



Peripheral Nerve Stimulator – Patient Recovery Plan

Phase / Time Your Goals What to Do

- Phase I: 0–2 Weeks Protect the incision and device n Keep dressing clean
- Reduce pain and swelling n No lifting >5 lb
- Learn stimulator care n Avoid twisting n Ice as needed n Move other joints
- Phase II: 2–6 Weeks Allow incision to heal n Avoid heavy lifting
- Maintain gentle motion n No pressure on device
- Light activity n Gentle movement n Walk or bike if cleared
- Phase III: 6–12 Weeks Regain strength n Light strengthening
- Use stimulator safely n Balance drills n Light work tasks
- Phase IV: 3+ Months Return to normal activity n Strengthening n Sport/job drills if cleared n Avoid contact sports