

**WARRANTY**

Your Jstim signal generator carries a three year warranty against all mechanical defects. There is a 60 day warranty on all other items.



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**JSTIM USERS MANUAL**

Manufactured by Pain Management Technologies, Inc.

**PLEASE READ ALL INSTRUCTIONS AND WARNINGS/CAUTIONS CAREFULLY BEFORE YOU BEGIN USING YOUR SYSTEM**

**CAUTION:** Federal law restricts this device to sale by or on the order of a practitioner licensed by the law of the State in which he/she practices to use or order the use of the device. A prescription is required to obtain this product. The product can be used in the home or clinic by all patients in need.

Welcome! This is your guide for achieving successful results with the Jstim™ joint therapy system

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## INTRO

The Jstim device is a new type of therapy system that combinationally deploys the use of advanced electrotherapy, infrared heat, and compression to treat Osteoarthritis (OA) and Rheumatoid Arthritis (RA) of the joint. The JStim is designed to be comfortable and practical to sleep with so as to fit into your life easier.

## FREQUENCY OF APPLICATION

For optimal results, it is best to use your JStim system for the recommended 5-7 hours daily (5 to 6 days per week). Using the infrared heat component in conjunction with the Jstim is recommended for 30 minutes per treatment session (typically the first 30 minutes of therapy). The heat component can be removed if your physician recommends, or if it is discomforting.

The Jstim works through a cumulative therapy process, meaning benefits are often seen over time, and not immediately. After 3 months of use, improvements should begin, and after 6 months to a year (approx. 1500 hours), you should notice even better results. Therapy can be scaled back once a certain pattern of relief has maintained itself.

## INDICATIONS FOR USE

The Jstim external, noninvasive, non-narcotic, electrotherapy system is indicated for use as a combined therapy in reducing the level of pain and symptoms associated with Arthritis to include Osteoarthritis and Rheumatoid Arthritis.

## COMPONENTS THAT MAKE UP YOUR JSTIM SYSTEM

### 1. KNEE WRAP

The knee wrap is made of comfortable, breathable and latex free material, which wraps around the knee and thigh snugly. It is flexible, lightweight, and simple to wear. Attached to the wrap on the inside is the infrared heat band, and the conductive patches. This wrap is adjustable and available in custom sizes if needed.

**a. Conductive Pads for knee** The electrotherapy conductive garment patches are used to stimulate the target treatment areas on the knee. Two electrode pads are used: an active electrode (orange trim - for the knee), a grounding electrode (black trim - for the thigh).

\*NOTE: The infrared heat band is positioned under the orange knee pad.

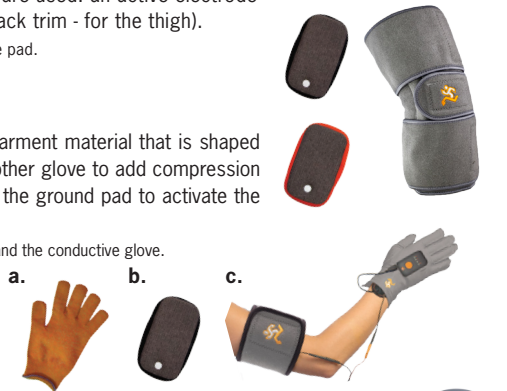
## OR

### 1. HAND WRAP

The hand wrap is made of a comfortable conductive garment material that is shaped into a one size fits all glove. On top of this glove is another glove to add compression to the treatment. An Arm Band is included to serve as the ground pad to activate the electrotherapy in the conductive glove.

\*The Infrared Heat Band is placed inbetween the compression glove and the conductive glove.

- a. Conductive Glove (orange)
- b. Conductive Ground Pad for Armband
- c. Armband and Compression Glove (grey)



### 2. JSTIM DEVICE

The device is small, battery-powered, and fits with your system securely. The device generates the proprietary electrical signal, and powers the garment electrode patches. The system uses a Lithium-Ion battery, and incorporates a patient compliance timer so as to keep a record of treatment. The signal generator is a single channel device, so that one knee or one hand can be treated per session.

