

Electrical Stimulation for Your Arm

Electrical Stimulation

Your therapist wants you to use electrical stimulation will help your arm move, feel and work better.

E-stimulation (known as e-stim) helps increase your range of motion and sensation, as well as improve how your arm moves.

How to Use the E-stim Unit

- Wash and dry your arm. Do not use any lotions, powders or oils on your skin.
- Put the sticky electrodes on your arm where your therapist told you. (See the pictures.)
- Plug the wire(s) into the e-stim unit. Turn on the unit.
- Adjust the intensity only when the stimulation is on.
- Turn it up slowly until you feel it or it moves in the way you want.
- Leave it on for _____ minutes.
- While it is on: _____

Precautions

- Do not use the e-stim unit:
 - near water
 - while sleeping
 - over open skin.
- Do not change settings
- Replace the electrodes when they no longer stick.

Whom to Call With Questions

Name: _____

Phone: _____



Important: only put the sticky electrodes where your therapist says.

(over)

Settings

Pulse width: _____

Rate: _____

Ramp: _____

On/off: _____

Intensity: _____