

PLAYMAKAR®

Therapeutic Wearable System™
TENS + EMS Wireless Muscle Stimulator



MODEL NO. ET-5050

 **iReliev®**
Instruction Manual



INDICATIONS FOR USE

Your PlayMakar® Therapeutic Wearable System™, model # ET-5050, is intended for:

-Temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities.

(Choose TENS Modes P1 through P7)

-Temporary relief of pain associated with sore and/or aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.

(Choose TENS Modes P1 through P7)

-Symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis. (Choose TENS Mode P8)

-Use by healthy adults for the stimulation of healthy muscles in order to improve or facilitate muscle performance. (Choose EMS Modes P1 through P6)

WHAT YOUR SYSTEM INCLUDES:

1. Wireless Hand Remote x 1
2. Wireless Receiver Pods (CH1 & CH2) x 2
3. Self-Adhesive Electrode Pads x 2
4. Dual USB Charging Cable x 1
5. AC Adaptor x 1
6. Carry Case x 1

Visit www.iReliev.com or your authorized reseller to purchase additional CH3 and CH4 wireless receiver pods, accessories, and replacement electrode pads.

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INDICATIONS AND CONTRAINDICATIONS

Read instruction manual before operation. Be sure to comply with all "CAUTIONS" and "WARNINGS" in the manual. Failure to follow instructions can cause harm to the user or device.

The device is intended for over-the-counter use. However, you may consult your physician and observe your physician's precise instructions and let them show you where to apply the electrodes pads.

What is TENS

TENS stands for transcutaneous electrical nerve stimulator and is used to apply an electrical current to electrode pads on a patient's skin to relieve pain associated with sore or aching muscles.

What is EMS

EMS, which stands for electrical muscle stimulation and also known as powered muscle stimulator, is used to stimulate healthy muscle in order to improve muscle strength and performance.

Indications for Use

The Therapeutic Wearable System™ is a digital electrical stimulator for active treatment as per the following intended use:

-for temporary relief of pain associated with sore and aching muscles in the lower back due to strain from exercise or normal household and work activities. (Choose TENS Modes P1 through P7)

-for temporary relief of pain associated with sore and aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.
(Choose TENS Modes P1 through P7)

-for symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis. (Choose TENS Mode P8)

-for use by healthy adults for the stimulation of healthy muscles in order to improve or facilitate muscle performance. (Choose EMS Modes P1 through P6)

Contraindications

- Do not use this device if you have a cardiac pacemaker, implanted defibrillator or any other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference or death.
- Do not use this device if you have undiagnosed chronic pain.
- Do not use this device if you are pregnant. The safety of TENS or Electronic Muscle Stimulation (EMS) over a pregnant uterus has not been determined or established.
- Do not use this device if you have cancer. The effects of electronic stimulation on cancerous tissue is unknown.
- Do not use this device if you are under medical supervision for cognitive dysfunction as you may not be able to comply with safety and operating instructions.
- Do not use this device if it is in close proximity to shortwave or microwave diathermy equipment.
- Do not wear the device or place electrode pads over areas where drugs/medicines are administered (short-term or long-term) by injection (e.g. hormone treatment).
- Do not use if you have epilepsy.
- Do not use if you have recently undergone a surgical procedure.
- Do not use following acute trauma or fracture in case of critical ischemia of the limbs.

WARNINGS AND PRECAUTIONS

Warnings

- If you are under the care of a Physician, consult with your Physician before using this system.
- The long-term effects of this system are not known.
- Do not place the electrode pads on or close to your heart.
- Do not place the electrode pads around or close to your neck. Do not apply stimulation over the neck. Severe spasm of the muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation over the neck could also have an adverse effect on hearing or blood pressure.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart.

- Do not place electrode pads on or around your head. The effects of stimulation of the brain are unknown.
- Do not use the electrode pads over or close to sores on the skin.
- Do not place the electrode pads on the front or sides of the neck, or across the heart (one electrode pad on the front of the chest and one on the back). Do not place on the genital region or on the head as such risk is considered inappropriate muscles, organs or areas of the body.
- Do not place the electrode pads over any recent scars, broken or inflamed areas of infection or susceptibility to acne, thrombosis or other vascular problems (e.g. varicose veins), or any part of the body where feeling is limited.
- Do not place the electrode pads over areas of injury or restricted movement (e.g. fractures or sprains).
- Do not use this system while sleeping.
- Do not use if you feel numbness.
- Do not use this system in or close to water.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal.
- Do not use electrode pads over or close to cancerous lesions.
- Use the electrode pads only on normal, healthy, clean and dry skin. Do not use the electrode pads on open wounds, rashes or over swollen, red, infected or inflamed skin.
- If you have ever had back surgery, consult your Physician before using this system.
- Electronic monitoring equipment (such as ECG and ECG alarms) may not operate properly when electrical stimulation is in use.
- Avoid areas of injury or restricted movement (e.g. fractures or sprains).
- Avoid placing the electrode pads over metal implants.
- Do not use in the bath/shower or in an environment of elevated humidity (e.g. sauna, hydrotherapy, etc).
- Do not use the device in an environment where flammable or explosive fumes may exist.
- User should never operate potentially dangerous machinery such as power saws, automobiles, etc. during electrical stimulation. It might result in burns at the site of the stimulator electrode pads and possible damage to the stimulator if you connect to high frequency equipment.
- Application of electrodes pads near the thorax may increase the risk of cardiac fibrillation.
- The system is internally powered (power from battery pack), IP 22, continuous operation. (Please refer to

technical specification section more about the battery information and explanation of the symbol).

