NerveWave

Quick Start Guide



Read the full user manual for complete Cautions and Warnings before using this device. If you notice any adverse reactions, discontinue use and contact your provider.

Button Description:

Joystick – up/down and left/right buttons can control movement through the settings
Large Dials – Also control movement through settings, and can make larger leaps through intensity, frequency, etc.
Check Button – Select a setting using this button
Home Button – At any point, this button returns to the home screen.
Back Arrow – This button allows you to return to the previous screen.
Settings Button – allows you to select various settings
Channel Button – allows you to rotate between channels 1 and 2, and 3 and 4
Play/Pause – Pauses your program
Light Button – Activates screen brightness
Favorites Button – Press this button while a program is playing, and it saves the program to your favorites.

Programming and Usage Guidance:

1) Regenerative Pain Control – Usage guidance – 4-5X/week over the course of 26 weeks
- a. Treat degenerative joint conditions such as OA/RA of the knee, hand, shoulder, etc.
- b. Treat intractable back pain

2) Neuropathy – Usage guidance – 5x/week over the course of 90-120 days
- a. Treat nerve damage and Neuropathy using the Primary phase and Secondary for the first 90 uses
  - i. Ideally two treatments per day – 1 primary phase and 1 secondary phase
- b. After the 90 uses, begin using the maintenance phase on a schedule that works for you – 2-3 times/week for 6 weeks
- c. Repeat the consistency of (a)/(b) above 1/year.

3) Restorative Recovery – Usage guidance – 4-5X/week over the course of 13-20 weeks
- a. Treat post-surgical or post-injury pain and muscle rehabilitation using the “Rehabilitative Relief”
- b. Enhance recovery results and treat muscular derived pain conditions using the “Muscle Activation”

4) Vagus Nerve Therapy – Usage guidance – can be used 10 minutes 1-2X daily as needed. Some guidance exists for longer durations.
- a. Treat various conditions using these settings – per the engaged timer.

5) Advanced Healing - Usage Guidance - can be used for short duration 20-30 minutes per session, 1X daily as needed.

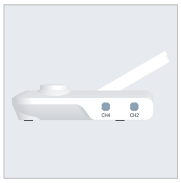
6) Percutaneous Electrical Nerve Stimulation (PENS) - Usage Guidance: Can be used for a short duration: 5-25 minute session per area - 1X daily as needed

7) Manual settings
- a. All traditional electrotherapy modalities are available with preset programming or customizable manual programming. These include TENS, EMS, MICRO, INTERFERENTIAL, GALVANIC, and RUSSIAN STIM.

8) Favorites

Quick Operation Guidance:





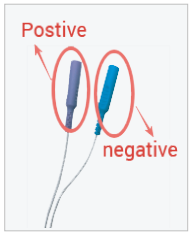
1) Charge the device for 12 hrs before use, or power via the wall adapter
2) Plug in your lead wires according to channel usage (ch1, ch2, ch3, ch4)
3) Power on the device by holding down the Power Button
4) Press the Program button to access the programs
    a. Select a program by pressing the select button in the middle of the joystick, and then selecting a subprogram the same way
5) Once the program is selected, the device will return you to the home screen.
6) Increase the intensity by rotating the large dial on the left or right
7) The timer is pre-set for each program. There is a timer setting if an adjustment is desired.
8) When the program ends, the stimulation will end.

Keynote – intensity should always feel comfortable to mild. Never strong.

Other Operational Guidance:

1) The body part diagram allows you to select a body part specific to what area you are treating. The ramp strength of the programming will be adjusted based on the tissue mass

2) The user can track, record and chart results, if the "track your results" is engaged. A pop-up will ensue before each program is used to record your starting pain scale, and ending pain scale. Results can then be charted.
    a. You can also manually record your pain scales post treatment by hitting "record results" – and thus do not need to engage the automated pop-up.
    b. The "track usage" button will show your cumulative use – number of sessions and total minutes used



3) The timer can be engaged as needed; however, each program is preset with a timer setting.

4) Leadwires - the Blue plug end of the lead wires is the "ground" and the Purple plug end of the lead wires is the "active".

Guidance for Using Accessory Tools:



1) Scraper tool (gua sha scraper) – This tool allows you or a practitioner to treat and perform deep tissue massage into a dense muscle such as the back, quad, IT band, hip, shoulder, and other areas as suitable. To ground the current, plug one pigtail into a pre-gelled electrode, and place it nearest to the treatment area that you will be scraping and massaging.



2) Earlobe Clips – this allows for the earlobe or tragus to be treated with Vagus Nerve Stimulation. Thoroughly wet the cotton pad, and place both clips on the same ear to ground the current. One on the tragus, and one on the earlobe. Do not place one clip on each ear, because the current would then act as a transcranial stimulation (CES).

3) Pre-gelled electrodes – are placed in positions necessary for treatment. Keep the pads 1-6" apart for optimal treatment and current loops



4) Electro-Acupuncture Probe: Place the blue leadwire pigtail (ground) into a pre-gelled electrode included in your system. Place this pre-gelled electrode near the area you will treat with the probe. Plug the purple leadwire pigtail into the probe. You may use some ultrasound gel or water, to wet the probe and the skin. Treat with the probe a direct meridian point or along a nerve.

5) Carbon Rubber pads – these are sold separately and used for treatment along with a foot bath (also sold separately)
    a. If performing a water treatment it is recommended to use Epsom salt and foot bath tablets.

6) Foot pads – these are sold separately and are used to treat the feet in place of a foot bath.