

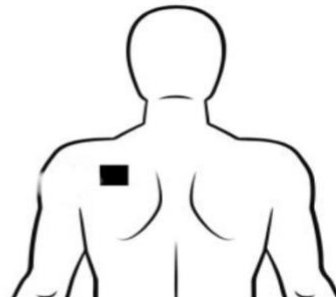
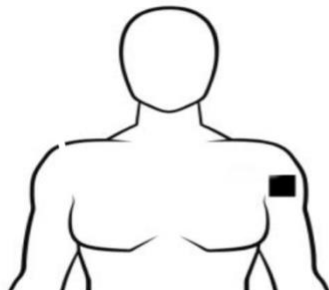
## **Dr. Ryan Hess NexWave Protocol for Rotator Cuff Repairs**

### **POST OPERATIVE DAYS 0-2**

**Goal: Reduce swelling, decrease pain, and pain medication**

**TENS Treatment Plan and Directions – One lead wire & two electrodes are required for TENS.**

1. Begin TENS treatment once the nerve block wears off.
  - a. Two sterile electrodes will have already been placed under your dressing in the OR as pictured below. The wire ends of these electrodes will hang out of the front and back of your dressing.
2. Plug one end of the black lead wire into the top left side of your NexWave (channel one) and the other end into the two cords that hang out of your dressing.
3. Turn the NexWave on and push the blue TENS button.
  - a. Push the blue TENS button until the arrow indicates ‘Lmd’ or ‘Hmd’ setting – use either.
4. Turn up channel one (‘CH 1’) to a strong but comfortable stimulation.
  - a. **If you start to experience any muscular contraction**, turn the stimulation down immediately to a strength that does not contract the muscle.
5. Use for 30-60 minutes. Pain relief can last approximately 4 hours or more (varies for every patient)
  - a. From there, use as much or as little as needed.

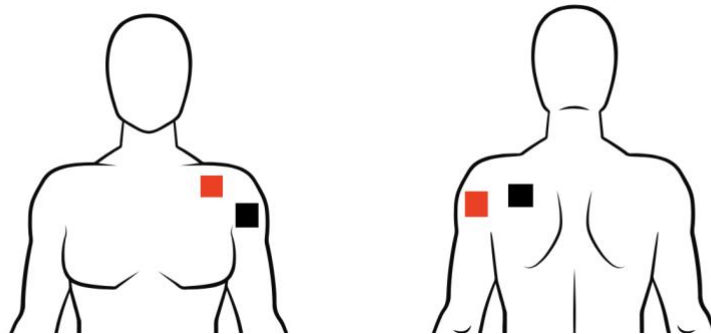


## POST OPERATIVE DAYS 3 and ON

**Goal: Reduce swelling, increase range of motion, decrease pain and pain medication**

**IFC Treatment and Directions – Two lead wires and four electrodes are required for IFC.**

1. Begin IFC treatment once the dressing is removed.
2. Plug the grey and black lead wires into your NexWave and into 4 standard electrodes.
3. Place 4 electrodes as depicted below.
  - a. Crisscross formation
  - b. Doesn't need to be perfect but do not place electrodes over any incisions.
4. Turn the NexWave on and push the blue IFC button.
  - a. Push the blue IFC button until the arrow indicates 'LoHi' setting.
5. Turn channel one up to a strong but comfortable stimulation (Channels 1 & 2 work together for IFC).
  - a. **If you start to experience any muscular contraction**, turn the stimulation down immediately to a strength that does not contract the muscle.
6. Use for 40 min, 2-3x/day (or as needed). Pain relief provided by IFC is greater than TENS and may provide up to 8hrs of pain relief.



**If you have further questions about your Zynex NexWave device please contact Matthew Runyon, Maple Grove Area Sales Manager at 952-261- 4014.**