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Rev: XFT-2001-B-C

## Nerve and Muscle Stimulator | XFT-2001D |

Trade name: Foot Drop System (Patient Use)

User Manual





○ Thanks for buying our product, please read the user manual carefully before use and keep it properly.

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### For Your Health and Safety

#### List of Symbols

	Contraindications
	User must comply with the instructions
	Type BF Equipment
	Caution

#### Contraindications

- Do not use on persons with implanted demand-type cardiac pacemakers or defibrillators.
- Do not place the electrodes over malignant tumors.
- Do not place the electrodes over areas in which symptoms of existing thrombosis is present.
- Do not use if person has a history of seizure disorder.
- The XFT-2001D should not be used on a leg where a regional disorder, such as fracture or dislocation, would be adversely affected by motion from the stimulation.
- The XFT-2001D should not be used on a leg where strength testing or strength training is planned.

#### **Warnings about Functional Electrical Stimulation (FES)** **WARNINGS are used to identify a hazard that may lead to death or serious injury.**

- The use of XFT-2001D may interfere with the proper functioning of electronic monitoring equipment such as EKG machines. However, the operation of the XFT-2001D device will not be affected by the use of electronic monitoring equipment.
- The XFT-2001D should not be worn while receiving an MRI scan.
- The use of electrodes not supplied by XFT may diminish results or increase risk of burns or discomfort. Do not place electrodes over open wounds, broken skin or metal objects beneath the skin, such as surgical staples.
- The safety of XFT-2001D for use during pregnancy has not been established.
- Do not use simultaneously with high frequency hospital equipment (e.g. diathermy equipment). It may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.
- Improper or prolonged use of electrodes may result in increased risk of skin irritation or burns and decreased effectiveness. Infrequently, an allergic response to the electrode adhesive or gel may occur. Do not place electrodes on skin which is already irritated, as this will increase the risk of discomfort with stimulation or skin burns.
- As a FES device, XFT-2001D should be used by the patient after consulting a physician or a qualified clinician.

## Warranty Card

Product name: \_\_\_\_\_ Model no.: \_\_\_\_\_

Purchase date: \_\_\_\_\_ Product serial no.: \_\_\_\_\_

Buyer's information: \_\_\_\_\_

Distributor's information: \_\_\_\_\_

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Distributor Seal: \_\_\_\_\_

## Directions for Use

- Care should be taken while using XFT-2001D therapy in close proximity (e.g. less than 1 meter) to devices which emit radio frequencies such as cellular phones or two-way radios, as some types of transmitters may cause undesirable stimulation to the user.
- External defibrillation of a person wearing an FES device can damage the device or injure the patient even when the device is turned off. Under some circumstances, there may be risk of burns under the electrode sites during defibrillation. To eliminate any risk, the FES electrodes should be removed before defibrillation paddles are applied.
- Effects of long-term chronic stimulation are unknown in this particular application.

### ! Specific Warnings

- Care should be taken when using the XFT-2001D for people who experience dizziness or have difficulty maintaining balance. The XFT-2001D is not designed to prevent falling.
- The user should follow doctor's advice to relocate the position of the electrodes within the cuff. Do not use the XFT-2001D without electrodes.
- Never use the XFT-2001D on any area of the body other than the leg.
- Stop using the XFT-2001D if stimulation does not come on at the appropriate time when walking and/or there is a change in the sensation perceived while the stimulation is on.
- XFT-2001D is not intended for use around flammable environments such as oxygen and anesthetics.
- Care should be taken to minimize excessive impact to the XFT-2001D Control Module. This includes standing or kneeling on the unit, or impact from any hard surfaces.
- The FES cuff should not be worn over swollen, infected or inflamed areas or skin eruptions such as phlebitis, thrombophlebitis and varicose veins.

### ! Precautions: Used to identify a hazard that may result in minor or moderate injury to the user or patient or damage to the equipment or other property.

