



WHY BRING NEURO20 INTO YOUR NEUROLOGICAL PRACTICE?

Improving Patient Quality of Life

To watch some incredible
Neuro20 patient stories click
HERE.



Improve Quality of Life

Whether you are treating patients with Multiple Sclerosis, Parkinson's, or other neurological conditions, quality of life is always a concern. Neuro20 offers your patients the most opportunity to maintain movement while keeping them functional and independent longer.



At Home Rehabilitation

As technology FDA cleared to go home with a patient, Neuro20 can help in clinical rehabilitation, but also on a daily basis to help facilitate maximal functionality in the comfort of the patient's home.



Help Manage Co-Morbidities

Having a neurological disease is tough enough, but co-morbidities increases a fall risk, muscle atrophy, and the mental anguish of being "trapped inside your own body" which is even heavier. Neuro20 offers support to maintain as much movement as possible, which is why we call it "Technology that Moves You".



Monitor Progress at Home

Neuro20 sessions can be monitored remotely, through our HIPAA compliant software that gives a doctor updates on how often and long the system is being used for to better guide the treatment.



Tomorrow's Technology...Today

As the science of Mass External Electro-Physiologic Signaling (MEEPS) develops, we are only going to find more and more uses for this non-invasive, drug-free system that helps improve quality of life and quantity of movement.



NEURO20
TECHNOLOGY THAT MOVES YOU

www.neuro20.com



TECHNOLOGY TO HELP PATIENTS MOVE IN THE RIGHT DIRECTION

6 FDA Indications to Make an Impact

Neuro20 is versatile in the clinic and indicated for very common problems affecting your patient. Click [HERE](#) to access to our FDA 510K clearance.



Neuromuscular Re-Education

Neurological diseases significantly impact how the "brain and body" connect to move. With Neuro20, your patient will get the electrical assistance to move better while using the device and inbetween treatments.



Reduce Muscle Atrophy

Loss of muscle is the downstream effect of many neurological conditions and with Neuro20, the ability to maintain and potentially grow more muscle is paramount for quality of life.



Maintain Range of Motion

Motion is everything with those impacted with neurological diseases. With Neuro20, keeping every body part active supports the concept of "motion is lotion".



Decrease Muscle Spasms

When movement is difficult, spasms often follow. With Neuro20, your patient can be treated for the muscle spasms of now and hopefully head them off in the future.



Increase Blood Flow

Research has shown improvements in local blood flow for decades with electrical stimulation. With covering the majority of the body, the opportunity for Neuro20 to help mechanically push blood along is an incredible asset to people who have trouble moving.



Build Strength and Endurance

Where disease has made life difficult, Neuro20 helps patients push back to be as strong and healthy as they possibly can be.



PROTOCOL SAMPLE

STROKE / TBI PROTOCOLS

SESSION FREQUENCY

2 to 3 times per week with a minimum 72 hours between sessions to ensure proper recovery.

GOAL

To improve overall neuromuscular coordination/activation, reduce risk of falls, and maintain muscle tone/strength.

IMPORTANT CLINICAL NOTES

The presentation of the Stroke/TBI patient is critical in determining the protocol and direction. Always consider the stroke location, weakness patterns, sensation, tone, spasticity, and contractures.

- Ensure all electrodes are used consistently to maximize neural activation.
 - Combine stimulation with movement, balance exercises, and complex vestibular/visual activities to enhance brain activity.
 - Pay close attention to tone and potential contractures during treatment.
 - Avoid setting stimulation intensity excessively high, especially in cases such as foot drop — this is strongly discouraged.
 - Initial focus should be on increasing nervous system activity before progressing to improved movement.
- First, prioritize enhancing nervous system activity, then progressively focus on improving movement.

FIRST 1-2 SESSIONS (Training Flow: Conditioning)

Training Mode	Training Duration	Stimulation Time	Rest Time	Ramp	Intensity	Position / Activity
CONDITIONING	15-30 minutes	20 seconds	15 seconds	Slow	Light to Moderate	Functional Movements

During the conditioning mode, you will conduct slow functional movements.

Your recommendations will vary based on the overall presentation.

Remember to evaluate all subjective and objective data with each patient.

Objective Measures

- Blood Pressure
- Heart Rate
- Oxygen Saturation
- Pupil Reaction
- Respiratory Rate
- Sweating

Subjective Measures

- Digestive Issues
- Dizziness/Fainting
- Exercise Intolerance
- Inability to Socialize
- Inability to Work
- Memory Issues
- Mood Issues
- Sexual Dysfunction
- Sleep Issues
- Thought Issues
- Urinary Dysfunction
- Pain

ESTIMATED STARTING INTENSITIES

Start with light contractions (muscle twitch) that still allow joint movement. Begin with lower intensity for the first sessions to help the patient adjust. Increase gradually while ensuring the range of motion is not restricted.

Muscle Group	Intensity (%)
Deltoids & Pecs	6-8%
Biceps & Triceps	6-10%
Abdominals & Back	10-15%
Glutes	18-20%
Quads & Hamstrings	18-20%

IMPORTANT NOTE:

These percentages are a baselines.