Wait Before Using the Unit:

- At least 6 weeks after the birth of your baby (you must consult your doctor before use).
- One month after an IUD contraceptive device (e.g. coil) has been fitted (you must consult your doctor before use).
- At least 3 months after having a cesarean section (you must consult your doctor before use).
- Until the heavy days of your period have finished. Vigorous abdominal exercise or muscle stimulation is not recommended during this time.

Precautions

- Read user manual before using this system for the first time.
- Keep this manual available whenever you use this system.
- The system is intended for personal use on healthy adults only.
- The safety of using the system during pregnancy or birth has not been established.
- The effectiveness of the system depends greatly on a person's individual physical condition. It may not always be effective for every user.
- The safety of neuromuscular stimulation during pregnancy has not been established.
- Use caution when and/or if:
 - Sensory nerve damage is present by a loss of normal skin sensation.
 - Use caution prior to using this device on patients suspected of having heart disease.
 - Use caution for patients with suspected or diagnosed with epilepsy when using this device.
 - Use caution following recent surgical procedures when muscle contraction may disrupt the healing process.
 - Use caution when there is a tendency to hemorrhage, such as following acute trauma or fracture.
 - Over a menstruating or pregnant uterus.
 - User experiences skin irritation due to electrical stimulation or the electrical conductive medium used to remove the electrode pads. Discontinue stimulation and consult a clinician. Irritation may be reduced by an alternative conductive medium or an alternative electrode pad.

placement. Isolated cases of skin irritation may occur at the site of electrode pad placement following long-term application.

- Place electrode pads in accordance with illustrations on page 18 in this instruction manual.
- This unit should not be used while driving, operating machinery or during any activity in which involuntary muscle contractions may place the user at undue risk of injury.
- Some users may experience skin irritation or hypersensitivity due to the electrical stimulation or the conductive medium.
- Keep this device out of reach of children. If the user is a child, make sure he/she is properly supervised during electrical stimulation.
- Application of moderate heat (thermal wrap) to muscles as well as moistening skin prior to treatment improves treatment efficacy and the use of cold packs on treated muscles after treatment is likewise recommended.
- This unit should only be used with iReliev® brand electrode pads and accessories.
- The device is not intended for medical use, for the treatment of any medical condition or for any permanent physical changes.
- Contact ExcelHealth Inc. or an authorized reseller if your unit is not working correctly. Do not use in the meantime.
- An effective session should not cause discomfort.
- For first time users, muscle stimulation can be an unusual sensation. We recommend that you begin in a seated position with low stimulation intensity settings to familiarize yourself with the sensation before progressing to higher intensity settings.
- The electrode pads must not be connected to other objects.
- Do not overexert yourself while using muscle stimulation. Any workout should be at a comfortable level for you.
- Do not place electrode pads over jewelry or body piercings.

 **Use Caution and consult your Physician before using this system if any of the following conditions apply to you:**

- You have any serious illness, diagnosis or injury not mentioned in this guide.
- You have recently undergone a surgical procedure.
- You take insulin for diabetes.
- You use the unit as part of a rehabilitation program.
- If you suspect or have been diagnosed with a heart problem.
- If you suspect or have been diagnosed with epilepsy.
- If you have a tendency to bleed internally following an injury.
- If you recently have had surgery or have ever had surgery on your back.
- If areas of skin lack normal sensations, such as skin that tingles or is numb.
- During menstruation or during pregnancy.
- Some people may feel skin irritation or experience a very sensitive feeling in the skin due to electrical stimulation. If this occurs, stop using your system and consult your Physician.
- If skin under one or more electrode pads feels irritated after using the stimulator for a long period of time, use the stimulator for a shorter period of time.
- Minor redness at stimulation placement is a normal skin reaction. It is not considered as skin irritation, and it will normally disappear within 30 minutes after the electrode pads are removed. If the redness does not disappear after 30 minutes from the removal of electrode pads, do not use the stimulator again until excessive redness has disappeared.
- Turn off the stimulator if the stimulation feels unpleasant or does not provide pain relief.
- Keep your system out of the reach of children.
- Use your stimulator only with iReliev® brand electrode pads and accessories.
- Do not use this system when driving, operating machinery, or when swimming.
- Before removing the electrode pads, be sure to power off device to avoid unpleasant stimulation.

After Strenuous Exercises or Exertion:

- Always use lower intensity to avoid muscle fatigue.

Important:

- Effectiveness is highly dependent upon user's selection of therapy program. Please refer to a clinician qualified in the management of pain or rehabilitation.
- Do not use this system at the same time as any other device which transfers an electrical current into the body (e.g. another muscle stimulator).
- Stop using your unit if you are feeling light-headed or faint. Consult a doctor if this happens.
- Do not touch the electrode pads or metal studs while the unit is switched on.
- Do not use this system if you are wearing a belly button ring. Remove ring before session.
- Use the device with only the leads and electrode pads provided for use by iReliev® with your device. Any others may not be compatible with your unit and could degrade the minimum safety levels. Use only the electrode pad placements and stimulation settings prescribed by your practitioner.
- This device is for external use only.
- Choking may result from a child swallowing a small part that has become detached from the device.

▲Note: If you have any doubt or have medical questions about using this system, please consult your doctor.

Electrode Pad Precautions

- To reposition the electrode pads during a session, always pause the program currently running, reposition the electrode pads, and then restart the program.
- The electrode pads are for single person use only.
- Do not plunge the electrode pads into water.
- Do not apply solvents of any kind to the electrode pads.
- Always ensure the unit is OFF before removing the electrode pads.
- Apply the whole surface of the electrode pads firmly to the skin. Do not use electrode pads that do not adhere properly to the skin.
- If your skin is red under the electrode pad after a session, do not start another session in the same area until your redness has completely disappeared.
- Do not snap electrode pads onto receiver pods while they are charging.