- Inflammation in the region of the FES cuff may be aggravated by motion, muscle activity, or pressure from the FES cuff. Advise patients to stop using the XFT-2001D until any inflammation is gone.
- After removing FES cuff, it is normal for the areas under the electrodes to be red and indented. The redness should disappear in approximately one hour. Persistent redness, lesions or blisters are signs of irritation. Use of the XFT-2001D should be temporarily halted until any inflammation is resolved completely.
- Patients should not wear the XFT-2001D during x-ray examinations.
- Specific physician clearance should be obtained before using the XFT-2001D on the patients who have an alteration of normal arterial or venous flow in the region of the FES cuff because of local insufficiency, occlusion, arteriovenous fistula for the purpose of hemodialysis or a primary disorder of the vasculature.
- Specific physician clearance should be obtained before using the XFT-2001D when patients have a structural deformity in the area to be stimulated.
- Skin problem where the FES cuff is worn may be aggravated by the XFT-2001D.
- Turn off the XFT-2001D before removing or replacing the electrodes.



## Directions for Use

- Adult supervision and assistance should be provided for anyone needing help while using the XFT-2001D system.
- Protect all electronic components from contact with water, such as from sinks, bathtubs, shower stalls, rain, snow, etc.
- Do not leave the XFT-2001D stored where temperatures may exceed the recommended storage temperatures range: -20°C to +60°C (-4°F to +140°F). Temperature extremes can damage the components.
- Should any technical problems occur that is not covered in this guide, contact Shenzhen XFT Electronics Co., Ltd. Do not attempt to repair the XFT-2001D.
- The FES cuff is only to be worn on the leg of the patient for whom it is fitted. It should not be worn by anyone else or any other part of the body.
- Turn off the XFT-2001D before putting on the FES cuff. Do not turn on the XFT-2001D until the FES cuff is fastened in place.
- Medical electrical equipment needs special precautions for electromagnetic compatibility.
- Use caution in applying electrical stimulation to persons suspected of having heart disease. More clinical data is needed to show that such persons will not experience adverse results.
- Use caution when placing electrodes on areas of the skin with reduced response to normal sensory stimuli, due to the risk of skin burns.
- XFT-2001D devices should be kept out of the reach of children.
- Use caution in applying electrical stimulation to persons suspected of having epilepsy. More clinical data is needed to show that such a person will not experience adverse events.
- Do not use XFT-2001D following recent surgery where muscle contraction may disrupt the healing process.
- Do not use lotion or oil in the area that the electrodes make contact with the skin. Stimulation may not be effective.
- The safety and efficiency of XFT-2001D depends on the proper use and handling of the stimulator. Improper use of the device or electrodes can result in injury to the patient. Regularly check accessories for wear and replace as needed. Electrodes should be firmly secured to the skin.
- Never use the XFT-2001D if it appears to be malfunctioning. If there is a change in the way it usually works (i.e. change in sensation, surging of stimulation, intermittent stimulation) do not use the XFT-2001D and contact your clinician immediately.
- The XFT-2001D should be used with Electrodes supplied by Shenzhen XFT Electronics Co., Ltd.
- The stimulator should not be used while operating potentially dangerous equipment such as automobiles, power lawn mowers or large machinery. Abrupt changes in stimulation level could create a hazard.
- The XFT-2001D should not be worn or used while sleeping or bathing.
- The use of heat or cold producing devices such as electric blankets, heating pads or ice packs may affect the electrodes or the person's circulation and increase the risk of injury. A medical doctor and clinician should be consulted before using with XFT-2001D.
- Medical electrical equipment needs special precautions for electromagnetic compatibility. This product conforms to standards IEC60601-1-2 of EMC.

## Warranty Statement

1. The XFT-2001D Foot Drop System is provided with one year warranty starting from the date of purchasing.
2. We will not provide free repair for the malfunctions caused by the following behaviors.
  - a) Disassemble or modify the product without authorization.
  - b) Accidentally blow or drop the product during use or transportation.
  - c) Lack of reasonable maintenance.
  - d) Operate not according to the instruction.
  - e) Repaired by unauthorized repair store.
3. When asking for guarantee service, please take with the guarantee card.  
Note: It is charged according to the stipulation for the repair service out of the warranty.

