iReliev®

Program Mode	Therapy Type	Pulse Rate	Output Mode/ Pulse Width	Type of Pain/ Program	Benefits	You Should Feel
TENS Output Modes						
P1	TENS	15Hz	Constant	Chronic	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. 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.	Continuous comfortable tingling. The underlying pain should help decrease gradually after treatment.
P2	TENS	60Hz	Burst	Acute		Comfortable pulsing sensation. The underlying pain should decrease.
P3	TENS	60Hz	Constant	Chronic		Comfortable pulsing sensation. The underlying pain should decrease.
P4	TENS	2-60Hz	Modulation	Chronic		Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves). Pain should ease and there should be relief after treatment.
P5	TENS	60Hz	Modulation	Chronic		Variable comfortable mild tingling sensation (sensation will appear to come in waves).
P6	TENS	7-60Hz	Modulation	Chronic		Variable comfortable pulsing and pumping action (action will appear to come in waves).
P7	TENS	60Hz	Modulation	Chronic		Variable comfortable tingling and pumping action (action should appear to come in waves).
P8	TENS	2.45-245 Hz	Cycle	Arthritis	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.
EMS Output Modes						
P1	EMS	40-99Hz	2 Sec. On 1 Sec. Off	Exercise Prep	P1 gently warms up the muscles prior to exercise; it feels like a rhythmic massage.	Increase intensity level until you get a strong but comfortable muscle movement; 10 min/duration.
P2	EMS	4Hz	-	Muscle Recovery	P2 produces muscle twitches at a very low frequency, feels like a tapping massage; for muscle recovery from fatigue for relaxation and reduced stiffness.	Use it after intense exercise to promote recovery and relaxation; 30 min/duration.
P3	EMS	5Hz	-	Active Recovery	P3 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	EMS	99Hz	2 Sec. On 1 Sec. Off	Active Recovery	P4 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	EMS	4-20 Hz	2 Sec. Ramp Up 6 Sec. On 2 Sec. Ramp Down 1 Sec. Off	Build Endurance	P5 uses a low frequency pulse which may favor slow twitch fibers, for potential development of 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 level until you get a strong and deep muscle contraction. Do not exceed your comfort level; 20min/duration.