L300 Plus Accessories

L300 Electrodes and Bases

The L300 electrodes deliver the electrical stimulation used to dorsiflex the foot.

Three types of electrodes may be used:

- L300 Large Cloth Electrode.
- L300 Hydrogel Electrodes with Hydrogel Electrode Bases.
- L300 Cloth Electrodes with Cloth Electrode Bases. See Figure 6-1.

Figure 6-1: L300 electrodes and bases.
Large Cloth Electrode

The L300 FS Cuff uses one large cloth electrode. The large cloth electrode snaps to the L300 FS Cuff plug holes. No electrode base is required.

Wet the large cloth electrode before use. After every three to four hours of use, remove and rewet the large cloth electrode. If the L300 FS Cuff is removed for more than one hour, wet the large cloth electrode again before use.

⚠️ CAUTION: Replace the large cloth electrode every two weeks.

To rewet/replace the large cloth electrode:

1. Turn off the L300 Plus System, and remove the L300 FS Cuff.
2. Gently remove the large cloth electrode from the L300 FS Cuff. See Figure 6-2.

⚠️ CAUTION: Do not fold or twist the large cloth electrode.

Figure 6-2: Removing the large cloth electrode.
3. Wet the entire large cloth electrode with water. See Figure 6-3.

Figure 6-3: Wetting the large cloth electrode.

4. Remove excess water from the large cloth electrode. See Figure 6-4.

Figure 6-4: Blotting the large cloth electrode.
5. Align the orange and blue snaps on the large cloth electrode with the orange and blue plug holes on the L300 FS Cuff. See Figure 6-5.

![Figure 6-5: Aligning the large cloth electrode.](image)

6. Press firmly to snap the large cloth electrode into the L300 FS Cuff. See Figure 6-6.

![Figure 6-6: Snapping the large cloth electrode.](image)
L300 Hydrogel Electrodes and Bases

The L300 FS Cuff uses two L300 hydrogel electrodes and two L300 hydrogel electrode bases. Your clinician will determine the best position for the L300 hydrogel electrode bases. Do not move the bases.

The L300 hydrogel electrodes adhere to the hydrogel electrode bases. The grid side of the hydrogel electrode faces the hydrogel electrode base. See Figure 6-7.

Figure 6-7: L300 hydrogel electrode, front and back.

CAUTION: Replace the electrodes every two weeks.
To replace the L300 hydrogel electrodes:

1. Turn off the L300 Plus System and remove the L300 FS Cuff.

2. Gently pull the L300 hydrogel electrodes from the bases. Be careful not to detach the bases from the L300 FS Cuff. See Figure 6-8.

3. If necessary, clean the bases with a damp cloth. Do not use a chemical-based cleaning substance.

Figure 6-8: Removing the used L300 hydrogel electrodes.
4. Separate the new L300 hydrogel electrodes along the perforation. See Figure 6-9.

![Figure 6-9: Separating the new L300 hydrogel electrodes.](image)

5. Split the two-piece covers on each L300 hydrogel electrode and discard them. See Figure 6-10.

![Figure 6-10: Splitting the two-piece covers on the L300 hydrogel electrodes.](image)
6. Adhere the grid side of the L300 hydrogel electrodes to the L300 hydrogel electrode bases, and then press firmly. See Figure 6-11.

Figure 6-11: Adhering the L300 hydrogel electrodes to the bases.

7. Remove the covers from the L300 hydrogel electrodes. See Figure 6-12.

Figure 6-12: Removing the covers from the L300 hydrogel electrodes.

**Note:** Save the covers. Always reapply the covers between uses.

**Note:** If the electrode gel dries, rehydrate it with one to two drops of water.
L300 Cloth Electrodes and Bases

The L300 cloth electrodes are for people who opt to use them instead of the L300 hydrogel electrodes. They are also for people who have sensitivities to hydrogel electrodes or other known sensitivities (for example, allergy or skin sensitivity to tape/adhesive).

The L300 FS Cuff uses two L300 cloth electrodes and two L300 cloth electrode bases. Your clinician will determine the best position for the L300 cloth electrode bases. Do not move the bases.

The cloth electrodes snap to the cloth electrode bases. See Figure 6-13.

![Figure 6-13: L300 cloth electrode, front (left) and back (right).](image)

Wet the L300 cloth electrodes before use. Then remove and rewet the cloth electrodes after every three to four hours of use. If the L300 FS Cuff is removed for more than one hour, wet the cloth electrodes again before use.

⚠️ **CAUTION:** Replace the electrodes every two weeks.
To rewet/replace the L300 cloth electrodes:

1. Turn off the L300 Plus System and remove the L300 FS Cuff.

2. Gently pull the L300 cloth electrodes from the bases. Be careful not to detach the bases from the L300 FS Cuff. See Figure 6-14.

3. If necessary, clean the L300 cloth electrode bases with a damp cloth. Do not use a chemical-based cleaning substance.

Figure 6-14: Removing the L300 cloth electrodes.
4. Wet the L300 cloth electrodes with water until they are saturated. See Figure 6-15.

Figure 6-15: Wetting the L300 cloth electrodes.

5. With a soft cloth, gently wipe or blot excess water from the snap side of the cloth electrodes. See Figure 6-16.

Figure 6-16: Blotting the snap side of the L300 cloth electrodes.
6. Snap the L300 cloth electrodes to the L300 cloth electrode bases. See Figure 6-17.

Figure 6-17: Snapping the L300 cloth electrodes to the cloth electrode bases.

