

# Neuromuscular Electrical Stimulation (Estim) - Shoulder Subluxation

## Patient information

### What is Neuromuscular Electrical Stimulation (Estim)?

After a stroke, it is common for muscles to become weak and painful. These problems affect you using your shoulder, elbow, wrist and hand in everyday tasks.

Estim can be used to contract muscles that have been paralysed. Through pads on the skin, Estim sends electrical pulses to the nerves. This causes muscle contractions.

Estim on its own is not a cure. It works best when combined with functional and repetitive tasks.

Estim may help improve muscle strength and feeling. However, it may not result in you being able to move your arm yourself.

### Are there any risks or side effects to using Estim?

Most people report no problems with using Estim. At first it may feel slightly uncomfortable, but this normally settles quickly. It should not be painful. Sometimes skin irritation can occur.

### What is shoulder subluxation?

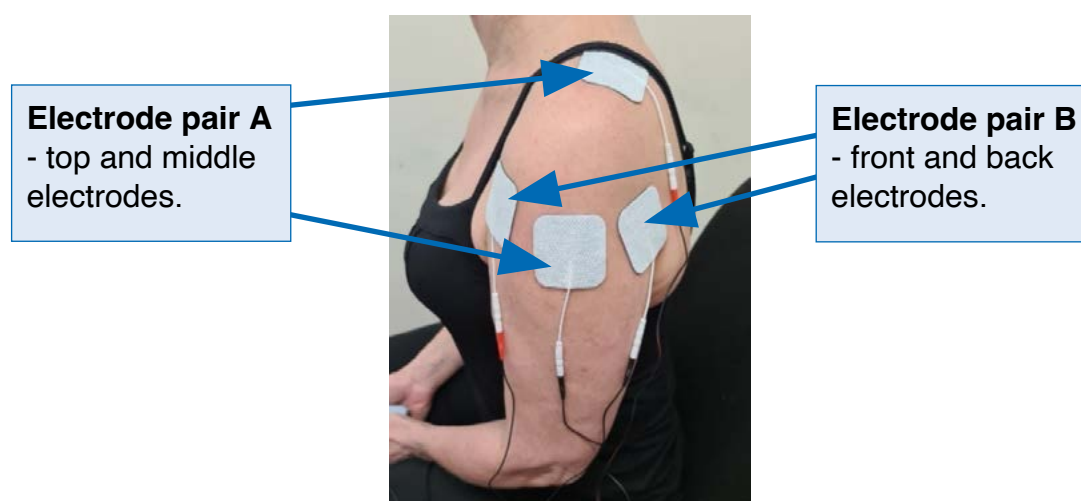
Shoulder subluxation is when gravity pulls the arm bone (humerus) out of the shoulder socket. This can happen when the muscles around the shoulder are severely weakened, for example after a stroke.

### How to use Estim for your shoulder subluxation:

Your therapist will have shown you how to use the machine. They may have taken photos on your phone for you. Please find some more reminders below.

You will not see a big arm movement. This is because you will be stimulating muscles around your shoulder joint.

### Placement of electrodes



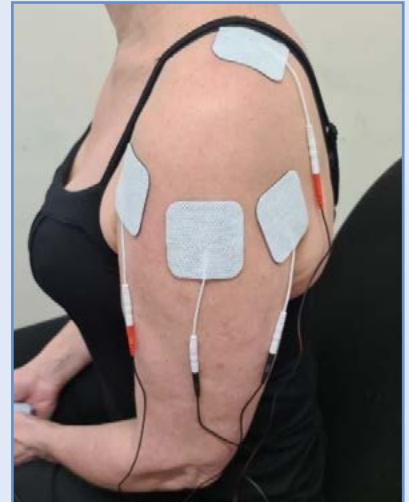
## Settings:

Select program number: .....

Intensity level: .....

Suggested session duration: ..... mins x ..... daily

Place electrodes in position on the skin



Turn on the device

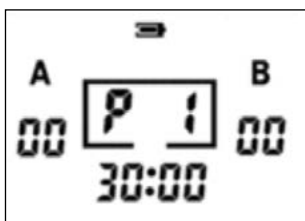


Select channel by pressing CH



While channel (A or B) is flashing, select program by pressing P

Chose program number 5



While the channel button is still flashing adjust the intensity level until you get the contraction you want. If it has stopped flashing before you are ready, press CH again.

Choose intensity level



If using two channels remember to repeat above for channel B

To pause the machine press T



## Instructions for Saebo Stim Pro

Please see manufacturer instruction manual for full details - Saebo Stim Pro V4\_fix2

## Looking after your electrodes:

Remember to return them to the plastic sheet and place on the 'ON' side.  
If the electrodes lose their stickiness, rub a slightly wet finger over the gel area.

## Signs of skin irritation:

Stop using the Estim if your skin becomes red for longer than 30 minutes or it becomes blistered.  
Tell your therapist.

## Safety:

- Keep the electrodes and machine away from water.
- Remove electrodes before having a wash/shower.
- Remove the electrodes when sleeping.
- Do not use when driving.
- Only use as instructed by your therapist.

Therapist:

Signature:

Date:

Designation:

**This leaflet has been written in collaboration with:**



University Hospitals Dorset NHS Foundation Trust  
Dorset HealthCare University NHS Foundation Trust  
Dorset County Hospital NHS Foundation Trust

To read this leaflet in a different language,  
please visit our website: [www.uhd.nhs.uk/visit/patient-information-leaflets](http://www.uhd.nhs.uk/visit/patient-information-leaflets)  
and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**  
or email [patientexperienceteam@uhd.nhs.uk](mailto:patientexperienceteam@uhd.nhs.uk).

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW  
Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB  
Christchurch Hospital, Fairmile Road, Christchurch, Dorset, BH23 2JX




Author: Tracey Legg Date: February 2025 Version: One Review date: February 2028 Ref: 186/24

w: [www.uhd.nhs.uk](http://www.uhd.nhs.uk) : @uhdnhs.bsky.social : @UHDTrust : @uhd\_nhs

Dorset HealthCare University NHS Foundation Trust  
Sentinel House, Nuffield Industrial Estate, Nuffield Road, Poole, BH17 0RB

w: [www.dorsethealthcare.nhs.uk](http://www.dorsethealthcare.nhs.uk) : @DorsetHealth : dorsethealthcare  
: Dorset HealthCare University NHS Foundation Trust

Dorset County Hospital, Williams Avenue, Dorchester, Dorset, DT1 2JY

w: [www.dchft.nhs.uk](http://www.dchft.nhs.uk) : @DCHFT : dorset\_county\_hospital  
: Dorset County Hospital NHS Foundation Trust