

## PATIENT INFORMATION

Following a stroke, many patients are left with little or no functional upper-limb movement, and are also faced with frustration, pain and a decreased quality of life. The goal of post stroke rehabilitation is to enable early return to independence in activities of daily living.

MyndMove™ is a non-invasive Functional Electrical Stimulation (FES) therapy designed for patients with upper-limb paralysis following a stroke or spinal cord injury. MyndMove™ therapy delivers significant lasting voluntary upper extremity function to maximize independence and enhance quality of life.

### What is FES?

FES is electrical stimulation applied to paralyzed muscles or nerves used to restore function. Stimulation of a group of muscles in a coordinated pattern can produce functional movements. FES uses the concept of neuroplasticity, the mechanism by which the damaged brain relearns lost behavior in response to rehabilitation.

### Who can benefit from MyndMove™ Therapy?

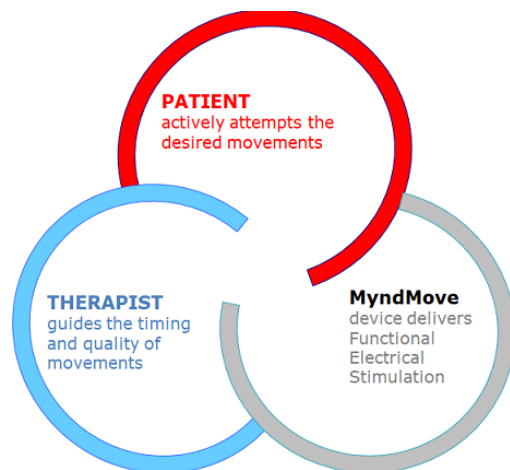
Patients suffering from weakness or paralysis due to stroke or spinal cord injury (SCI) can benefit from MyndMove™ therapy. Patients must be medically stable and able to actively participate and communicate with a therapist during treatment.

### Who is not eligible for MyndMove™ Therapy?

Patients with a cardiac pacemaker, implanted defibrillator or implanted metallic or electronic devices, fractures or dislocation, cognitive impairment, requiring use of a ventilator or have had botulinum toxin (Botox) on the arm being treated in the last 6 months, are not eligible for the MyndMove™ therapy. Consult your therapist and/or your health care professional for more information.

### How does the MyndMove™ Therapy work?

MyndMove™ combines 3 elements to improve hand and arm function in patients:



Therapists work with patients to practice movements involved in activities of daily living, such as eating, drinking, or dressing oneself. As the patient attempts a movement, their therapist triggers the MyndMove™ device which stimulates the muscles involved. With practice, a new pathway for the intended movement is established allowing patients to independently control voluntary movement. The gains in voluntary movement are retained and strengthened through repetition during therapy and daily use of the arm and hand.

### How do I get MyndMove™ Treatment?

MyndMove™ is delivered by licensed physical and occupational therapists specially trained on MyndMove™ therapy at accredited rehabilitation hospitals or clinics. For a current list of MyndMove™ Therapy centers, please contact us or consult your health care provider.

## What can the patient expect during each MyndMove™ therapy session?

A MyndMove™ trained physical or occupational therapist will lead the patient through a number of stimulation protocols, each designed to produce a different purposeful movement.

During each session patients can expect:

- Electrodes to be placed on the skin over the muscles to be stimulated
- To feel a vibration or mild tingling sensation while the device electrically stimulates the muscles
- To be asked to actively envision and attempt the desired movement

## What kind of results have been achieved with MyndMove™ Therapy?

MyndMove™ is the culmination of over a decade of laboratory and clinical research led by Dr. Milos Popovic, University of Toronto, and Toronto Rehabilitation Institute - University Health Network. Clinical studies have shown that an intensive course of therapy, over 8–12 weeks demonstrated significant and permanent improvement in controlled arm and hand function.

Self Care-FIM™	CONTROL (n=11)		FES Therapy (n=10)	
	Before	After	Before	After
31 - 42				5 red icons
21 - 30		3 red icons		5 red icons
11 - 20	3 grey icons	3 red icons	2 grey icons	
6 - 10	7 grey icons	3 red icons	7 grey icons	

The Self-Care Functional Independence Measure (FIM™) measures how much assistance is required for the individual to carry out the tasks of daily living. The score of 6 is completely dependent on assistance and 42 is completely independent. Patients who have undergone MyndMove™ FES therapy score higher on a Self-Care FIM™ range compared to a control group that received conventional rehabilitation therapy.

## How many sessions of MyndMove™ therapy are needed to regain voluntary function?

Everyone's injury is unique and the number of sessions will vary depending on the injury and the patient's goals. Trained MyndMove Therapists will use their clinical judgement to determine what is appropriate for each individual patient's need.



**MyndMove™ Therapy is approved for use in the USA.**

**Visit [www.myndtec.com](http://www.myndtec.com) or contact us at 1-888-363-0581 (Toll Free) for more information.**



- Improves Function
- Maximizes Independence
- Enhances Quality of Life