### 3. INFRARED HEAT BAND

The infrared heat band is activated via the heat controller. Note the heat has an automatic shut-off of 30 minutes, and must be reset by the user to reactivate the heat. It is recommended to use the heat for the first 30 minutes of electrotherapy. It is not recommended to go beyond this, unless otherwise directed by your doctor. Note, infrared heat is set to a very low level, just above body temperature, to ensure safety to the user.



4. CONDUCTIVE SPRAY



5. PATIENT CABLES (LEAD WIRES)



6. COMPRESSION WRAP

Note: there is a charging cord included for both the Jstim device and heat controller

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## WARNINGS AND CAUTIONS FOR JSTIM DEVICE AND COMPONENTS

### IMPORTANT SAFETY INSTRUCTIONS. DO NOT DESTROY

The manufacturer strongly recommends carefully reading the "Warnings and Cautions" below before using your Jstim.

**Prescription labeling:** Federal law restricts this device to sale or use by or on the order of a practitioner so licensed by the state.

### CONTRAINDICATIONS

1. Do not place the pads on the carotid sinuses located at the two sides of the neck, (where a doctor feels for a pulse), or over the eyes.
2. Do not use this Jstim unit if you have a heart pacemaker or serious heart rhythm problem.
3. Do not place your electrodes or wraps on any non-intended body parts or treatment areas unless discussed with a physician.

### WARNINGS

1. Do not use the Jstim unit during the pregnancy or at anytime on the abdomen during pregnancy.
2. This Jstim Unit is not effective for pain of central origin. (include headache)
3. The Jstim unit should be used only under the continued supervision of a physician.
4. The Jstim unit has no curative value.
5. The Jstim is a symptomatic treatment which suppresses the sensation of pain, which would otherwise serve as a protective mechanism.
6. The user must keep the device out of the reach of children
7. Electronic monitoring equipment may not operate properly when Jstim stimulation is in use.
8. Do not use Jstim unit if you are driving or operating machinery.
9. If you have epilepsy, consult your doctor about use of the Jstim.

**Allergic reactions to the treatment pads can occur, even though they are hypoallergenic:**

- Do not apply to broken skin.
- Do not apply pads to skin that does not have normal sensation. If the skin is numb, stimulation will not be felt and too great an intensity might then be used accidentally.

### PRECAUTIONS

1. Isolated cases of skin irritation may occur at the site of electrode placement following long-term application.
2. Effectiveness is highly dependent upon patient selection by a person qualified in the management of pain patients.
3. If any adverse reaction occurs, discontinue use immediately and contact your supplier and physician.

### ADVERSE REACTIONS

Skin irritation and electrode burns are potential adverse reactions.

### GENERAL WARNINGS

1. Do not immerse Jstim units in water.
2. Do not place the Jstim unit close to excessive heat.

## WARNINGS AND CAUTIONS FOR JSTIM INFRARED HEAT THERAPY COMPONENTS

**DANGER** – to reduce the risk of burns, electrical shock and fire, this product must be used in accordance with the following instructions. Please read and follow ALL instructions.

### CONTRAINDICATIONS

- Safety for the Jstim for use during pregnancy has not been established.
- Caution should be used for patients with suspected or diagnosed heart problems.
- Caution should be used for patients with suspected or diagnosed epilepsy or other disease states.

### WARNINGS

- If you are pregnant, please consult your physician before using the Jstim.
- If you are over the age of 65, please consult your physician before using.
- If you have sensitive skin, or skin insensitivity, please consult your physician.
- The Jstim should be kept out of the reach of infants and children.
- This product is not to be used by an invalid, unconscious person or person with low blood circulation unless attended.
- Discontinue use if you experience a rash or if any discomfort occurs from use.
- Check skin underneath therapy wrap periodically throughout a heat treatment session.
- The Jstim should not be applied over cancerous lesions, wounds, infected areas or open sores.
- Burns can occur regardless of control setting. Check skin under pad frequently when using the heat treatment.
- Never use in an oxygen enriched environment or near equipment that stores or emits oxygen
- Turn off when not in use
- Do not sleep with your Jstim in the DT mode.

