

SUBJECT: ELECTRICAL MUSCLE STIMULATION (E-STIM)	REFERENCE #8135
DEPARTMENT: REHABILITATION SERVICES	PAGE: 1 OF: 2
APPROVED BY:	EFFECTIVE:
	REVISED:

**POLICY:**

Electrical Muscle Stimulation (E-Stim) is performed in Rehabilitation Services.

**PROCEDURE:**

- Obtain equipment and supplies.
- Identify the patient using two (2) patient identifiers.
- Explain the procedure to the patient.
- Perform hand hygiene.
- Ensure skin over the area to be treated is clean and free of any medication, oils, creams, rashes or lesions.
- Support body part to be treated.
- Inspect patient’s skin.
- Make sure all controls are in proper starting position before turning on the machine.
- Electrode selection:
  - Size should be relative to area treated.
- Remove protective cover of pre-gelled electrode pads.

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- Electrode placement:
  - Place the active electrode over the treatment site.
  - Place the dispersive electrode at a remote site or on treatment site.
  - Monopolar placement:
    - Smaller electrode is placed over the treatment site and is the active electrode, and the larger, dispersive electrode is placed away from treatment area.
  - Bipolar placement:
    - Two (2) equal sized electrodes on the same muscle group or treatment area.
- Set appropriate frequency, waveform and modulation rate depending on type of treatment.
- Adjust intensity until optimal treatment effect is reached (muscle twitch, tingling sensation, activation of muscle, etc.).
- Ensure the patient is comfortable, observe for any undue redness under or around electrode site. If patient complains of a burning sensation, it is most likely due to too high of an intensity setting; adjust accordingly.
- Slowly decrease intensity at end of treatment to zero (0) before lifting pads off the patient's skin.
- Turn all controls to off position.

**REFERENCE:**

O'Sullivan, Susan B., Siegelman, Raymond P., *National Physical Therapy Examination Review and Study Guide*, International Educational Resources, 2010, p.335