## Packing & Shipping Requirements



Be careful while the goods being packed and shipped  
Frangible



Keep upwards while the goods being shipped or packed.  
Upwards



Prevent from being wet or rainy  
No Rain



The maximum weight of being piled is 80 KG  
Maximum Weight of being piled



The maximum layer of being piled is SIX  
Maximum Layer of being piled



: Date-Month-Year



: Shenzhen XFT Electronics Co.,LTD.



: #203 Building 1, #14 Jinhui RD. Pingshan New District, Shenzhen, China

Temperature range for transport and reservation: 5 ~ 40°C  
Relative humidity range for transport and reservation: ≤ 80%  
Air pressure range for transport and reservation: 70Kpa ~ 106 Kpa

## ! ADVERSE REACTIONS

- In the unlikely event that any of the following occurs, advise patient to stop using the XFT-2001D immediately and consult his/her physician:
  - Signs of significant irritation or pressure sores where the FES cuff contacts the skin
  - A significant increase in muscle spasticity
  - A feeling of heart related stress during stimulation
  - Swelling of the knee, leg, ankle or foot
  - Any other unanticipated reaction

Skin irritations and burns have been reported with the use of powered muscle stimulators.

- Skin irritation and burns beneath the electrodes have been reported with the use of surface functional electrical stimulation devices. Do not leave the electrodes in place for long periods of time without checking or cleaning the skin underneath them. It is normal to observe somewhat reddened areas under the electrode placements. However, the redness should disappear within an hour. Signs of irritation are maintained redness, small pimple-like lesions or blisters. DO NOT continue stimulation over irritated skin.

Notify the medical doctor if these conditions persist and discontinue use of the XFT-2001D until the problem is resolved.

## ! Cautions

- ALWAYS use the XFT-2001D under specific instruction of a qualified clinician.
- NEVER use the XFT-2001D in a situation where an unexpected or unusual stimulus may occur, such as driving or operating motorized equipment.
- NEVER use the XFT-2001D unit with frayed or broken leads.
- ALWAYS handle the unit carefully. DO NOT expose the unit to water, excessive heat or vibration.
- DO NOT place electrodes anywhere other than below the knee on the leg for which the XFT-2001D is prescribed.
- AVOID dropping the XFT-2001D. Although robustly designed, damage may occur that could cause the unit to malfunction.
- DO NOT open the unit . The XFT-2001D has no user or clinician serviceable parts inside the control module enclosure.
- TURN OFF the unit if sitting for an extended period of time.

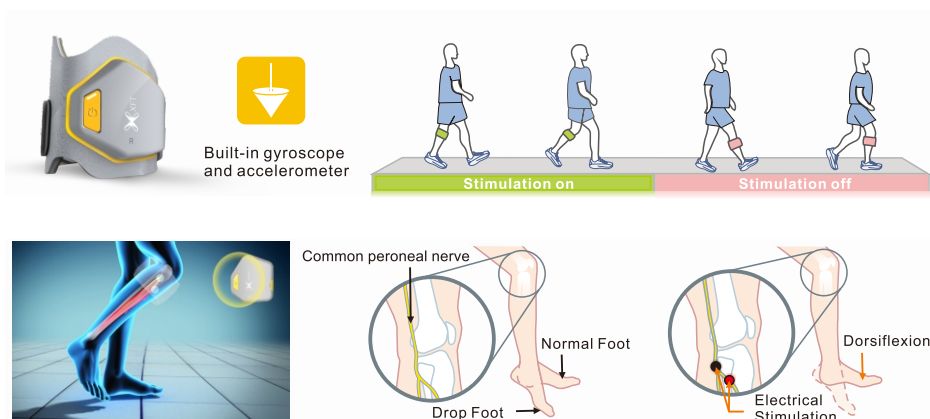
## Introduction to Your XFT-2001D

### 1. Introduction

XFT-2001D Foot Drop System is an advanced functional electrical stimulation (FES) device which brings remarkable effect on foot drop patient. Dropped-foot patient due to central nervous system injuries, such as Stroke, Incomplete Spinal Cord Injury, Traumatic Brain Injury, Cerebral Palsy, Multiple Sclerosis may benefit from the device.

