

Quick Reference Guide for Clinicians

PoNS is an innovative, non-invasive neuromodulation system that delivers a mild electrical stimulation to the surface of the tongue. It includes:



Controller

The unit you program in the PoNS Software. It stores the patient's regimen, delivers the stimulation, and records every session: duration, intensity, and tongue contact.

Mouthpiece

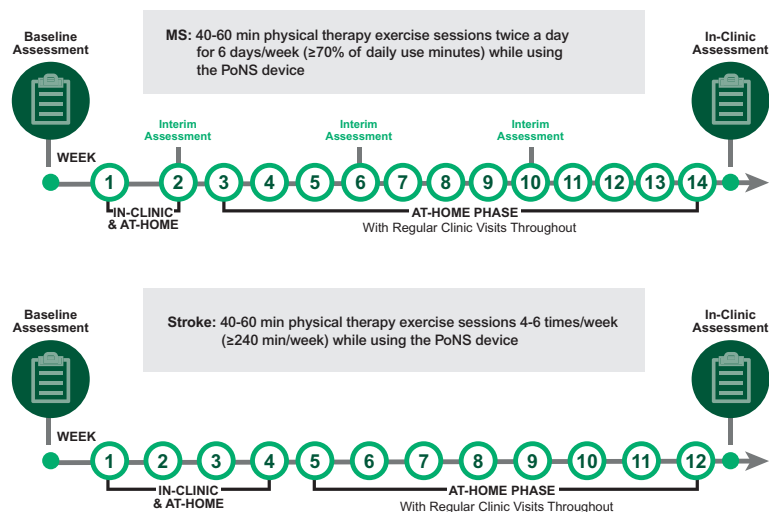
The tongue-contact piece the patient inserts each session. It connects to the Controller and delivers the stimulation set on the device.

Getting Started with PoNS Therapy

- ☐ Complete PoNS Online Training Module on Bioness Academy
- ☐ Download and Activate PoNS Software
- ☐ Begin Therapy with Patient

PoNS Therapy consists of 40-60 min physical therapy exercise sessions while using the PoNS device. Each exercise sessions, performed once or twice a day, includes:

- 20 min balance training with PoNS device
- 20 min gait training with PoNS device
- 20 min breathing and awareness training (BAT)



Indications for Use

PoNS is indicated as a prescription-only therapy for adults 22+ as an adjunct to a supervised therapeutic exercise program, for the treatment of gait deficits due to mild-to-moderate multiple sclerosis or chronic stroke symptoms.

Contraindications

Do not use PoNS Therapy if the patient has:

- Active or suspected malignant tumor
- Areas with absent sensation
- Open wounds/bleeding-risk areas
- Pregnancy
- Age under 22
- Known sensitivity to nickel, gold, or copper

What is BAT?

Breathing and Awareness Training Exercises that build postural control, body awareness, and movement preparation. Performed with the device on, as one of the three components of every session alongside balance and gait training.

The clinician will create a flexible rehabilitation plan that allows patients to build endurance and work toward maintaining daily adherence to PoNS Therapy.

Getting Started with PoNS Software

1 Activation Email

You will receive an activation email titled "Your new PoNS Account". This will allow you to download the PoNS Software.

If you have not received the email, contact: PoNSActivation@bionessmedical.com

2 Download and install

Download PoNS Software and run the setup wizard.

Windows 10/11 · Chrome preferred for the activation portal

Please note you may need to contact your internal IT department to download the software.

Software Setup At a Glance

1. Open activation email and set password
2. Download & install PoNS Software
3. Launch software and log in
4. Connect new Controller via USB
5. Select "new patient" or "return patient"
6. Enter patient info (name, DOB, timezone, reference, diagnosis)
7. Create regimen: weeks (14=MS / 12=Stroke), rest days, sessions
8. Disconnect controller ready for patient use

Clinician Resources

Online Training Module:
BionessAcademy.com



Learn More about PoNS:
BionessMedical.com/PoNS



Indication for Use: The PoNS device is indicated for use as a short term treatment of gait deficit due to mild to moderate symptoms from multiple sclerosis and is to be used as an adjunct to a supervised therapeutic exercise program for adults 22 years of age and over by prescription only. The PoNS device is indicated for use as a treatment of dynamic gait deficits due to chronic symptoms from stroke and is to be used as an adjunct to a supervised therapeutic exercise program in patients 22 years of age and over by prescription only.

The PoNS device delivers electrical stimulation directly to the surface of the tongue. Precautions for use are similar to those for wearable electrical stimulation medical devices. Electrical stimulation should not be used: if there is an active or suspected malignant tumor, in areas of recent bleeding or open wounds, and in areas that lack normal sensation. The PoNS has not been tested on, and thus should not be used by individuals who are pregnant. Do not use the PoNS if you are sensitive to nickel, gold or copper.

Full prescribing information can be found in product labeling or at <https://bionessmedical.com/pons/safety-information/>.

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Support & Contacts

For General Questions related to PoNS Contact:

Ask Alfred
AI Support Assistant



For PoNS Program Support Contact:

Your Bioness Representative
Contact information provided at onboarding.

For PoNS Technical Support Contact:

Bioness Technical Support
800.211.9136
Tech@BionessMedical.com