Adverse Reactions

- You may experience skin irritation and/or minor burns due to prolonged exposure of the stimulation electrode pads applied to your skin.
- You may experience potential allergic reactions to accessible materials used in the electrode pads.
- Do not apply electrode pads to your head or face. You may experience headaches and other painful sensations during or following the application of electrical stimulation near your eyes, head, and face.
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

Conditions That May Affect Your System

Since the stimulator is a battery-operated electronic system, its output performance and safety may be affected greatly in extreme humidity. Therefore, it is very important to keep the system device(s) dry to ensure the safety and performance of the stimulator.

- User of this system must be at least 16 years old.
- This system is for indoor home-use.
- This system may be used daily with no operation time limit but it is recommended to not exceed 60 minutes per day.
- If there is any other problem, please consult ExcelHealth or return the device to an authorized iReliev® reseller . Do not try to repair a defective device.
- For plug-in equipment, the power outlet socket must be located near the equipment and must be easily accessible.
- WARNING: No modification of this system is allowed.
- WARNING: Use of non-iReliev® brand accessories may negatively affect the system's performance.
- WARNING: Do not stack and store this system close to other equipment.

GENERAL INFORMATION

Package Content

1. Wireless Hand Remote x 1
2. Wireless Receiver Pods (CH1 & CH2) x 2
3. Self-Adhesive Electrode Pads x 2
Size: 3 in. x 5 in.
4. Dual USB Charging Cable x 1
Length: 23.5 in.
5. AC Adaptor x 1
6. Carry Case x 1



About Remote Control

1. Power ON key
2. SET key
3. Power OFF key
4. CH key
5. ON/+ key: increase
6. OFF/- key: decrease
7. USB Charger Socket



About Receiver Pods

8. CH1 Receiver Pod: Power ON/OFF key
9. CH2 Receiver Pod: Power ON/OFF key
10. Snaps for Electrode Pad
11. USB Charger Socket

ABOUT RECHARGEABLE BATTERIES

Please fully charge the batteries in both the remote unit and the receiver pods before using this device.

Charging the Remote Using the AC Adaptor

1. Connect the small end of the USB cable to the remote and the larger end to the AC adaptor.
2. Plug the adaptor into any standard wall outlet.

When charging, the battery symbol lights on and lasts until fully charged. When fully charged, the battery symbol will disappear.

Charging the Receiver Pod Using the AC Adaptor

1. Connect the small end of the USB cable to the receiver pod and the other end into the AC adaptor.
2. Plug the adaptor into any standard wall outlet.

An orange light indicates the receiver pod is now in charge mode; once fully charged the orange light will turn off.

▲Note: You may not use the handheld remote while it's charging. When charging, the handheld remote will turn off automatically.

▲Note: Do not charge receiver pods with electrode pads snapped on to the receiver pods as it will reduce longevity of the electrode pads due to excessive heat from charging.



Remote Battery Status

Remote ON



Remote Low Battery
Battery Symbol Showing



Remote Battery Drained



Remote Charging
Battery Symbol Showing



Remote Done Charging
NO Battery Symbol Showing



Receiver Pod Battery Status

Receiver Pod ON

Receiver Pod Low Battery
Light Blinking

Receiver Pod Battery Drained

Receiver Pod Charging
Orange Light OnReceiver Pod Done Charging
Light Off

▲Note: Use important precautions when using the AC adaptor.

- To prevent the risk of electric shock, make sure power cord is unplugged from wall socket. To fully disengage the power to the unit, please disconnect the power cord from the AC outlet. Do not remove cover (or back). There are no serviceable parts inside. Refer servicing to ExcelHealth. The AC outlet shall be readily available and accessible.

▲Note: Use important precautions regarding the batteries:

- It is recommended to use a manufacturer supplied or approved battery charger in order to maximize battery life.
- Do not connect the battery to metal objects placed in your pocket or backpack or other containers.
- Do not short the metal (+)(-) terminals.
- Do not dismantle or modify the battery.
- Please do not take a hammer or other items to hammer blow, or throw batteries and trample them, or make them fall, causing a strong impact, heavy blow, etc.
- Do not use sharp utensils or metal objects to scratch or puncture the battery.
- Do not place the battery in a microwave, oven, or dryer. Do not place the battery into high pressure or high temperature environments.
- Do not mix this product with other brands or other types of batteries.
- Before charging or discharging the battery, read the manual.
- Stay away from conductive objects during battery charging and discharging.
- Keep batteries away from children.
- When the device(s) system is not in use, store in a low humidity, low temperature environment.
- In the event the battery fluid comes into contact with your eyes, do not rub your eyes. Rinse with water and immediately seek treatment.
- If you detect abnormal heat, odors, or flames coming from the battery, discontinue using the battery.
- If the battery fluid leaks and comes into contact with the skin, wash with clean water.
- Do not throw into a fire.
- When discarding or recycling batteries, make sure not to short circuit (+)(-) the terminals.

- Please recycle. Do not dispose of old batteries with your household waste; dispose of them safely at your recycling center or business where the batteries were purchased.

