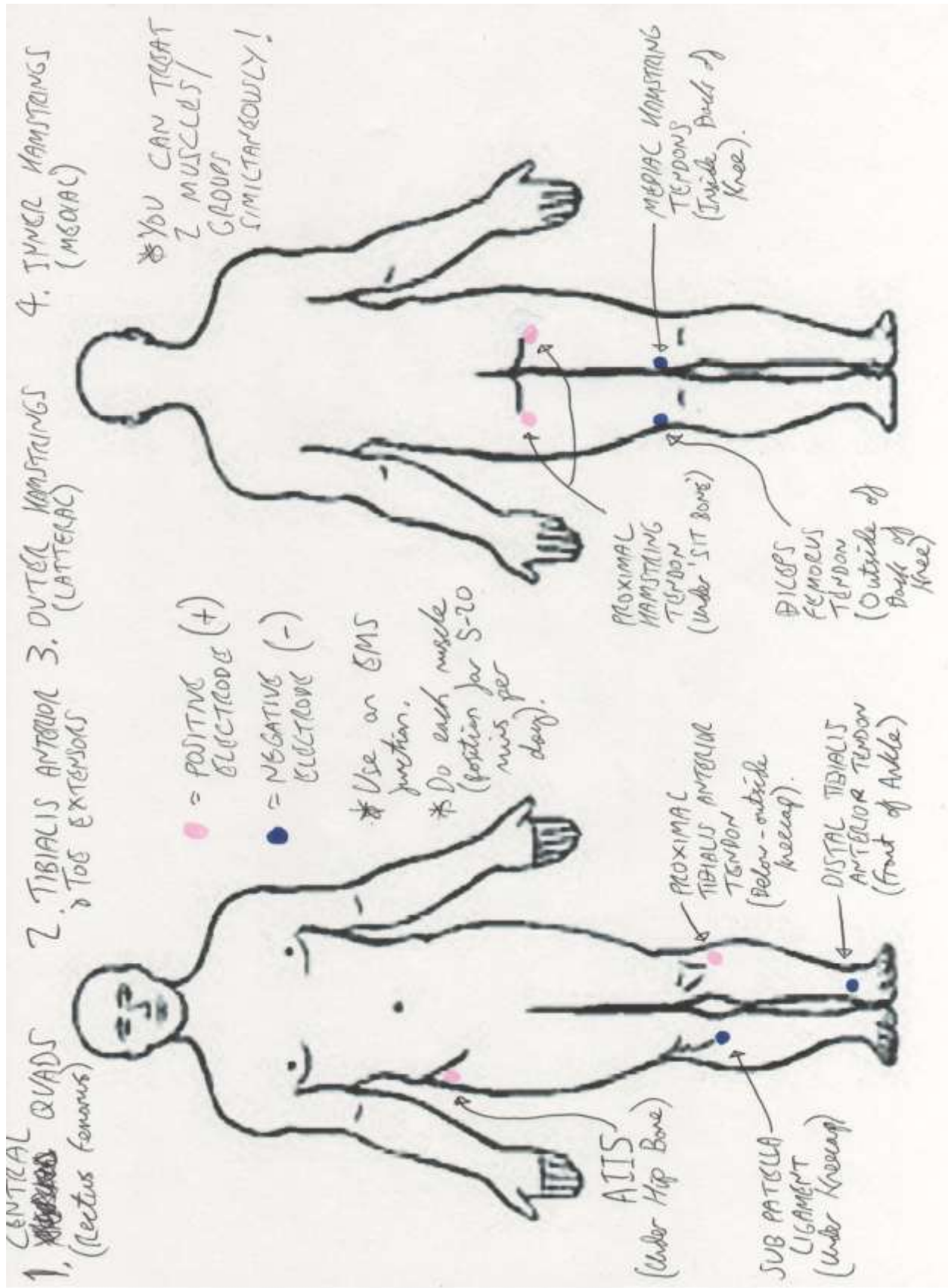


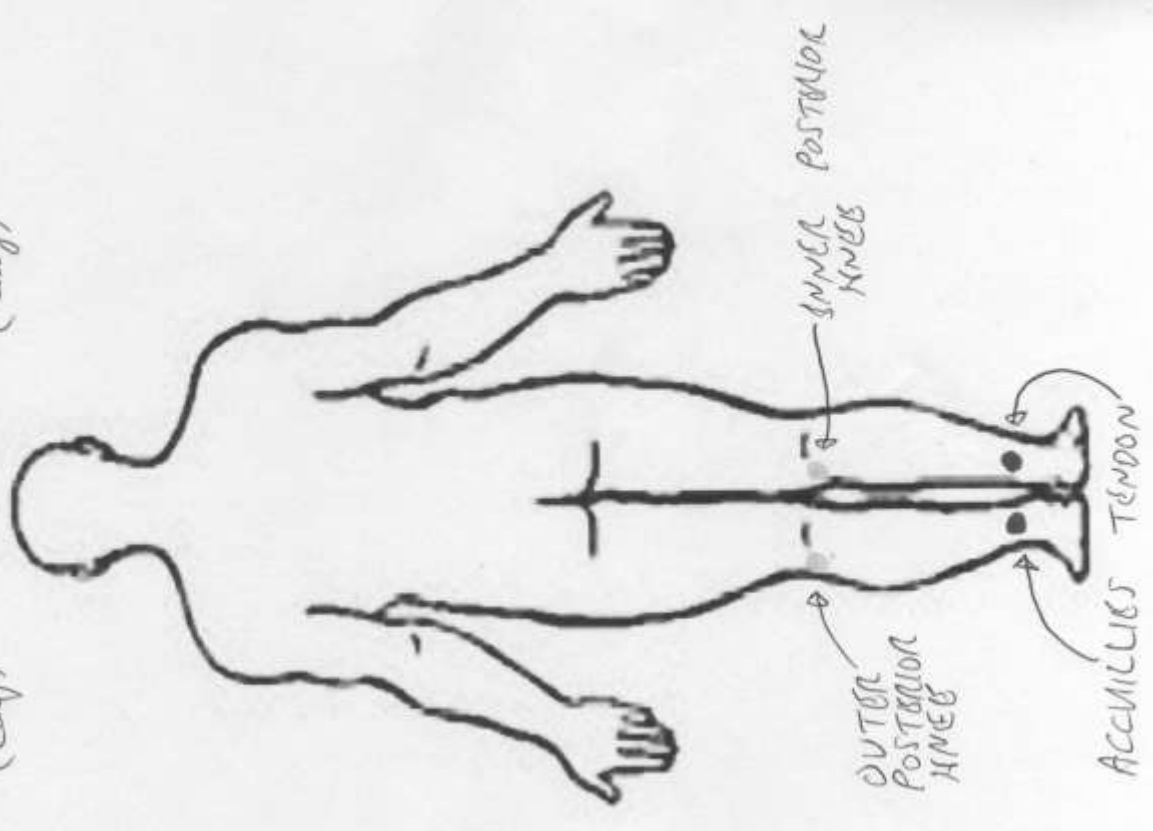
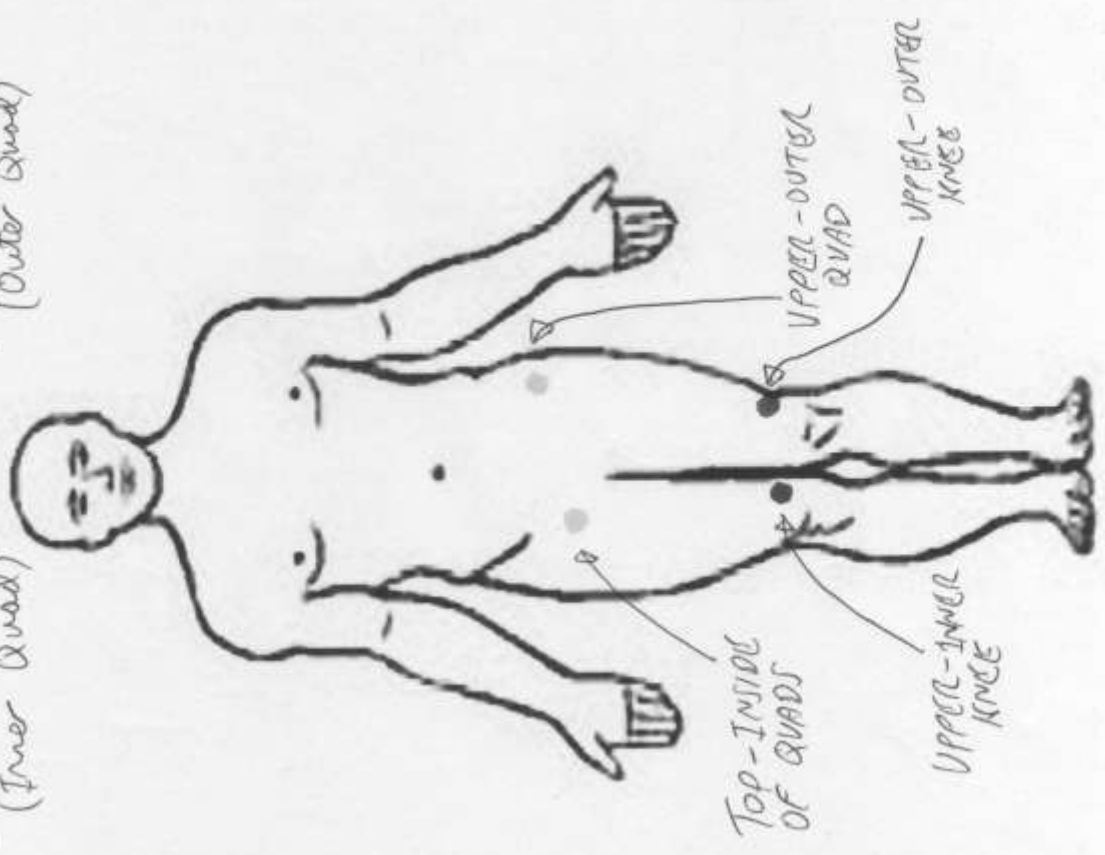
Recommended Electro-muscular Stimulation (EMS) Electrode Positions for Lumbar Spinal Injury



