

# REVITIVE®

OXYWAVE®  
TECHNOLOGY

## Medic User's Manual



**Drug-Free  
Clinically Proven  
FDA Cleared Medical Device**



**Please read the  
User's Manual carefully  
before using this product**

**USE ONLY AS DIRECTED**

If symptoms persist, consult  
your healthcare professional

**Dual Mode:**

*Neuromuscular Electrical Stimulation and  
Transcutaneous Nerve Stimulation Device*  
Model number 5573AQ

**CIRCULATION BOOSTER®**

## For best results

Use daily

 Intensity **40+**

 **30-60** min

 for **60+** days



## How-to videos

For videos of setup and using your Revitive system, go to:

**[support.revitive.com](https://support.revitive.com)**

## 2-year warranty

To activate your free 2-year warranty please register your device at:

**[support.revitive.com](https://support.revitive.com)**

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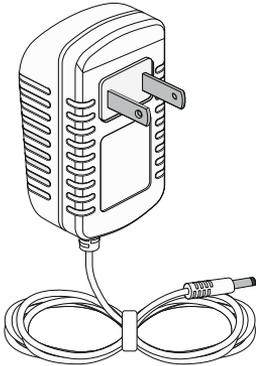
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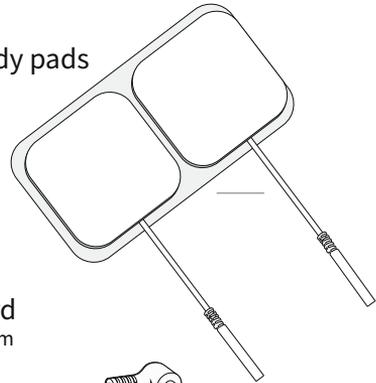
# What's in the box? \_\_\_\_\_

On opening the carton, please check that the following components are provided. If you think anything is missing, please contact us using the helpline numbers on the back of this booklet.

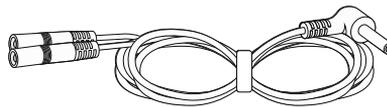
- 1** Power adapter  
Cable length 180cm