STEP BY STEP OPERATION GUIDE FOR TREATMENT

Preparing Skin Before Using

Proper preparation of the skin covered by the electrode pads allows greater electrical dispersion for increased stimulation to reach targeted tissues, prolongs electrode pad life, and reduces the risk of skin irritation. After connecting the wireless units to the electrode pads, use the following steps to prepare your skin at the electrode pad placement sites:

1. Determine the electrode pad placement sites for the electrode pads.
2. Wash the area with mild soap and water (do not use alcohol). Rinse and dry thoroughly.
3. Trim excess body hair from the area with scissors (do not shave).
4. Optionally, apply skin prep to the area to form a protective barrier on your skin. Apply, let dry, and affix electrode pad as directed. This will both reduce the chance of skin irritation and may extend the life of your electrode pads.
5. When removing electrode pads, always remove by pulling in the direction of hair growth.
6. It may be helpful to apply iReliev® after use skin lotion on electrode pad placement area when system is not in use.

Placement of Electrode Pad

1. Place the electrode pad with the contact plugs up onto a flat surface. Place the receiver pod with the contact jacks down onto the electrode pad so that plugs and jacks are aligned. Then press down until they are completely snapped in.



2. Do not remove the clear plastic shield from electrode pad until the unit is ready to be placed on the body.

**ABS**

Place each pair of pads horizontally on either side of your navel.

**BACK OF THIGHS**

Place each pair of pads horizontally across your hamstrings.

**FRONT OF THIGHS**

Place each pair of pads horizontally across each thigh muscle.

**LOWER BACK**

Place a pair of pads horizontally on either side of your spine on the lower part of the back.

**UPPER ARM**

Place one of the pads on the upper part of your arm and the other pad on the other arm.

**SHOULDER**

Place one of the pads on the front of your shoulder and the other pad on the side.

**UPPER BACK**

Place a pair of pads horizontally on either side of your spine on the upper part of the back.

**CALF MUSCLES**

Place each pair of pads horizontally across each calf muscle. Do not place them too low on the leg, as this can result in an uncomfortable contraction.

Remote Operation/Turning Remote On/Off

1. To turn on the remote, press and hold the ON/+ button for one (1) second. Settings will be shown on the display with backlight for 10 seconds. The most recently selected program will display by default.
2. When intensity is adjusted, wireless icon will be shown briefly on the display.
3. To turn off the remote, press and hold the OFF/- button for three (3) seconds to turn off the device. Or it will automatically turn off when no button is pressed for 60 seconds.

▲Note: Do not turn the unit on until the receiver pod(s) are properly attached.

▲Note: When stimulating the muscles of the arms or legs, bear in mind that the muscle contraction may cause involuntary limb movement which could cause injury to you or others. Always ensure the limb is secured to prevent movement.

Receiver Pod Operation/Turning Receiver Pod On/Off

1. To turn on the receiver pod, press the power button.
2. Blue backlight will be lit up, lasting for 60 seconds, and then the backlight will turn off with no activity.
3. Blue backlight of the receiver pods will blink two times when it receives the signal from the remote.
4. To turn off the receiver pods, press and hold the OFF/- button for three (3) seconds.

▲Note: In an emergency, you may take off the receiver pod(s) and electrode pads directly from treatment site(s).

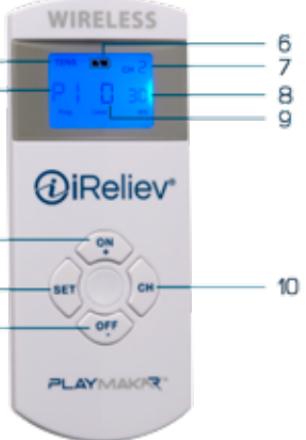
▲Note: To prevent unpleasant electric shocks, never remove the device while it is still turned on.



Communication Between Remote and Receiver Pod(s)

Radio Frequency Wireless technology 2.4G is used in this system. For good quality of service between the remote and wireless receiver pod(s), it requires that the remote be within 9.8 feet of wireless receiver pod(s).

1. LCD symbol on the remote control and LED indicator guide on wireless unit(s);
2. The ET-5050 system includes one (1) remote and two (2) receiver pods. Each receiver pod is labeled with "CH1" or "CH2" indicating the respective channel of the receiver pod. Two (2) additional expandable receiver pods (Model # ET-5555) may be purchased with your ET-5050 system. Channel 3 and Channel 4 receiver pods (CH3 and CH4) are available for replacement purposes as well as extending therapy use up to 4 channels at one time. Please contact ExcelHealth, authorized resellers or visit us at: www.iReliev.com.
3. Whenever the receiver pods are powered on, the remote control unit shall display the channel of the receiver pod(s) with CH1, CH2, and/or CH3 and CH4 in the event you have purchased additional receiver pods. Make sure the identical receiver pod is turned on and properly placed before setting up Program/Timer/Intensity Level.
4. The remote will display treatment status on the LCD sequentially and display the channel of receiver pod(s). When the receiver pod(s) are set, you may turn off handheld remote.