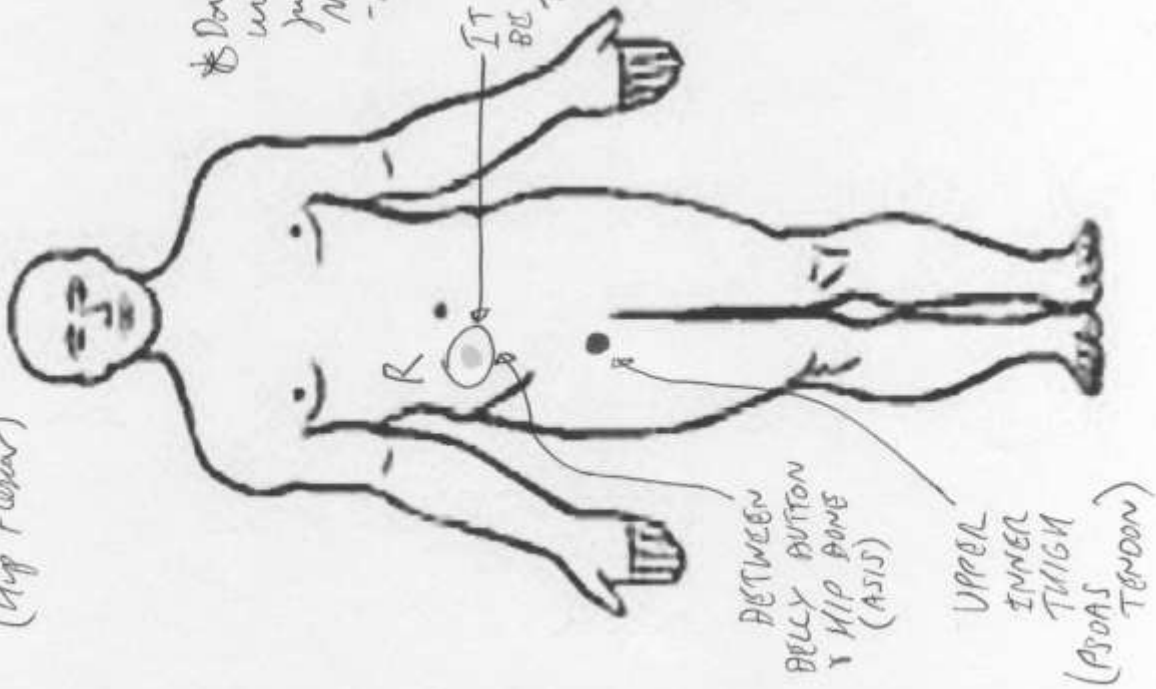
~~5. T.F.L. & I.T.B.~~ 5. T.F.L. & I.T.B.



