



User's manual



A

PLEASE READ THE USER'S MANUAL CAREFULLY BEFORE USING THIS PRODUCT

USE ONLY AS DIRECTED

If symptoms persist, consult your Health Care Professional

TESTED CLASS II MEDICAL FREE DEVICE



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What is inside the box?

Upon opening the carton, please check that the following components are provided. If you think anything is missing, contact us toll-free on our helpline number 877-260-3114 or visit www.revitive.com

A AC/DC power adapter



© Body Pads x 2 Pairs



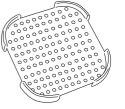
D Body Pad cords x 2



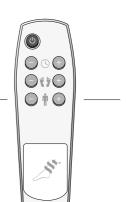
B REVITIVE



(E) Body Pad holders x 2



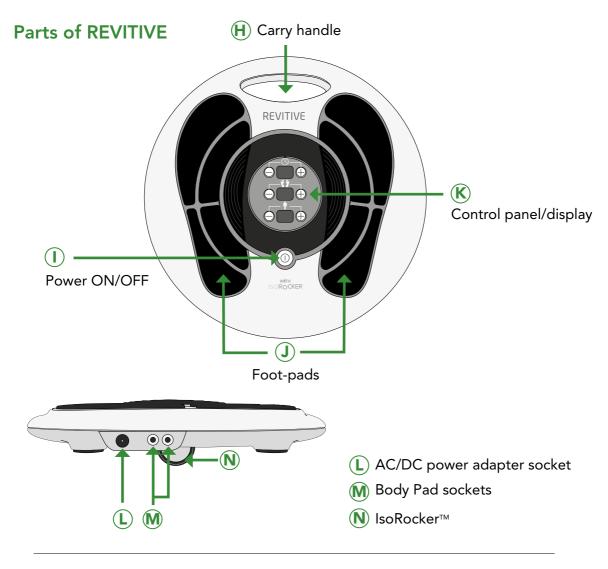
F Remote control

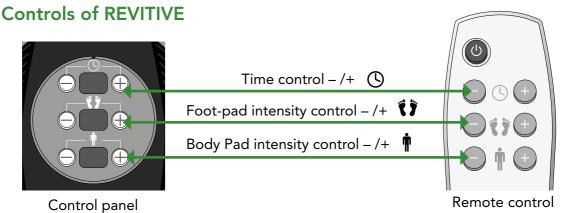


G AAA batteries x 2



Parts and Controls of REVITIVE





Introduction to REVITIVE

INDICATIONS FOR USE

REVITIVE is intended:

- To temporarily increase local blood circulation in healthy leg muscles
- For temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, upper extremities (arms) and lower extremities (legs) due to strain from exercise or normal household duties
- To stimulate healthy muscles in order to improve and facilitate muscle performance

HOW REVITIVE WORKS

REVITIVE delivers electrical stimulation to your feet via a pair of cushioned foot-pads, while you are seated. The electrical stimulation causes muscles in your calf and foot to contract, which helps to increase circulation in your lower legs.

REVITIVE has been developed so that it is comfortable for you to use. It features an IsoRocker (patent pending) that allows for natural ankle movement when applying the electrical stimulation to your feet. Ankle movement is a key factor in increasing circulation in the lower legs. You can choose to enable or disable the IsoRocker anytime.

REVITIVE is designed to be easy to use and also comes with a remote control, which means you do not have to reach down to adjust settings during use.

REVITIVE can also deliver electrical stimulation to the knees, shoulders, back or arms. Delivering electrical stimulation to your body at the same time as your feet is possible with REVITIVE.

Visit www.revitive.com for more information

READ ALL INSTRUCTIONS BEFORE USE

WHO SHOULD NOT USE REVITIVE

REVITIVE should **not** be used by some people.



Do not use if: (contraindications)

- You have a cardiac pacemaker, implanted defibrillator, or other implanted electronic device because this may cause electric shock, burns, electrical interference, or death
- You are pregnant
- You are being Being treated for, or have the symptoms of, an existing Deep Vein Thrombosis ("DVT")

Long periods of inactivity can put you at greater risk of developing Deep Vein Thrombosis (DVT). DVT is a blood clot and usually occurs in a deep leg vein. If part of the DVT breaks off it may lead to potentially lifethreatening complications such as pulmonary embolism.

If you have been inactive for prolonged periods and suspect you may have a DVT, consult your doctor immediately. To prevent dislodging the clot do not use REVITIVE.