Indicator	Description																				
<p>Remote Features:</p>  <table border="1" data-bbox="813 134 1259 513"> <tr><td>1</td><td>Power OFF/Adjust/Decrease Key</td></tr> <tr><td>2</td><td>Navigation Key/Program Set</td></tr> <tr><td>3</td><td>Power ON/Adjust/Increase Key</td></tr> <tr><td>4</td><td>Program Mode</td></tr> <tr><td>5</td><td>Therapy Type (TENS or EMS)</td></tr> <tr><td>6</td><td>Battery Status Indicator</td></tr> <tr><td>7</td><td>Channel Indicator</td></tr> <tr><td>8</td><td>Therapy Time Remaining</td></tr> <tr><td>9</td><td>Intensity Level</td></tr> <tr><td>10</td><td>Channel Key</td></tr> </table>	1	Power OFF/Adjust/Decrease Key	2	Navigation Key/Program Set	3	Power ON/Adjust/Increase Key	4	Program Mode	5	Therapy Type (TENS or EMS)	6	Battery Status Indicator	7	Channel Indicator	8	Therapy Time Remaining	9	Intensity Level	10	Channel Key	<ol style="list-style-type: none"> 1. LED backlight will display for 10 seconds upon turning on. 2. CH1 and CH2 will display on LCD when paired. 3. When charging, the remote will shut off automatically. 4. If battery symbol is displayed, battery power is low.
1	Power OFF/Adjust/Decrease Key																				
2	Navigation Key/Program Set																				
3	Power ON/Adjust/Increase Key																				
4	Program Mode																				
5	Therapy Type (TENS or EMS)																				
6	Battery Status Indicator																				
7	Channel Indicator																				
8	Therapy Time Remaining																				
9	Intensity Level																				
10	Channel Key																				
<p>Receiver Pod Features (CH1 / CH2):</p> 	<ol style="list-style-type: none"> 1. When power is on, blue LED light is on. 2. LED in blue blinks on with the channel in use when it receives signal transmitting from the remote. 3. If LED in orange is flashing, battery power is low. <p>Receiver pod will turn on when charging the battery. Orange light will remain until fully charged, then turns off.</p>																				

Selecting the Program

The device offers 8 different preset treatment programs respectively for TENS modes and 6 programs for EMS modes; the programs differ with respect to varying pulse widths and frequencies.

Choice of the Appropriate Mode and Treatment Program

The mode you choose determines the kind of work that is imposed upon the stimulated muscles. Choose the mode that is appropriate to your needs or gives you the greatest pleasure.

How to Select TENS + EMS Mode

1. Press SET button; the preset (default) therapy mode TENS/EMS will flash on the display.

Use the ON/+ or OFF/- button if you would like to change the therapy mode.

2. Press SET button again. The numeric number of the program will then flash.

3. Press the ON/+ button (to increase) or the OFF/- button (to decrease) for the choice of program of the selected modality.

▲ Note: Make sure the identical receiver pod is turned on and properly placed.



For TENS programs:

When using any of the 8 programs for pain relief, always start with the lowest intensity and gradually increase the level of intensity until you feel a "tingling" sensation. All programs are different and therefore feel differently. You may try all 8 programs in the beginning and choose one that feels pleasant. Never increase the intensity to a level so that it hurts; always stay under the point of discomfort. Start with short sessions of 5 to 10 minutes until your body gets used to the stimulation.

Program/Mode	Benefits	You should feel
P1	-for temporary relief of pain associated with sore and/or aching muscles in the lower back due to strain from exercise or normal household and/or work activities.	Continuous comfortable tingling. The underlying pain should decrease gradually after treatment.
P2		Comfortable pulsing sensation. The underlying pain should decrease almost immediately.
P3		Comfortable pulsing sensation. The underlying pain should decrease almost immediately.
P4	-for temporary relief of pain associated with sore and/or aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.	Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.
P5		Variable comfortable mild tingling sensation (sensation will appear to come in waves).
P6		Variable comfortable pulsing and pumping action (action will appear to come in waves).
P7		Variable comfortable tingling and pumping action (action should appear to come in waves).
P8	-for symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.	Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.

For EMS programs:

For muscle stimulation (EMS) any of the 6 programs may be used. The intent is to cause a muscle contraction, and then release. All 6 programs will achieve contraction and vary by rate and duration of the contractions.

Start out slowly with low intensity levels for a warm-up (5-10 min). Increase intensity level and treatment time as you progress. Use the device regularly or for longer sessions to achieve benefits similar to passive "exercise".

Program/Mode	You Should Feel & Benefits	Suggestion
P1 Exercise Prep	This program gently warms up the muscles prior to exercise; it feels like a rhythmic massage.	Increase intensity until you get a strong but comfortable muscle movement; 10 min/duration.
P2 Muscle Recovery	This program produces muscle twitches at a very low frequency and it feels like a tapping massage; for muscle recovery from fatigue and becoming more relaxed with reduced stiffness.	Use it after intense exercise to promote recovery and relaxation; 30 min/duration.
P3 Active Recovery	This program is similar to P2, except that the muscle twitch rate slows down during the session. It feels like a tapping massage, but softer than P2.	Use it after intense exercise to promote recovery and relaxation; 20 min/duration.
P4 Active Recovery	This program activates the muscle in a short contraction/relaxation cycle. It feels like a kneading massage, smoother than P2/P3.	Use it after intense exercise to promote recovery and relaxation; 20 min/duration.
P5 Build Endurance	This program uses a low frequency pulse train which favors slow twitch fibers, for developing aerobic capacity and capillary supply. It improves fatigue resistance during long duration and moderate intensity exercise.	The exercise comprises of an alternating sequence of work and rest phases lasting several seconds. Increase the intensity until you get a strong and deep muscle contraction. Do not exceed your comfort level; 20min/duration.
P6 Muscle Strengthening	This program uses a pulse frequency appropriate to fast twitching muscle fibers. It improves their anaerobic capacity and is used for improving maximum muscle strength.	The exercise comprises of a sequence of work phases separated by longer relaxation phases. Increase the stimulation intensity until you get a strong and deep contraction. Do not exceed your comfort level; 20 min/duration.

Selecting the Therapy Time

1. Press the SET button again. The preset (default) treatment time will flash on the display.
2. To increase or decrease the treatment time, press the ON/+ button (to increase) or the OFF/- button (to decrease) repeatedly until the desired duration appears on the display.
3. The treatment time you selected will appear on the display the next time you turn the device on.

▲Note: If you change programs during the course of a therapy session, the treatment time will not set unless you manually reset it by performing the steps described above.