- 3** Electrode body pads



- 4** Electrode cord  
Cable length 150cm



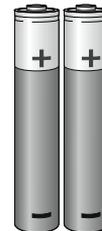
- 2** Revitive Medic



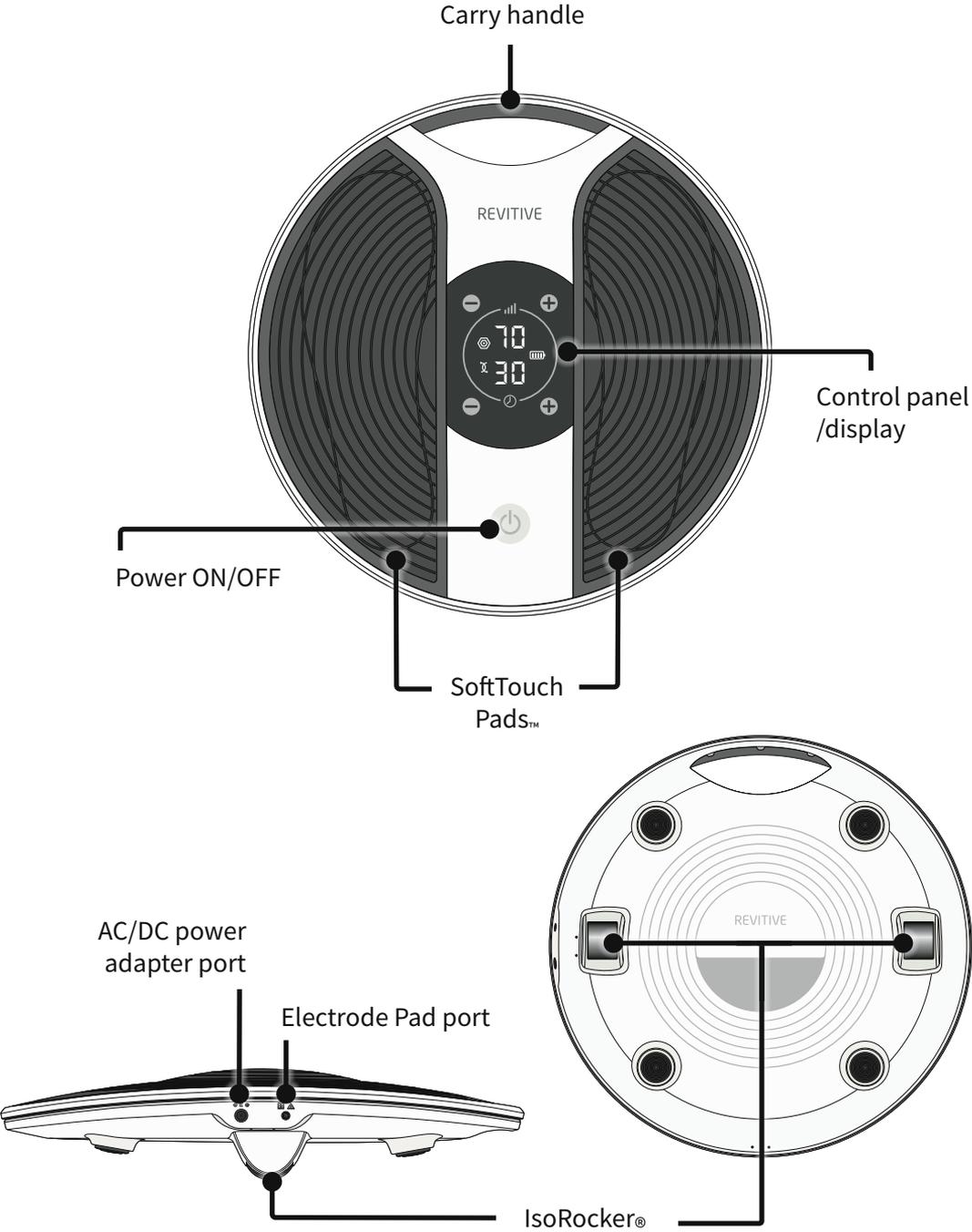
- 5** Remote control



- 6** AAA batteries x 2

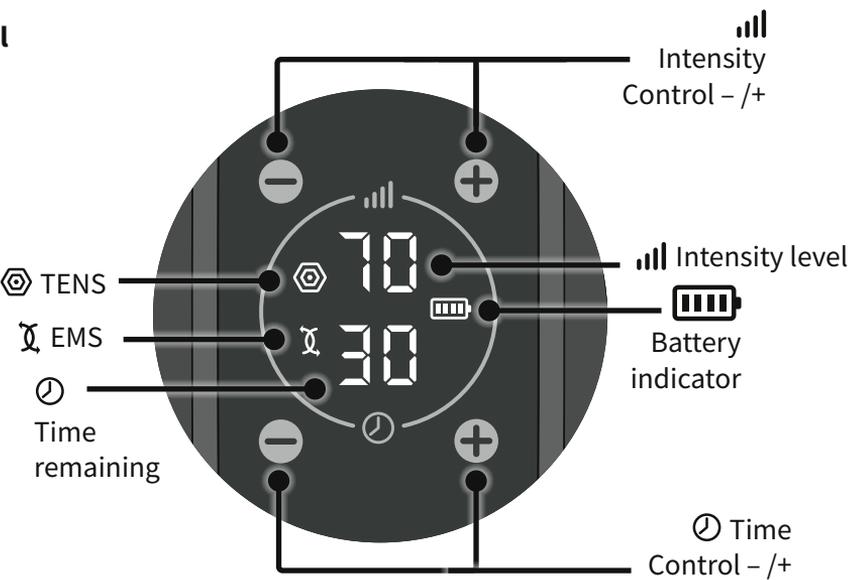


# Parts and controls

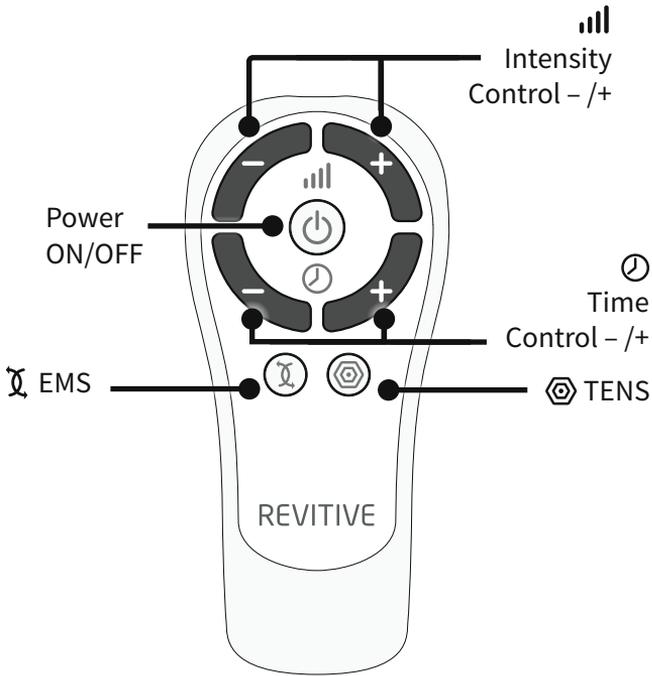


# Parts and controls

## Control panel



## Remote control



# Introduction to Revitive

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## Indications for use

### (1) When using Electrical Muscle Stimulation (NMES), Revitive is intended:

- For users with conditions or diseases that are associated with impaired (poor) blood flow in the legs/ankles/feet, NMES through the foot-pads is intended for use as an adjunctive treatment (**as an addition to your existing treatment**) to temporarily reduce lower extremity pain, swelling and cramping
- To temporarily increase local blood circulation in healthy leg muscles
- To stimulate healthy muscles in order to improve and facilitate muscle performance
- To temporarily relieve pain associated with sore and aching muscles in the shoulder, waist, back, upper extremities (arms) and lower extremities (legs) due to strain from exercise or normal household duties
- For relaxation of muscle spasm,
- For increase of blood flow circulation,
- For prevention or retardation of disuse atrophy,
- For muscle re-education,
- For maintaining or increasing range of motion, and
- Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis

### (2) When using Revitive to deliver Transcutaneous Electrical Nerve Stimulation (TENS), it is intended to provide:

- Symptomatic relief and management of chronic, intractable pain
- Relief of pain associated with arthritis
- Temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, upper extremities (arms) and lower extremities (legs) due to strain from exercise or normal household activities.

# Introduction to Revitive

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## How Revitive works

Revitive delivers Electrical Muscle Stimulation (EMS) to your feet via a pair of cushioned foot-pads, while you are seated. The EMS causes muscles in your calf and foot to contract, which helps to support muscle function, increase circulation and relieve pain in your lower legs during use.

Revitive has been developed so that it is comfortable for you to use. It features an IsoRocker that allows for natural ankle movement when applying the EMS to your feet. Ankle movement is a key factor in increasing circulation in the lower legs. You can choose to enable or disable the IsoRocker at any time.

Through the electrode body pads, Revitive can deliver two types of stimulation: Electrical Muscle Stimulation (EMS) and Transcutaneous Electrical Nerve Stimulation (TENS). EMS helps to increase circulation by contracting and relaxing your muscles during use and provide pain relief. TENS can provide immediate, temporary relief of pain for your legs and other areas of your body. Revitive TENS can also provide symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis.

Do **not** use electrode pads on your head, face, neck or chest.

Revitive is designed to be easy to use and also comes with a remote control, which means you do not have to reach down to adjust settings during use.

Revitive is for home use for 30-60 minutes per day. When using EMS stimulation, no more than 6 sessions of 30 minutes (or the equivalent) per day is advised. TENS stimulation may be used as and when required. It is recommended to use Revitive using TENS stimulation for 20-30 minutes per session.

**Visit [www.revitive.com](http://www.revitive.com) for more information**

# Important safeguards

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## Read all instructions before use

### Who should not use Revitive

Revitive should not be used by some people.



### **Do not use if (contraindications):**

- You have a cardiac pacemaker, implanted defibrillator, or other implanted electronic device because this may cause electric shock, burns, electrical interference, or death
- You are pregnant
- If your pain syndromes are undiagnosed
- You are being treated for, or have the symptoms of, an existing Deep Vein Thrombosis (“DVT”)

Long periods of inactivity can put you at greater risk of developing Deep Vein Thrombosis (DVT). DVT is a blood clot and usually occurs in a deep leg vein. If part of the DVT breaks off it may lead to potentially life-threatening complications such as pulmonary embolism.

If you have been inactive for prolonged periods and suspect you may have a DVT, consult your doctor immediately. To prevent dislodging the clot do not use Revitive.

In some cases of DVT there may be no symptoms. However it is important to be aware of the symptoms that may include:

- pain, swelling and tenderness in one of your legs (usually your calf)
- a heavy ache in the affected area
- warm skin in the area of the clot
- redness of your skin, particularly at the back of your leg, below the knee

Consult your doctor as soon as possible if you show any signs of the above symptoms.