Individual tolerance varies.

Communication is key.

Adjust settings to maintain comfortable contractions.

Tolerance typically increases after the first few sessions.

Because the goal is BOTH to stimulate plasticity in the brain and improve movement, feel free to explore ALL modes with Neuro20. For this population, anything you do to increase signaling to the brain and improve movement will benefit the patient. Even if the person has a stroke from years ago, with Neuro20 we have seen improvements in brain activity and movement with Strokes / TBI patients 20+ years ago!

SUCCESSIVE SESSIONS 3+ (Training Flow: Conditioning - PEMS - Massage - Cool Down)

Training Mode	Training Duration	Stimulation Time	Rest Time	Ramp	Intensity	Position / Activity
CONDITIONING	10-15 Minutes	15 seconds	15 seconds	Slow	Light	Functional Movements
PEMS	5-7 minutes	Select program - Cycling / Walking / Sit-to-Stand				
MASSAGE	5-10 minutes	10 seconds	20 seconds	Slow	Light to Moderate	At Rest
COOL DOWN	10 minutes	30 seconds	15 seconds	Slow	Light	Stretching

IMPORTANT WARNINGS

DO NOT Over-Stimulate!!!

Over-stimulation could cause:

- Delayed Onset Muscle Soreness (DOMS)
- Rhabdomyolysis (often requires hospitalization)

Inform the patient:

Post-exercise soreness may occur, especially in:
Biceps, Gluteal Muscles, Abdominals

ADVISE PATIENT to STAY HYDRATED!

ADJUSTING SESSION LENGTH

- Modify based on patient recovery.
- If the patient experiences exhaustion for more than a day, reduce session time.
- Stick to initial session settings until recovery improves.
- Adjust session length based on recovery: If exhaustion lasts >1 day, reduce session time and revert to initial settings.

Clinical Reminder: Even in patients with strokes/TBI 20+ years prior, Neuro20 protocols have shown improvements in brain activity and movement. Explore all modes as appropriate for each patient! Our understanding of neuroplasticity continues to evolve with time. Challenge these patients as much as possible with various rehabilitation techniques, incorporating movement, balance, vestibular stimulation, visual stimulation, and anything else you can come up with to reconnect the "Brain to the Body" again.

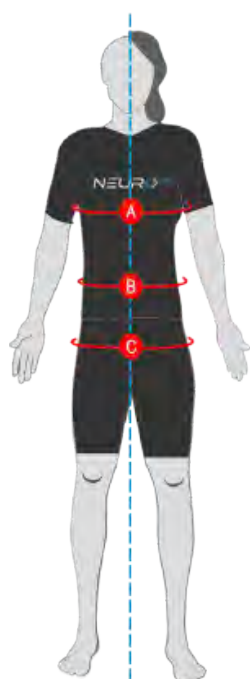
* Note: This protocol serves as a general outline only. Clinician must refer to the official Neuro20 PRO System Operating Manual for detailed safety guidelines, including maximum usage limits, prior to prescribing or initiating use.

To learn more about our protocols or request additional information, please click on this [LINK](#), fill out the information, and we will get you in touch with one of our clinicians.

NEURO20 PRO Home Care System

The Neuro20 PRO Home Care Unit is a convenient system designed to continue rehabilitation at home, building on the results achieved with rehabilitation and other therapies. It helps maintain progress, improve mobility, and enhance strength with professional-grade performance.

With its easy-to-use design, the system empowers you to sustain and amplify your rehabilitation outcomes from the comfort of home.



Neuro20's Smart Suit is unisex and comes in 7 sizes. Smart Suit is made from durable, anti-microbial flexible, fitting material. Although durable, the Smart Suit is constructed with embedded technology and electronics, so selecting the right fit is important to minimize extra stress on the components. It is important for Neuro20 Smart Suit to fit tight, so the electrodes are snug to the body, but not so tight that it restricts movement.

SIZE	MEASUREMENTS					
	Chest A		Waist B		Hips C	
	inch	cm	inch	cm	inch	cm
XXS	31.5 - 35	80 - 88	25.5 - 29	65 - 73	31.5 - 35	80 - 88
XS	35 - 37.5	88 - 96	29 - 32	73 - 81	35 - 37.5	88 - 96
S	37.5 - 41	96 - 104	32 - 35	81 - 89	37.5 - 41	96 - 104
M	41 - 44	104 - 112	35 - 38	89 - 97	41 - 44	104 - 112
L	44 - 48.5	112 - 124	38 - 43	97 - 109	44 - 47	112 - 120
XL	48.5 - 53.5	124 - 136	43 - 47.5	109 - 121	47 - 50.5	120 - 128
XXL	53.5 - 58	136 - 148	47.5 - 52.5	121 - 133	50.5 - 53.5	128 - 136

Use of a compression shirt or shorts on top of the suit may be necessary for those whose lower body and upper body does not match within the same size. Always match to the larger part of the body.

This chart is an approximate size guide.

Please follow manufacturer care instruction.

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