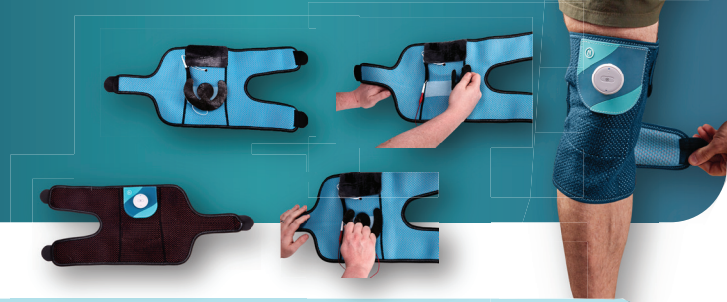


# NerveSpa Knee Pro

Advanced OA/RA treatment  
With Jstim Technology **JSTIM**



## Read All Instructions Before Using



### Nerve Spa Knee Pro Package Includes:

- Knee wrap
- Treatment device
- Lead wires
- Electrodes
- User's manual and Quick Start Guide
- Charger

### Cautions:

- Always consult your doctor when using a device for a medical condition
- If any adverse reaction occurs, discontinue use immediately
- Check Skin Under Pads Frequently upon initial uses and over the course of treatments.
- Keep away from Pets and Children
- Do not use if you have open wounds.
- Consult your physician if you use a pacemaker
- Do not operate a motorized vehicle or operate heavy equipment when wearing.
- It is normal to have light redness after use. If this does not dissipate, stop use and contact your supplier.

### Instructions:

For sizes XL to XXL, you will need to use extender straps (sold separately) on the upper and lower strap to extend the size of the wrap. If your knee measures over 18" around, then the XL and XXL extension straps will likely be needed.

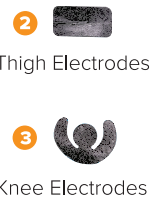
- 1) Charge the device for 12 hours or more on first use.  
Be sure to line up the copper prongs into the two recessed holes.



- 2) After charging the device, place it on the front thigh portion of the knee wrap so that it magnetically clicks into place.



Knee Wrap



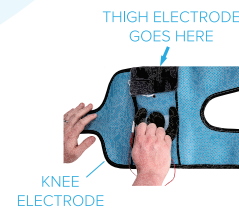
Thigh Electrodes

Knee Electrodes

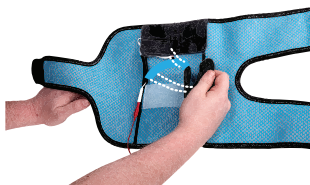
- 3) open and lay the knee wrap out, inside face up as follows.



- 4) Remove one 3" by 5" electrode from the poly bag and place on the uppermost position - thigh area. The Hook Velcro will adhere to the LOOP Velcro.



- 5) Remove the knee patella electrode from the poly bag and place it slightly below the middle of the inside of the knee wrap. The Hook Velcro will adhere to the LOOP Velcro.



- 6) Next, connect the lead wires to the pigtails of each electrode.  
- Plug the "active pin" (red) into the patella electrode, and the other pin into the thigh electrode.



**NOTE:** one of the lead wires should run through the black "wire channel" on the inner side of the brace down to the patella electrode. The other lead wire will plug into the thigh electrode, and then can be tucked or stuffed into the wire channel.

6) Once all is connected, remove the film covering each electrode and place the knee wrap and electrodes face down starting with your knee, and then thigh.

**Tips:**

- a. When you place the knee wrap on the leg, straighten your leg and place the knee patella electrode such that it covers the patella
- b. Wrap the three straps such that no material is bunched up.
- c. Do not over tighten the straps



7) Now you are ready to start your treatment. Turn on the device by holding down the front button with the “N” on it.

- a. Mode 1 (Green LED) – runs for 30min
  - b. Mode 2 (Blue LED) – runs for 30 minutes
- \* the modes will transition automatically, But you may need to adjust the intensity when the device changes modes



8) Increase the intensity by pressing the “+” sign on the front of the device. You may need to tap this many times before feeling current. The “-” sign will decrease the intensity. Keep the intensity at a comfortable to mild level. Not strong.



9) After 1 hour the device will Shut-off and the treatment is complete.

**Usage Recommendation:**

This knee system is designed to treat Osteoarthritis and Rheumatoid Arthritis of the knee. In order to help promote cartilage regeneration, repair micro-tears in the muscle, and treat the ligament and tendon, the Nerve Spa Knee should be used over a long-term, consistent therapy routine of 4-5 sessions/week, over a duration of 6-9 months. Initial therapeutic outcomes should be evaluated after 60-90 days.

However, treatment can continue for optimal results for a total of 9-12 months

**After use,**

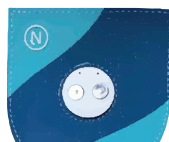
- 1) Un-Velcro, and carefully remove the knee wrap and try to peel the electrodes off the skin gently
- 2) Charge the device when the device is not in use.

**How to care for the electrodes**

- 1) Replace the clear film back onto the electrodes after use
- 2) To optimize lifespan (but not necessary) - unplug the pigtails from the lead wires and place the electrodes back into the poly bags.

**NOTE**

- 1) Electrodes are good for about 10-12 uses, and then it is recommended to replace the gel pad electrodes. Please contact your supplier to reorder electrodes.
- 2) If you happen to remove the holder and leadwires from the wrap, be sure to replace it back in position with the two debossed dots at the top such as shown below



**What does it feel like:**

You will feel a mild tingling sensation; **it should feel comfortably MILD.** A slight sensory pulse. If you feel a sharp prickling sensation, turn down the intensity level then raise the intensity until it feels mild to comfortable. If needed, you can adjust intensity between modes.