

Össur DualPulse™ Compact Instructions and Care Information



Your healthcare provider has prescribed the use of an NMES (Neuromuscular Electrical Stimulation) System as part of your treatment plan to reduce **muscle atrophy**, improve your strength, and ultimately accelerate your rehabilitation.

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.

Application and Usage Instructions

1. Begin stimulation therapy approximately 48 hours after surgery, once the surgical dressing has been removed.
2. Place the electrodes at approximately a 45 degree angle from the inside of the thigh, (slightly above the knee cap) up towards the outside of the thigh.
3. Turn 'On' by pressing and holding the center power button on the device.
4. Press the power button once for Mode 1 (NMES) or twice for Mode 2 (TENS).
 - a. You will be using Mode 1 (NMES) following your procedure.
5. Increase intensity to the highest level that does not cause discomfort by pressing the plus button (decrease by pushing the negative button). Continue to increase the intensity until you feel and see movement in the knee and thigh muscles.
6. Sit with your leg extended, when you feel electrical stimulation, tighten your thigh muscles and push the back of your knee downward and hold for the extent of the stimulation.
7. It is recommended you complete at least two 30-minute stimulation sessions daily, for 5 days per week throughout your rehabilitation period.
8. Place the plastic cover back on the electrode at the end of your therapy treatment.

*****Do not use your ice machine during stimulation.**



Important Care Information

- Do not shave your leg on the day of simulation sessions. Shaving prior to stimulation may cause discomfort.
- It takes approximately 1 ½ hours to fully charge the device. While using, please charge the device at night when sleeping every 2 days.
 - The device will flash blue when it is charging, and glow steadily blue when fully charged.
- Please refrain from using lotions prior to applying electrodes secondary to a decrease of adherence/possible skin irritation.
 - Ensure skin is clean prior to electrode placement; use rubbing alcohol or cloth with mild soapy water on skin.
- Replace electrodes every 2-3 weeks. (Available at our DME Stores).
 - To extend the life of electrodes, you may use a drop of water on each electrode to improve adhesive. *Do not use rubbing alcohol directly on the electrodes.*

Possible Contraindications (Contact Your Physician)

- Pregnancy, pacemakers/implanted devices, fractures, burns, cancerous skin lesions, deep vein thrombosis, vascular impairment, lower limb amputations, lupus, infected skin areas, epilepsy, circulatory problems, or heart disease.

Midwest Orthopaedics at Rush DME Store Contact Information

Please call or stop in if you have any problems or questions regarding your device

Chicago - 1611 W Harrison St. Suite 103, Chicago, IL - (312) 432-2482

Oak Park - 610 S Maple Ave. Suite 1550, Oak Park, IL - (312) 432-2550

Oak Brook - 2011 York Road, Oak Brook, IL - (708) 492-5664

Joliet - 963 129th Infantry Dr. Suite 100, Joliet, IL - (708) 492-5920

Westchester - 2450 S Wolf Road Suite G, Westchester, IL - (708) 273-8426

Munster - 9200 Calumet Ave. Suite S300, Munster, IN - (708) 492-5450

Naperville - 55 Shuman Blvd. Suite 178, Naperville, IL - (630) 339-2262