

CyMedica e-vive Instructions and Care Information

Your healthcare provider has prescribed the use of a CyMedica e-vive NMES (Neuromuscular Electrical Stimulation) System as part of your treatment plan to reduce **muscle atrophy**, improve your strength, and track your rehabilitation progress. Please refer to the “Quick Start Guide” included in your e-vive box for initial instructions.

What is muscle atrophy? Quadriceps atrophy – or the weakening of your thigh muscles – is a common occurrence associated with orthopedic conditions and surgical procedures. The resulting loss of muscle tone and mass may decrease your strength and normal function of the surrounding joints. This muscle weakness is caused by your inability to use your knee regularly for an extended period of time.



e-vive is operated through an app on your smartphone.



To download the app, search “CyMedica e-vive” in the App Store or Google Play Store. Locate and install the e-vive app.

Set Up Reminders:

- ▶ Bluetooth must be enabled on your smartphone to connect the app with the e-vive garment.
- ▶ Be sure to charge your e-vive controller before use. It will take approximately 4 hours to fully charge.

Protocol

- It is recommended you complete at least **two 20-minute stimulation sessions daily, for 5 days per week** throughout your rehabilitation period and beyond.



- Begin stimulation therapy approximately 48 hours after surgery, once the surgical dressing has been removed.
- **For 2-3 weeks post-op, contract your muscles during stimulation:** Sit with your leg extended in the e-vive brace. When you feel electrical stimulation tighten the quadriceps muscle on the front of your thigh, push the back of the knee downward and *hold* until the stimulation stops. Repeat for each session.

Step 1:

Download/Open App

Step 2:

Complete Profile

Step 3:

Start a Stimulation Session

Stimulation Therapy Tips:

- ▶ Intensity should be set to the highest level that does not cause discomfort. The stimulation intensity levels range from 1 to 100. Continue to increase the intensity until you feel and see movement in the knee and thigh muscles. It is common to have different intensity levels for the knee and thigh.
- ▶ Do not use your ice machine during stimulation.
- ▶ Following a stimulation session, be sure to complete the **Range of Motion Test each day**.



If you have any questions on device set up or use, please visit the Help section in your app, or contact:

CyMedica Customer Service

844-296-2014

customerservice@cymedicaortho.com

Important Care Information

- Do not shave your leg on the day of stimulation sessions. Shaving prior to stimulation may cause discomfort.
- Remove electrode covers before each session. Electrodes must be positioned directly onto the skin. Place covers back onto electrodes after therapy is complete.
- Replace electrodes every 2-3 weeks. To order more electrodes, visit: <https://store.cymedicaortho.com/>
- **Cleaning:** DO NOT machine wash or submerge the device in water. If cleaning is needed, wipe the garment down with a damp cloth. Anti-bacterial disinfectant spray or a mild detergent may be used if needed.
- If you develop any type of skin reaction after using this device, you should immediately STOP the stimulation, place a towel in between your skin and the garment, and contact the DME Store.
- DO NOT over-tighten the straps of the garment when applying the post-operative knee brace. You should NEVER have a “numbness and tingling feeling” in your foot or extremity with the brace on. If you do, the brace must be loosened immediately. If these symptoms continue, contact your physician’s office via e-mail or phone.