XFT-2001D Foot Drop System adopts advanced MEMS sensor technology and intelligent algorithms, precisely controlling the time and duration of electrical stimulation by tracking the swing angle and pace of patient's leg. XFT-2001D delivers electrical pulses to the common peroneal nerve as well as the tibialis anterior and other muscles to make the movement of dorsiflexion and eversion. Those mild electrical pulses stimulate patient's leg muscle, making them lift the foot at an appropriate phase while walking and therefore enabling patient to walk more steadily, naturally and safely.

### How does XFT-2001D Foot Drop System work?



When the leg swings to the angle of threshold, the electrical stimulation will be triggered.

### 2. Intended Use

For rehabilitation and walking aids of foot drop patients due to stroke or other central nervous system injuries.

## XFT-2001D Recommended Use Time

Patient Name: \_\_\_\_\_

First week: form to

Day	Walking with XFT-2001	Mark ( ✓ ) when completed	Training mode	Mark ( ✓ ) when completed		
1	15 min		20 min			Twice a day if gait is limited  During the first week, the XFT-2001D Cuff should only be worn for ~1-2 hours each time. It is best to divide the time that you wear the XFT-2001D Cuff between the morning and afternoon or evening.
2	20 min		20 min			
3	25 min		20 min			
4	30 min		20 min			
5	40 min		20 min			
6	50 min		20 min			
7	60 min		20 min			

Second week: form to

Day	Walking with XFT-2001	Mark ( ✓ ) when completed	Training mode	Mark ( ✓ ) when completed		
1	1 hr		20 min			Twice a day if gait is limited  The XFT-2001D Cuff should only be worn for ~ 2-4 hours each time during the second week. It is best to take the XFT-2001D Cuff off for >1 hour to let the skin breathe.
2	1.5 hr		20 min			
3	2 hr		20 min			
4	2.5 hr		20 min			
5	3 hr		20 min			
6	3.5 hr		20 min			
7	4 hr		20 min			








Third week: form to

Day	Walking with XFT-2001	Mark ( ✓ ) when completed	Training mode	Mark ( ✓ ) when completed		
1	4 hr		20 min			Twice a day if gait is limited  It is best to take the XFT-2001D Cuff off every 4 hours for >15 minutes to let the skin breathe.
2	5 hr		20 min			
3	6 hr		20 min			
4	7 hr		20 min			
5	8 hr		20 min			
6	9 hr		20 min			
7	Use the device all day long		20 min			

Note:

Air dry and store the electrode when not in use.  
Always use your recommended assistive device unless otherwise directed by your therapist. You should wear the XFT-2001D for the time listed and put the XFT-2001D in gait mode whenever you are standing.  
Your prescribed AFO or other recommended brace should be worn when the XFT-2001D is not in use.  
The amount in training mode will vary with walking ability and time in gait mode. Please do not exceed the total time.

### Configurations

	Stim Unit	1 pc
	Cuff	1 pc
	Remote Control	1 pc
	Quick-fit Electrode	2 pcs
	Gel Electrode	5 pairs
	Charger	1 pc
	User manual	1 pc

Parts list is subject to change without notice.

### 3. Functions and Features

- Bluetooth 4.0, more stable and reliable data transmission, easy operation and setting.
- Thin and light Stim Unit & Cuff with patented design, easy and simple to wear.
- OLED screen on remote control.
- Patent pending quick-fit electrode.
- Auto off in low voltage or after 30 minutes of standby.
- Gait and training mode for choice.

### 4. Usage

Period	Gait mode	Training mode
First week	Walk for 15-60 mins a day	20 mins every morning and evening
Second week	Walk for 1-4 hours a day	20 mins every morning and evening
Third week and later	Walk for 4-9 hours a day	20 mins every morning and evening

Note: take off the cuff for 15 minutes after each use.

