

# iReliev™

## Conductive Back Wrap



**Instruction Manual**  
Read Before Using



## IMPORTANT INFORMATION

**iReliev™ Conductive Back Wrap is particularly safe and user-friendly. When the Wrap is fastened and the electrode pads are in contact with the skin, the intensity of the iReliev™ TENS device may be adjusted.**

**iReliev™ Conductive Back Wrap  
(Accessory to iReliev™ TENS Device Model # ET-7070,ET-9090)**

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The iReliev™ CONDUCTIVE BACK WRAP has been designed for people who suffer from muscular tension and pain in their back. It provides a natural drug free alternative that treats back pain the natural way with no side effects.

Your iReliev™ CONDUCTIVE BACK WRAP is an accessory to your Transcutaneous Electric Nerve Stimulation (TENS) device. It deliver TENS treatment in the low frequency range. When using this method, weak electrical pulses are produced onto the skin using two or more electrodes.

This stimulates muscles, nerve fibers and acupuncture meridians in order to activate your body's own pain relief mechanisms.

Chronic pain can be treated with different methods such as medication, injections, surgical procedures or with alternative treatment methods such as acupuncture or TENS.

The TENS treatment can block pain signals by interrupting the transmission of impulses through the skin by means of electric impulses. As a result, the signal interpreted as "pain" is not transmitted to the brain and thus not felt.

Furthermore, it will work with the body's own pain inhibitors; harmless and gentle electric currents from the TENS device stimulate the release of endorphins that function as a pain reducer. The pain is therefore stopped, eased or removed by the body itself.

This electrical stimulation cannot remove the causes of pain or cure a disease, but it could help ease or block pain in the body.

**In order to achieve all the benefits from the iReliev™ Conductive Back Wrap, carefully read the following safety information and warnings before use.**

## Safety Information

- Use this device only according to its intended purpose as specified in this instruction manual. The warranty will be invalidated if the device is used for other than the intended purpose.
- Do not use the device if it is not operating correctly, or if it has fallen into water or has been damaged.
- Do not attempt to repair the device yourself in the event of a malfunction; this will invalidate the warranty.
- Do not operate this device near high-frequency transmitters, such as microwaves, short wave transmitters or radio transmitters. This may impair the device's ability to function.
- Do not switch the device on until the wrap has been fixed on the body. Do not use the device while taking a bath or a shower.
- Do not use this device while sleeping.
- Do not use this device while driving a car or another kind of vehicle or while operating machinery or heavy equipment.
- Protect the device from moisture. If liquid should get into the device, remove the battery immediately and discontinue use. Should this happen, contact iReliev™ at 1-406-672-6066.
- Never use the device in rooms where aerosols (sprays) are used or medical grade oxygen is being administered.
- Do not use with any creams, lotions or gels.
- Do not use with heating pad or any other electrical device.

## **Caution, the device should not be used by patients with:**

- Pacemakers, defibrillators or extreme cardiac irregularities
- Metal implants or electronic auxiliary devices
- Diabetes or abnormally high blood pressure
- A tendency toward internal bleeding
- Pregnant women

Therapy with the iReliev™ CONDUCTIVE BACK WRAP is a natural way of fighting pain; however it does not replace medical diagnosis or treatment. If you are not sure, consult your doctor before using this device.

Consult your doctor always before use, if you suffer from epilepsy or certain disabilities.

Persons whose sensitivity is disturbed or impaired should only apply this device under supervision of your physician.

Do not use this device if suffering from menstrual pains.

Do not use this device if your skin burns or is numb.

Pain relief treatment following injury or an operation should only be carried out under the careful supervision and instruction of a doctor or physical therapist.

Do not treat parts of the body that are swollen, burned, inflamed, peeling skin, wounds or other sensitive points.

In case of doubt, consult a doctor or medical professional for instructions and guidance.

Keep the unit out of the reach of children.

Treatment should be monitored if used on or near children or persons who are handicapped and only have a limited capability to use this device.

If you feel pain or have an unpleasant feeling, stop treatment and consult your doctor.

## Package Contents

Before using this accessory, make sure that you have all components.