# Important safeguards



## Warnings

- Revitive is **not** intended to manage or reverse any underlying condition or provide long-term results, it is intended to provide relief of symptoms

### **Consult with your doctor BEFORE using this device if:**

- You are in the care of a doctor
- You have a history of heart problems because the device may cause lethal rhythm disturbances to the heart in susceptible individuals
- You are experiencing cramping leg pain that occurs during walking
- You have slow healing wound or wounds and ulcers (open sores) on your feet and legs that don't heal
- You have loss of feeling in the hands or feet and/ or loss of muscle mass in your legs
- You have had medical or physical treatment for your pain, or suffer from severe pain, such as burning pain, in your legs and feet that continues even when you're resting.
- You have suspected or diagnosed heart disease
- You have suspected or diagnosed epilepsy
- You are unsure about the suitability of the Revitive for you
- You are unsure about the cause of your symptoms

### **If your conditions worsen:**

- If your condition worsen during or after use of the Revitive devices, it is up to you to seek the necessary medical attention

### **If you have a metallic implant:**

- If you have a metallic implant, you may experience pain or discomfort near the implant when applying electrical stimulation, if this should occur discontinue use and seek advice from your doctor
- The electrical stimulation may feel more intense close to a metallic implant. It is safe to continue use provided no pain is experienced. You may need to adjust the intensity to a comfortable level

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## Warnings

### **Do not use the electrode body pads on your head, face, neck or chest:**

- There is a chance that serious health problems, and in rare cases death, may be caused by using the electrode pads on your head, face, neck or chest
- There is a chance that using the electrode pads on your head, face or neck may cause closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure
- The introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal
- Use electrode pads only on parts of your body as directed in this guide

### **Do not apply foot-pads or electrode body pads directly on these areas:**

- On open wounds or rashes, swollen, red, infected, or inflamed areas or skin eruptions (such as phlebitis, thrombophlebitis, varicose veins, cellulitis)
- If the areas are cold and numb, turning red and then black, and/or beginning to swell and produce foul-smelling pus with severe pain (gangrene)
- On or close to, malignant tumors
- On areas treated with radiotherapy (within the past 6 months)
- On reproductive organs
- **Avoid** areas that are pale, shiny, smooth and dry
- When using TENS do **not** apply to areas of skin that lack sensation

# Important safeguards

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## Warnings

### When applying foot-pads or electrode body pads:

- Apply stimulation only to normal, intact, healthy skin, and avoid areas that are pale, shiny, smooth and dry
- Electrode pads are for single person use only. Do **not** share electrode pads with others
- Do **not** use electrode pads after their use by date. There is a chance you may experience skin irritation or burns beneath the electrode pads. Some people may experience skin irritation or hypersensitivity due to electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternative conductive medium (gel) or alternate electrode placement
- Ensure that balm/gel/moisturizer is evenly applied and thoroughly absorbed into the skin before applying stimulation. There is a chance that uneven application of a balm/ gel/ moisturizer could increase the risk of skin irritation or burn, when using the electrical stimulation
- Do not use when the electrode pads are open circuited (e.g., when the pads are held in your hands)
- Do not remove electrodes when stimulation is being applied (to avoid unintended, possibly hazardous, stimulation pathways)
- Begin at the lowest intensity setting. Place feet on the device and gradually begin to increase the intensity. Never start at a high level of intensity
- Keep feet on the device at all times, start at lowest intensity and slowly increase the intensity. Do not remove feet during treatment or place feet on the device after the intensity has been increased
- Symptoms may worsen during the initial treatment phase before getting better. This may occur if the body has not yet adjusted to increased muscular activity and blood circulation. If this occurs, reduce the intensity and the duration of treatment which will reduce the initial symptoms. If symptoms persist consult with your doctor
- When using TENS do **not** apply to areas of skin that lack sensation



## Warnings

### **When not to use Revitive:**

- There are times you should not use Revitive. Do not use Revitive:
  - with electronic monitoring equipment (such as cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use
  - when you are in the bath or shower
  - while you are sleeping
  - while you are driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury

### **Additional Warnings:**

- Do not replace or remove the Lithium ion battery from the device

# Important safeguards

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## Cautions

### When applying stimulation:

- Be careful when applying stimulation:
  - over areas of skin that lack normal sensation - be careful not to overstimulate the area. Check for signs of skin irritation (redness), bruising or pain. If in doubt consult your doctor
  - over the abdomen during menstruation, or pregnant uterus
  - after recent surgical procedures as stimulation may disrupt your healing process
  - if you are likely to bleed internally, such as following an injury or fracture – use a low intensity and/or shorter time to avoid over-stimulation
  - after a long period of immobility or inactivity – use a low intensity and shorter time to avoid over-stimulation or muscle fatigue
- This product is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are supervised by a person responsible for their safety
- Use this device only with the leads, electrodes and accessories recommended by the manufacturer

### When using EMS:

- It is possible Revitive may reduce the sensation of pain that would normally act as a warning of an underlying problem
- If your pain does not improve, gets worse or continues for more than 5 days, stop using the device and seek advice from your doctor
- The long-term effects of electrical stimulation are unknown

### When using TENS:

- It is possible Revitive may reduce the sensation of pain that would normally act as a warning of an underlying problem
- If your pain does not improve, gets worse or continues for more than 5 days, stop using the device and seek advice from your doctor
- TENS is not effective in treating the source of pain
- Electrical nerve stimulator's are not effective for pain of central origin, including headache



## Cautions

### **Additional Cautions**

- Electrical nerve stimulator's are not a substitute for pain medications and other pain management therapies
- Electrical nerve stimulator devices have no curative value
- Electrical nerve stimulator's are a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism
- Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients
- The long-term effects of electrical stimulation are unknown
- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across the head, and electrodes should not be applied on opposite sides of the head
- The safety of electrical stimulation during pregnancy has not been established
- Use caution following recent surgical procedures when stimulation may disrupt the patient's healing process
- Patients with suspected or diagnosed heart disease should follow precautions recommended by their physicians
- Patients with suspected or diagnosed epilepsy should follow precautions recommended by their physicians

# Important safeguards

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## Safety Precautions

- **Do not stand on the machine. Use only when sitting down**
- Use the device only for its intended purpose
- Do not expose the device to extreme heat
- Do not spill liquid on the device or its accessories
- Do not overload the electrical outlet
- Keep device out of the reach of children
- Keep power cords and cables out of the reach of children to prevent risk of strangulation
- Revitive may be used by multiple persons, ensure device is cleaned after each use
- Use Revitive only with the leads, electrodes, and accessories supplied by, or purchased from the manufacturer
- Check electrode pads, cords and cables periodically for damage
- Do not open Revitive or repair it yourself. This will invalidate your warranty and may serious harm
- In the unlikely event your Revitive malfunctions, disconnect it from the power source and contact your nearest authorized agent
- Revitive has passed the required tests for EMI, it may still be affected by excessive emissions and/or may interfere with more sensitive equipment
- It has been reported that some universal remote control devices (e.g. for TV etc.) can change the settings on Revitive if used during a treatment. If this should occur, simply adjust the time or intensity settings on Revitive back to where you want them to be using the Revitive Remote Control, or using the device Control Panel
- After any exposure to hot or cold temperatures outside the specified operating range of 50 - 104°F allow the product to re-adjust to the recommended operating temperatures to ensure continued product performance



## Adverse Reactions

- Skin irritation and burns beneath the electrodes have been reported with the use of powered muscle stimulator's
- You should stop using the device and should consult with your physician immediately if you experience adverse reactions from the device.