## Components of Your XFT-2001D

### 1. Components

XFT-2001D Foot Drop System clinical kit mainly consists of the following parts:



Stim unit & Cuff



Quick-fit Electrode



Remote Control



Power Adapter



Gel Electrode

### Electrodes

Material	Quick-fit electrode: non-woven fabrics Gel electrode: conductive adhesive gel, diameter 50mm
Storage	Temperature: -5°C to 40°C Humidity< 80% Atmos.: 70-106KPa

### Working and storage conditions for Stim Unit and other parts:

Working: temperature: -5°C to 40°C  
Humidity< 80%  
Atmos.: 86-106KPa

Storage: temperature: -20°C to 55°C  
Humidity< 80%  
Atmos.: 70-106KPa


Production Date: see the product number on the Stim Unit

Product Service Life: 5 years

Specifications

Communication: Bluetooth 4.0  
Communication band: 2.4-2.4835 GHz

Stim Unit

Power Supply	DC3.7V, 480mAh, rechargeable lithium battery
Classification	Type BF Equipment 
Shutdown Current	< 10uA
Working Current	< 100mA
Wave form	asymmetrical balanced biphasic wave
Frequency	16.7-40 Hz ( +10% )
Pulse Width	100-300μs ( +10% )
Output current	0-90mA (load: 500Ω)
Output voltage	90mV at the max (load: 1000Ω)
Size	75*70*10mm
Weight	43g

Other parts

Cuff

Size	495*117*2mm
Weight	40g

Remote control

Power Supply	DC3.7V, 480mAh, rechargeable lithium battery
Shutdown Current	< 10uA
Working Current	< 50mA
Size	107*38*11mm
Weight	39g
Control Distance	0-10m

2. Stim Unit & Cuff  
Stim Unit



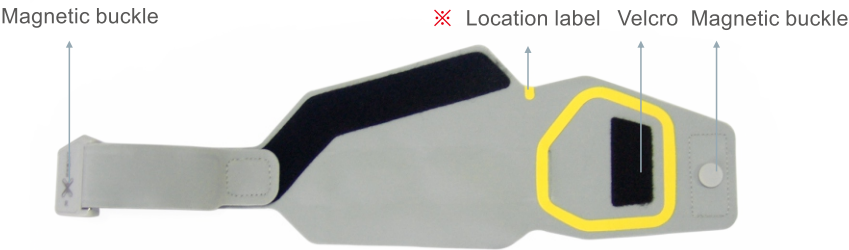
Power button: press and hold for 1 second to turn on the stim unit, and the indicator turns green. Press and hold for 1 second again to turn it off.

L/R label: L is for left leg, R is for right leg.

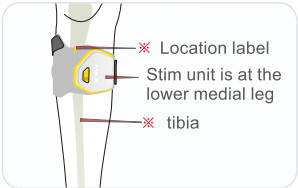
Micro USB port: for device charging. It needs to charge for about 3 hours when completely drained of power. It is designed to work for 10 hours with a full charge.

Snap button: for connection between stim unit and electrode.

Cuff



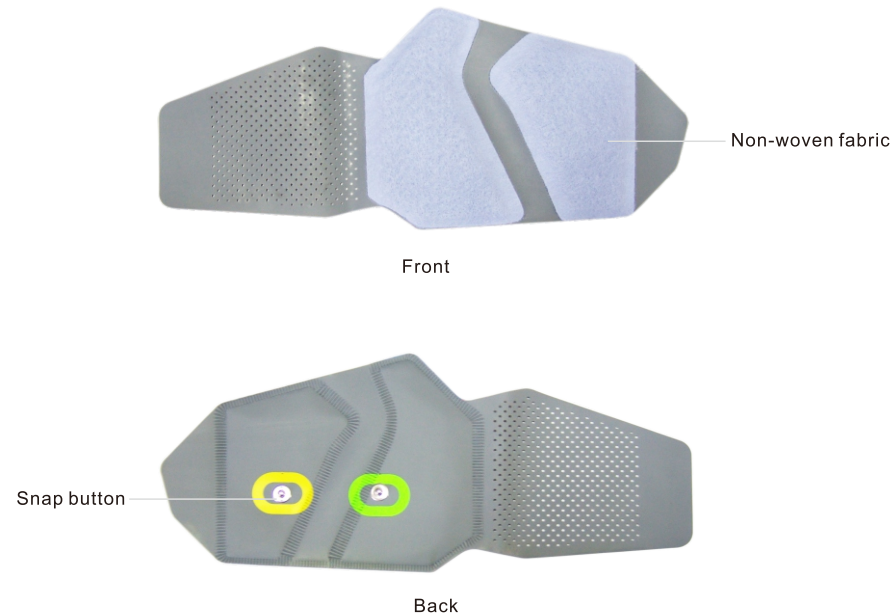
Cuff: the cuff is used to fix the stim unit on the leg  
Magnetic buckle: to fix the cuff around the leg with one-hand operation.  
Location label: place the location mark under the knee and align it with the tibia.  
Velcro: to fix the stim unit on the cuff.