6. VASTUS MEDIALIS (Inner Quad)
7. VASTUS LATERALIS (Outer Quad)
8. OUTER GASTRO (Calf)
9. INNER GASTRO (Calf)



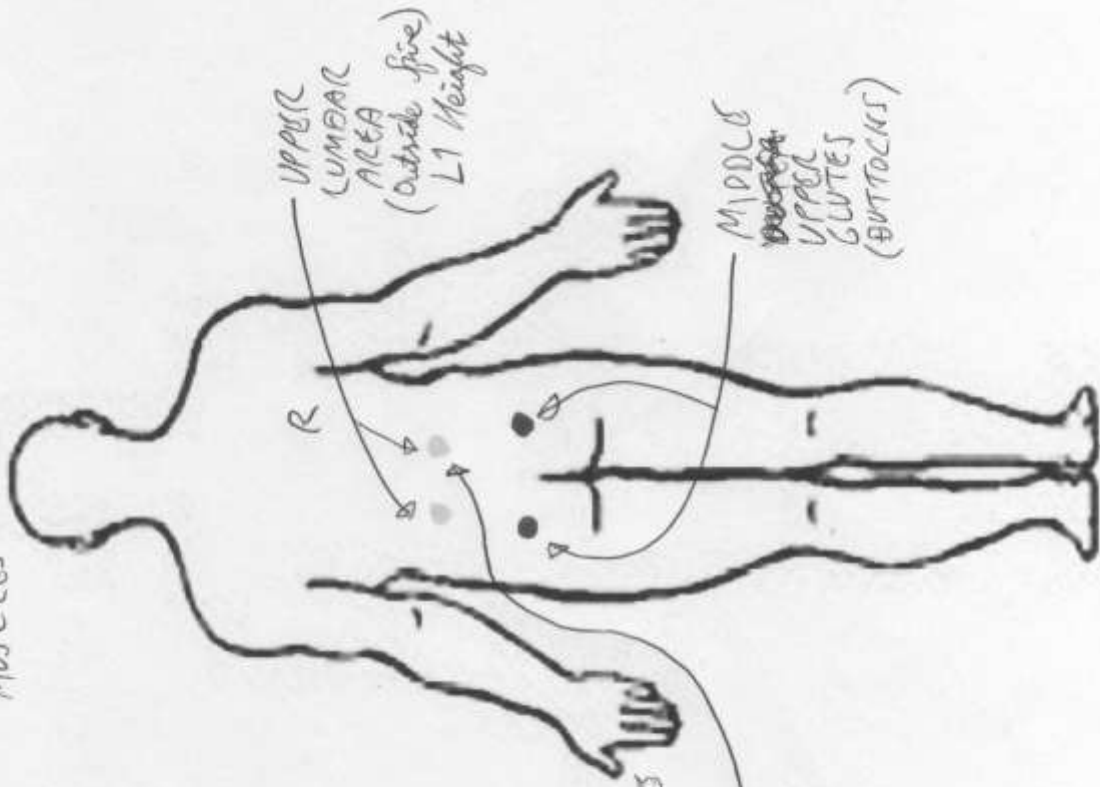
10. Psoas (Hip Flexor)



* Don't do 10-13 until back is fully healed (3+ MONTHS?)
- Ask Doctor or Physio.

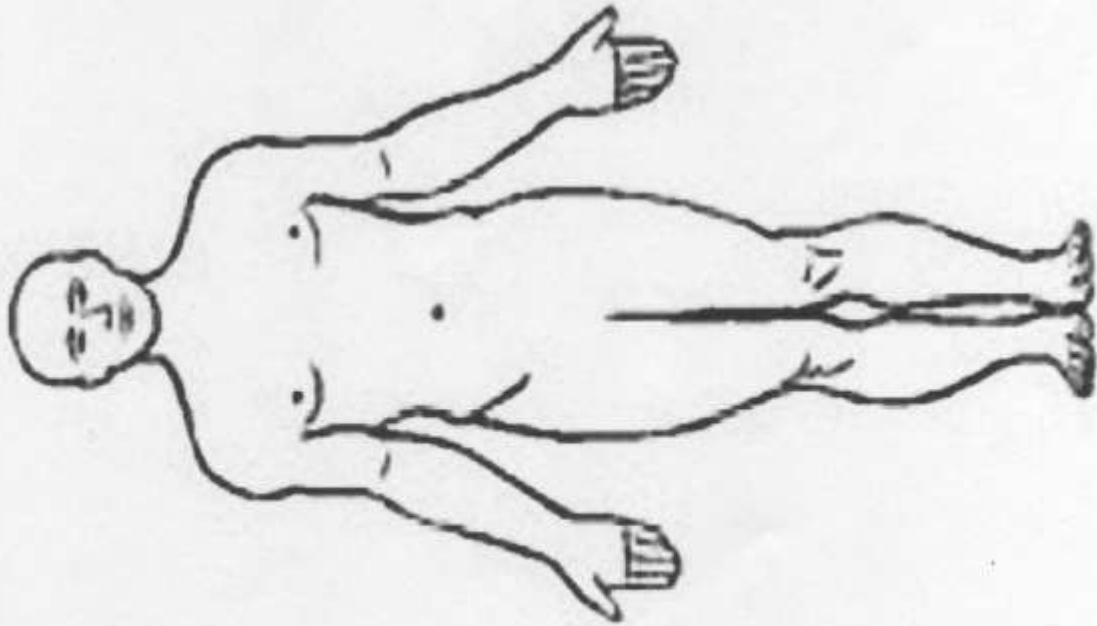
IT WILL PROBABLY BE BETTER TO PUT THE POSITIVE ELECTRODE ON THE BACK AT L1 HEIGHT SAME SIDE AS IN (11)

