

## About Neuromodulation Strengthening Therapy:

Neuromodulation therapy is the application of electrical stimuli to a group of muscles for the purpose of muscle strengthening. This is achieved by passing an electrical impulse from a device through electrodes placed on the skin over the targeted muscle or muscles.

### Regain your Strength

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

### Understanding Quadriceps Weakness and Knee Pain

Your quadriceps muscles – or thigh muscles – play an important role in managing your joint pain from osteoarthritis. Acting as shock absorbers, your quadriceps help reduce the strain on your knee during daily activities – but 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.

IntelliHab™ uses neuromodulation therapy to stimulate the motor nerves, causing the quadriceps muscles to contract and strengthen over time. By strengthening your thigh muscles, IntelliHab has the ability to restore function in your knee joint and relieve the pain associated with osteoarthritis.

### How often should I use my IntelliHab system?



Please refer to the included IntelliHab User's Manual for more information on dosing.

# IntelliHab™

for Knee Osteoarthritis Pain Relief

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# IntelliHab™

Smarter Pain Relief

QUICK START GUIDE



App-controlled muscle strengthening therapy for knee osteoarthritis pain relief.

 **CyMedica**  
ORTHOPEDICS™

R IH-0090-003 Rev. C

# Instructions for First Use:

## STEP 1 Download the IntelliHab app

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

\* 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 IntelliHab app profile should be properly 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.
- ✓ Apply a small amount of electrode gel on skin and place garment on knee.

## STEP 4 Pair your IntelliHab controller with the IntelliHab 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 IntelliHab controller from the IntelliHab box. Locate the label on the back of the controller.
- Scan label: Using the app camera screen, position the IntelliHab 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 IntelliHab 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 IntelliHab User's Manual for a complete list of device instructions for use, indications, contraindications, warnings, precautions, and adverse effects for the IntelliHab system.