The location label must be aligned with the tibia



### 3. Quick-fit Electrode

Quick-fit electrode: it is snapped on the inner side of cuff, for easy removal and location of electrical stimulation; wet the cloth by water before use.



Non-woven fabric: use running water to wet the fabric for electric conduction.  
Snap button: for stimulation output and connection between stim unit and quick-fit electrode.

### Frequently Asked Questions

1. The stimulation is weak.
  - a. Use the Remote to increase the intensity;
  - b. If the Stim Unit is in low battery, please recharge it;
  - c. Adjust the position of the electrode, or replace the electrode;
  - d. Wet the electrode with enough water for better conductivity.
2. There is no stimulation when turning to Gait mode or Training mode.
  - a. Check if the electrode is correctly applied to the cuff
  - b. Replace the electrode and wet it with enough water
3. The skin area underneath the cuff turns red with pricking or allergy.  
Stop using the device immediately, continue to use it only after the skin is recovered. Please take off the cuff periodically for the breath of the skin.
4. The indicator on the Stim Unit turns red and flashes; "  low battery" shows on the screen on the Remote.  
Recharge the stim Unit and Remote.
5. The indicator on Stim Unit turns red and flashes, the "  " shows on the screen of the Remote.  
It indicates that the electrode is not well-connected. Press the electrode firmly to the cuff; re-wet it if it becomes dry; replace it if is used for a long time.
6. The Stim Unit has occasional strong stimulation.
  - a. The electrode is used for a long time, please replace it.
  - b. The electrode becomes dry, please re-wet it with water.
  - c. Check if the skin area underneath the cuff become red or has wound.
  - d. Check if the cuff is loosened, or the electrode is poisoned correctly.
  - e. Fully attach the electrode to the skin.
7. No stimulation in due time.  
Generally it is because the position of cuff is moved or the Gait mode is changed, please re-wear the cuff and set the parameter in Gait mode.



Care and Maintenance

1. Stim Unit and Cuff

All parts may be cleaned by carefully wiping with a damp cloth. Electrical components are not waterproof, so do not immerse them in water. The Cuff is the only component that can be immersed in water for cleaning. When the Cuff needs a thorough cleaning:

- Remove the Stim Unit and Quick-fit Electrode.
- Immerse the Cuff for 30 minutes into lukewarm water with a small amount of mild detergent.
- Rinse thoroughly under running water.
- Immerse the Cuff for an additional 15 minutes into clean lukewarm water.
- Rinse again under running water.
- Blot excess moisture from the Cuff by gently pressing the surfaces with a towel. Do not wring the Cuff. Let dry on a flat surface in a shaded area (do not hang). The Cuff should dry in 4 to 12 hours, according to climate and humidity. To accelerate drying time place Cuff in front of a circulating cold air fan.
- Re-install once the Cuff is completely dry.
- Do not use a washing machine, dryer or any other heat source to dry.

2. Quick-fit Electrode

- The life cycle of the electrode differs from person to person, generally it needs to be replaced every 2 months, or 30 to 50 times of use.
- Do not wash it frequently, nor use detergents or hot water to wash it.
- Disinfection is not necessary for the electrode, just normal cleaning is ok.
- Please dry the skin area for electrode placement after shower or exercise.
- Do not share the electrodes with others.
- Do not bend the electrodes.
- Please air-dry and store the electrode when it is not in use.
- Use running water to wet the electrode before use.