11. LUMBAR BACK MUSCLES

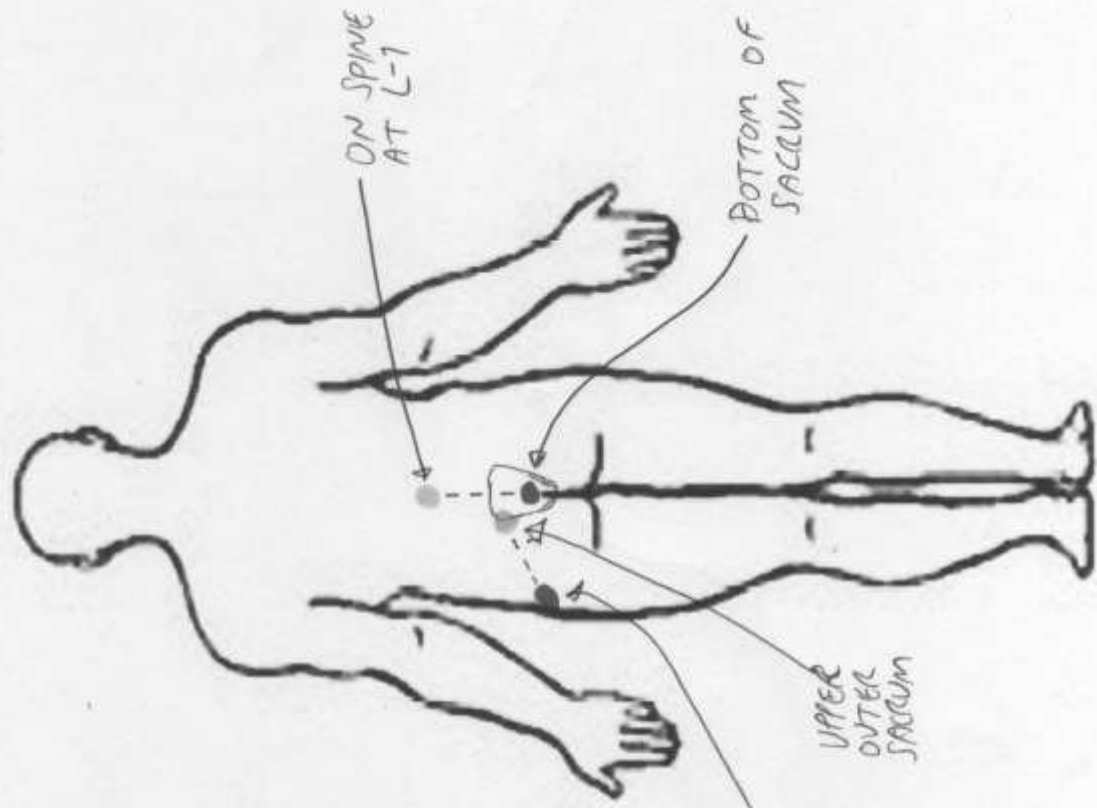


~~11. LUMBAR SPINE~~

12. GLUTES



13. LUMBAR SPINE



LATERAL
GLUTE
TENDONS
(Greater
Trochanter)

UPPER
OUTER
SACRUM

BOTTOM OF
SACRUM

ON SPINE
AT L-1