

StimRouter

My StimRouter Experience Treating CRPS

Linda Thorp, October, 2019



Bioness Mission Statement

- ✿ **Mission:** Bioness provides neuromodulation technologies that help improve lives and restore function for those living with neurological deficit and peripheral pain.
- ✿ **How we further our mission?**
 - Utilize strengths of Bioness and the expertise of the Alfred Mann Foundation to provide solutions for the unmet medical needs of the markets we serve.



 Bioness® Headquarters in Valencia, CA

Bioness: The Trusted Name in Rehabilitation Innovation

Maker of a full range of proven, innovative, evidence-based rehabilitation solutions



H200™ Wireless Hand Rehabilitation System



L300™ Foot Drop System



BITS™ Bioness Integrated Therapy System



Vector Gait and Safety System™



L300™ Plus System



Pediatric L300™ Foot Drop System



Neuromuscular Disorders



Diabetes



Limb Loss



Pain



My Story

- ✿ Linda suffered with CRPS on the bottom of her left foot for three years prior to being diagnosed. During those three years, her treatments included Radial Shockwave Therapy, Lidocaine cream, MT, TENS, Duloxetine, physical therapy and acupuncture, Nothing worked well and her pain was often a 9-10 out of 10.



What I Gave Up Because of Chronic Pain

- ❁ “Chronic Pain consumed my life.
- ❁ I could no longer be “First Mate” boating with my family, which I really enjoyed.
- ❁ I quit yoga, hiking, and swimming.
- ❁ I cried frequently, out of frustration as much as from the chronic pain.”



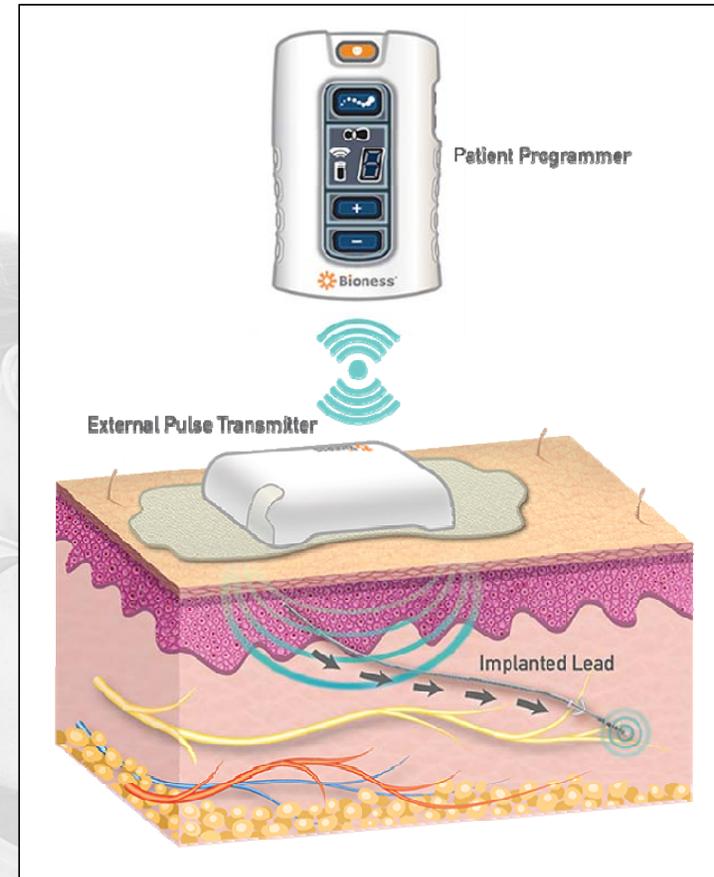
StimRouter Implant

- ❖ She continued to search for ANYTHING that would reduce her chronic pain.
- ❖ She saw a StimRouter Ad online.
- ❖ Bioness sent her to Mount Sinai Hospital in New York City.
- ❖ Dr. Spinner gave her a nerve block to help determine if she was a candidate. YES, she was!
- ❖ The StimRouter was implanted on 9/28/2018 on her left Tibial Nerve under local anesthesia.
- ❖ She walked out of the hospital and within a day had considerable pain relief.



What Was The Implant Procedure Like?

