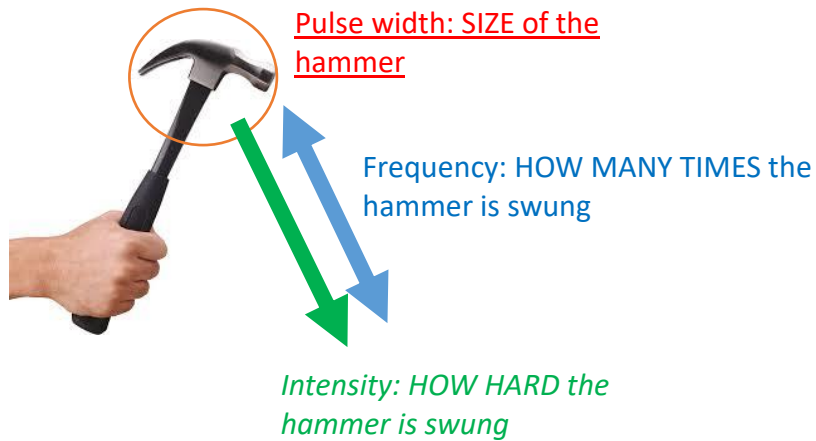


### Stimulation Settings



### Lower Limb

Muscle	Likely Pulse Width	Likely Amplitude	Likely Frequency
Quadriceps	400-500us	140mA*	40 Hz
Hamstrings	350-400us	140mA*	40 Hz
Gluteals	250us	140mA*	40 Hz
Gastrocnemius	250us	80mA*	40 Hz
Tibialis Anterior	250us	80mA*	40 Hz
Erector Spinae	250-300us	100mA*	40 Hz
Abdominals	250-300us	100mA*	40 Hz

\*Depending upon individual tolerance

### Upper Limb

Muscle	Likely Pulse Width	Likely Amplitude	Likely Frequency
Biceps	250us	60mA*	50 Hz
Triceps	200-300us	60mA*	50 Hz
Shoulder	250us	60mA*	50 Hz
Scapula Stabiliser	250us	60mA*	50 Hz
Wrist Extensors	150-200us	60mA*	50 Hz
Wrist Flexors	150-200us	60mA*	50 Hz
Anterior Deltoid	250us	60mA*	50 Hz
Posterior Deltoid	250us	60mA*	50 Hz
Abdominals	250-300us	100mA*	50 Hz#
Erector Spinae	250-300us	100mA*	50 Hz#

\*Dependent upon required level of activation and individual tolerance

#Frequency flexibility insufficient to allow 40Hz as for lower limb so apply 50Hz as with the rest of the upper limb muscles