

Electrotherapy devices require the use of electrodes on your skin to deliver stimulation. Electrode placement varies depending on the program you are using. Your doctor may prescribe the Empi Phoenix Conductive Garment for use with your device in place of standard electrodes for muscle stimulation.

The Empi Phoenix Conductive Garment is an accessory specifically designed to make electrode placement easy and consistent. This garment is intended for use with the muscle stimulation programs (P1 and P2) on the Empi Phoenix device.



## ABOUT YOUR EMPI DEVICE

Your doctor has prescribed the Empi Phoenix electrical stimulator to help with your therapy or rehabilitation. Follow your healthcare providers' instructions on program selection and electrode placement. You can learn more about this therapy by reading the materials that come with your device and by visiting [www.djoglobal.com/empiphoenix](http://www.djoglobal.com/empiphoenix) for more information.

## QUESTIONS & ORDERING

If you have questions about your device/garment or insurance coverage, contact Empi directly before contacting your healthcare provider. Once you have received your device, you may be hearing from our Customer Service team to discuss reordering electrodes as needed. Refer to device and garment user manuals for complete information on Use, Indications, Contraindications, Warnings, Precautions, Dangers and Adverse Effects before using this product.

Please contact us at 800.328.2536 or visit [djoglobal.com/empiphoenix](http://djoglobal.com/empiphoenix)



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*Together in Motion™*

(1) Stevens-Lapsley J, Balter JE, Wolfe P, Eckhoff DG & Kohrt WM. Early neuromuscular electrical stimulation to improve quadriceps strength after total knee arthroplasty: a randomized controlled trial. Phys. Ther., J. of APTA. 2011; 10:2522. (3) Fishbain DA, Chabal C, Abbot A, Wipperman-Heine L, & Cutler R. Transcutaneous electrical nerve stimulation (TENS) treatment outcome in long-term users. Clin J Pain. 1996;12:201-214. (5) Bettany, J.A., Fish, D.R., & Mendel, F.C. (1990). High voltage pulsed direct current: effect on edema formation after hyperflexion injury. Archives of Physical Medicine and Rehabilitation, 71, 667-681.

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# EMPI™ PHOENIX

Multi-functional Electrical Stimulator



## ELECTROTHERAPY IMPROVES RECOVERY

After an injury or surgery, you may experience muscle weakness, disuse atrophy, pain and swelling, all of which make it difficult to return to normal activity. Your doctor may prescribe electrotherapy to help you address these issues. Electrotherapy provides treatment across the recovery cycle:



**Preventing Disuse Atrophy** — Your muscles may weaken (or atrophy) as a result of injury or surgery, preventing you from moving as well as you should. Neuromuscular Electrical Stimulation (NMES) sends an electrical signal to your muscles, causing them to flex. Scientific studies have shown that the use of NMES after surgery provides statistically meaningful improvements in certain measures of strength and function. <sup>(1)</sup>



**Manage Your Pain** — Transcutaneous Electrical Nerve Stimulation (TENS) delivers mild electrical impulses to your peripheral nervous system to help release your body's natural endorphins, reducing the perception of pain. These natural morphine-like substances block pain messages from reaching the brain, similar to conventional drug therapy but without the dangerous side effects.



**Reduce Edema** — Edema may prevent you from moving properly. Pulsed Net DC electrotherapy reduces edema and increases circulation.

## THE EMPI PHOENIX

The **Empi Phoenix device** offers simple programming, making it convenient to use at home. You simply pick the program prescribed by your doctor and turn the intensity up to a strong but comfortable level.



The device has four pre-set electrotherapy programs; two muscle strengthening programs, one pain management program, and one swelling reduction program.