



Neuromuscular Electrical Stimulation (NMES) Member Disclaimer

Neuromuscular Electrical Stimulation (NMES) may be used in the exercise program(s) at Nextstep Raleigh, as a common rehabilitation intervention for the purpose of improvement of muscle strength and coordination. While the Food and Drug Administration (FDA) has approved the clinical use of electrical stimulation with parameters up to 500 microseconds (pulse width) and 100 hertz (frequency), Nextstep Raleigh utilizes pulse width and frequency parameters that may exceed the approved provisions to promote neurologic recovery of the nervous system following spinal cord injury. This is an evidence-based outcome that the nervous system responds through electrical stimulation during functional activities. We advise that common effects from the use of electrical stimulation may be as follows, but not limited to; skin irritation or redness, electrical burn, muscle soreness, and joint aches. NextStep Raleigh reserves the right to suspend ongoing use of electrical stimulation as deemed fit for the safety and wellness of the participant.

MEMBER HAS CARERULLY READ THIS DISCLAIMER AND FULLY UNDERSTANDS ITS CONTENTS. IT IS THE INTENTION OF THE MEMBER BY SIGNING BELOW TO EXPRESSLY ASSUME ALL RISK OF PERSONAL INJURY, DEATH, OR PROPERTY DAMAGE UPON HIM/HERSELF, TO THE EXCLUSION OF NEXTSTEP RALEIGH AND TO EXEMPT AND RELIEVE NEXTSTEP RALEIGH FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR DEATH.

MEMBER IS AWARE OF THE POTENTIAL DANGERS INCIDENTAL TO ENGAGING IN THE EXERCISE PROGRAM AFOREMENTIONED, AND ACKNOWLEDGES THAT THIS IS A CONSENT, RELEASE OF LIABILITY AND A WAIVER OF MEMBER'S LEGAL RIGHT TO COLLECT DAMAGES IN THE EVENT OF INJURY, DEATH OR PROPERTY DAMAGE, WHICH CREATES A CONTRACT BETWEEN MEMBER AND NEXTSTEP RALEIGH AND PARTICIPANT SIGNS IT OF HIS/HER OWN FREE WILL.

Member Full First & Last Name (Printed) _____

Signature _____

Date _____