### PRECAUTIONS

- Sensitive skin patients or patients with compromised circulatory disorders must consult their physician in all situations.
- There is absolute danger in using the Jstim in conjunction with external analgesics. Placing methyl salicylate, camphor, or menthol-containing external analgesics on the painful area increases superficial blood flow. If a heating product is subsequently placed on the medicated area, the heat delivered to the site cannot be redistributed via blood flow. This increases the risk of burns.

## JSTIM ELECTROTHERAPY DEVICE SETTINGS

### LCD DISPLAY

**A. POWER UP** Once all leads are connected and items are in place, turn on the device using the slide switch on the side of the device. Slide to "on" to complete setup. Slide switch to "lock" to lock settings.

**B. SETTING OF PARAMETERS - NT MODE** - NT mode is specifically for night time use and/or 5-7 hour therapy sessions and is your default and intended Jstim treatment mode. The DT mode is just TENS settings and is used for short or long term therapy sessions, as needed, to relieve pain. To change mode, press MODE key. Do not sleep in the DT mode, only the NT mode.

**C. SETTING OF PARAMETERS - DT MODE** - The DT mode (TENS Function) has three sub-modes: Normal (N), Burst (B), and Modulation (M). To select the sub-modes, press SET key, The 'N' icon on the screen will start to flash (D1). Use Increase or Decrease button to select the desired sub-mode in DT. Once the sub-mode is selected, press SET key again to confirm. Now treatment time for DT mode will flash. Press the Increase or Decrease button to set the desired treatment time. In DT mode, treatment time can be selected between 0:00, 0:30, and 1:00, where 0:00 denotes continuous treatment.

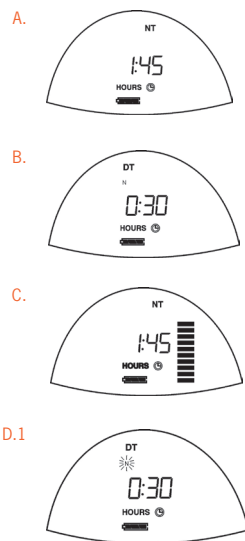
**D. SETTING INTENSITY AMPLITUDE AND TREATMENT TIME** - To increase or decrease intensity, use the Increase or Decrease button on Device. Vertical Bars on LCD will glow ON or OFF to indicate the change in intensity. To increase or decrease treatment time, press SET key. Treatment time will flash on LCD. Press Increase button or Decrease button to set the desired treatment time. The treatment time can be selected as 1:45, 3:30, 5:15 or 7:00 hours.

**E. END OF TREATMENT** At the end of treatment, output will switch OFF Automatically. LCD will display 0:00 to indicate '0' treatment time.

**F. USAGE METER** To View Usage, Follow instructions as mentioned below:

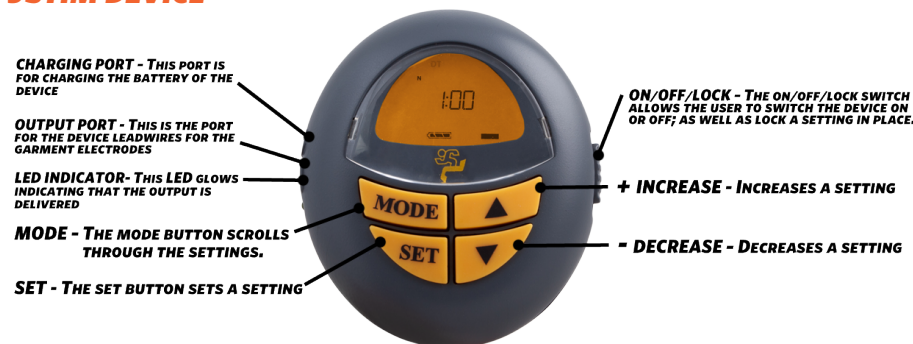
1. Press Mode key.
2. Press SET key also, keeping MODE key pressed.
3. Release MODE key.
4. Release SET key.
5. To reset Usage Meter, press increase button, within 5 seconds of checking the usage meter. LCD will display '0000' to indicate usage meter has been reset.
6. After the usage meter is reset, LCD will return to Treatment Mode in 5 seconds. \*if you dont want to reset the usage meter, don't press the increase button

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## JSTIM DEVICE

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### BATTERY RECHARGING INSTRUCTIONS

To charge the device, insert the 5.5V charging cord into the charging port (shown in the device description section). Charge for 14 hours upon first use. Your battery MUST be fully charged to operate the device for a therapy session, and should be recharged after every therapy session for at least 8-10 hours, so as to be ready for the next therapy session.

