive Garment

The easy-to-wear conductive garment precisely places the electrodes over specific areas of the thigh for direct targeting of your quadriceps muscles. The garment also includes built-in sensor technology to measure and collect data on your knee joint's range of motion.



No Smart Phone? No Problem!

The CyMedica QB1™ device offers the same advanced NMES therapy without the need for a smart device. Contact CyMedica Orthopedics® for more information.

The CyMotion™ Controller

The e-vive™ controller delivers our unique form of NMES to the electrodes on your skin. This proprietary CyMotion™ technology consistently monitors and adjusts the power delivered to your muscles for maximum comfort and effectiveness.



The e-vive™ App

The e-vive™ NMES system is operated through the CyMedica e-vive™ app, which can be downloaded onto virtually any smart device. The intuitive app gives you complete control of your therapy, allowing for customized settings to achieve **strong, comfortable muscle contractions**. Through the app, your personalized data is collected and sent to a secure cloud, where your healthcare provider can easily monitor your progress.



What's so special about CyMedica's NMES Technology?

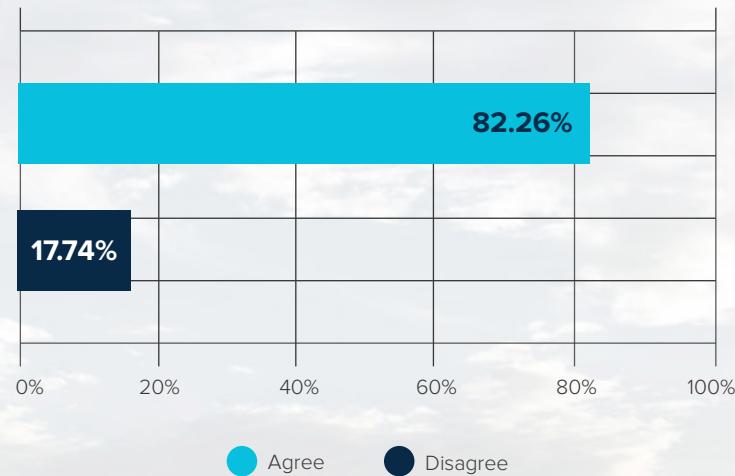
Our unique waveform, CyMotion™ Technology, is a closed-loop feedback system designed to deliver customized, patient-specific stimulation. The e-vive™ system constantly monitors the output energy to ensure a comfortable level of stimulation while achieving a clinically relevant muscle contraction.

The strength to get back to an active lifestyle.



Patients believe e-vive™ helps increase physical activity.*

e-vive™ Increases Patient Activity



* e-vive patient satisfaction survey

Stay prOActive in your OA journey

e-vive™ is designed to support you through your entire journey of knee osteoarthritis by managing your muscle weakness. Consistent use of your e-vive™ device will help you prevent further muscle loss and maintain healthy muscles for life beyond OA.

Insurance Coverage for NMES

Many commercial and Medicare insurance plans may provide partial or full coverage for your NMES device. Alternatively, CyMedica is pleased to offer several other affordable options, including an interest free payment plan. As a courtesy, an assessment of insurance eligibility and estimated patient responsibility should be provided by your healthcare team before you are asked to make any commitment to purchase.

Imagine **your life**
with more strength

Take control of your osteoarthritis.
Ask your doctor if the e-vive™ system is right for you.



For full prescribing information, please visit www.cymedicaortho.com.

e-vive™
for Osteoarthritis



1. Imoto et al. Is neuromuscular electrical stimulation effective for improving pain, function and activities of daily living of knee osteoarthritis patients? A randomized clinical trial. *Sao Paulo Med J.* 2013;131(2):80-7.
2. Alnahdi AH, Zeni JA, Snyder-Mackler L. Muscle impairments in patients with knee osteoarthritis. *Sports Health.* 2012;4(4):284-92.
3. Vaz, M. A., Baroni, B. M., Geremia, J. M., Lanferdini, F. J., Mayer, A. , Arampatzis, A. and Herzog, W. (2013), Neuromuscular electrical stimulation (NMES) reduces structural and functional losses of quadriceps muscle and improves health status in patients with knee osteoarthritis. *J. Orthop. Res.*, 31: 511-516.

e-vive™

Imagine **your life** with more strength



CY-0065-014, RevB

Ask your doctor about the e-vive™
muscle activation system today!

To learn more, visit:
www.cymedicaortho.com or call 844-296-2014