

HOME REHABILITATION PROGRAM

Neuromuscular Electrical Stimulation (NMES) Chattanooga® Continuum™

1. Clean skin thoroughly with soap and water.
2. Connect lead wires.
3. Place electrodes on skin as instructed by your health care professional.
4. Turn machine on by pressing the grey Power button in the bottom middle of the device.
5. Set device to:

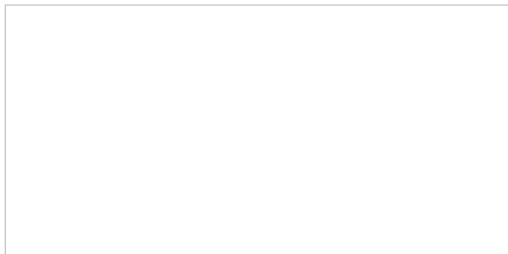
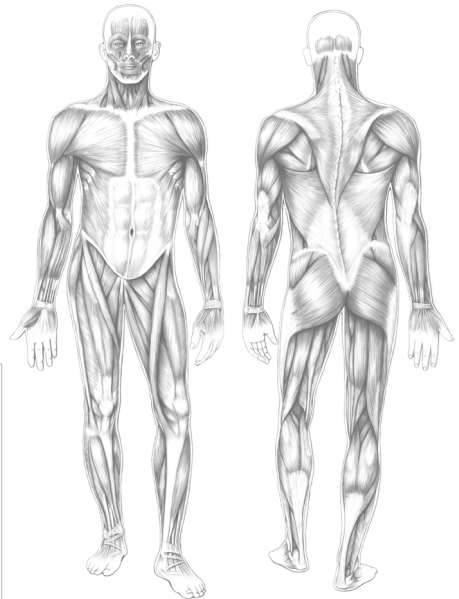
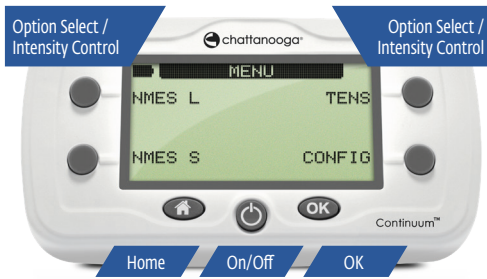
Program _____

(NMES - Muscle reeducation/strengthening) _____ times per day _____ min per session

Program _____

(TENS - Pain) _____ times per day _____ min per session

6. Increase intensity by pressing upper buttons on the left and right side of the screen to reach desired level.
7. Turn off by pressing the grey power button on the bottom middle of the device.



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