**Save these instructions**

# Instructions for use

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## Step 1: Setting up Revitive for the first time

**a** Remove all parts from the box:

- AC/DC power adapter
- Revitive Medic device
- Remote control
- AAA batteries x 2
- Electrode body pads
- Electrode cord

See “What’s in the box?” on page 4 to help identify the parts.



**b** Locate the remote control and insert the batteries.

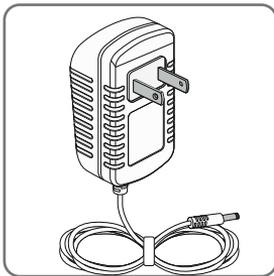
**Before you use Revitive for the first time, read the Important Safeguards on pages 9-17. If in doubt, consult your doctor before using the product.**

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## Step 2: Powering Revitive

Revitive can be powered from either the internal rechargeable battery or by connecting it to an electrical socket.

### Wall power option



- a** Locate the AC/DC power adapter.



- b** Plug the small end of the power cord into the adapter socket on the side of the device.

- c** Plug the power adapter into the nearest electrical socket. This will also start charging the (integrated) rechargeable battery.

Once you have connected Revitive to the electrical socket, follow ‘Step 3: Using the SoftTouch foot-pads’ or ‘Step 4: Using the Dual Mode electrode body pads’ to continue setting up Revitive.

# Instructions for use

## Step 2: Powering Revitive

### Battery power option

- a** Follow steps **a-c** in the wall power option. This will start charging the (integrated) rechargeable battery.



- b** When Revitive is switched off but on charge, the battery indicator icon will constantly scroll during charging; when the battery is full, scrolling will stop.

The battery indicator on Revitive indicates the battery's charge level.



- c** Once fully charged, the full battery indicator will stay illuminated until the power adapter is unplugged from the device or the electrical socket.

A full charge will take approximately 3 hours.

A full charge enables approximately 3½ hours of use (the equivalent of one 30 minute session each day for one week).

When the device is running from the battery, an indicator will show the remaining battery level.

If you turn the device off and the low battery level indicator blinks for 10 seconds, the battery requires recharging.

**Please note you can use the device while it is charging but the battery indicator will not show.**

## Step 3: Using the SoftTouch foot-pads

The SoftTouch foot-pads will deliver the Medic Program, with clinically proven and patented waveforms, to your feet and legs. You can use the electrode body pads to receive EMS or TENS, see pages 25-31 for details.

### For best results:

- Use **Revitive foot-pads for at least 30 to 60 minutes each day**, 7 days a week. For users with conditions or diseases associated with poor circulation we suggest using Revitive foot-pads for 60 minutes per day.
- It is important to use Revitive at a high enough intensity to give you a strong comfortable muscle contraction. Most people achieve a strong muscle contraction **over intensity level 40** (intensity range 1-99).
- If you are diagnosed with a long term medical condition such as Diabetes, Osteoarthritis or a disease or condition associated with poor circulation (such as, for example, diagnosed with varicose veins, or Peripheral Arterial Disease), it can take up to **8 weeks** to help reduce symptoms associated with poor circulation.

Do not use Revitive, using EMS stimulation, for more than 6 sessions of 30 minutes (or the equivalent) per day. Seek medical diagnoses from your doctor if you have leg symptoms combined with high blood pressure, high cholesterol, diabetes or smoking.

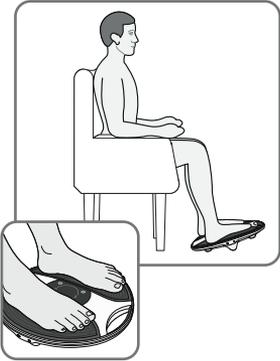
- a** It is important that you are well hydrated. We recommend that you apply a moisturizer to the soles of the feet to help hydrate the skin and improve the delivery of electrical stimulation.

Note: Very dry feet may cause Revitive to auto-pause, and stimulation will not be possible until the soles of your feet are hydrated. In this case it will be necessary to apply a moisturizer.

We also recommend drinking a glass of water before using Revitive.

# Instructions for use

**Sit with both bare feet on the foot-pads**



- b** Get into a comfortable seated position. For best results sit with your knees at a 90 degree angle (right angle).
- c** Place Revitive on the floor in front of you.

Revitive is designed to be used while seated.  
**Never stand** on the Revitive unit.

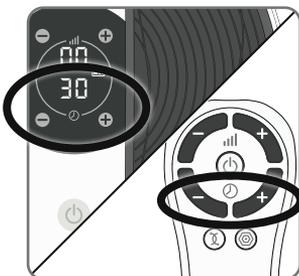
- d** Place **both bare** feet on the foot-pads. Make sure you remove all footwear, including socks/stockings.



- e** Press the power button on the device or on the remote control to turn Revitive on.

You will hear a beep and the display will light up. The ⌚ time will read 30 minutes and 📶 Intensity will read 00.

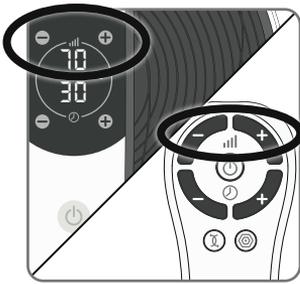
To turn off Revitive at any time during operation, press the power button on the device or on the remote control.



- f** Set the time for Revitive. The default time is 30 minutes. You can set the timer for up to 60 minutes.

If you do not want to use the default time of 30 minutes, set the time for the number of minutes you want. You can use the controls on the control panel or on the remote control.

Press the ⌚ (+) Time Control to increase the time.  
Press the ⌚ (-) Time Control to decrease the time.



- g** Press the  (+) Intensity Control one time to start stimulation.

You can use the buttons on the control panel or remote control. Ensure both feet are on the foot-pads when increasing the intensity.

Press the (+) button to increase the level.  
Press the (-) button to decrease the level.

- h** Ensure you familiarize yourself with the feeling of the Medic Program. Use on a low intensity for 30-60 minutes once per day for a few days.

Set the intensity at a level where you can feel the stimulation in your feet which creates a calf muscle contraction.

It is normal to feel tingling or varying sensations in your feet and calf muscles.

Revitive does **not** vibrate.

- i** After a few days of familiarization, use a higher intensity that provides you with **strong but comfortable calf muscle contractions**.

Most people experience a strong contraction at intensity level 40 or over.

The IsoRocker® enables Revitive to rock up and down once muscle contractions are nearing the desired level. The rocking is caused by muscle contractions in the leg, and the resulting ankle movement allowed by the IsoRocker is a good indicator that the intensity level is sufficient to provide the therapy. Increasing the intensity above this level will enhance the therapy, but should not be allowed to become uncomfortable.

You can set the intensity between 1-99.

Please note that the intensity required may vary from day to day.

