

## CyMedica IntelliHab Instructions and Care Information Treatment of Knee Osteoarthritis Symptoms

Your healthcare provider has prescribed the use of a CyMedica IntelliHab System as part of your treatment plan to **reduce knee pain**, improve your strength, and track your recovery progress. Please refer to the “Quick Start Guide” included in your IntelliHab box for initial instructions.

**How does it work?** IntelliHab uses advanced, clinically proven NMES therapy (Neuromuscular Electrical Stimulation) to activate and strengthen your quadriceps muscles. By strengthening the thigh muscles, IntelliHab has the ability to correct imbalances and reduce additional stress on your joint, resulting in decreased pain and improved joint mobility.



IntelliHab is operated through an app on your smartphone.



To download the app, search “IntelliHab” in the App Store or Google Play Store. Locate and install the app above.

### Set Up Reminders:

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

### Protocol

- To achieve maximum benefit, it is recommended to perform the following treatment regimen:
- Months 0-6:
  - **Two 20-minute stimulation sessions daily, for 5 days per week .**
  - One session should be “active”, meaning patients should walk and perform normal activity while performing the stimulation session.



- Months 7-12:
  - Depending on progress, use device at least 2 times per week for 20-minute stimulation sessions.

### 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.