- ✿ The implant procedure took approximately 30 minutes while I was awake under local anesthesia.
- ✿ Dr. Spinner spoke to me during the procedure to get my feedback on how the stimulation felt and to confirm that I was getting coverage in the right area of my pain.
- ✿ I was “programmed” the same day as my implant and walked out of the hospital in control of my chronic pain.



How I Use My Device Now, 1 Year After Implant

- ❁ When I first was programmed on the same day of my implant I started using it 7-8 hours a day and when I shut it off the pain came back immediately.
- ❁ Now that I have been using the device for a year I have changed how I use the StimRouter in this way:
 - Still using it several hours a day with some carry-over pain relief.
 - Switched to a longer gel electrode (pictured) to get better pain coverage.
 - Switching programs and electrodes lengths to address changing chronic pain needs.



What My Life Is Like Now

- ❁ My life is slowly returning to normal.
- ❁ Since my CRPS pain is radically reduced whenever I wear my StimRouter, I was able to wear fancy shoes, instead of my go-to flip flops at my son's wedding.
- ❁ Instead of concentrating on pain I can concentrate on things like the first dance I had with my recently married son!
- ❁ I'm back to walking to the beach, taking a few yoga classes, swimming and all the things that we take for granted, until you can't do them.



Mother-Son Dance at Son's Wedding, 10/20/18

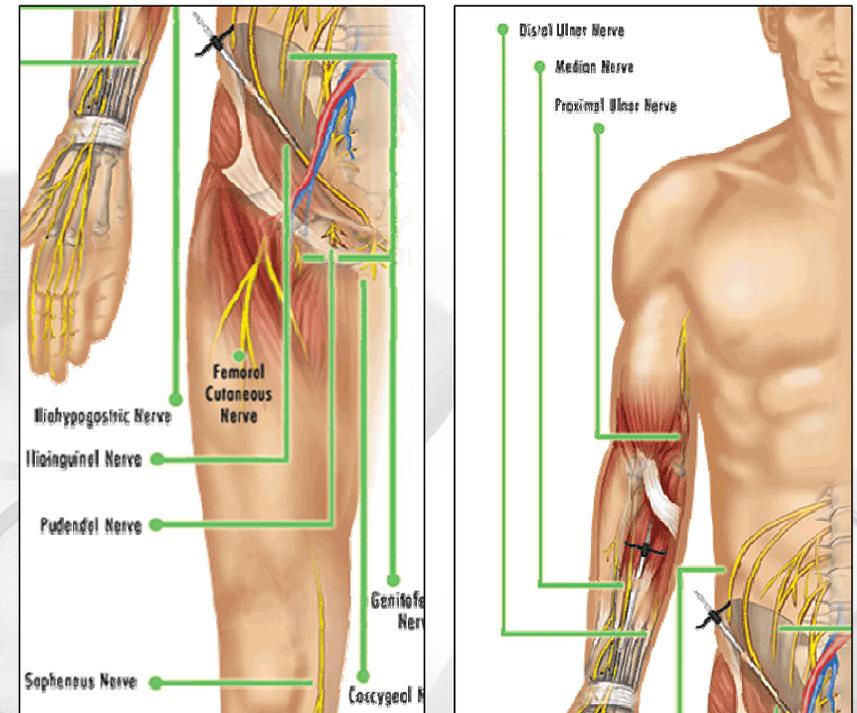
What I Tell People With Chronic Pain

- ❁ Get to a Pain Specialist to see if you are a candidate for Peripheral Nerve Stimulation with StimRouter.
- ❁ Do your homework!
- ❁ Reach out to other patients who have found solutions. Explore and act!
- ❁ Don't let a Pain Physician sell you on a more invasive therapy before ruling out a more conservative approach.
- ❁ Take control of your pain and get your life back.



Don't Just Take My Word.....StimRouter Survey Says

- ❁ 133 StimRouter respondents.
- ❁ 17 different peripheral nerves implanted.
- ❁ Average implant duration:
- ❁ 88% of patients reported actively using their StimRouter to treat their chronic pain.
- ❁ 79% of patients who have had their StimRouter for one year or longer still actively use their device.
- ❁ 76% of patients reported that they are satisfied with their device, and almost 40% reported that they are extremely satisfied.
- ❁ A majority of patients surveyed reported that their activity level increased by at least 50% after receiving their StimRouter.



Thank You!

Please visit me at the StimRouter Booth

