

# ARC<sup>EX</sup> for Home Use Exercise Program

**For Healthcare Professionals only**

This template supports clinicians in creating individualized at-home ARC<sup>EX</sup> 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

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Date

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Therapist name and contact

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Goals

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## ARC<sup>EX</sup> Usage

**Electrode placement**

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

Active electrodes (round)



Return electrodes (rectangular)



Frequency

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Session duration

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**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.
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# 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

The ONWARD® Medical ARC<sup>EX</sup> System is cleared for use in the United States. The ARC<sup>EX</sup> System is intended to deliver programmed transcutaneous electrical spinal cord stimulation in conjunction with functional task practice in the clinic and with take-home exercises in the home to improve hand sensation and strength in individuals between 18 and 75 years old that present with a chronic, non-progressive neurological deficit resulting from an incomplete spinal cord injury (C2-C8 inclusive). The ARC<sup>EX</sup> System is intended to be operated in medical centers by Rehabilitation Professionals and at home by Patients and Persons Providing Assistance to the Patient as needed. ARC<sup>EX</sup>®, ARC<sup>EX</sup> logo, ARC<sup>EX</sup> PRO™, myARC<sup>EX</sup>®, ONWARD®, ONWARD® Medical logo, and O® logo are proprietary and registered trademarks of ONWARD Medical. Unauthorized use is strictly prohibited. © 2025 ONWARD Medical. All Rights Reserved.