**Note:** If the L300 cloth electrodes dry out, your response to the stimulation may change. If you need to adjust stimulation intensity more often than usual, try rewetting the cloth electrodes.

⚠️ **CAUTION:** Store cloth electrodes where they can air dry.

⚠️ **CAUTION:** Only use electrodes provided by Bioness Inc.
Thigh Cloth Electrodes

The Thigh cloth electrodes deliver stimulation to the muscles in the upper leg. The Thigh FS Cuff uses two Thigh cloth electrodes. The large Thigh cloth electrode snaps to the Thigh FS Cuff top panel. The small Thigh cloth electrode snaps to the Thigh FS Cuff bottom panel. See Figure 6-18.

![Figure 6-18: Thigh cloth electrodes on the Thigh FS Cuff.](image)

**CAUTION:** Wet the cloth electrodes before use, and remove and rewet them after every three to four hours of use.

**CAUTION:** The electrodes are for single patient use.
The small Thigh cloth electrode has a marking around one of the snaps. Align the marking with the electrode marking ring on the Thigh FS Cuff bottom panel. See Figure 6-19.

![Marking and Marking Ring](image)

Figure 6-19: Aligning the small Thigh cloth electrode.

Wet the Thigh cloth electrodes before use. After every three to four hours of use, remove and rewet the Thigh cloth electrodes. If the Thigh FS Cuff is removed for more than one hour, wet the cloth electrodes again before use.

**Note:** If the Thigh cloth electrodes dry out, your response to the stimulation may change. If you need to adjust stimulation intensity more often than usual, try re-wetting the cloth electrodes.

Store the Thigh cloth electrodes where they can air dry.

⚠️ **CAUTION:** Replace the electrodes every two weeks.
To rewet/replace the Thigh cloth electrodes:

1. Turn off the L300 Plus System and remove the Thigh FS Cuff.
2. Gently unsnap the Thigh cloth electrodes. See Figure 6-20.

Figure 6-20: Unsnapping the Thigh cloth electrodes.

3. Wet the Thigh cloth electrodes with water until they are saturated. See Figure 6-21.

Figure 6-21: Wetting the Thigh cloth electrodes.
4. Gently squeeze the Thigh cloth electrodes together.

5. Blot excess water from the snap side of the Thigh cloth electrodes. See Figure 6-22.

Figure 6-22: Blotting the snap side of the Thigh cloth electrodes.

6. Snap the Thigh cloth electrodes to the Thigh FS Cuff. See Figure 6-23.

Figure 6-23: Snapping the Thigh cloth electrodes to the Thigh FS Cuff.
Thigh Electrode Marking Ring

The Thigh electrode marking ring marks the orientation of the small Thigh cloth electrode on the bottom panel of the Thigh FS Cuff. Align the marking on the small Thigh cloth electrode with the marking ring. See Figure 6-24.

![Figure 6-24: Aligning the small Thigh cloth electrode.](image)

Attach replacement Thigh electrode marking rings to the same snap. See Figure 6-25.

![Figure 6-25: Replacing the Thigh electrode marking ring.](image)
Cloth Electrode Mesh Bag

The cloth electrode mesh bag is for storing the L300 and Thigh cloth electrodes. See Figure 6-26.

Figure 6-26: Cloth electrode mesh bag.
Thigh Elongation Bar Lock

The Thigh elongation bar lock prevents the elongation bar from sliding. See Figure 6-27.

![Thigh Elongation Bar Lock](image)

Figure 6-27: Thigh elongation bar lock.

Do not attempt to remove the Thigh elongation bar lock or to adjust the elongation bar. Contact your clinician if you think the elongation bar needs adjustment.
Control Unit Wrist Strap, Neck Strap, and Belt Pouch

The L300 Plus control unit wrist strap, neck strap, and belt pouch are for carrying the L300 Plus Control Unit. The wrist and neck straps loop through the top of the L300 Plus Control Unit. See Figure 6-28.

Figure 6-28: L300 Plus Control Unit accessories.
System Charger Set

The system charger set is for charging the L300 RF Stim Unit, Thigh RF Stim Unit, and L300 Plus Control Unit simultaneously. The system charger set includes a W cable, a charger, and four interchangeable blades for Australia, European Union, U.K., and U.S. voltages. See Figure 6-29.

![Diagram of System Charger Set]

**WARNING:** Use only the charger included in your NESS L300 Plus System Kit or NESS L300 Plus System Upgrade Kit. Use of any other charger could damage the system.
Replacement Battery, Gait Sensor

The Intelli-Sense Gait Sensor battery may need to be replaced approximately every six months. See Figure 6-30. Battery replacement instructions can be found in the maintenance chapter of this guide.

Figure 6-30: The Intelli-Sense Gait Sensor battery.
Gait Sensor Pads

The gait sensor pad stabilizes the Intelli-Sense Gait Sensor pressure sensor in the shoe. See Figure 6-31.

![Diagram of gait sensor pad placement]

Figure 6-31: Placement of the gait sensor pad in the heel of a shoe.

One gait sensor pad is placed under the insole of the shoe of the affected leg. The pressure sensor is then placed on top of the gait sensor pad, and pressed down. (The adhesive side of the gait sensor pad faces down.) Finally, the insole of the shoe is lowered to cover both the pressure sensor and the gait sensor pad.

The location of the gait sensor pad is initially determined by your clinician.
Shoe Spacers

The shoe spacer is placed on the inner clamp of the Intelli-Sense Gait Sensor. See Figure 6-32.

The shoe spacer:

- Stabilizes the Intelli-Sense Gait Sensor on the rim of the shoe.
- Protects the rim of the shoe from the clamp.