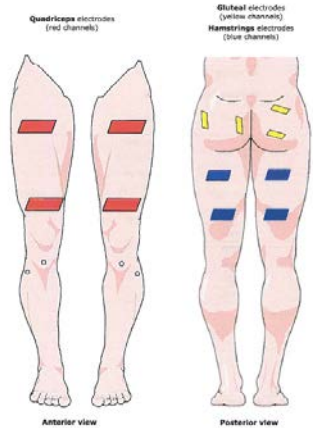
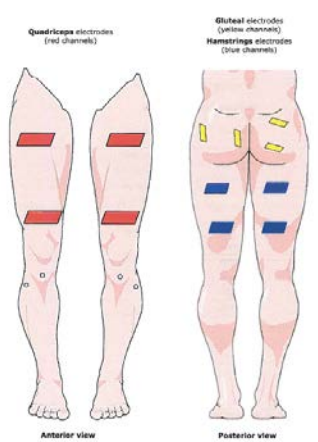
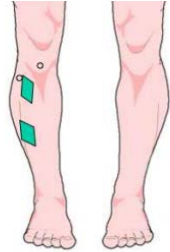
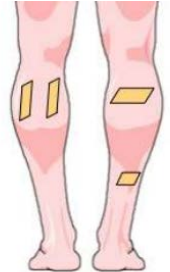


Name: _____ Date: _____

Electrode	Placement Site Instructions	Participant Photo	Diagram
<p>Quadriceps</p>	<ul style="list-style-type: none"> • The first electrode is placed horizontally one hand width above the knee • Make sure leads are facing the midline of the body • The second electrode is placed a minimum of one hand width apart centred in the quadriceps belly • Use the largest electrode size for that individual 		 <p>The diagram illustrates electrode placement on the lower body. It shows two views: Anterior view and Posterior view. In the Anterior view, two red electrodes are placed on the quadriceps. In the Posterior view, two yellow electrodes are placed on the gluteal region, and two blue electrodes are placed on the hamstrings.</p>

<p>Hamstrings</p>	<ul style="list-style-type: none"> • These electrodes are placed directly under the quadriceps's electrodes centered on hamstrings • Leads are facing the midline of the body 		
<p>Gluteus</p>	<ul style="list-style-type: none"> • Make sure the stimulation cable and leads are between the torso and arm • Bend the individual forward and place the top of the first electrode vertically parallel to the gluteal cleft. • Place the second electrode 2 finger widths apart from the first electrode so they are side by side. 		 <p>The diagram illustrates the placement of electrodes on the human leg. It is divided into two main sections: the anterior view (left) and the posterior view (right). - Anterior view: Shows two red channels representing quadriceps electrodes placed on the front of the thigh. - Posterior view: Shows two yellow channels representing gluteal electrodes on the buttocks and two blue channels representing hamstring electrodes on the back of the thigh. Labels above the diagrams indicate: 'Quadriceps electrodes (red channels)' for the anterior view, and 'Gluteal electrodes (yellow channels)' and 'Hamstring electrodes (blue channels)' for the posterior view.</p>

<p>Tibialis Anterior</p>	<ul style="list-style-type: none"> • Landmark this muscle by locating the tibial tuberosity (bony protrusion just below your knee) and the fibular head (bony protrusion lateral side of knee) and moving your fingers down and together until you feel the muscle belly. At this point place the first electrode vertically. • Follow the muscle belly down and place the second electrode about 2/3 of the way down the shin with the leads facing toward the midline of the body 		 <p>The diagram shows two human legs from the front. On the left leg, two green rectangular electrodes are placed vertically on the shin. The first electrode is positioned just below the knee, and the second is further down the shin, approximately two-thirds of the way down.</p>
<p>Gastrocnemius and Soleus</p>	<ul style="list-style-type: none"> • Place first electrode horizontally just below the knee. • Place second electrode minimum two finger widths below first electrode in the bulk belly of the soleus muscle. • Alternate placement for gastrocnemius muscle= vertically placed electrodes on back of left leg (see diagram). 		 <p>The diagram shows two human legs from the front. On the left leg, two yellow rectangular electrodes are placed horizontally on the back of the lower leg. The first is just below the knee, and the second is further down. On the right leg, a single yellow rectangular electrode is placed vertically on the back of the lower leg.</p>

Inc., Restorative Therapies. (2005-2013). *SAGE User Guide*. Retrieved from <https://www.rtidatalink.com/datalink/education.htm>
 Inc., Restorative Therapies. *Placing leg electrodes* [Video clip]. Available from <https://www.rtidatalink.com/datalink/education.htm>