

ES Parameter	Description	Reported Treatment parameters	Consideration
Frequency	Pulse per second (Hz)	12-35 Hz	Needs to be sufficiently high to achieve a smooth contraction but not so high as to cause fatigue or a tetanic contraction
Pulse width	Length of individual pulse (milliseconds)	200-400 (milliseconds)	Increasing pulse width and/or amplitude increase the area and strength of activation. So these parameters may need to be adjusted with respect to one another.
Intensity	Wave amplitude (mA)	0-100mA	
Duration	Individual treatment time (minutes)	60minutes	
Dosage	Number of treatments per day/week/total treatments	Daily 4 weeks	Consider patient tolerance/compliance, response, feasibility and stimulation.
Ramp/ ramp down	Time to reach chosen treatment intensity and then return to rest after selected stimulation	No recommendation can be made 2 seconds up and down	Adjust to obtain a comfortable near normally graded movement.
Stimulation wave form	May be Monophasic (repetitive unidirectional pulse) or Biphasic (pulses with current flow in both directions) which may be Symmetrical or Asymmetrical	No recommendation can be made	These parameters may affect skin irritation and patient comfort.
On/off cycle time	Work/rest time (seconds)	10 seconds on /10seconds off	Adjust in order to obtain balance between rest and fatigue
Time since stroke	Acute or chronic phase	No recommendation can be made	There is a lack of differentiation within studies and further research is required
Additional Considerations	+/- EMG trigger Percutaneous/ implantable electrodes	No recommendation can be made	These additional parameters may need to be delivered in a specialist setting.

(Scottish Stroke Allied Health Professionals Forum 2014)