In some cases of DVT there may be no symptoms. However it is important to be aware of the symptoms that may include:

- pain, swelling and tenderness in one of your legs (usually your calf)
- a heavy ache in the affected area
- warm skin in the area of the clot
- redness of your skin, particularly at the back of your leg, below the knee

Consult your doctor as soon as possible if you show any signs of the above symptoms.

WHO SHOULD CHECK WITH THEIR DOCTOR BEFORE USING REVITIVE



Warnings

- Consult with your doctor before using this device if:
 - You are in the care of a doctor
 - You have a history of heart problems because the device may cause lethal rhythm disturbances to the heart in susceptible individuals
 - You are experiencing cramping leg pain that occurs during walking
 - You have slow healing wounds
 - You have loss of feeling in the hands or feet
 - You have had medical or physical treatment for your pain
 - You have suspected or diagnosed heart disease
 - You have suspected or diagnosed epilepsy
 - You are unsure about the suitability of the REVITIVE for you
 - You are unsure about the cause of your symptoms
- If you have a metallic implant, you may experience pain or discomfort near the implant when applying electrical stimulation, if this should occur discontinue use and seek advice from your doctor
- The electrical stimulation may feel more intense close to a metallic implant.
 It is safe to continue use provided no pain is experienced. You may need to adjust the intensity to a comfortable level
- Do not use the Body Pads on your head, face, neck or chest.
 - There is a chance that serious health problems, and in rare cases death, may be caused by using the Body Pads on your head, face, neck or chest
 - There is a chance that using the Body Pads on your head, face or neck may cause closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure
 - The introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal
 - Use Body Pads only on parts of your body as directed in this guide

- Do <u>not</u> apply foot-pads or Body Pads directly:
 - on open wounds or rashes, swollen, red, infected, or inflamed areas or skin eruptions (such as phlebitis, thrombophlebitis, varicose veins, cellulitis)
 - on or close to, cancerous lesions/tumors
 - on areas treated with radiotherapy (within the past 6 months)
 - on reproductive organs
- Apply stimulation only to normal, intact, healthy skin
- Electrode Body Pads are for single person use only. Do <u>not</u> share body pads with others
- Do <u>not</u> use Body Pads after their use by date. There is a chance you
 may experience skin irritation or burns under the Body Pads
- Some patients may experience skin irritation or hypersensitivity due to electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternative conductive medium or alternate electrode placement
- Symptoms may worsen during the initial treatment phase before getting better. This may occur if the body has not yet adjusted to increased muscular activity and blood circulation. If this occurs, reduce the intensity and the duration of treatment which will reduce the initial symptoms, if symptoms persist consult with your doctor

When Not to Use REVITIVE

There are times you should not use REVITIVE. Do not use REVITIVE:

- with electronic monitoring equipment (such as cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use
- when you are in the bath or shower
- while you are sleeping
- while you are driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury



- Be careful when applying stimulation:
 - over areas of skin that lack normal sensation be careful not to overstimulate the area. Check for signs of skin irritation (redness), bruising or pain. If in doubt consult your doctor
 - over the abdomen during menstruation
 - after recent surgical procedures (within the last 6 months) as stimulation may disrupt your healing process
 - if you are likely to bleed internally, such as following an injury or fracture – use a low intensity and/or shorter time to avoid overstimulation
 - after a long period of immobility or inactivity use a low intensity and shorter time to avoid over-stimulation or muscle fatigue
- It is possible REVITIVE may reduce the sensation of pain that would normally act as a warning of an underlying problem
- If your pain does not improve, gets worse or continues for more than 5 days, stop using the device and talk to your doctor
- The long-term effects of chronic electrical stimulation are unknown
- This product is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are supervised by a person responsible for their safety



- <u>Do not</u> stand on the machine. Use only when sitting down
- Use the device only for its intended purpose
- Do not expose the device to extreme heat
- Do not spill liquid on the device or its accessories
- Do not overload the electrical outlet
- Keep this device out of the reach of children
- The REVITIVE may be used by multiple persons, ensure the device is cleaned after each use
- Use the REVITIVE only with the Body Pads, cords and accessories supplied by, or purchased from, the manufacturer
- Check Body Pads, cords and cables periodically for damage
- Do not open the REVITIVE or repair it yourself. This will invalidate your warranty and may cause serious harm
- In the unlikely event your REVITIVE malfunctions, disconnect it from the power source and contact your nearest authorized agent
- The REVITIVE has passed the required tests for EMI, it may still be affected by excessive emissions and/or may interfere with more sensitive equipment
- It has been reported that some universal remote control devices (eg for TV etc) can change the settings on REVITIVE if used during a treatment. If this should occur, simply adjust the time or intensity settings on REVITIVE back to where you want them to be using the REVITIVE Remote Control, or using the device Control Panel



Adverse reactions

- Skin irritation and burns beneath the electrodes have been reported with the use of powered muscle stimulators
- If you experience adverse reactions, stop using REVITIVE and talk with your doctor

SAVE THESE INSTRUCTIONS



How long should I use REVITIVE?

