

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™

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Quick Start Guide

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Regain your Strength

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. This muscle weakness is caused by your inability to use your knee regularly for an extended period of time. The resulting loss of muscle tone and mass may decrease your strength and normal function of the surrounding joints.

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.

RECOMMENDED NMES THERAPY



Please consult with your healthcare provider for your specific therapy dose.



Making Patients Stronger



R CY-0090-024 Rev. C



App-Controlled Muscle Strengthening System



Instructions for First Use:

STEP 1 Download the e-vive app

- ✓ To download the e-vive app, visit the App Store (Apple) or Google Play Store (Android) on your smart device, **SEARCH:** “CyMedica e-vive”.

* Confirm your smart device is up-to-date with the latest iOS/OS level

Be sure to select the app with the icon shown here →



STEP 2

Complete your profile

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



STEP 3

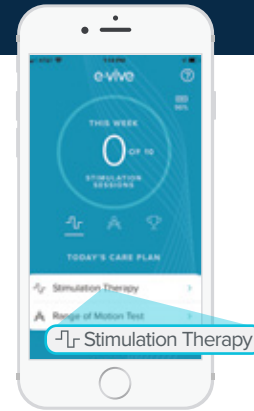
Wear the conductive garment

- ✓ Remove electrodes from box and place within the white outlines inside the garment. Plug the electrode wires into the garment wire sockets.
- ✓ Remove plastic covers from electrodes.
- ✓ Place garment on knee.

STEP 4

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

- ✓ Confirm Bluetooth is enabled on your smart device. (For Android users, turn on Location Services.)
- ✓ Tap **Stimulation Therapy** on the app Dashboard under Today's Care Plan. Follow the on-screen instructions to pair your smart device with your controller.



- Remove the e-vive controller from the e-vive box. Locate the label on the back of the controller.
- Scan label: Using the app camera screen, position the e-vive controller label in front of your smart device to take an image.



- ✓ Insert the controller into the garment dock.



- ✓ Press the power button firmly to turn the device ON. The power button will illuminate once turned on.

STEP 5

Begin stimulation therapy

- ✓ Once paired, tap **Continue to Therapy** to access your first stimulation session.
- ✓ After completing the pain assessment, set your stimulation levels:
 - Tap the “+” sign to deliver electrical stimulation to your thigh and knee areas. Increase the intensity until you reach a **strong, comfortable muscle contraction**.



- You may feel light tingling at low levels – quickly increase to reach a comfortable contraction.
 - It is common to have different intensity levels for the THIGH and KNEE.
 - To reduce the risk of skin irritation or burns, utilize a small amount of gel for each treatment session and replace electrodes frequently.
- ✓ Tap **Start Therapy** to begin your **20-minute treatment session**.

The e-vive app will also prompt you for daily information on your progress, such as testing your knee joint's **range of motion** and knee **health questionnaires**.

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