



## Banff Sport Medicine

### Patellar Instability Rehabilitation Information: EMS

To gain the most out of your rehabilitation we recommend you purchase an Electronic Muscle Stimulation (EMS) unit. These can be purchased online or through some medical supply stores.

Some examples of the type of EMS units we recommend for your rehabilitation are listed below. All of these units come to approximately the same price with shipping and are very similar in terms of function and application. These units are easy to use and you will be able to use each pair of electrodes for 2-4 weeks so don't worry that you need a pair for each week!

1. <http://www.promedxpress.com/products/ems-7500-digital-ems/>.
2. <http://www.ib3health.com/products/TensandEMS/ME/EMS7000.asp>
3. <http://www.lgmedsupply.com/tenz500.html>

These units all come with 4 electrodes and you can buy extra electrodes on the website.

Some of these websites have a disclaimer statement that all ordering must be completed by a healthcare professional but they do sell directly to patients. Essentially the site is making it the patient's responsibility to have a prescription for the EMS unit but don't make you show them one. If you have third-party health insurance that covers this type of equipment you will need a prescription from your doctor to make a claim.

The exercises that you will do while wearing the EMS unit focus on getting the quadriceps and inner thigh muscles working together, and then coordinating with the hip and core stabilising muscles. Using an EMS unit daily for your rehabilitation program will help you gain improvement in your muscle bulk, strength and overall function. This will maximise how much functional improvement you can gain in the muscles around your knee. Building strength in these muscles will help with your knee stability. Also if you do need to have knee surgery, building strength before your operation will help you to recover faster.

As soon as you have the EMS unit you should to book an appointment with your physiotherapist. Your physiotherapist can teach you how to use your EMS machine and how to do your exercises correctly. You should then be doing your exercises for 15-20 minutes each day for 8 – 12 weeks or until you see your doctor again.