Do not use REVITIVE more than 6 sessions of 30 minutes (or the equivalent) per day. This may result in muscle fatigue.

It is recommended to use REVITIVE for 20-30 minutes per day.

STEP 1: SETTING UP REVITIVE FOR THE FIRST TIME

- a Remove all parts from the carton:
 - AC/DC power adapter
 - REVITIVE
 - Body Pads
 - Body Pad cords
 - Body Pad holders
 - Remote control
 - AAA batteries x 2

See What is inside the Box? pages 4-5 to help identify the parts

Hint: the AC/DC power adapter is supplied in a small, white labelled box situated to one side as you open the carton

Note: If something is missing, contact our helpline toll-free on 877-260-3114 or visit www.revitive.com



- c Locate the back cover of the remote control.
- d Pull the latch to open the cover.



 Insert the batteries.
 Make sure you insert the batteries correctly with the flat end (negative (-) end) placed against the spring in each slot.

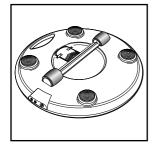


f Press the cover onto the back of the remote to close it.

Before you use REVITIVE for the first time, read the Warnings and Cautions on pages 7-12. If in doubt, consult your doctor before using the product.

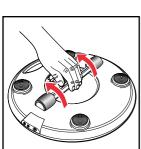
STEP 2: SETTING UP REVITIVE FOR USE

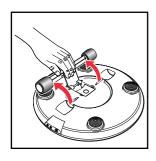
- **a** Turn the device over so that you can see the IsoRocker
 - The IsoRocker allows REVITIVE to rock while stimulating your legs and feet.
 - REVITIVE will begin rocking on the IsoRocker once muscle contractions are strong enough.
 - When the IsoRocker feature is disabled REVITIVE will be inclined, but will not rock during use.
- **b** If you want to use the IsoRocker leave the IsoRocker in place on the bottom of REVITIVE, as shown.



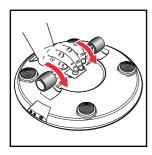
- c If you <u>do not</u> want to use the IsoRocker
 - Pull the IsoRocker bar on the bottom of REVITIVE.

You may have to pull **hard**.





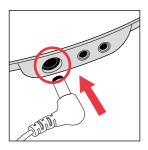
• Pull the IsoRocker bar back until it clicks open as shown.



• To re-enable the IsoRocker, pull the IsoRocker bar and press into place on the bottom of REVITIVE.



d Locate the AC/DC power adapter.



• Plug the small end of the power cord into the opening on the side of the REVITIVE.

f Plug the power adapter into the nearest electrical outlet.

STEP 3: USING THE FOOT-PADS ()

Sit with both bare feet on the foot-pads



- a Get into a comfortable seated position.
 For best results sit with your knees and ankles at right angles to your body.
- **b** Place REVITIVE on the floor in front of you.

Never stand on the REVITIVE unit.

REVITIVE is designed to be used while seated.

- Place <u>both</u> <u>bare</u> feet on the foot-pads.
 Make sure you remove all footwear, including socks/ stockings.
- **d** If desired, apply a moisturizing lotion to the soles of your feet.

Hint: Applying a moisturizing lotion to the soles of the feet before using REVITIVE can help improve the delivery of electrical stimulation.



Press the power button on the REVITIVE or remote control to turn REVITIVE on.

You will hear a beep and the control panel settings light up.

To turn off REVITIVE at any time during operation, press the power button on the REVITIVE or remote control.



f Set the time for the number of minutes you want to use REVITIVE.

You can use the buttons on the control panel **or** remote control.

Press the (+) button to increase the time.

Press the (-) button to decrease the time.

The default time is 30 minutes. You can set the timer for up to 60 minutes.



g Press the foot pad intensity (+) button one time to start stimulation.

You can set the intensity between 1-99.

h Press the foot pad intensity (+) button until it is at the desired level.

Use an intensity that provides you with strong but comfortable muscle contraction and note that the intensity required may vary from day to day.