- \*Note
- (i) The charging is indicated by the synchronized motion of the battery level indicators
  - (ii) The device will be operational only after the charging cable has been removed

### BATTERY INDICATION: JSTIM ELECTROTHERAPY DEVICE



Your Jstim comes with a lithium ion rechargeable battery, a high capacity battery that will power your Jstim for the 7 hour cycle.

**DO NOT** use any battery that shows any signs of corrosion, leaking, or other damage before, or immediately following charging. Replace leaking, damaged, or corroded batteries by contacting the manufacturer.

When your treatment device no longer holds a charge long enough for a treatment session, your battery will need replaced (typically after 2000 hours). Please contact your provider or the manufacturer for further replacement details.

### INFRARED HEAT THERAPY SETTINGS

The user can select between either low (1 light), medium (2 lights), or high (3 lights) heat. All three settings are very low temperatures, just above body temperature. The infrared heat controller should be unplugged before wearing your Jstim to bed. It is OK to leave the heat band inside the wrap.

### BATTERY LIGHT

The light goes off after 5 seconds to save power. This is normal. Press the orange button again slightly for the light to come back on. Hold down the button to turn the power on or off.

### INSTRUCTIONS FOR USE OF THE JSTIM (continued on next page)

Be sure to charge your unit before every treatment.

First, familiarize yourself with the components that make up the Jstim System. Please be sure to read all the details about parts and components.

1. Remove all jewelry that will be covered by the Jstim System
2. Apply only to unbroken, healthy skin. If a pre-existing rash is present, please consult your physician.
3. Clean and dry the treatment area to which the conductive patches are to be applied.
4. The JStim wrap should come preassembled, however the electrode patches should be positioned as such:
  - A) Knee – the orange patch needs positioned directly on the center knee area of the inside of the wrap, to serve as the active electrode, and the black patch needs positioned on the upper thigh, or as far to the top of the wrap as it can go, to serve as the ground electrode.
  - B) Hand – The orange conductive glove (active electrode) is fitted onto the hand (stretch to fit), then the compression glove is applied over the conductive glove.

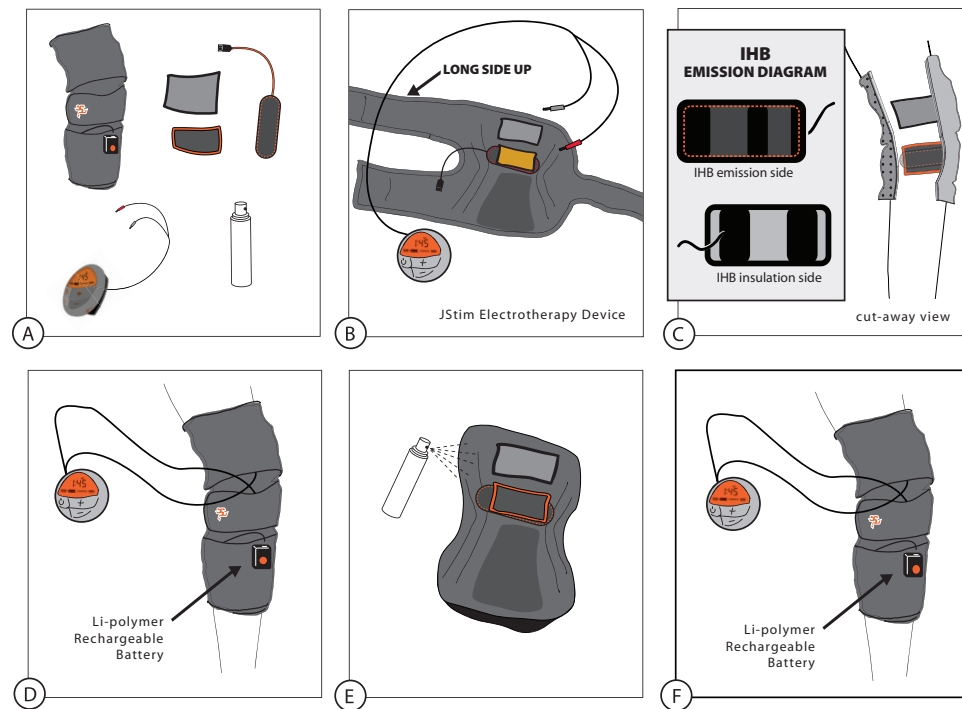
**NOTE:** If using your Jstim to treat both knees or hands, alternate your treatment sessions, one day per each.

