

Table III - Characteristics of the NMES intervention in the studies included in the review

Autor	Intensity	Current	Frequency	Muscles	Pulse Width	Time m/day	Frequency d/wk	Duration wks
Deley <i>et al.</i> 2008 [15]	Maximum tolerated	Biphasic	10 Hz	QDC/CM	0.2 ms	60	5	5
Dobšák <i>et al.</i> [14]	↑ to maximum of 60 mA	Biphasic	10 Hz	QDC/CM	200 ms	60	7	8
Deley <i>et al.</i> 2005 [16]	Maximum tolerated	Biphasic	10 Hz	QDC/CM	0.2 ms	60	5	5
Eicher <i>et al.</i> [17]	NA	NA	10 Hz	QDC/GM	200 ms	30	7	3.5
Harris <i>et al.</i> [18]	Visible muscle contraction	NA	25 Hz	QDC/GM	NA	30	6	6
Karavidas <i>et al.</i> 2013 [19]	Visible muscle contraction	NA	25 Hz	QDC/GM	NA	30	5	6
Araújo <i>et al.</i> [20]	NA	Biphasic	20 Hz	QDC	200 μ s	120	7	2
Banerjee <i>et al.</i> [21]	Maximum 300 mA	NA	4 Hz	QDC/HAM/ GLUT/CM	NA	60	5	8
Karavidas <i>et al.</i> 2008 [22]	Visible muscle contraction	NA	25 Hz	QDC/GM	NA	30	5	6
Karavidas <i>et al.</i> 2006 [23]	Visible muscle contraction	NA	25 Hz	QDC/GM	NA	30	5	6
Nuhr <i>et al.</i> [24]	25%-30% of maximum voluntary contraction	Biphasic symmetric	15 Hz	QDC/HM	0.5 ms	240	7	10
Quittan <i>et al.</i> [25]	25%-30% of maximum	Biphasic symmetric	50 Hz	QDC/HM	0.7 ms	2wk: 30; then 6 wk: 60	5	8

	voluntary contraction							
Groehs <i>et al.</i> [26]	Visible muscle contraction	Biphasic symmetric	10 Hz	QDC/HM	150	60	7	10
Sacilotto <i>et al.</i> [27]	Visible muscle contraction	Biphasic symmetric	50 Hz	QDC	NA	50	2	7
Kucio <i>et al.</i> [28]	Visible muscle contraction	Biphasic symmetric	35 Hz	QDC/TS	NA	40	6	3
Forestieri <i>et al.</i> [29]	Maximum tolerated	Biphasic symmetric	40Hz	QDC	400- μ s	60	2	length of hospital stay
Kadoglou <i>et al.</i> [30]	visible muscle contractions	Biphasic symmetric	25 Hz	Gastrocnemius	NA	NA	NA	6
Ennis <i>et al.</i> [31]	produce rhythmical contractions	Biphasic symmetric	4–5Hz	Leg muscle groups	620 μ s	NA	NA	8

NA = Not informed; QDC = Quadriceps; TS = triceps surae; GM = gastrocnemius; HAM = hamstrings; GLUT = gluteal