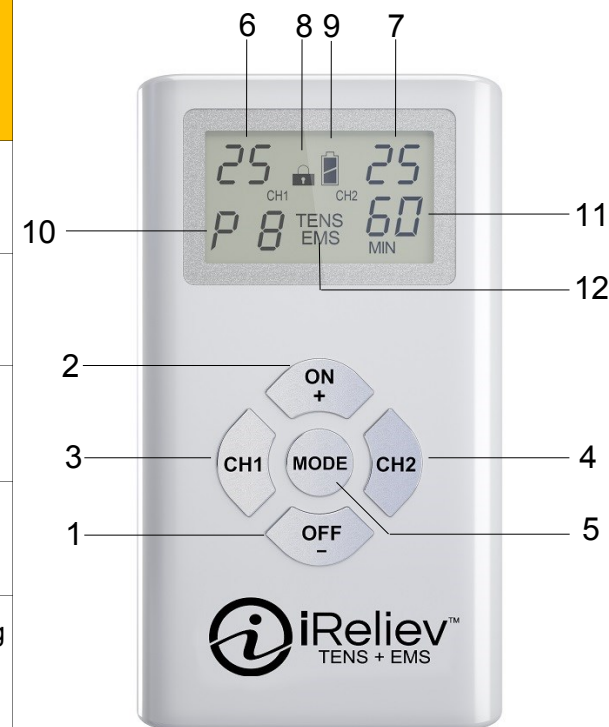


Selecting the Program on Mode ET-7070

The iReliev Dual Channel TENS + EMS Strength & Recovery System offers 14 different preset treatment programs.

Handset Quick Reference Guide

Program Mode	Therapy Type	Pulse Rate	Output Mode/ Pulse Width	Type of Pain/ Program	Potential Benefits	You Should Feel
(TENS) Output Modes						
P1 Mode	TENS	15Hz	Constant	Chronic Pain	<ul style="list-style-type: none"> Pain Gate Control Pain relief associated with muscle groups 	<ul style="list-style-type: none"> Continuous comfortable tingling.
P2 Mode	TENS	60Hz	Modulated	Acute Pain	<ul style="list-style-type: none"> Pain Gate Control Help relieve muscle twitching/spasms 	<ul style="list-style-type: none"> Comfortable pulsing sensation
P3 Mode	TENS	60Hz	Constant	Chronic Pain	<ul style="list-style-type: none"> Pain Gate Control Pain relief associated with muscle groups 	<ul style="list-style-type: none"> Comfortable pulsing sensation
P4 Mode	TENS	2-60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> Achieve endorphin and gate response 	<ul style="list-style-type: none"> Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves) Massage-like feeling
P5 Mode	TENS	60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> Achieve endorphin and gate response Decreased muscle fatigue 	<ul style="list-style-type: none"> Variable mild tingling sensation (sensation should appear to come in waves) Massage-like feeling
P6 Mode	TENS	7-60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> Decreased muscle fatigue 	<ul style="list-style-type: none"> Variable pulsing and pumping action (action should appear to come in waves)
P7 Mode	TENS	60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> Prevents accommodation of habituation 	<ul style="list-style-type: none"> Variable tingling and pumping action (action should appear to come in waves)
P8 Mode	TENS	2.45-245Hz	Cycle	Arthritis	<ul style="list-style-type: none"> Combination of pain gate control & endorphin release Pain relief associated with muscle groups Helps prevent habituation (reoccurrence) 	<ul style="list-style-type: none"> Massage-like feeling



1	Power off/adjust/decrease key
2	Power on/adjust/increase key
3	CH 1 (Channel 1) Key
4	CH 2 (Channel 2) Key
5	Navigation Key/Program Mode
6	CH 1 intensity level
7	CH 2 intensity level
8	Lock status indicator
9	Battery status indicator
10	Program Mode
11	Therapy time remaining
12	Therapy Type (EMS or TENS)

(EMS) Electrical Muscle Stimulation Output Modes

EMS Suggestion

P1 Mode	EMS	40-99Hz	2 Sec. On 1 Sec. Off	Exercise Prep	<ul style="list-style-type: none"> The program can gently warm muscles prior to exercise 	<ul style="list-style-type: none"> Rhythmic Massage 	<ul style="list-style-type: none"> Increase the intensity until you get a strong but comfortable muscle movement. 10 min/duration
P2 Mode	EMS	4Hz		Muscle Recovery	<ul style="list-style-type: none"> The program produces muscle twitches at very low frequency For Muscle Recovery from fatigue and relaxation to help decrease muscle stiffness 	<ul style="list-style-type: none"> Tapping Massage 	<ul style="list-style-type: none"> Use after intense exercise to promote recovery and relaxation 30 min/duration
P3 Mode	EMS	5Hz		Active Recovery	<ul style="list-style-type: none"> The program produces muscle twitches at very low frequency For Muscle Recovery from fatigue and relaxation to help decrease muscle stiffness 	<ul style="list-style-type: none"> Soft Tapping Massage: Similar to P2 but twitch rate is slower resulting in softer tapping 	<ul style="list-style-type: none"> Use after intense exercise to promote recovery and relaxation 20 min/duration
P4 Mode	EMS	99Hz	2 Sec. On 1 Sec. Off	Active Recovery	<ul style="list-style-type: none"> The program activates the muscle in a short contraction/relaxation cycle 	<ul style="list-style-type: none"> Kneading Massage 	<ul style="list-style-type: none"> Use after intense exercise to promote recovery and relaxation 20 min/duration
P5 Mode	EMS	4-20Hz	2 Sec Ramp Up 6 Sec. On 2 Sec. Ramp Down 1 Sec. Off	Endurance	<ul style="list-style-type: none"> The program uses a low frequency pulse to initiate slow twitch fibers for developing aerobic capacity and capillary supply It helps improve fatigue resistance during long duration moderate intensity exercise 	<ul style="list-style-type: none"> The exercise comprises alternating sequence of work and rest phases lasting several seconds 	<ul style="list-style-type: none"> Increase the stimulation intensity until you get a strong and deep muscle contraction. Do not exceed your comfort level 20 min/duration
P6 Mode	EMS	50Hz	2 Sec Ramp Up 5 Sec. On 3 Sec. Ramp Down 10 Sec. Off	Muscle Strength	<ul style="list-style-type: none"> The program uses a low frequency pulse to initiate fast twitch fibers for developing aerobic capacity and capillary supply and is used for improving maximum muscle strength 	<ul style="list-style-type: none"> The exercise comprises a sequence of work phases separated longer relaxation phase. Strong deep muscle contraction 	<ul style="list-style-type: none"> Increase the stimulation intensity until you get a strong and deep muscle contraction. Do not exceed your comfort level 20 min/duration