

A Prescription to Find Your Strength.

Your healthcare provider has prescribed the use of a CyMedica NMES (Neuromuscular Electrical Stimulation) System as part of your treatment plan to reduce muscle atrophy and improve your strength.

Why CyMedica NMES?

- ▶ Home-based muscle stimulation therapy
- ▶ Clinically proven to strengthen muscles and support joint function
- ▶ Drug-free, non-invasive, FDA-cleared solution
- ▶ Comfortable, powerful muscle contractions
- ▶ Easy to use
- ▶ Covered by many commercial and Medicare insurance plans
- ▶ Self-payment options available - HSA/FSA debit cards accepted



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.

What is NMES?

Neuromuscular electrical stimulation (NMES) is the application of electrical stimuli to a group of muscles, most often for the purpose of muscle strengthening. NMES is achieved by passing an electrical impulse from a device through electrodes placed on the skin over the targeted muscle or muscles. The NMES stimulus is designed to mimic the same type of signal the brain sends to the muscle when exercising.

How is NMES different than TENS?

TENS and NMES therapies target different nerve groups of the body. TENS targets the sensory nerves, which are responsible for sending pain signals to the brain. NMES targets the muscle itself by stimulating motor nerves, causing the muscle to contract.

Regain your strength.

A big part of what makes recovery difficult is this loss of quadriceps strength. In fact, most patients lose over 60% of quad strength after knee surgery and over 56% due to osteoarthritis, which can prevent you from getting back to a normal, active life. A key factor in your treatment relies on regaining lost strength to help manage disease progression and prevent further weakening of your muscles.

CyMedica Offers:

The e-vive and QB1 muscle-strengthening solutions use advanced NMES therapy to activate and strengthen your muscles, potentially reversing muscle atrophy commonly associated with orthopedic conditions. As your muscle strength improves, so will your quadriceps' ability to reduce the stress on your knee joint, decreasing pain and improving mobility.

e·vive™



The e-vive device is paired and operated through an app on your smart device giving you control of NMES sessions and the ability to monitor your improvement in real-time. The app will remind you to complete treatment sessions, measure your progress on stimulation levels, and also measure your range of motion. The app's secure data collection enables your provider to access information to make decisions about your progress and treatment.



No Smart Phone? No Problem!

The QB1 system offers the same advanced NMES therapy without the need for a smart device.

CyMedica QB1™

Is CyMedica NMES safe?

Yes. Our unique electrical stimulation operates at a mild intensity while still allowing for a clinically relevant muscle contraction. It does not increase the risks associated with prescription drugs or surgery.

About CyMedica:

CyMedica Orthopedics is focused on supporting you throughout your entire journey of knee pain. Our goal is to partner with your healthcare provider to offer simplified, home-based muscle strengthening solutions to keep you engaged in your therapy and management of symptoms.

Contraindication: Powered muscle stimulators **should not be used** on patients with **cardiac demand pacemakers**.

Questions? Contact CyMedica Customer Service:
Call **844-296-2014** or visit customerservice@cymedicaortho.com



For a stronger you.