Your system should come pre-assembled, however for detailed setup, see below.

#### FOR USE OF THE JSTIM ON THE KNEE

First charge both batteries using the included charging cords. (Jstim device and heat controller)

1. Lay out all components: knee wrap; black and orange electrode pads; Infrared Heat Band (IHB), heat controller; Jstim device and leadwires; conductive spray, and compression wrap. [Fig. A]
2. Identify the top part of the knee wrap [Fig. B]
3. Velcro your Infrared Heat Band to the knee area of the knee wrap [Fig. B]. The emission side of the heat band faces the knee – see IHB Emission Diagram.
4. The black electrode pad Velcros to the thigh area, and the orange electrode pad Velcros to the knee area, **on top** of the Infrared Heat Band.\* [Fig. C]
5. Thread the lead wires through the holes in the wrap to the other side of the wrap. [Fig. D]
6. Connect the leadwire end plugs (black and red pins) into the respective pin connectors on the black and orange electrodes (red pin into the orange pad (knee) and black pin into the black pad (thigh)).
7. Spray the electrode patches with the conductive spray (2-3 sprays is recommended).\*\* [Fig. E]
8. Wrap on the knee wrap and velcro it closed. [Fig. F]
9. To hook up the Jstim Electrotherapy Device, plug the lead wires into the device. Connect the infrared heat band cord to the heat controller. Turn on and adjust both devices to the desired settings (see “Device Settings” section). [Fig. F]
10. The Jstim Device can be positioned to securely fit directly on the knee wrap using the compression wrap to secure it down. Same as with the heat controller.



\* If you feel that the orange electrode has slipped down during treatment, make sure to adjust until you feel it is perfect, or re-wrap until it is. **NOTE:** The infrared heatband does not touch the knee.

\*\* The optimal amount of sprays should be 2-3 sprays per garment electrode. Too many sprays can produce a stronger stimulation than desired/recommended; which means the user will most likely have to turn down their intensity to a more comfortable level. When using electrotherapy conductive garment material it is recommended to turn your intensity to where you can feel it, and then turn it down to where you barely can.

\*\*\* Also, note, when lying down [or rolling around while sleeping] or setting things on your lap – pressure against your pads can adjust your intensity up. So take this into account before sleeping with the Jstim on.

