

TruWave Plus

MULTI-MODALITY DEVICE:
IFC - TENS - NMES



R_x STRENGTH PAIN RELIEF

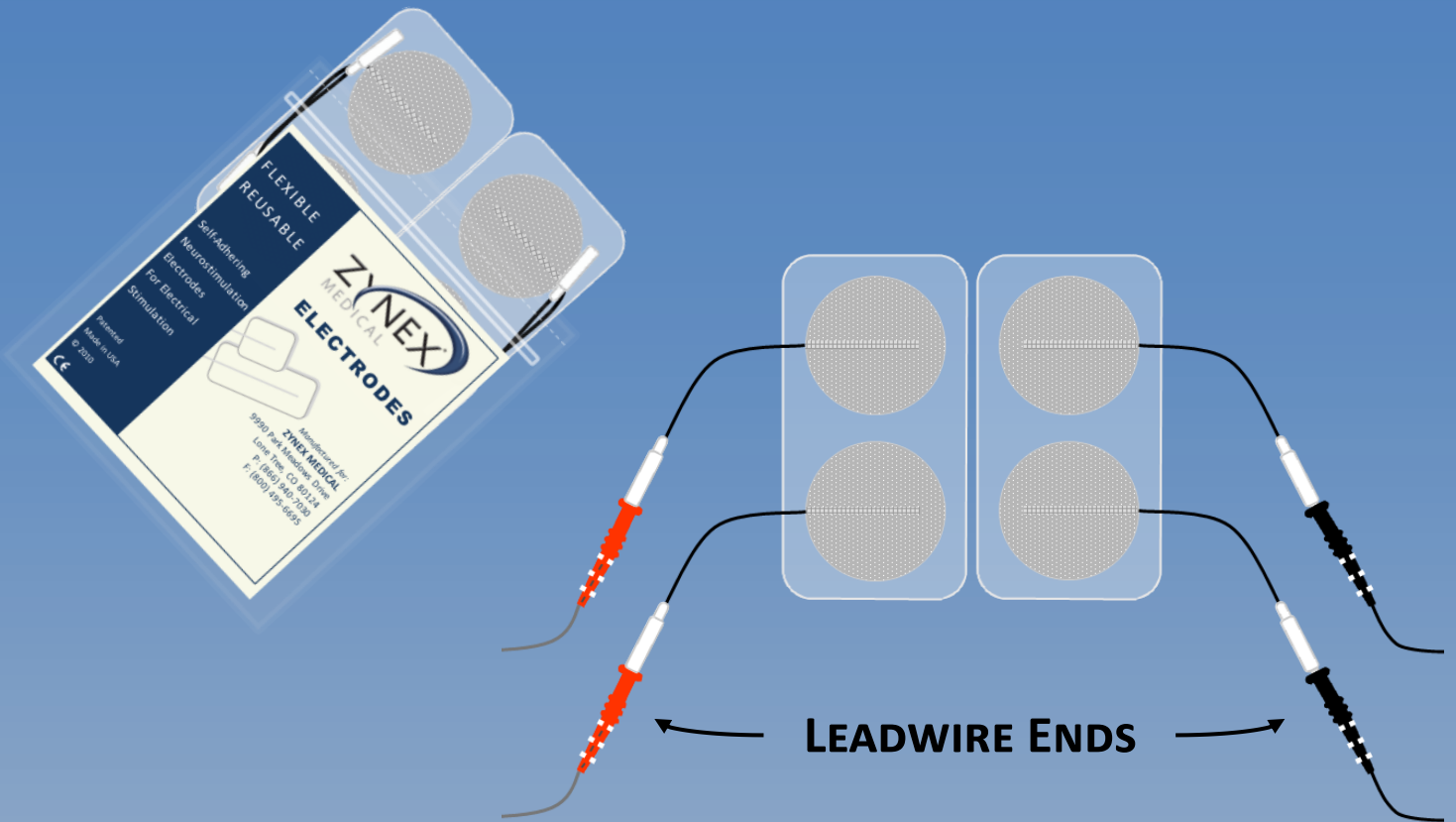
Quick Start Guide



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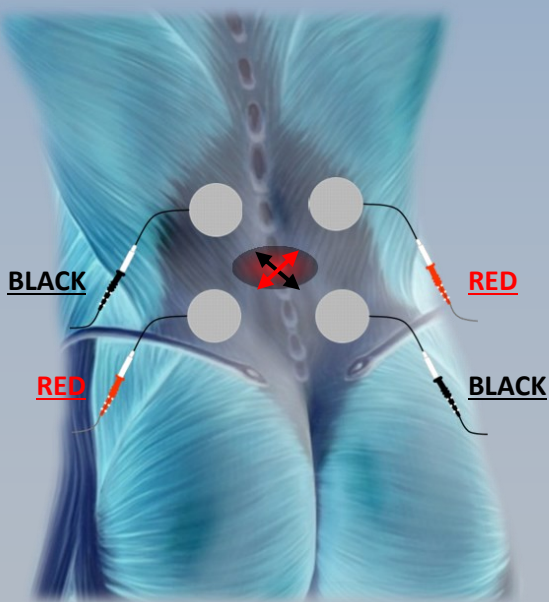
STEP 1

REMOVE ELECTRODES FROM BAG & CONNECT LEADWIRES



IFC

IFC ELECTRODE PLACEMENT (4 ELECTRODES REQUIRED)



REGARDLESS OF WHERE YOUR PAIN IS ON THE BODY, WHEN OPERATING IN **IFC** THE **RED** AND **BLACK** ENDS OF THE LEADWIRES MUST CRISSCROSS. SURROUND THE AREA OF PAIN WITH THE ELECTRODES AS SHOWN.

Continued

IFC

HOW TO SET THE DEVICE TO IFC & START TREATMENT

1

Press up arrow button once to turn display on

2

Press the Program (Prog.) button

3

Press either down arrow Button until "IFC" is displayed, then press "Prog." button once

4

Press either down arrow Button to choose a IFC program: "Low-High", "Low", or "Combo", then press "Prog." button once



5

To change treatment "Timer" Press the down or up arrow buttons, then press "Prog." button once

6

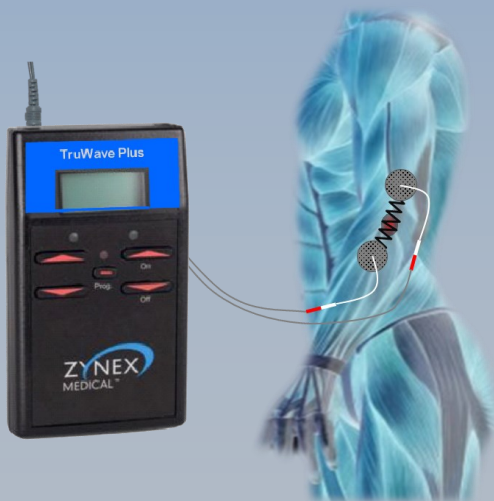
Start treatment by pressing either up arrow button until the stimulation is strong but comfortable

Buttons Lock After 20 Seconds of Inactive: Press either Down arrow button once to unlock buttons

