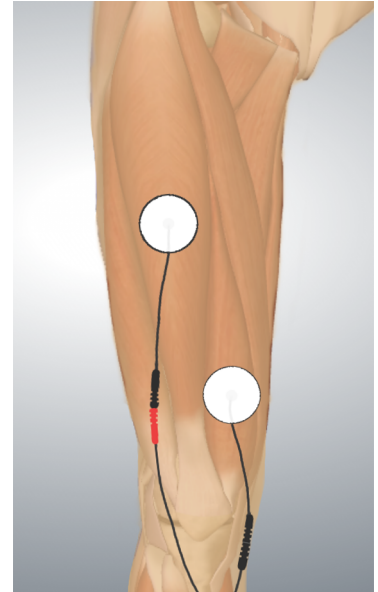




mTrigger™ Suggested Protocol: Post-Knee Quadriceps Activation

*see Section 5.3: Device Operation, Steps 1 through 8 for basic setup

1. Place electrodes on quadricep as suggested in image.
2. Move toggle at top of settings screen to single channel.
3. Set exercise times:
Total: 15 min
Flex: 10 sec
Relax: 10 sec
4. Set goal to 1000uv by sliding the bar or tapping the numbers to type.
5. Save settings
6. Exit to home screen
7. Navigate to TRAIN
8. Goal adjustment test: Have patient flex as hard as they can for a few seconds
 - a. If you can reach the green zone of the meter with near maximal exertion, do not move the goal – this is ideal.
 - b. If you cannot reach the green zone while maximally contracting, lower the goal slightly until you can reach the green zone of the meter with near maximal exertion.
 - c. If the green zone is easy to reach with little exertion, raise the goal slightly until reaching the green zone requires near maximal exertion.
9. Once your goal adjustment is completed (changes to goal will auto-save), press the play button (triangle) on the lower bar.
10. Have patient follow the flex / relax prompts as indicated, contracting as hard as you can each time while performing the following regimen:



QUAD SETS – first 10 min.

Sit upright on a treatment table with involved leg extended. Contract quad to straighten leg into table with each rep.

PAUSE PROGRAM

Resume with

STRAIGHT LEG LIFTS – remaining 5 min.

Maintain position from part I. Raise involved leg straight out in front of you, holding it off the table with each rep.