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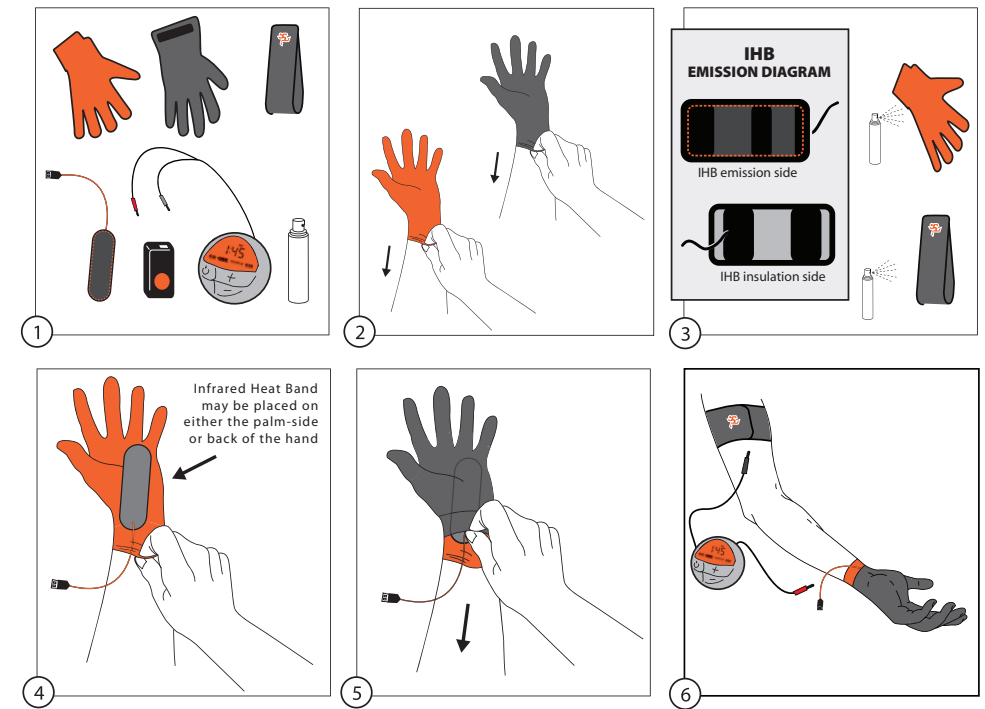
#### FOR USE OF THE JSTIM ON THE HAND

First charge both batteries using the included charging cords. (Jstim device and heat controller)

1. Lay out all components (clockwise): Orange Conductive Glove; Grey Compression Glove; Arm Band with ground pad; Infrared Heat Band (IHB), heat controller; Jstim Device with lead wires; conductive spray, and compression wrap.
2. Try on the orange conductive glove for a custom stretch, then remove.
3. Spray the inside of the orange conductive glove (active) with 2-3 sprays of conductive spray and then insert your hand back into the glove. Also spray the black patch on the arm band.
4. Pull the grey compression glove over the orange conductive glove. Insert the Infrared Heat Band in between the conductive glove and the compression glove. Note: The emission side faces the hand.
5. The arm band is applied to the upper portion of the same arm as the glove (around the biceps area). Make it comfortable and taught.\*
6. To hook up the Jstim Electrotherapy Device, first plug the red pin connector of your lead wires into the orange glove pigtail, and then the black pin connector into the pigtail cord that is positioned on the arm band.\*\* Now plug the infrared heat band into the heat controller. Turn on and adjust both devices to desired settings (see “Device Settings” section).

\*For the red and black fasteners on the lead wires: At the end of the leads supplied with your system, you will find red and black adapters. These are Cathode and Anode respectively. More sensation tends to come from the black adapter (cathode) at times.

\*\* Make sure your black electrode in the arm band is positioned on the outside of bicep. The inside of your bicep is much more tender, and not recommended for placement. The arm band is placed on the same arm that the Jstim hand glove is used upon.

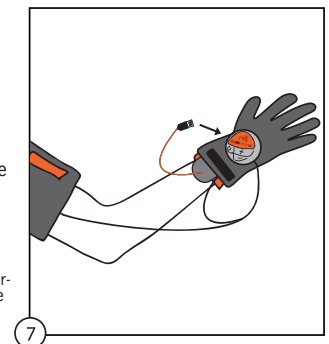


1. After a treatment, air dry the Jstim and/or clean as follows:

- Turn off device
- Un-Velcro the straps, remove
- Clean skin with soap and water
- Allow system to air dry
- If needed hand wash in cold water
- No bleach

The outside of the device (ensure device is off) may be cleaned with a cloth. Do not use liquids or chemicals for cleaning. A decontamination formula can be used instead. Do not open the signal generator by removing the screws. The signal generator should be turned “OFF” when not in use. Always store the stimulator in a clean, dry area between 0° and 140°F. The Jstim wrap should be hand washed using mild soap, and/or warm water. Air drying is then best. The conductive patches can be detached from the wrap to clean easier.

\*Please note, you may notice a mild redness in the treatment areas due to the conducted current passing through the skin, creating friction. This is normal for all types of electrotherapy, and a hypo-allergenic aloe vera moisturizer can help relieve the redness or a cortisone cream. If your skin appears to have an allergic reaction to any of the parts or treatments, please discontinue use and consult your physician.



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