**The iReliev™ Conductive Back Wrap includes:**

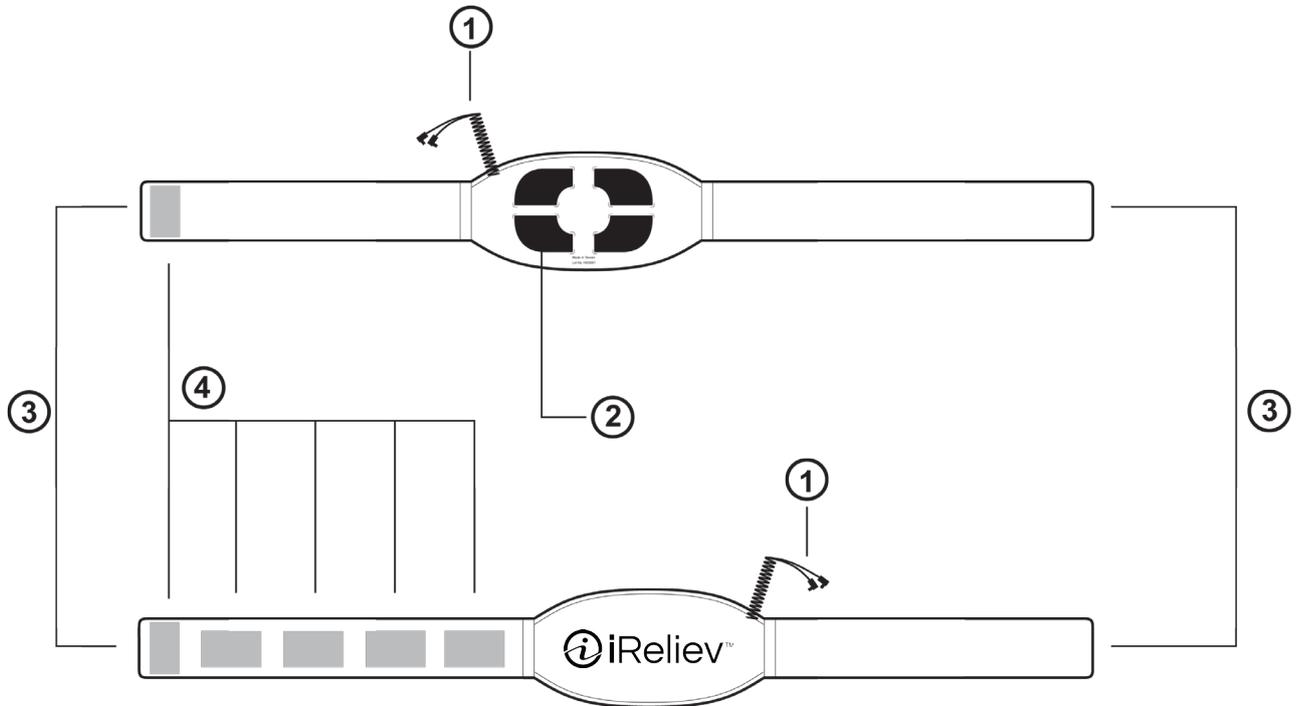
- 1.) 1 Conductive Back Wrap
- 2.) 1 Instruction/ User Manual

The packaging can be reused or recycled. Please dispose of properly if no longer required.

If you notice any damage from shipping, ***Please contact ExcelHealth Inc. at 406-672-6066***



# Parts Diagram



## Description:

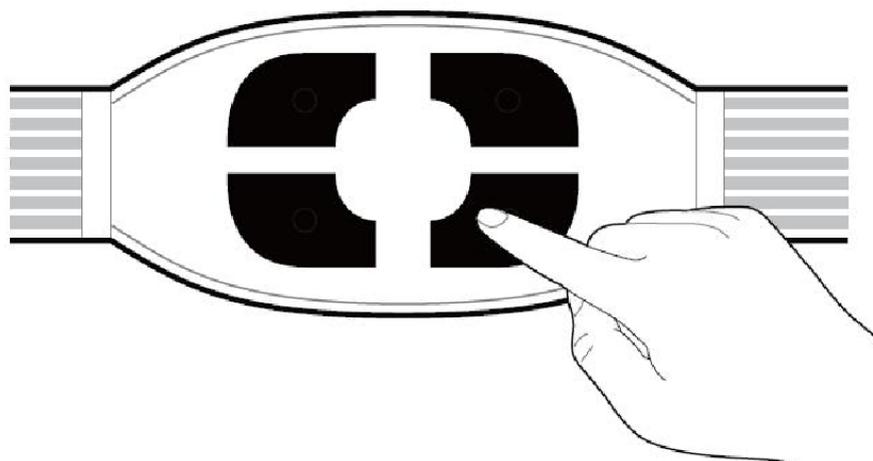
- 1.) Integrated Connection Cables
- 2.) Conductive Silicone Pads
- 3.) iReliev™ Conductive Back Wrap
- 4.) Hook and Loop Closure