If you feel pain or discomfort:

- Remove one or both feet from the foot-pads to stop the stimulation
- Lower the intensity of the foot-pads using the  (-) Intensity Control on the control panel, or remote control, before replacing your feet on Revitive

# Instructions for use

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- j** If you remove one or both feet from the foot-pads, Revitive will pause the stimulation for up to 10 minutes. The display will blink on and off and you will hear a beep. The timer will stop until the session is resumed. Do not touch the foot-pads with your hands or pick up device until paused is enabled
- The stimulation can be resumed by placing both feet back on the foot-pads and then pressing the  (+) button on the Intensity Control.
- While Revitive is paused, the intensity level can be reduced by pressing the  (-) button on the Intensity Control.
- Intensity cannot be increased while Revitive is paused.
- After 10 minutes of being in the paused state, Revitive will switch itself off.
- k** The  Time Display will start to count down in minutes as Revitive cycles through its program.
- l** When Revitive times out, the  Time Display reads 00 and you will hear three beeps.
- m** Revitive switches itself off automatically.

## Step 4: Using the Dual Mode Electrode Pads



Electrode Body Pads are for single person use only. Do **not** share electrode pads with others.

Full Body Pain Management is achieved with the use of Electrode Body Pads, by selecting from two proven therapies ⚡ EMS and Ⓜ TENS.

### 1. ⚡ EMS Mode

Use Revitive electrode pads in ⚡ EMS mode for muscle strengthening and rehabilitation when required, from 30 minutes per day.

Do not use Revitive in ⚡ EMS mode for more than 6 sessions of 30 minutes (or the equivalent) per day. This may result in muscle fatigue.

Use at an intensity that provides you with **strong but comfortable muscle contractions**.

### 2. Ⓜ TENS Mode

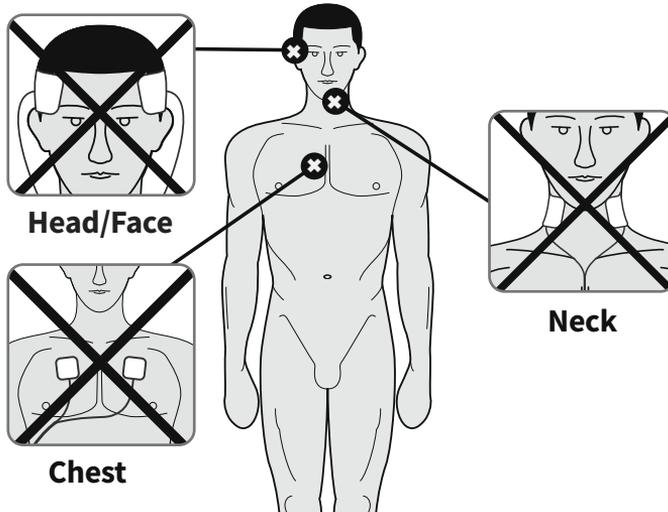
It is recommended to use Revitive in Ⓜ TENS mode for temporary pain relief from chronic joint, muscular, nerve or arthritic pain. Use for 20-30 minutes per session as and when required.

Use at an intensity that provides a **strong but comfortable tingling sensation** without causing you pain.

**The electrode pads cannot be used at the same time as the foot-pads. Using the electrode pads will automatically turn the foot-pads off.**

# Instructions for use

**✘ DO NOT PLACE ELECTRODE PADS ON YOUR:**



There is a chance that serious health problems, and in rare cases death, may be caused by using the electrode pads on your head, face, neck or chest.

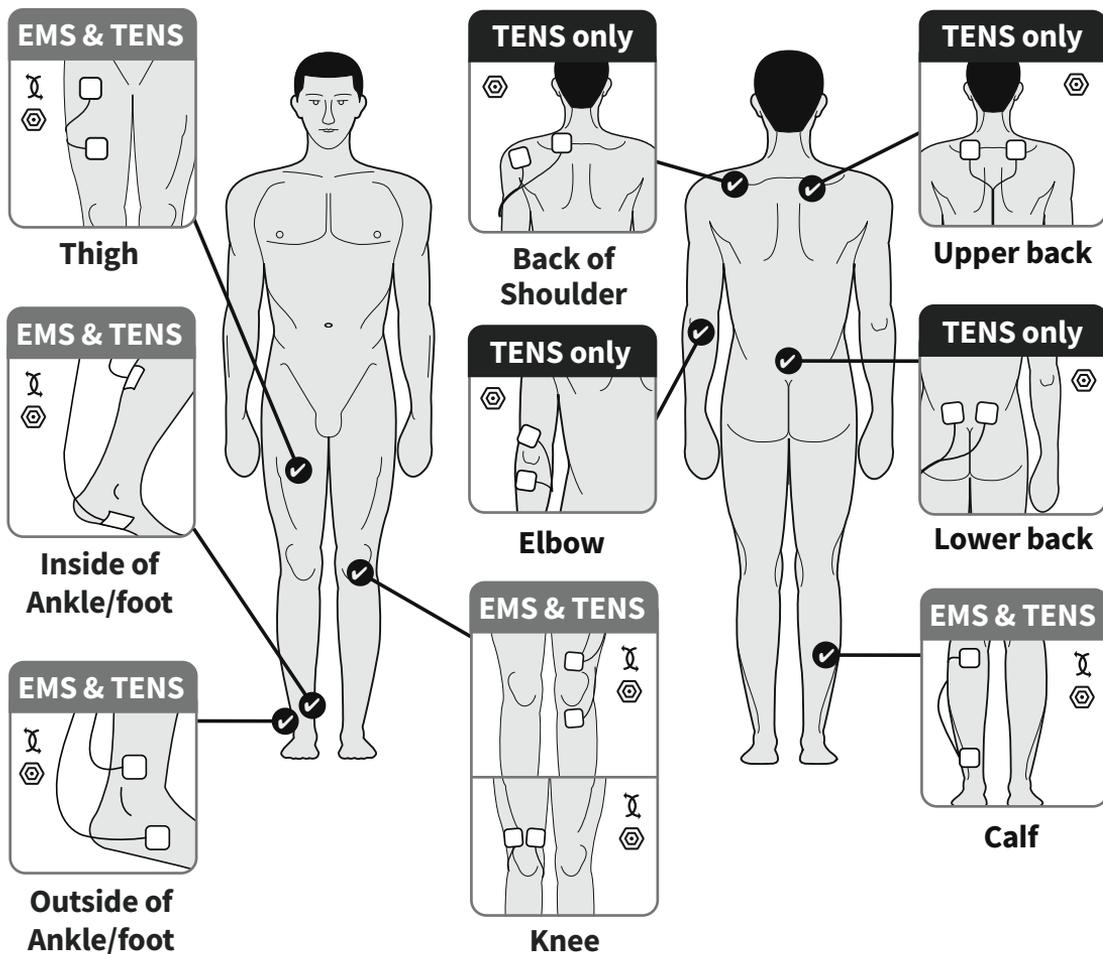
- There is a chance that using the electrode pads on your head, face or neck may cause closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- The introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- Use electrode pads only on parts of your body as directed in this guide.