To Turn Device Off: Press & hold either Down arrow button for 2 seconds

TENS

HOW TO PLACE ELECTRODES WHEN USING TENS



ONE Channel Setup / 2 Electrodes



TWO Channel Setup / 4 Electrodes

Continued 

TENS

HOW TO SET THE DEVICE TO TENS & START TREATMENT

1

Press up arrow button once to turn display on

2

Press the Program (Prog.) button

3

Press **either** down arrow Button until "TENS" is displayed, then press "Prog." button once

4

Press **either** down arrow Button to choose a TENS program: "Constant", "Modulate", or "Sweep", then press "Prog." button once



5

To change treatment "Timer" Press the down or up arrow buttons, then press "Prog." button once

6

Start treatment by pressing **either** up arrow button until the stimulation is strong but comfortable

Buttons Lock After 20 Seconds of Inactive: Press either Down arrow button once to unlock buttons

To Turn Device Off: Press & hold either Down arrow button for 2 seconds

NMES

CONSULT YOUR PHYSICAL THERAPIST OR HEALTH CARE PROVIDER

IT IS RECOMMENDED TO CONSULT WITH YOUR HEALTH CARE PROFESSIONAL FOR ELECTRODE PLACEMENT OPTIONS, THE SPECIFIC NMES TREATMENT MODE AND THE TREATMENT DURATION AND FREQUENCY.



If you need technical support or have additional questions about how to use your TruWave Plus, please call customer service: 800-495-6670