It is normal to feel tingling or varying sensations in your calf muscles.

If you feel pain or discomfort:

- Remove one or both feet from the foot-pads to stop the stimulation.
- Lower the intensity of the foot-pads using the footpad intensity - button on the control panel or remote control before replacing your feet on REVITIVE.

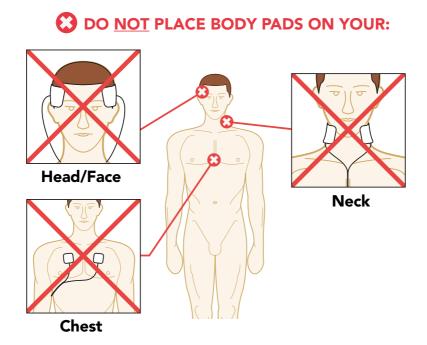
REVITIVE does not vibrate.

- i The time control/display will start to count down in minutes as REVITIVE cycles through its program.
- j When REVITIVE times out, the time display reads (00) and you will hear three beeps.
- **k** The REVITIVE switches itself off automatically.

STEP 4: USING THE BODY PADS (†)

REVITIVE comes with two pairs of reusable (up to 20-30 applications) Body Pads that can be used to deliver electrical stimulation to the knees, shoulders, back or arms.

Do NOT use the Body Pads on your head, face, neck or chest.

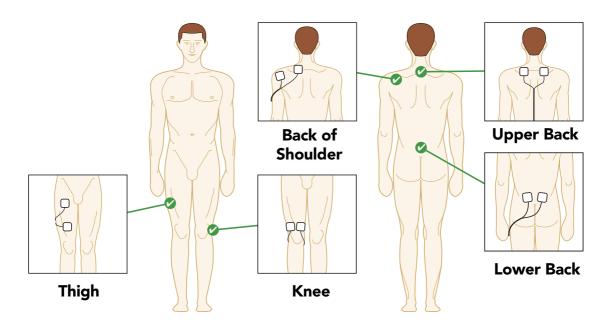


There is a chance that serious health problems, and in rare cases death, may be caused by using the Body Pads on your head, face, neck or chest.

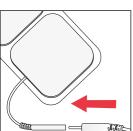
- There is a chance that using the Body Pads on your head, face or neck may cause closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- The introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- Use Body Pads only on parts of your body as directed in this guide.

Refer to the Warnings on pages 8-9 before using the Body Pads.

- a Select the area you wish to apply electrical stimulation. If you wish to treat two areas at the same time, apply a pair of Body Pads to each area.
- Example placements are shown below:



b Clean and dry the area where you will place the Body Pads.



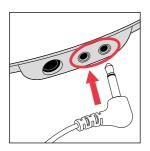
c Make sure REVITIVE is switched off. If the control panel is still illuminated, press the power button and turn REVITIVE off.



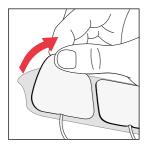
d Attach the ends of the Body Pads to the Body Pad cords. If you are using both pairs of Body Pads, repeat this step for the remaining Body Pads.



Press connectors until no gap is between them. Leaving a gap may cause discomfort.



e Plug the other end of the Body Pad cord into either of the openings on the side of REVITIVE. If you are using both pairs of Body Pads, repeat this step for the remaining Body Pad cord.



f First time use only: remove the plastic liner from the Body Pads, by peeling it off carefully, then discard.



g Press the Body Pads on the area(s) you wish to apply electrical stimulation, as shown on page 20, gently pressing the adhesive side against the skin.



h Press the power button on REVITIVE **or** the remote control to turn REVITIVE on.

You will hear a beep and the control panel settings light up.

To switch off the REVITIVE unit at any time during operation, simply press the power ON/OFF button.



i Set the time for the number of minutes you want to use RFVITIVE.

You can use the buttons on the control panel **or** remote control.

Press the (+) button to increase the time.

Press the (-) button to decrease the time.

The default time is 30 minutes. You can set the timer for up to 60 minutes.



j Press the Body Pad intensity $\hat{\P}$ (+) button one time to start stimulation.

You can set the intensity between 1-99.



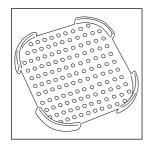
k Press the Body Pad intensity ↑ (+) button until it is at the desired level.

Use an intensity that provides you with strong but comfortable muscle contraction and note that the intensity required may vary from day to day. It is normal to feel tingling or varying sensations in the area you are delivering electrical stimulation to.

