NESS H200®
Hand Rehabilitation System
For Medical Professionals
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Now, help your patients with upper extremity weakness reach for greater freedom*

There’s never been a functional electrical stimulation (FES) system like the NESS H200 Hand Rehabilitation System.

Previous FES systems posed problems with consistent electrode placement and were time consuming and complicated to setup.

Never again.

Thanks to its groundbreaking, innovative design, the NESS H200 is the first FES system that enables reproducible electrode positioning and ease of use, making setup of FES systems for upper extremity rehabilitation faster and more efficient.

As a result, your patients may be able to perform functional activities with their paretic extremity with greater freedom. This helps achieve the goals of accelerating recovery and leading a more active life.

Truly remarkable.

“This is the first device that’s really been able to provide us with that sort of custom-fitted, direct muscle stimulation ... to our target muscles that nothing else has enabled us to do.”

John R. McGuire, M.D.
Director of Spasticity Management, Medical College of Wisconsin

*Individual results vary. Patients are advised to consult with a qualified physician to determine if this product is right for them.
Advanced technology helps your patients reach their goals

When your patients put on the NESS H200®, they may feel a difference right away.

The NESS H200 uses advanced FES technology that sends a series of coordinated, sequential, low-level electrical impulses targeting paralyzed muscles to enable the patient’s hand to grasp and release.

The result: The NESS H200 may help patients regain function, reduce muscle spasms, and increase independence.\(^2\)

The right solution for a range of patients

The NESS H200 may help patients restore hand function if their condition is due to any of the following central nervous system pathologies:

- Stroke
- Traumatic brain injury
- Spinal cord injury
- Certain neurological disorders

A whole handful of benefits

Beyond helping to increase movement in the hand, the NESS H200 may also:

- Reeducate muscles to function without the system\(^1\)
- Reduce muscle spasms
- Improve active hand range of motion and function
- Increase local blood flow
- Prevent or retard muscle atrophy
Functional and therapeutic benefits in the hospital or at home

The NESS H200® Hand Rehabilitation System offers preprogrammed therapeutic and functional modes, so you can tailor the best recovery approach for each patient.

In one simple session, the clinician custom fits the NESS H200 to the patient. And thanks to its unique design and customized (reproducible) electrode placement, clinics can treat multiple patients with the same device.

Therapy begins immediately in the hospital and then is transitioned to the home for continuation of a home-based therapy program.

“Compliance with the home exercise programs with the H200 has increased dramatically.”
Julie Kerk, MPT
Supervisor, Rehabilitation Services, Neurosciences Center Froedtert
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Two components keep it simple

One look at the NESS H200 and you know this is a very special device. In fact, an international design competition recognized the NESS H200 with its highest award.1

Its sophisticated design encourages patient acceptance and reduces the stigma associated with other medical braces. What’s more, patients can put on, remove, and operate the NESS H200 with just one hand. The NESS H200 consists of two advanced components.

1. Lightweight, comfortable Orthosis
   The Orthosis fits snugly on the hand and forearm, and holds the wrist at an angle ideal for functional hand movements.
   The Orthosis features five surface electrodes custom positioned on the forearm, providing constant contact with the muscles for a reproducible response to the stimulation for the greatest possible outcome.

2. Handheld Control Unit
   The Control Unit features a microprocessor that sends electrical pulses to the muscles that control hand function—to emulate the signals that would naturally come from the brain through the spinal cord to the muscles that control grasp and release. Stimulation causes muscle activation, so patients can grasp, pinch and release.
   The Control Unit features an intuitive user interface and large buttons, making it easy to operate. The display shows how long your patients have used the system, stimulation intensity level, and exercise/activity mode.
Supported by clinical research

Several clinical studies have investigated the effectiveness of the NESS H200 in such patient populations as stroke (CVA), incomplete spinal cord injury (SCI) and traumatic brain injury (TBI).\textsuperscript{1,3-6}

A recent 12-week randomized control study investigated functional outcomes in acute stroke patients. This study showed that patients using the NESS H200 had statistically significant improvements in all hand function measures including the Box and Blocks (B&B) (\(p=0.049\)) and Jebsen-Taylor Light Test Battery (\(p=0.049\)).\textsuperscript{7}

Another study looked at the effectiveness of the use of the NESS H200 in performing activities of daily living in C5/C6 tetraplegia patients and found significant improvements in grip strength (from 0.057 ± 0.98N at baseline to 16.5 ± 4.4N), finger linear motion (from 0.0cm at baseline to 8.4 ± 3.2cm), and Fugl-Meyer scores.\textsuperscript{3}

“If we can keep things as simple and as easy for our patients so it fits into their lifestyle, then they will be more inclined to use it repetitively throughout the day, I think it’s just easier for them to use.”

Terry Walton, M.S., OT
At Bioness®, we help people with impaired upper and lower extremities regain function and freedom for life

Bioness is committed to helping people become more independent through clinically proven products. We offer advanced technology devices designed to provide functional and therapeutic benefits for individuals afflicted with neurological diseases and disorders such as stroke, multiple sclerosis, traumatic brain injuries, or spinal cord injuries.

Healthcare providers from leading rehabilitation facilities and hospitals across the country are documenting success in patient rehabilitation with the NESS H200® Hand Rehabilitation System and the NESS L300™ Foot Drop System.

As of 2008, seven of the top 10 rehabilitation hospitals, as determined by U.S. News and World Report, have implemented Bioness programs as a part of their continuum of care.

“I think the H200 gives the patient more freedom, responsibility and independence.”
Carol Transon, M.S., OT
Reach for the phone

For more information on the NESS H200®, call us at 800.211.9136, option 2.

“To experience a patient’s recovery is absolutely wonderful. It gives me goose bumps. It brings tears to my eyes. It’s just thrilling to see someone be able to have the function back that they once had.”
Jenny Stamm, OT


Individual results vary. Patients are advised to consult with a qualified physician to determine if this product is right for them.

For Contraindications, Adverse Reactions and Precautions, please refer to the NESS H200/L300 User’s/ Clinician’s Guides (also available on-line at www.bioness.com).

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