3. Storage:

When not being worn, the foot drop stimulator (Cuff, Stim Unit, Quick-fit Electrode, and Foot Sensor) should be stored in the carrying case provided in an area where temperatures are 0°C to 40°C. This will keep the electrodes from drying out. The XFT-2001D should be turned off when not in use and overnight to preserve the batteries and to allow the internal clock to function optimally.

Disposal—When the device has reached the end of its useful life (5 years), please dispose of properly, in accordance with all local and national regulations.

4. Remote Control



Buttons

- Power Button: press and hold for 1 second to turn on the remote control, press and hold for 1 second again to turn it off.
- Set/Enter: press the button to enter Settings.(this function is only available on the clinician version)
- Play/Pause/Back: press the button to start or pause electrical stimulation. In Setting mode, press the button to return to previous menu.
- Mode Switch: switch between Gait mode and Training mode.Press the Mode/ Unlock switch and the power button to unlock the parameter settings.
- Left/Right choose: choose different items in Setting mode.(this function is only available on the clinician version)
- Intensity increase/Decrease: adjustment for intensity and parameters
- USB Interface: for device charging and software upgrades.

OLED Screen

	Charge Indicator: the remote is charged with a dynamic charging icon on the top right corner of the screen, and the icon will be full when charging is complete.
	Lock Icon: the icon will show when the parameter settings are locked.
	Gait mode: the icon will show in Gait mode.
	Training mode: the icon will show in Training mode.

※ The Stim Unit will shut off when the Remote Control has been in pause for 5 minutes. During the normal operation, the screen of the Remote Control will become dark if there is no operation on the Remote Control for 2 minutes.

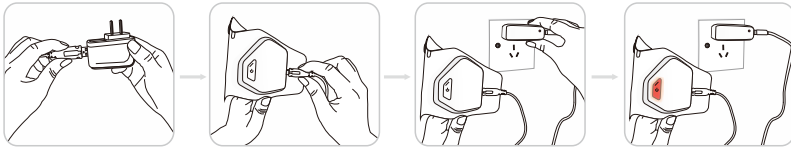


## Daily Use of Your XFT-2001D

### 1. Charging for Stim Unit, Remote Control and Foot Sensor

#### 1) Charging for Stim Unit

When the Stim Unit is in low battery, connect it to power adapter. The indicator on Stim Unit will turn red in charging, and it will turn green when charging is complete.



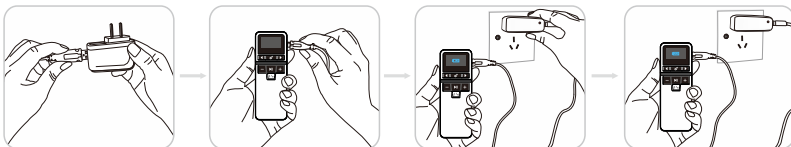
#### ※ Note:

During the use, if the stimulation goes down or low battery icon shows in the screen of remote, please charge the Stim Unit immediately. It needs about 3 hours to charge when completely drained of power. It is designed to work for 10 hours with a full charge. Please turn off the device when not in use.

Note: Do not use the Stim Unit while charging.

#### 2) Charging for Remote Control

When the remote is in low battery, connect it to power adapter. A dynamic charging icon will show in the screen in charging, and the icon will be full when charging is complete.



Note: Do not use the Remote Control while charging.

## Training mode

Training mode is suitable for patients who lack of active training, patients lay or sit down during the training.

### 1. Wear the Cuff

Have a seat and wear the Cuff on the leg.



### 2. Choose Training Mode

Turn on the Stim Unit and Remote, press "⏮" on the Remote to switch to "🏠 Training mode".



### 3. Start Training

Press the "▶||" button to start training.



### 4. Adjust the Intensity

User can press "+" or "-" to adjust the intensity.

The training cycle is 20 minutes, with the stimulation of 1 second and interval of 2 seconds.

## Gait mode

Gait mode is an active rehabilitation training mode, which provides rehabilitation electrical stimulation while walking;

### 1. Use the Stim Unit as trigger source

#### 1) Wear the Cuff

Wear the cuff on the leg and stand up.