**Refer to the Warnings on pages 11-14 before using the electrode pads.**

a Select the area you wish to apply electrical stimulation to.

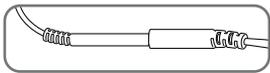
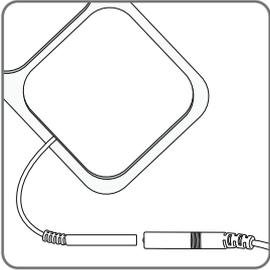
✔ Recommended electrode body pad placements are shown below:



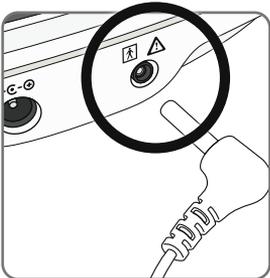
If using TENS for pain relief, position the electrode body pads on either side of the area causing you pain.

# Instructions for use

- b** Clean and dry the area where you will place the Body Pads.
- c** Make sure Revitive is switched off. If the control panel is still illuminated, press the power button and turn Revitive off.
- d** Attach the ends of the Body Pads to the Electrode cord.

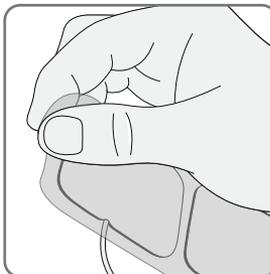


**Press connectors until there is no gap between them.**  
Leaving a gap may cause discomfort or no stimulation.

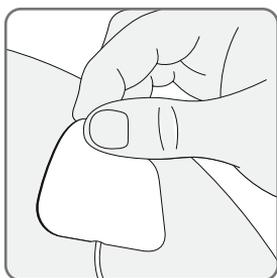


- e** Plug the other end of the Electrode cord into the socket on the side of Revitive.

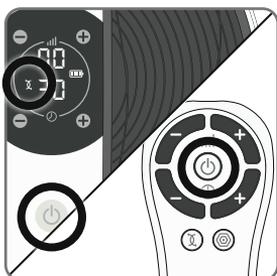
**Plugging in the Electrode cord will automatically turn the foot-pads off.**



- f** Remove the plastic liner from the Body Pads, by peeling it off carefully. Replace the Body Pads onto the plastic liner after use.



- g** Press the Body Pads on the area you wish to apply electrical stimulation to, as shown on page 27, gently pressing the adhesive side against the skin.



- h** Press the power button on the device or on the remote control to turn Revitive on. You will hear a beep and the display lights will light up. The ⌚ time will read 30 minutes, the 📶 Intensity will read 00 and the ⚡ EMS symbol will be displayed.

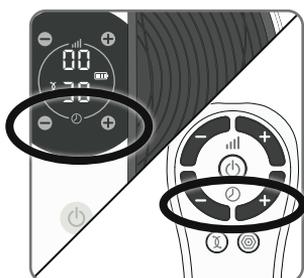


Revitive Body Pads will automatically provide stimulation in ⚡ EMS mode.

If you wish to use Revitive Body Pads in TENS Mode press the ⦶ TENS button on the remote control.

You will then see the ⦶ TENS symbol on the display.

See page 31 for further instructions on how to switch between EMS and TENS mode.



- i** Set the time for Revitive. The default time is 30 minutes. You can set the timer for up to 60 minutes

If you do not want to use the default time of 30 minutes, set the time for the number of minutes you want. You can use the controls on the control panel or on the remote control.

Press the ⌚ (+) Time Control to increase the time.

Press the ⌚ (-) Time Control to decrease the time.

# Instructions for use



- j Press the  (+) Intensity Control once to start stimulation.

Continue to increase the intensity until you can feel the stimulation. You can set the intensity between 1-99.

You can use the buttons on the device or remote control. Press the (+) button to increase the level. Press the (-) button to decrease the level.

It is normal to feel tingling or varying sensations in the muscles you are treating.

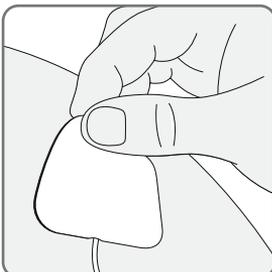
Please note that the intensity required may vary from day to day.

If you feel pain or discomfort:

- Lower the intensity of the Body Pads using the  (-) Intensity Control on the device or remote control.
- You can also choose to stop therapy before the end of the 30 minute session to avoid skin irritation and/or muscle fatigue. You can do this by pressing the  power button on the device or on the remote control.

- k The  Time display will start to count down in minutes as Revitive cycles through its program.

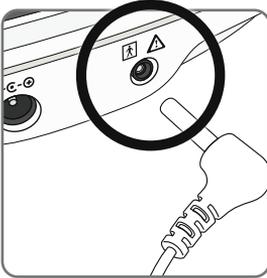
When Revitive times out, you will hear three beeps, and the device will switch itself off automatically.



- l Ensuring that the device is switched off, gently peel the Body Pads from the skin.

**Do not pull the Body Pads off the skin using the Electrode cords as this may damage the cords.**

m Replace the Body Pads onto their plastic liner after use.



n Unplug the Electrode cord from the socket on Revitive.

- o The stimulation can be paused if necessary by unplugging the electrode cord from Revitive or from the pads. Revitive will pause for up to 10 minutes during which time you can re-connect and press  (+) to re-start the stimulation.

After 10 minutes of being in the paused state, Revitive will switch itself off.

## Step 4.1: Switching between EMS and TENS mode

To change between  EMS and  TENS mode, press the button of the stimulation mode you require on the remote control.

You will see the mode selected highlighted on the display.

During use, switching from  EMS to  TENS mode (or vice versa), will reset the timer back to the relevant default time. The  intensity will also be reset to zero.



# Instructions for use \_\_\_\_\_

## Step 5: Cleaning and storing Revitive

- a** Ensure Revitive is switched off.
- b** Wipe down the foot-pads with a soft damp cloth.  
Do not clean with chemicals.  
Do not immerse Revitive in water.
- c** Store Revitive in a cool, dry and dust-free location.  
Store out of direct sunlight.
- d** Place Body Pads onto the plastic liner.
- e** Store the Body Pads in a dry and ventilated location.  
Store out of direct sunlight.  
You do not have to detach the Body Pads from the Electrode cords to store them.

## Replacing the Batteries

The remote control requires two AAA 1.5V batteries to operate.

## Replacing the Body Pads

The Body Pads are reusable up to 20-30 applications. If the Body Pads start to lose their adhesiveness, rub a few drops of water into the surface. Replacement Body Pads can be obtained via **[www.revitive.com](http://www.revitive.com)**.