Selecting the Therapy Intensity Level

The device offers 25 intensity levels. Intensity is adjustable according to the receiver pod selected. Make sure the identical receiver pod is turned on and properly placed.

1. Press the SET button. The numeric number of the program will then flash.
2. To increase or decrease the intensity, press the ON/+ button (to increase) or the OFF/- button (to decrease) repeatedly until the desired intensity level flashes on the display.

▲Note: You will feel the intensity increase or decrease as you select the intensity level.

You can use this as a guide to select a level that is comfortable for you.

▲Note: If you change therapy mode/program during the course of a therapy session, the intensity level will reset to "0" for safety reasons.

CARE & MAINTENANCE

Remote and Receiver Pods

To clean exterior of system, please lightly wipe with a clean, wet cloth. Do not submerge the stimulator in liquids or expose it to large amounts of water.

- If the user's area has any pets or pests, the system device(s) should be cleaned each time before use and kept safe away in a drawer or somewhere pets and children won't be able to reach.
- Never use aggressive cleaning products or stiff brushes to clean the device.



- Do not clean the system devices when charging. Always unplug the charger first before cleaning the device(s).
- Do not use the device until it is completely dry.
- Do not expose the device to direct sunlight and protect it from dirt and moisture.
- Store the system in a clean, dry place.
- Do not dispose of the device(s) in a fire. The battery could explode, causing injury or death.

Electrode Pads

The electrode pads are disposable and use an adhesive that will dry after prolonged usage or storage. Electrode pads should be replaced when they lose their adhesive quality or when you sense a change in stimulation sensation.

If you're in doubt about the integrity of the electrode pads or if you want to order fresh electrode pads, please order online at www.iReliev.com, or contact authorized distributor(s).

Rechargeable Battery

The rechargeable battery is built-in the device(s). Please do not attempt to disassemble or force open the built-in battery. Batteries have a finite lifetime of 12 months, with approximately 300 cycle times. To maximize battery life, please charge the system every 3 months when not in use.

When the battery is fully charged, it is good for 2-3 hours of treatment time. If you find that the battery cannot charge effectively or if the fully charged battery can only be used for a very short time, please order replacement units online at www.iReliev.com, or contact authorized distributor(s).

Do not dispose of the device(s) in a fire. The battery could explode causing injury or death.

How to Store Your System

1. Store your system at room temperature in a dry place, out of the reach of children.
2. Please store in a low humidity, low temperature environment.

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 remote and receiver pod(s) have a sufficient charge.
2. Make sure the remote and receiver pod(s) turn on and are 3 meters (9.8 feet) away from each other, for a good quality of receiving distance.

If this happens..	Try this solution..
Receiver pod cannot be set	Ensure receiver pod has been fully charged & turned on. Press CH on remote to find respective channel. Customize settings.
The remote is not turning on or I cannot see anything on the screen.	Ensure that the remote has been fully charged.
The power light on the receiver pod(s) flashes continuously.	Charge the receiver pod(s) or it will turn off automatically.
The remote and/or receiver pod(s) do not seem to be charging.	Ensure the USB cable is correctly plugged into the remote/receiver pod(s) and firmly plugged into the AC adaptor and into the electrical socket on the other side.
Receiver pod(s) does not pair with remote. The remote does not control receiver pod(s) well.	<ul style="list-style-type: none"> • Make sure the receiver pod is fully charged, turned on, and away from the remote in 3 meters (9.8 feet) distance. • Try to restart the remote and receiver pod(s).
Stimulation causes discomfort.	<ul style="list-style-type: none"> • Electrode pads lose their adhesive capacity and no longer provide adequate contact with skin. • Electrode pads are worn down and must be replaced. • Change the positioning of the electrode pads slightly. • Choose a program that is appropriate to your needs or gives you the greatest pleasure.

TECHNICAL SPECIFICATIONS

Receiver Pod Capability: Up to 4 receiver pods may be operated independently using the ET-5050 hand control remote including program, intensity level, timer, & TENS or EMS modes.

Pulse Rate: As pre-programmed, in operation mode.

Pulse Width: As pre-programmed, in operation mode.

Timer: 5-60 min. adjustable.

Wave Form: Symmetrical bi-phasic square pulse.

Max Charge per Pulse: 20.8 microcoulombs maximum.

Essential Performance: The stimulation output as defined in the following specification table for TENS & EMS.

TENS Programs :

Program	Pulse width(uS)	Frequency(Hz)	Function Mode
P1	260	15	Constant
P2	260	60	Burst
P3	260	60	Constant
P4	260~156	2~60	Modulation
P5	260~156	60	Modulation
P6	260	7~60	Modulation
P7	260~156	60	Modulation
P8	210	245~245	Cycle

EMS Programs:

Programs	Pulse Width (uS)	Pulse Rte (Hz)	Ramp up (sec)	On Time (sec)	Ramp down (sec)	Off Time (sec)
P1	300	40~99	-	2	-	1
P2	200	4	-	-	-	-
P3	300	5	-	-	-	-
P4	200	99	-	2	-	1
P5	200	4~20	2	6	2	1
P6	300	50	2	5	3	10

**All electrical specifications are $\pm 10\%$ at 500Ω load.

Input rating: 5Vdc, 1A

Power Source: Remote Control Battery 3.7V /260 mAh Lithium polymer (LiPo) battery
Receiver Pod Battery 3.7V /180 mAh Lithium polymer (LiPo) battery.

