



Clinic Parameters of Stim (for reference/practical use as needed)

	NMES	Sensory TENS	Motor TENS	Noxious	FES
Pulse width	400 us	400 us (enough for a strong sensory perception)	>150us (low) >200us (high)	Generally >150us	400 us
Frequency	75 pps	<10 pps (low) >50 pps (high)	<10 (2-4) pps (low) >50pps (high)	<10 (1-5) pps (low) >50 pps (high)	75 pps
On time	12 sec	30 sec	45 sec	12 sec	30 sec (long enough to complete the task)
Off time	50 sec	0 sec (makes it continuous)	15 sec	8 sec	0 sec
Ramp	2 sec	2 sec	2 sec	2 sec	Depends on the activity but 0-2 sec
Treatment time	15 min	15 min	15 min	15 min	Depends on the activity
Additional things to keep in mind	Needs to be an isometric contraction – belt down hips for lumbar spine, belt down shin for quad, etc	May get motor involvement depending on stim pad locations (try to avoid muscles)	Should look like a “jumping” muscle; helps to decrease pain	Use smaller pads to bracket the pinpoint pain	Hand switch turns stim ON; foot switch turns stim OFF

Iontophoresis:

- **Dose:** 40 – 80mA*min (recommended 80mA*min)
- **Amplitude:** Start @ 1.5 mA and build up to 4 mA based on patient tolerance
- Therefore, treatment time is 4 mA * 10 min (sets this automatically) because it’s not really reasonable for patients to spend more than 10 min doing this during treatment. There may be more to this explanation but hopefully that explains it somewhat