

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 ankle, foot, lower leg.
- 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.

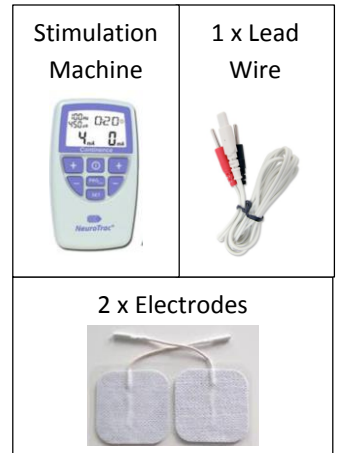
SETTING UP THE UNIT:

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.
4. Ensuring main unit is still off, stick the negative electrode (the electrode attached to the black connector) to the skin just behind your inside ankle bone
5. Now stick the positive electrode (the electrode attached to the red connector) on the skin approximately 10cm above the first electrode.
6. Rest your leg in a comfortable position.

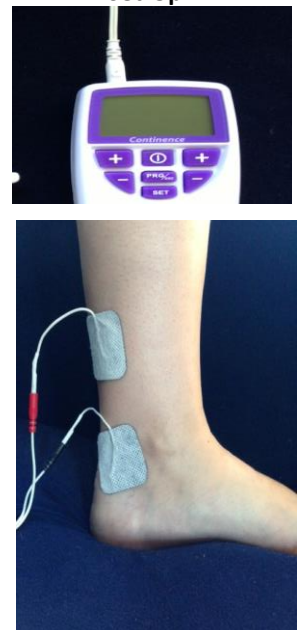
TREATMENT:

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 moderately strong signal (this should be just lower than the level that causes your toes to curl). If the level is too high, or causes your toes to curl, use the ‘-’ button to turn the intensity down.
4. Once the appropriate level is achieved, remain with your leg in a comfortable position for the duration of the treatment.
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