AC Adaptor I/P: 100-240Vac, 50-60Hz, 0.3-0.15A ; O/P: 5Vdc, 1.2A

Weight & Dimension: Remote Control 60 grams (battery included), 156.98 x 47 x 15.50 mm
Receiver Pod 30 grams (battery included) , 60 x 60 x 15.65 mm

Operating Conditions: +50°F (10°C) to +104°F (40°C), 40-90% max. Relative humidity

Transport and Storage Conditions: +14°F (-10°C) to +140° (60°C), 30-95% max. Relative humidity

Operation Altitude: 3000m.

Operating Atmospheric Pressure Range: 700~1013 hPa

Transport and Storage Atmospheric Pressure Range: 500~1060 hPa

(i) There are a number of technical symbols on your system, explained as follows:



Remote Label



Receiver Pod Label

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference and (2) this device must accept any interference received including interference that may cause undesired operation.

"Harmful interference" is defined by FCC as follows:

Any emission, radiation, or induction that endangers the functioning of a radionavigation service or of other safety services or seriously degrades, obstructs, or repeatedly interrupts a radiocommunication service operating in accordance with FCC rules.



This symbol means "Serial number" on the back of the remote.



This symbol means "Lot number" on the back of the receiver pod.



This symbol means "Attention, consult the accompanying documents."



Follow instructions for use.



This symbol means "Manufacturer."



This symbol means type BF equipment; this device offers protection against electrical shock by standard compliance to leakage currents of electrode pad.



Interference may occur in the vicinity of equipment marked with the following symbol.

Ingress Protecting Rating

IP22

The symbol on the device means it is protected against hazards from entry of objects larger than a finger and vertically falling water drops when tilted at 15 degrees.



Stand-by.

(ii) There is a label on the package explained as:



This symbol means "use before", represented as "YYYY-MM"
(for year and month).

RADIO FREQUENCY WIRELESS INFORMATION

Radio Frequency Wireless technology is used in the PlayMakar® Therapeutic Wearable System™.
For communication between the remote control and the wireless receiver pods:

Wireless Protocol Characteristics	
Frequency band	2.4GHz ISM
Protocol type	Proprietary frequency
Channel	1
Channel width	1MHz
Frequency modulation	GFSK
Frequency deviation	±50KHz
EIRP	Measured max. -4.9 dBm (0 dBm configured as maximum output power)
Effective emission power	0dBm
Data rate	1Mbps
Quality of service requirement	9.8 feet range between remote and receiver pod.
Wireless Security Measures	
Device Identification	8 bits, shared only with other PlayMakar® devices.
Data Integrity Checks	Each data frame is protected by a 16 (b) length CRC.
Acknowledgment	Each point-to-point communication is acknowledged.

Out of range behavior	-Remote control can't operate on the receiver pods. -Receiver pods won't work.
Wireless Coexistence Testing	
The PlayMakar® Therapeutic Wearable System™ protocol is designed to allow coexistence with at least 4 other PlayMakar® devices.	
Each PlayMakar® Therapeutic Wearable System™ remote control and receiver pod is assigned a unique ID. Before initial use, the remote is paired with 4 receiver pods in its network.	
Designed for coexistence with wireless products in the same RF band	-Bluetooth (IEEE 802.15.1) -Wi-Fi (IEEE 802.11)
Utilizes established coexistence principles to minimize cross-talk with other wireless devices	-FDMA (Frequency Division Multiple Access) -TDMA (Time Division Multiple Access)
Interference from other devices	-If the PlayMakar® Therapeutic Wearable System™'s RF channel is interfered by emission from other devices, fail-safe outcome is that iReliev's remote control will not operate, and/or reset the stimulation level to "0"; the receiver pods will stop stimulation. -Interference from other RF wireless and mobile communication devices is possible. Refer to Table 1 for recommended distance between iReliev's PlayMakar® devices with other RF devices.

CONFORMITY OF STANDARDS

- The PlayMakar® Therapeutic Wearable System™ complies with current medical standards.
- The PlayMakar® Therapeutic Wearable System™ also complies with IEC 60601-1 on general safety requirements for electromedical devices, the IEC 60601-1-2 standard on electromagnetic compatibility, the IEC 60601-2-10 standard on particular safety requirements for nerve and muscle stimulators, and the IEC 60601-1-11 standard for use in the home environment.

Information About Electromagnetic Compatibility (EMC)

- The PlayMakar® Therapeutic Wearable System™ is designed to be used in typical approved environments in accordance with the safety standard EMC EN60601-1-2.
- The PlayMakar® Therapeutic Wearable System™ is designed to support anticipated disturbances originating from electrostatic discharge, magnetic fields for the power supply, or radio frequency emitters.
- However it is not possible to guarantee that the stimulator will not be affected by powerful RF field (radio frequency) originating from other sources.

ELECTROMAGNETIC COMPATIBILITY

- The device complies with current specifications with regards to electromagnetic compatibility and is suitable for use in all premises, including those designated for private residential purposes. The radio frequency emissions of the device are extremely low and in all probability do not cause any interference with other devices in the proximity.
- It is recommended that you do not place the device on top of or close to other electronic devices. Should you notice any interference with other electrical devices, move the device or connect it to a different socket.
- Radio equipment may affect the operation of this device.

