

Quick Start Guide



Omron® electroTHERAPY is easy to use and gives you drug-free pain relief exactly where you need it.

How to manage your pain

Personalize Your Therapy in Two Ways

1. Pick the program (Arm • Lower Back • Leg/Foot)
2. Choose the intensity level (Level 1 to Level 5)

The programs are interchangeable and effective for multiple body parts.

Read complete instruction manual carefully to safely and correctly use this pain management device.

How Should It Feel? When is It Working?

Expect variations of tapping, tingling, massage-like sensations or even mild muscle contractions. Always start with low intensity and increase slowly. If the sensation feels uncomfortable, decrease the intensity and/or change the program. If the sensation becomes weaker or disappears, increase the intensity.

How Long Should You Use It?

1 Session	15 Minutes Automatic Shutoff
Maximum Minutes per Session	30 Minutes or 2 Sessions
Maximum Sessions per Day	3 Sessions per Day

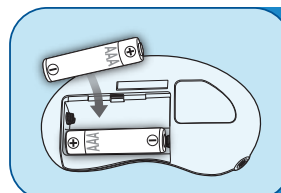
Always turn unit off with pads still on.

RATE YOUR PAIN to check your progress, 1 low to 10 high.

Stop therapy session if pain has reduced or stopped.

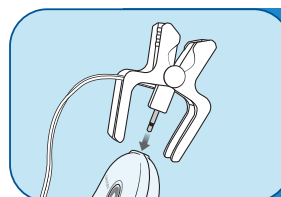
Press "ON" button to continue therapy for another 15-minute session.

Get started in six easy steps



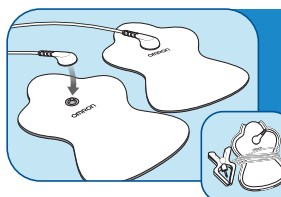
Step 1

Unit should be off. Insert 2 "AAA" batteries.



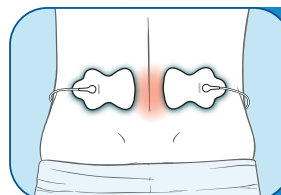
Step 2

Attach clip to top and plug into main unit.



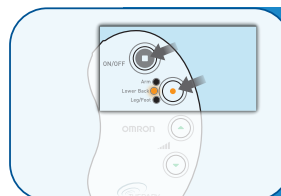
Step 3

Connect either electrode to any pad. Remove plastic film from pads. In between sessions, keep electrodes connected to pads and place pads onto sides of plastic holder. Wrap cord around holder and store.



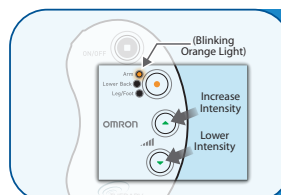
Step 4

Take control and rate your pain before and after therapy (1 low to 10 high). Place pads on clean, dry, healthy skin. (See Pad Placement Guide for more options.)



Step 5

Push "ON" button. To personalize your relief, select one of the three programs (Arm, Lower Back, Leg/Foot).



Step 6

Push green up arrow button to increase intensity. There are 5 intensity levels (1 low to 5 high). Blinking light pattern indicates intensity level (example: 3 blinks equals level 3).