## Putting on the iReliev™ Conductive Back Wrap

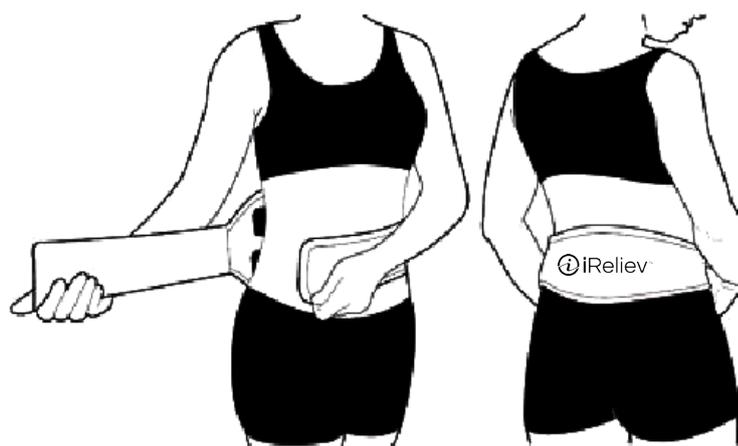
1.) Before putting on the Conductive Back Wrap, remove any residue on skin, cream or ointment. Make sure that your skin is clean and free of oil.

Do not place the wrap on injured or inflamed areas of the skin, such as wounds, sores, rashes or reddening.

2.) Before use, dampen the integrated silicon electrodes with water.

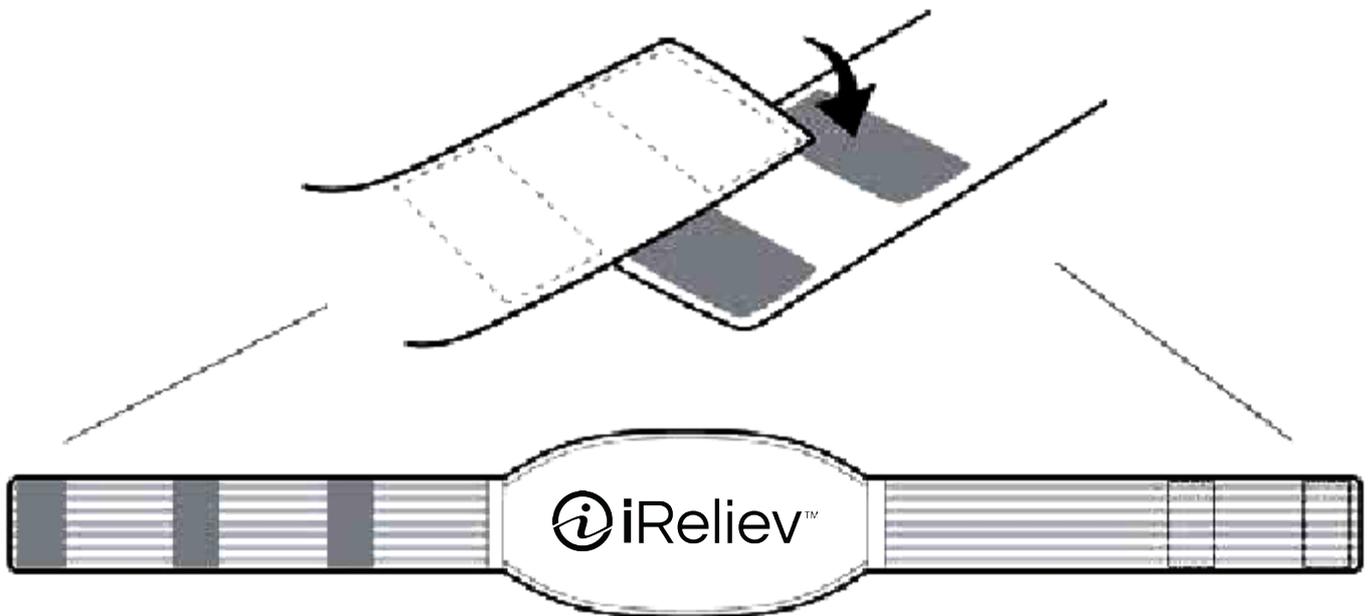


3.) Position the electrode pads on the area of the body to be treated. If your back aches at waist level; you are suffering from pain in the upper treatment area. Position the wrap so that the middle of the wrap is at waist level.