#### 2) Choose Gait Mode

Turn on the Stim Unit and Remote, press "A" to switch to "A Gait mode".



#### 3) Start Walking

Press "▶" button on the remote, and take steps (start with the uninjured leg)



#### 4) Adjust the Intensity

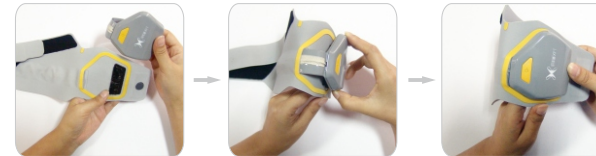
User can press "+" or "-" to adjust the intensity while walking.

### Gait Mode Instruction

Gait mode	Smart mode	In smart mode, the advanced parameter setting is not available. Patient takes the first five steps for gait data collection and analysis, from the sixth step, the stim unit will deliver stimulation.
	Normal mode	In normal mode, the stimulation is triggered based on the advanced parameters.
	Manual Mode	Press the "▶" button to manually trigger the stimulation.

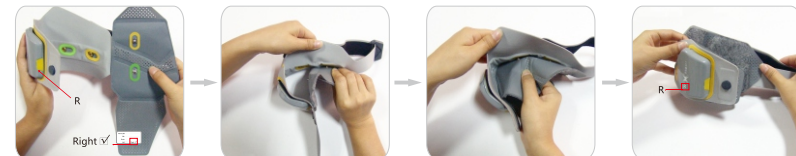
### 2. Install Stim Unit on Cuff

When replacing the Cuff, please install the Stim Unit on the Cuff, please keep the Stim Unit off before installation.



### 3. Install Quick-fit Electrode

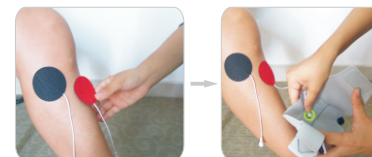
- 1) Wet the electrode by running water
- 2) Press the 2 male snap buttons of electrode into the 2 female snap buttons of the cuff.
- 3) Adjust the electrode to make it fit the cuff. (see pictures below)



※ Note: The Quick-fit Electrode has 2 versions: for left leg and right leg. Please make sure the electrode matches the cuff when replacing it.

The system has Quick-fit electrode and Gel electrode, patient can choose the latter if needed.

Attach the gel electrodes to the common peroneal nerve and the tibialis anterior under the knee. (see below pictures)



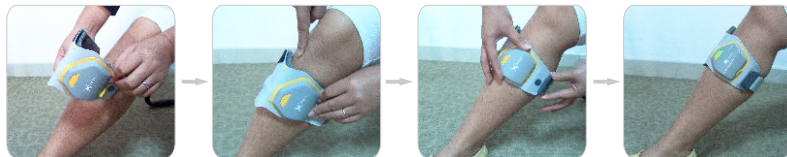
#### 4. Wear the Cuff

##### 1) Preparation

- a) Skin care: to achieve an ideal effect of stimulation, please use wet towel to clean the skin of the leg.
- b) Sitting posture: the patient should sit on a chair, bending and relaxing the leg.

##### 2) Operation

Apply cuff below the knee, keep the yellow location label aligned with the fibular head (now the Stim Unit is at the medial leg).



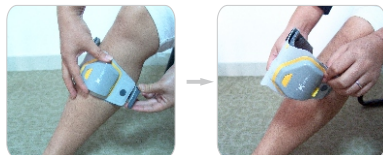
##### Note:

##### Duration time

In order for the breath of the skin underneath the cuff, please take off the cuff at intervals. Generally, it is not necessary to deal with the hair on the skin, trim it by scissors to avoid skin irritation if needed.

#### 5. Remove the Cuff

- 1) Make sure the Stim Unit is powered off.
- 2) Loosen the magnetic buckle, carefully lift the edge of the Stim Unit, and take off it slowly.



- 3) Put the entire device into the suitcase and store it properly.

Note: Dry the Quick-fit Electrode after each use.

#### Steps for Use