ELECTROMAGNETIC COMPATIBILITY INFORMATION

Table 1 Recommended separation distances between portable and mobile RF communications equipment and the ME equipment

The PlayMakar® Therapeutic Wearable System™ is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the system can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the PlayMakar® Therapeutic Wearable System™ as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz d= 0.6 \sqrt{P}	80 MHz to 800 MHz d= 0.35 \sqrt{P}	800 MHz to 2.5 GHz d= 0.7 \sqrt{P}
0.01	0.06	0.04	0.07
0.1	0.19	0.11	0.22
1	0.6	0.35	0.7
10	1.9	1.1	2.2
100	6	3.5	7

Declaration - electromagnetic emissions and immunity for EQUIPMENT and SYSTEMS that are not LIFESUPPORTING and are specified for use only in a shielded location

Table 2 The PlayMakar® Therapeutic Wearable System™ declaration - electromagnetic immunity

<p>The PlayMakar® Therapeutic Wearable System™ is intended for use in the electromagnetic environment specified below.</p> <p>The customer or the user of the PlayMakar® Therapeutic Wearable System™ should assure that it is used in such an environment.</p>			
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms 150 kHz to 80 MHz	6V	Portable and mobile RF communications equipment should be used no closer to any part of the EQUIPMENT or SYSTEM including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	10V/m	Interference may occur in the vicinity of equipment marked with the following symbol: 

Table 3 Declaration - electromagnetic immunity

The PlayMakar® Therapeutic Wearable System™ is intended for use in the electromagnetic environment specified below. The customer or the user should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±8 kV contact ±15 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 5%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	±2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	±1 kV differential mode ±2 kV common mode	±1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % U _T ; 0, 5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0 % U _T ; 1 cycle and 70 % U _T ; 25/30 cycle Single phase: at 0°	0 % U _T ; 0, 5 cycle At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315° 0 % U _T ; 1 cycle and 70 % U _T ; 25/30 cycle Single phase: at 0°	Mains power quality should be that of a typical commercial or hospital environment. If the user of the EQUIPMENT or SYSTEM requires continued operation during power mains interruptions, it is recommended that the EQUIPMENT or SYSTEM be powered from an uninterrupted power supply or a battery.

Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment. The magnetic field from common appliances are not expected to affect the device.
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▲NOTE: U_T is the a.c. main voltage prior to application of the test level.

Table 4 Declaration - electromagnetic emissions

The PlayMakar® Therapeutic Wearable System™ is intended for use in the electromagnetic environment specified below. The customer or the user of the system should assure that it is used in such an environment.

Emissions test	Compliance	Electromagnetic environment guidance
CE emissions CISPR11	Group 1	The PlayMakar® Therapeutic Wearable System™ uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RE emissions CISPR11	Class B	The PlayMakar® Therapeutic Wearable System™ is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/Flicker emissions IEC 61000-3-3	Complies	

FCC INFORMATION

The Federal Communication Commission Radio Frequency Interference statement includes the following paragraph:

The equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communication. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver pod.
- Connect the equipment into an outlet on a circuit different from that to which the receiver pod is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The user should not modify or change this equipment without written approval from ExcelHealth Inc. Modification could void authority to use this equipment.

▲Note: The changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

▲Note: Important Note:

To comply with the FCC RF exposure compliance requirements, no change to the antenna or the device is permitted. Any change to the antenna or the device could result in the device exceeding the RF exposure requirements and void user's authority to operate the device.

WARRANTY

This PlayMakar® Therapeutic Wearable System™ carries a one-year warranty from the date of purchase.

Product Service Life: Three (3) years.

The warranty applies to the remote and receiver pods and necessary parts and labor relating thereto.

Consumable items like batteries, lead wires, electrode pads, and other accessories are guaranteed to be free from defects in workmanship and materials at the time of delivery.

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

ExcelHealth reserves the right to replace or repair the unit at their discretion.

US Tel no. 855-723-2582

ExcelHealth Inc.
1603 Hart Street
Southlake, TX 76092
www.iReliev.com

THANK YOU FOR PURCHASING

Your new iReliev® product is one of the best in the industry, and in many ways, leads the industry, particularly in the warranty coverage and customer satisfaction. Customer satisfaction is a key factor in every iReliev® transaction.

We are a company with a passion for affordable and effective electrotherapy products. At iReliev®, word-of-mouth recommendations result in a large percentage of our business. This is a testament to our excellent product value and customer satisfaction.

REGISTER YOUR DEVICE

Please go to <https://www.iReliev.com/registration> to register your PlayMakar® Therapeutic Wearable System™ Model # ET-5050, within 14 days of purchase to receive free gifts and discounts.

When registering your device, flip it as shown to reveal serial number. Enter serial number on the warranty registration form or complete warranty on the following page. Please send registration card within 14 days of purchase in a stamped envelope. All iReliev® devices have separate serial numbers.

OTHER PLAYMAKAR® ACCESSORIES FROM YOUR LOCAL RETAILER



Wireless Pads Refill Kit

The iReliev® Wireless Pads Refill Kit offers the highest quality of reusable gel so that they last longer. With proper care, this premium grade electrode pad will last up to 20-30 uses each. These electrode pads are highly conductive and provide excellent dispersion.



Expandable Wireless Receiver Pods: CH3 & CH4

PlayMakar® Expandable Wireless Receiver pods by iReliev® gives you the ability to expand the power of your ET-5050 System from 2 to 4 wireless receiver pods. Perfect for maximum coverage of large body parts or muscle groups.

REGISTRATION CARD

Send this copy to: iReliev® Products 1603 Hart St. Southlake, TX 76092

Product Model Name: _____

Date of Purchase: _____ Where Purchased: _____

Serial Number: _____

Print Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Country: _____

Email: _____

Phone Number: _____

How did you hear about iReliev? _____

Please mail registration card in a stamped envelope within 14 days from date of purchase to receive free gifts and discounts.





iReliev[®]
Restore, Recover, Renew

ExcelHealth Inc.
www.iReliev.com

1603 Hart Street
Southlake, TX 76092

If you have any questions whatsoever regarding your
PlayMakar[®] Therapeutic Wearable System™
Model # ET-5050, contact your reseller or ExcelHealth Inc. at:
855-723-2582 or visit www.iReliev.com