4. If your back pain is in the lower treatment area, position the wrap so that the middle of the wrap sits approximately 1 to 2 inches below the waist.
5. When the wrap has been placed into the correct position, bring the two ends of the neoprene straps together and fasten with the built-in hook and loop pads.
6. The wrap may be tightened or loosened as shown by adjusting the hook and loop closure (See diagram below)

**Caution:** Subjective perception of the electric current may alter with changing frequencies or pulse widths. Lower the intensity as soon as the application becomes unpleasant or the pleasant prickling sensation is not felt for a long period of time.



# Trouble Shooting

Always check the unit and accessories before use to prevent damage and defects; these are some of the simple checks:

1.) Make sure the battery on the iReliev™ TENS Device has sufficient charge and is not corroded.

2.) Make sure the cables fit tightly into the connection sockets of the device. The table below shows some common defects. If you cannot remedy the defects as described, contact iReliev® at 1-406-672-6066.

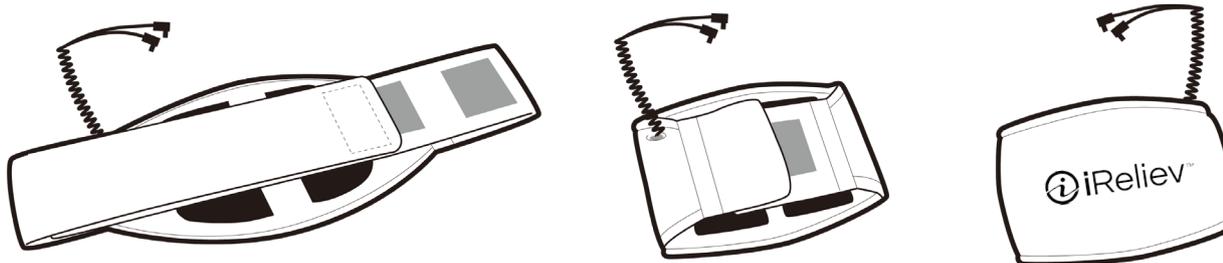
DEFECT	CAUSE	REMEDY
The device does not turn on	No battery or battery life expired	Replace battery
The device turns on and then off again	Battery not inserted properly Battery life expired	Insert battery again Replace battery Contact ExcelHealth at 1-406-672-6066
The device turns on, but does not generate electric pulses	Lead Wire Cables broken  Cable not connected properly, treatment time has expired	Contact ExcelHealth at 1-406-672-6066  Connect cable properly. Switch unit to the OFF position and turn it back on
The unit does not turn on even though new batteries have been inserted		Contact ExcelHealth at 1-406-672-6066

## Care and Maintenance

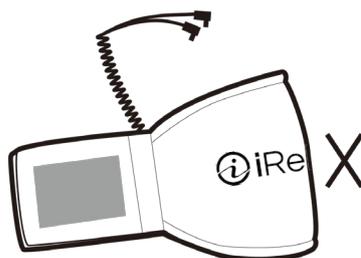
### Wrap:

- If the wrap has become damp during use, let it dry naturally before using again.
- Do not wash the wrap in water. Do not wash the wrap in the washing machine. Lay the wrap out flat or hang it up to dry naturally. Do not tumble dry. The wrap maybe cleaned using a lightly dampened sponge.
- Do not use bleach when washing the wrap.
- Do not dry clean your wrap. Do not dry it over anything hot (e. g. a radiator) as it contains plastic parts. Ensure the wrap is completely dry before using it again. The wrap should never be ironed.
- The lead wire cables are integrated into the wrap. Always detach the TENS unit from the wrap. Do not pull on the lead wire cables but on the connectors attached to the ends of the cables.
- To ensure the quality and longevity of your Conductive Back Wrap, please store and fold as per images. Folding the back portion on itself can over time compromise the lead wire cables.

Fold This Way



Do Not Fold This Way



## Warranty

This iReliev™ Conductive Back Wrap carries a one-year warranty from the date of purchase.

The warranty applies to the iReliev™ Conductive Back Wrap, necessary parts and labor relating thereto. ExcelHealth or distributor reserves the right to replace or repair the device at it's discretion.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alternations, or disassembly by unauthorized individuals.

**Return to:**

ExcelHealth Inc.

102 Trewin School Rd.

Park City, MT. 59063

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[www.iReliev.com](http://www.iReliev.com)

1-406-672-6066



**iReliev™**  
Restore, Recover, Renew

**ExcelHealth Inc.  
[www.iReliev.com](http://www.iReliev.com)**

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