

PRIOR TO USE: **WARNINGS!!!**

Do **NOT** use the Electrical Stimulation Unit if you:



- Are pregnant or could be pregnant
- Have any metal implants in or around the lower spine, buttock, or hip.
- Have a Cardiac Pacemaker – you will need to seek approval from your cardiologist before using this machine.

Do **NOT** immerse the main electrical unit in water.



Cease using the unit if you experience any pain or discomfort, or if the unit becomes hot.

SETTING UP THE UNIT:

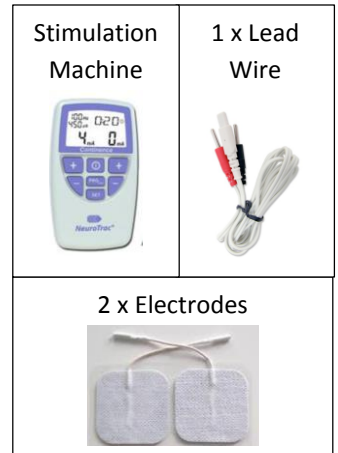
1. Before starting, make sure the main electrical unit is switched off (there should be no numbers displayed on the screen).
2. Insert the neutral coloured end of the long stand-alone lead wire into the left socket at the top of the machine
3. Attach the two electrodes to the main lead wire – it does not matter which is attached to the red or black end.
4. Ensuring main unit is still off, place one electrode on either side of the spine at the location described by your physiotherapist

Instructions on finding correct location: _____

TREATMENT:

1. With the electrodes now in place and attached via the main lead to the machine, Press the ON / OFF button  once such that the display screen turns on.
2. Check that the correct Program is listed on the screen. **YOUR PROGRAM SHOULD BE:** _____
 If the Program is not correct, press the Program Button  until the correct program is selected.
3. Press the “+” button on the left hand side of the machine until you feel a signal that is moderately strong but definitely not painful.
4. Once the appropriate level is achieved, you are free to walk around with the stimulation occurring, however – be aware that if you sit down and lean back against the electrodes whilst they are running, the stimulation intensity is likely to increase.
5. At the completion of the designated time, Press the ON / OFF button to switch off the unit. Detach electrodes and replace on plastic sheet for storage.

Equipment Required



Set-Up



Treatment



Note: your screen settings are likely to be different to this example