If you are using both pairs of Body Pads, the Body Pad intensity buttons control both pairs of pads.

If you feel pain or discomfort:

- Lower the intensity of the Body Pads using the Body Pad intensity (–) button on the control panel or remote control.
- I The time control/display will start to count down in minutes as REVITIVE cycles through its program.
- m When REVITIVE times out, the time display reads (00) and you will hear three beeps.
- n The REVITIVE switches itself off automatically.
- Locate the Body Pad holders and set them nearby.

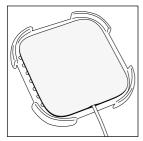


p Ensure REVITIVE is switched off.



q Gently peel the Body Pads from the skin.

Do not pull the Body Pads off the skin using the Body Pad cords as this may damage the cords.



r Place the Body Pads adhesive side down on either side of the Body Pad holders.



s Unplug the Body Pad cord(s) from the opening(s) on REVITIVE.

You do not need to detach the Body Pads from the Body Pad cords.

STEP 5: USING THE FOOT-PADS AND THE BODY PADS AT THE SAME TIME

If you want to use Body Pads and the foot-pads at the same time:

- Follow the steps for Using the Body Pads
- Then follow the steps for Using the foot-pads

Do not apply the Body Pads to the lower legs when using the footpads as this may cause muscle contractions to become uncomfortable.

STEP 6: CLEANING AND STORING REVITIVE

- a Press the power button and turn REVITIVE off, if needed.
- **b** Wipe down the foot-pads with a soft damp cloth. Do not clean with chemicals.

 Do not immerse REVITIVE in water.
- Store REVITIVE in a cool, dry and dust-free location. Store out of direct sunlight.
- d Place Body Pads on the Body Pad holders.
- Store the Body Pads in a dry and ventilated location.
 Store out of direct sunlight.
 You do not have to detach the Body Pads from the Body Pad cords to store them.

Replacing the Batteries

The remote control requires two AAA alkaline 1.5V batteries to operate. Follow Steps 1, c-f on page 14 for guidance on inserting batteries.

Replacing the Body Pads

The Body Pads are reusable up to 20-30 applications. If the Body Pads start to lose their adhesiveness, rub a few drops of water into the surface. Replacement Body Pads can be obtained via www.revitive.com

About the REVITIVE Remote Control

The technology used in the remote control allows an emitted infrared signal to be sent to the REVITIVE unit. Infrared is a common and reliable technology within remote control devices. The signal is a binary-coded command that is unidirectional and low speed. This instructs the microprocessor within the REVITIVE to change specific functions. The remote control must be aimed directly at the REVITIVE with no obstacles in between. The remote control does not change function itself but simply communicates commands to the REVITIVE.

Troubleshooting

Problem	Possible Cause	Solution
REVITIVE is on (lights illuminated on the LED display) but I cannot feel the electrical stimulation through the footpads.	Not placing both bare feet on the foot-pads at the same time.	Ensure that your feet are bare and each foot is placed on each of the foot-pads at the same time. Keep increasing the intensity up to a maximum of 99 until you feel the stimulation.
	Your feet may be dry.	Moisturize the soles of your feet to improve conductivity and stimulation and try the procedure again. You may also have to increase the () intensity level.
	You may be dehydrated.	Drink plenty of water before and after using the device. The device uses your body to create the electrical circuit. Water is an excellent conductor of electricity and if your body is less hydrated (below 60%) then the stimulation may be less. Therefore it is important to always remain well hydrated.
	The Tintensity level may be on too low a setting.	This is a very safe device. Keep increasing the intensity level towards 99 until you feel the stimulation. You may find that you have to increase the intensity level as you get used to the therapy. The aim is not to get to 99 but to find a setting that is comfortable for you.
	If, having tried the solutions above, you still cannot feel the stimulation:	Test the device by placing one hand across both footpads at the same time (The heel end of the footpads is easiest). With your other hand, and starting from zero, increase the intensity level until you can feel the stimulation. If you can feel the stimulation through your hand then the device is working. If on 99 you still cannot feel the stimulation then please contact your authorised dealer.