# Troubleshooting

Problem	Possible Cause	Solution
<b>Revitive is on (lights illuminated on the LED display) but I cannot feel the electrical stimulation through the foot-pads.</b>	Not placing both bare feet on the foot-pads at the same time.	Ensure that your feet are bare and each foot is placed on each of the foot-pads at the same time. Keep increasing the  intensity up to a maximum of 99 until you feel the stimulation.
	Your feet may be dry.	Moisturize the soles of your feet to improve conductivity and stimulation and try the procedure again. You may also have to increase the  intensity level.
	You may be dehydrated.	Drink plenty of water before and after using the device. The device uses your body to create the electrical circuit. Water is an excellent conductor of electricity and if your body is less hydrated (below 60%) then the stimulation may be less, therefore it is important to always remain well hydrated.
	The  intensity level may be on too low a setting.	This is a very safe device. Keep increasing the  intensity level towards 99 until you feel the stimulation. You may find that you have to increase the intensity  level as you get used to the therapy. The aim is not to get to 99 but to find a setting that produces strong muscle contractions in your calves and is comfortable for you.
	Electrode cord is connected to device.	Disconnect the Electrode cord - the foot-pads will not work while the Electrode cord is plugged in.
	Revitive may be in auto-pause	Ensure that you have drunk plenty of water and that your feet are well moisturized. Place both feet onto the foot-pads, then press  (+) intensity button to resume stimulation.
	If, having tried the solutions above, you still cannot feel the stimulation:	Test the device by placing one hand across both foot-pads at the same time (The heel end of the foot-pads is easiest). With your other hand, and starting from zero, increase the  intensity level until you can feel the stimulation. If you can feel the stimulation through your hand then the device is working. If on 99 you still cannot feel the stimulation then please contact your authorised dealer.

# Troubleshooting

<b>Problem</b>	<b>Possible Cause</b>	<b>Solution</b>
<b>No power or lights to Revitive when it is switched on.</b>	AC Adapter not switched on at the electrical socket or AC Adapter not plugged into device properly.	Check electrical socket power is switched on and the AC Adapter is plugged into the device correctly. If still not working – contact your authorised dealer.
	Flat battery	Plug device in an electrical socket and charge battery or run using wall power option.
<b>Revitive is not vibrating.</b>	<b>REVITIVE IS NOT DESIGNED TO VIBRATE.</b>	
<b>Revitive is not "rocking".</b>	It is the muscles in your legs that cause the "rocking", the IsoRocker® is a pivot.	The IsoRocker® will only rock when increased to an intensity which causes sufficient calf muscle contraction. It may be that you cannot comfortably increase the intensity high enough until you get used to the sensation. It is important that intensity is adjusted to a level that is manageable.
	The device is too far in front of you.	Sit with your knees at a 90 degree angle.
<b>When Revitive is rocking on a hard floor it makes a tapping noise.</b>	Incorrect positioning of Revitive or too high an intensity level.	Adjust the positioning of Revitive or lower the intensity level to reduce Revitive tapping. Alternatively use a floor mat under Revitive to cushion the sound.
<b>My legs are aching after treatment.</b>	You may have the  intensity on too high a setting and your muscles are being overworked.	Leave adequate time after each treatment to allow the muscles to recover (just like after vigorous exercise!). On your next session start on a lower setting (where you can feel the mild electrical stimulation and it is comfortable) and reduce the duration until your muscles have acclimatized to the stimulation.
<b>I have placed my feet on the device but am unable to see the TENS symbol on the control panel</b>	TENS is only available through the Electrode Pads.	

<b>Problem</b>	<b>Possible Cause</b>	<b>Solution</b>
<b>When using the electrode pads, the stimulation feels uncomfortable.</b>	The level of stimulation you are using may be too high or you may have broken skin.	Decrease the stimulation level using the  intensity control on the device or remote control. You may need to discontinue use until skin has healed.
<b>I am unsure of which therapy mode I am using when using the electrode pads.</b>		Look at the display on the device. If the electrode pads are in EMS mode, you will see the  EMS symbol. If the electrode pads are in TENS mode, you will see the  TENS symbol.
<b>I want to use the device in TENS mode, but it shows EMS</b>		Look at the display on the device. If the electrode pads are in EMS mode, you will see the  EMS symbol. If the electrode pads are in TENS mode, you will see the  TENS symbol.
<b>I suddenly can't feel stimulation when using the electrode pads.</b>	You may have pressed the other stimulation mode button by accident.	Pressing the opposite stimulation mode button (i.e. pressing the  TENS button when already in  EMS mode or vice versa), will reset the timer back to 30 minutes. The intensity will also be reset to zero. The mode, intensity and time settings will need to be re-made.
	You may have accidentally paused the stimulation session by disconnecting a pad.	Reconnect the electrode pads to your body or re-connect the cord and press the  to resume your session.

**For more information, including Frequently Asked Questions, please visit [support.revitive.com](https://support.revitive.com)**

# Technical Specifications

<b>Name of product</b>	Revitive Medic
<b>Model</b>	5573AQ
<b>Weight</b>	1.4 Kg
<b>Dimensions</b>	360mm (L) x 360mm (W) x 76.5mm
<b>Output current (R.M.S)</b>	EMS: Max 15mA TENS: Max 19mA
<b>Power consumption</b>	5W
<b>Applied parts</b> Parts of Revitive that in normal use come into physical contact with the user.	Electrode Body Pads - 5cm x 5cm = 25cm <sup>2</sup> SoftTouch Pads (Foot-Pads) - 253.69cm <sup>2</sup>
<b>Durable Period (Service Life) of Device</b>	4 Years

## Power Source:

<b>Power adapter</b> UL (Underwriters Laboratories) Safety Mark	
<b>Input (Power adaptor used)</b> ⚡ <b>Output</b> ⚡	100-240V ~ AC (⚡), 50/60Hz, 0.18A. 5.0V (⚡) dc, 1.0A
<b>Battery</b>	Lithium Ion, 1200mAh, 3.7V
<b>Battery Life</b>	500 charge cycles

## The Remote Control replicates the controls found on the device

<b>Operating Frequencies</b>	38 K Hz
<b>Operating Range Distance</b>	0 to 25m at horizontal 0 to 18m at +/- 30 degree angle from the horizontal.

