ARC^{EX} for Home Use Exercise Program

For Healthcare Professionals only
This template supports clinicians in creating individualized at-home ARC^{EX} Therapy instructions. Adapt content to each patient's needs. Home use must be prescribed, initiated, and reviewed by the treating physician.

Refer to the full Instructions for Use (IFU) for indications, contraindications, warnings, precautions, and operating instructions. Clinicians must ensure patient/caregiver training, understanding of device use and safety, monitor therapy, and comply with IFU and all applicable requirements.

Name

Date

Therapist name and contact

Goals

ARC^{EX} Usage

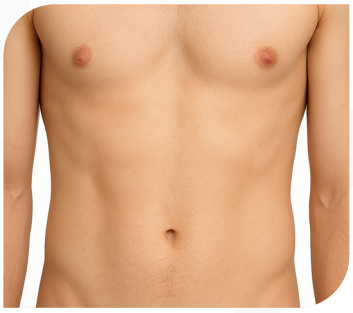
Electrode placement

Circle the appropriate electrode placement for your patient on the illustrated diagrams.

Active electrodes (round)



Return electrodes (rectangular)





Frequency

Session duration

Recommendations

- Skin check before and after stimulation – never stimulate on broken skin
- Slow and steady increase of intensity
- Actively engage in the exercises
- You may need assistance to perform some steps with the System such as electrode placement, electrode attaching, or removing cable connections, etc.

Take-Home Exercise

Circle the exercises prescribed for your patient. Indicate the recommended duration, repetitions, and any relevant notes. The patient will record the days they complete each exercise. A blank section is provided for any additional exercises you wish to include.



Bilateral grasp	Duration/Reps	Notes	Days completed
Containers			
Extension cords			
Scissors			
Nesting boxes			
Rubik's			
Cups			
Can opener			
Slinky			
Flexbar			

Unilateral grasp	Duration/Reps	Notes	Days completed
Cans/bottles			
TheraPutty			
Grasp			
Baskets			
Handwriting			

Bilateral pinch	Duration/Reps	Notes	Days completed
Buttons			
Shoes			
Ziplocs			
Zippers			
Knots			

Unilateral pinch	Duration/Reps	Notes	Days completed
Stacking			
Cards			
Coins			
Clothespin			
Stickers			

Finger isolation	Duration/Reps	Notes	Days completed
Keyboard			
Piano			
TheraPutty			

Other	Duration/Reps	Notes	Days completed

This content does not replace the Instructions for Use (IFU) or other labelling provided with your medical device and which can be found at www.onwd.com/resources. Patients and healthcare professionals must consult the IFU applicable to their region for complete information, including regulatory status, approved indications, contraindications, warnings, precautions and potential adverse reactions or side effects.
Patients must consult a qualified healthcare professional with any questions about the appropriate use of their device.
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