Problem	Possible Cause	Solution
No power or lights to REVITIVE when it is switched on.	AC Adapter not switched on at the electrical outlet or AC Adaptor not plugged into device properly.	Check electrical outlet power is switched on and the AC Adaptor is plugged into the device correctly. If still not working – contact your authorized dealer.
REVITIVE is not vibrating.	REVITIVE IS NOT DESIGNED TO VIBRATE.	
The IsoRocker is not "rocking".	It is the muscles in your legs that cause the "rocking", THE ISOROCKER IS NOT MECHANICAL.	The ISOROCKER will only rock when increased to an intensity which causes sufficient calf muscle contraction. It may be that you cannot comfortably increase the intensity high enough until you get used to the sensation. It is important that intensity is adjusted to a level that is comfortable.
	The device is too far in front of you.	Sit with your knees at a 90 degree angle.
	The IsoRocker system is not enabled.	Ensure pivot is in centre position (see pages 15-16)
My legs are aching after treatment.	You may have the () intensity on too high a setting and your muscles are being overworked.	Leave adequate time after each treatment to allow the muscles to recover (just like after vigorous exercise!). On your next session start on a lower setting (where you can feel the mild electrical stimulation and it is comfortable) and reduce the duration until your muscles have acclimatized to the stimulation.
When using the IsoRocker™ on a hard floor it makes a tapping noise.	Incorrect positioning of the device or too high an intensity level.	Adjust the positioning of the device or lower the intensity level to reduce the device tapping. Alternatively use a floor mat under the device to cushion the sound.

Technical Specifications

Name of product	REVITIVE
Model	RIX
Weight	1.725Kg
Dimensions	Ø360mm x 75mm (isorocker enabled) Ø360mm x 100.5mm (isorocker disabled)
Power Consumption	5W
Power Source:	
AC Adaptor – UL (Underwriters Laboratories) Safety Mark	G S US E343720
Input Output	100-240V, 50/60Hz, 0.18A. 5.0Vdc, 1.0A

Output Specifications:

Waveform		Pulsed Symmetrical Biphasic	
Shape		Rectangular and bipolar	
Maximum Output Voltage:	@500Ω	Foot: 32V	Body: 20V
	@2 kΩ	Foot: 118V	Body: 95V
	@10k Ω	Foot: 169V	Body: 138V
Maximum Output Current:	@ 500Ω	Foot: 64mA	Body: 40mA
	@2 kΩ	Foot: 59mA	Body: 48mA
	@10kΩ	Foot: 17mA	Body: 14mA
Pulse Duration:		Foot: 370µs and 940µs	Body: 370μs
Frequency:		Foot: 20 to 53Hz,	Body: 35 to 46Hz

Net Charge @ 500Ω		Foot: [0 - 0.006]mC	Body: [0.001 - 0.002]mC
Maximum Phase Charg	e @ 500 Ω	Foot: 41µC	Body: 15µC
Maximum Current Den	sity	Foot: 0.023 mA/cm ²	Body: 0.082 mA/cm²
Maximum Power Densi	ty @ 500Ω	Foot: 0.55 mW/cm²	Body: 1.64 mW/cm²
Burst Mode:	a. Pulses per burst	Foot: 11 - 256	Body: 49 - 154
	b. Bursts per second	Foot: 0.1 - 0.5	Body: 0.2 - 0.5
	c. Burst duration	Foot: 1.9 - 8.4s	Body: 1.9 - 6.5s
	d. Duty Cycle	Foot: 0.56 – 0.87	Body: 0.66 – 0.87
ON Time		Foot: 1.92 - 8.34s	Body: 1.92 - 6.52s
OFF Time		Foot: 1 - 1.5s	Body: 1s

Disposal: At the end of product life do not throw this product into normal household garbage, but take it to a collection point for the recycling of electronic equipment.

The Remote Control replicates the controls found on the device

Operating Frequencies	38 KHz
Operating Range Distance	0 to 25m at horizontal 0 to 18m at +/- 30 degree angle from the horizontal.

Symbols

Contraindications, Warnings and Cautions Make sure you understand these before using the REVITIVE	\triangle
Power	0
Time Remaining	(5)
Foot Pad Intensity Level	ŤŤ
Body Pad Intensity Level	†
Center Positive Polarity	⊖
Class II medical electrical equipment double insulated	
Type BF medical electrical equipment	፟ 大
Legal manufacturer of the device	
Keep dry	*
Consult instructions for use	<u>i</u>
Device serial number including year (YYYY) and month (MM) of manufacture can be found on the box and back of unit	S/N #YYYYMMXXXXX
Item number	REF
Date of manufacture	
Use-by date	
Humidity and temperature limit for storage	30% 90% 104°F

Energy Efficiency Grade 5	V
Indoor Use Only	
Lead wires comply with the Performance Standard for electrode lead wires (21 CFR part 898)	\hookrightarrow
Do not disassemble	