## Output Specifications for Electrical Muscle Stimulation (EMS):

Waveform		Biphasic	
Shape		Square symmetrical with polarity reversal	
Maximum Output Voltage: (+/-15%):	@500Ω	Foot: 35Vp	Body: 19Vp
	@2kΩ	Foot: 97Vp	Body: 55Vp
	@10kΩ	Foot: 131Vp	Body: 80Vp
Maximum Output Current: (+/-15%):	@500Ω	Foot: 70mA	Body: 38mA
	@2kΩ	Foot: 48.5mA	Body: 27.5mA
	@10kΩ	Foot: 13.1mA	Body: 8mA
Pulse Duration (+/-10%):		Foot: 450-970μs	Body: 450μs
Frequency (+/-10%):		Foot: 20 to 44Hz	Body: 31 - 51Hz
Net Charge @ 500Ω		[0.001]mC	
Maximum Phase Charge @ 500 Ω		Foot: 52μC	Body: 13μC
Maximum Current Density		Foot: 0.028 mA/cm <sup>2</sup>	Body: 1.52 mW/cm <sup>2</sup>
Maximum Power Density @ 500Ω		Foot: 0.414 mW/cm <sup>2</sup>	Body: 1.52 mW/cm <sup>2</sup>
Burst Mode:	a. Pulses per burst	Foot: 33 - 182	Body: 48 - 153
	b. Bursts per second	Foot: 0.12 - 0.53	Body: 0.15 - 0.53
	c. Burst duration	Foot: 1.90 - 8.3s	Body: 1.90 - 6.50s
	d. Duty Cycle	Foot: 0.56 - 1.07	Body: 0.56 - 0.69
ON Time (+/-10%):		Foot: 1.90 - 8.30s	Body: 1.90 - 6.50s
OFF Time (+/-10%):		Foot: 1.00 - 1.50s	Body: 1.00s

# Technical Specifications

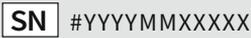
## Output Specifications for Transcutaneous Electrical Nerve Stimulation (TENS):

Waveform	Biphasic	
Shape	Rectangular	
Maximum Output Voltage:	@500Ω	50Vp
	@2kΩ	115Vp
	@10kΩ	135Vp
Maximum Output Current:	@500Ω	100mA
	@2kΩ	57.5 mA
	@10kΩ	13.5 mA
Pulse Width:	200μS (30μS inter phase delay)	
Frequency (Hz)	80-130 Hz	
For multiphasic waveforms only:	Symmetrical phases	Yes
	Phase Duration	100μS
Net Charge (per pulse @ 500Ω)	0μC	
Maximum Phase Charge (@ 500Ω)	10μC	
Maximum Current Density (@ 500Ω)	0.104 mA/cm <sup>2</sup>	
Maximum Average Power Density (@ 500Ω)	4.19 mW/cm <sup>2</sup>	

The values of PULSE DURATIONS, PULSE repetition frequencies and amplitudes, including any d.c. component, shall not deviate by more than  $\pm 20\%$  when measured with a load resistance within the range specified.

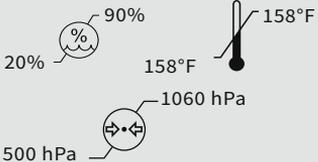
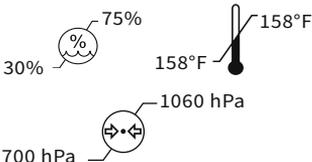
If confirmation is required that the Revitive works within its Essential Performance after a certain period of time, contact the manufacturer

## Symbols

<p><b>Device serial number including year (YYYY) and month (MM) of manufacture can be found on the box and back of unit</b></p>	
<p><b>Item number</b></p>	
<p><b>Contraindications, Warnings and Cautions Make sure you understand these before using Revitive</b></p>	
<p><b>Power</b></p>	
<p><b>Time Remaining</b></p>	
<p><b>Intensity Level</b></p>	
<p><b>EMS Mode</b></p>	
<p><b>TENS Mode</b></p>	
<p><b>Battery Indicator</b></p>	
<p><b>Center Positive Polarity</b></p>	
<p><b>Class II medical electrical equipment double insulated</b></p>	
<p><b>Type BF medical electrical equipment</b></p>	
<p><b>Legal manufacturer of the device</b></p>	
<p><b>Consult instructions for use</b></p>	
<p><b>Do not dispose into normal household garbage. Take to a collection point for the recycling of electrical equipment.</b></p>	

# Technical Specifications

## Symbols

<p><b>FCC mark</b>          Certification mark employed on electronic products manufactured or sold in the United States which certifies that the electromagnetic interference from Revitive is under limits approved by the Federal Communications Commission</p>	
<p><b>Ingress Protection Rating</b></p>	<p>IP21</p>
<p><b>Use-by date</b></p>	 YYYY MM DD
<p><b>Humidity, temperature and air pressure limit for storage and transport</b></p>	
<p><b>Humidity, temperature and air pressure limit for operating conditions</b>          After any exposure to hot or cold temperatures outside the specified operating range of 50 - 104°F allow the product to re-adjust to the recommended operating temperatures to ensure continued product performance.</p>	
<p><b>Indoor Use Only</b></p>	
<p><b>Medical device does not contain natural rubber latex</b></p>	
<p><b>Do not disassemble</b></p>	

# Your 2-year warranty

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It is important to retain the retailer's receipt as proof of purchase. Staple your receipt to this back cover for future reference.

Please quote the following information if the product develops a fault. These numbers can be found on the base of the product:

Model no: .....

Serial no: .....

All Revitive devices are individually tested before leaving the factory. In the unlikely event of any device proving to be faulty within 30 days of purchase, it should be returned to the place of purchase for it to be replaced.

If the fault develops after 30 days and within 24 months of original purchase, you should contact your local distributor quoting model number and Serial number on the product, or write to your local distributor at the address shown.

You will be asked to return the product (in secure, adequate packaging) to the address shown with a copy of proof of purchase.

Subject to the exclusions set out below (see Exclusions) the faulty device will then be repaired or replaced and dispatched, usually within 14 working days of receipt.

If, for any reason, this item is replaced during the 2-year guarantee period, the guarantee on the new item will be calculated from the original purchase date. Therefore, it is vital to retain your original till receipt or invoice to indicate the date of initial purchase.

To qualify for the 2-year guarantee, the device must have been used according to the manufacturer's instructions supplied.

## Exclusions

- 1 Actegy, manufacturer of Revitive devices, shall not be liable to replace the goods under the terms of the guarantee where:
  - The fault has been caused or is attributable to accidental use, misuse, negligent use or used contrary to the manufacturer's recommendations or where the fault has been caused by power surges or damage caused in transit.
  - The device has been used on a voltage supply other than that stated on the product or used with a power adapter other than the one supplied with the product.
  - Repairs have been attempted by persons other than our service staff (or authorised dealer).
  - The device has been used for hire purposes or non-domestic use.
  - The device is second hand.
- 2 Actegy are not liable to carry out any type of servicing work, under the guarantee.
- 3 Accessories such as electrode body pads and bags are not covered by the guarantee.
- 4 Remote control batteries and any damage from leakage are not covered by the guarantee.
- 5 This guarantee does not confer any rights other than those expressly set out above and does not cover any claims for consequential loss or damage. This guarantee is offered as an additional benefit and does not affect your statutory rights as a consumer.

**To activate your free 2-year warranty please register your device at: [support.revitive.com](http://support.revitive.com)**





# REVITIVE®

## Medic

### Legal Manufacturer



**Actegy Ltd**

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Western Road  
Bracknell, RG12 1HJ  
United Kingdom

Tel: +44 (0)845 871 5989

### Country Contact & Distributor:

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**CIRCULATION BOOSTER®**

[www.revitive.com](http://www.revitive.com)