

NeuroTrac[®] Rehab

QUICK START INSTRUCTION

(Please read the Operator's Manual prior to use!)

1. Remove battery cover. Insert 1 x 9 volt PP3 battery or a rechargeable Nickel Metal Hydride battery into the battery compartment. Replace the cover.
2. Insert the lead wire(s) into the sockets of the unit. Lead colour is not important. You may use one lead or both leads. If you are only using one lead wire (for Channel A), insert the lead wire into the right hand socket (Channel A).
3. Remove the electrodes from the plastic bag. For the time being, do not remove them from the clear plastic film.
4. Connect one electrode to each of the pin connectors at the end of each lead wire. You will need two electrodes per lead wire.
5. Make sure your skin around the treatment area is free from grease or oil.
6. Carefully peel the electrodes from the clear plastic film - Do not throw this clear plastic film away.
7. Attach the electrodes to your body (see electrode placement diagrams). For TENS you should place the electrodes either side of the pain, not directly onto the pain itself. If in doubt seek advice from your physiotherapist or your doctor.
8. Turn on the unit by pressing the **on/off** button once.
9. Select the desired programme by pressing the **PRG** button (refer to manual).
10. Hold down the **A+** button until you feel a strong but comfortable tingling sensation. The sensation may be decreased by pressing the **A-** button.
11. If you are using both Channels, repeat step 4-10 for Channel **B**.
12. For TENS Pain relief programmes: You should now be feeling a strong tingling sensation across or around your area of pain. You should begin to feel benefit within a few minutes but you will need to leave the machine running for around 30 minutes or longer for maximum effect. You may need to adjust the strength during the treatment to maintain a strong tingling sensation.
For Neuromuscular Stimulation (NMS or STIM) Programmes: Press mA+ until a comfortable muscle contraction. If pain occurs, change the position of electrodes.
Remote Switch NMS (programmes 11 - 15 only): Press the Remote Switch button to begin a Work period of stimulation, press again to go to Rest.
13. To exit the programme before it is finished, turn off the unit by pressing the **on/off** button once.
14. **Important: do not remove your electrodes while the unit is running.** When removed, replace the electrodes onto the clear plastic film and reseal the plastic bag.

For further information, please refer to Operator's Manual.

When you are familiar with this basic use, we suggest you experiment to find which of the 12 pre set programmes works best for you. To change the programme turn the unit on and press the **PRG** button until the desired programme is displayed. Then press the **+** or **-** buttons as above. Please note you cannot change programmes while the unit is running. Store electrodes in a cool place, such as a fridge.

IMPORTANT SAFETY INFORMATION

1. Do not immerse the unit in water or any other substance.
2. Do not use the unit in the presence of a **flammable** anaesthetic **gas** mixture and air or with Oxygen or **Nitrous Oxide**.
3. Do not use **TENS** or **NMS** during **pregnancy** (unless medically advised).
4. Do not use the device if you have an implanted Cardiac Pacemaker or similar piece of equipment. If you are in any doubt contact your Doctor or the supplier.
5. **Electrodes and lead wires** are for **single patient** use only.

TIPS & TROUBLESHOOTING

1. If the **programme cannot be changed** remove the battery cover and unlock the unit by pressing the unlock button.
Please read the manual for further information on unlocking the unit.
2. Use **large electrodes** where possible.
Larger electrodes produce a more comfortable sensation.
3. Set a lower current when using smaller electrodes.
4. **If mA intensity cuts out** above 8 milliamps and zero mA is flashing on LCD:
 1. You must place electrodes on your skin and connect them to the device. Normally, the mA will go up once you make the connection. This is the most frequent reason of mA not going further.
The stimulation intensity will drop to zero if you simply press the mA+ button and no electrodes are connected to the channel on which you increase the intensity. As with any quality TENS/stimulator, our unit is designed to detect any poor or intermittent connection across the electrodes and to cut off the stimulation. This is a safety precaution. It is designed to prevent the user from inadvertently turning up the output stimulation current in the presence of a poor or intermittent connection and then experiencing a large unexpected powerful surge in the stimulation, if and when the connection is re-established.
 2. Check if both electrodes are making a sticky contact on your skin. The electrodes may be greasy or dry after long term use. Try some fresh electrodes as electrodes lose their conductivity proportionally to the usage time.
 3. Broken lead wire. Check if the dual conductor lead wire cable is not broken, as it might be bent or pulled out too much, which results in no conductivity: try another cable. To check if the cable is good, disconnect the electrodes and cross the red and black metal pins of a lead wire, hold them firmly crossed with your fingers. Increase mA on the unit. If the cable conducts the electricity, the mA will go above 10 mA and you will feel a mild tingling sensation in your fingers which are holding the crossed pins. If you feel a mild electrical current in your fingers when the unit stimulates above 10mA, this proves the unit and lead wire are not causing the mA intensity cut-off. Check electrode placement: above point 1 and 2.