# REVITIVE ProHealth 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

**Single Mode:** *Neuromuscular Electrical Stimulation Device* Model number 5572AQ

### **CIRCULATION BOOSTER®**





### How-to videos

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

support.revitive.com

### 2-year warranty

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

support.revitive.com

## Table of contents \_\_\_\_\_

What's in the box?	4
Parts and Controls	5-6
Introduction to Revitive	7-8
Indications for use	7
How Revitive Works	
Important Safeguards	
Who should <b>NOT</b> use Revitive	9
Warnings and Cautions	10-14
Safety Precautions	15
Adverse Reactions	16
Instructions for use	17-22
Step 1: Setting up Revitive for use	17
Step 2: Using the SoftTouch foot-pads	18-21
Step 3: Cleaning and storing	22
Troubleshooting	23-24
Technical Specifications	25-28
Warranty	29

## 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.







#### 4 AAA batteries x 2



## Parts and controls \_\_\_\_\_



### Parts and controls\_\_\_\_\_

### Control panel





## Introduction to Revitive

### Indications for use

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

- To temporarily increase local blood circulation in healthy leg muscles
- For relaxation of muscle spasm
- Increase of blood flow circulation
- Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis
- For users with conditions or diseases that are associated with impaired (poor) blood flow in the legs/ankles/feet, NMES though 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.

## Introduction to Revitive

### 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.

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. It is advised not to use for more than 6 sessions of 30 minutes (or the equivalent) per day.

### Visit www.revitive.com for more information

## Important safeguards

### Read all instructions before use

### Who should not use <u>Revitive</u>

Revitive should **<u>not</u>** be used by some people.

## $\triangle$ 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 lifethreatening 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



• 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 **<u>BEFORE</u>** 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

## A Warnings

### Do not apply foot-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
- near the thorax (chest) may increase the risk of cardiac fibrillation
- on your head, face, neck or chest

### When applying foot-pads

- Apply stimulation only to normal, intact, healthy skin, and avoid areas that are pale, shiny, smooth and dry
- 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
- 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

## Important safeguards



### 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
- In conjunction with a brace or cast without first consulting with your doctor
- Use of this equipment adjacent to or stacked with other equipment should be avoided because it could result in improper operation. If such use is necessary, this equipment and the other equipment should be observed to verify that they are operating normally

## ▲ 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
  - 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 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

## Important safeguards



### **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
- 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

## ▲ 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 supplied by, or purchased from the manufacturer
- Check 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

## Important safeguards \_



- 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

### Step 1: Setting up Revitive for use

- **a** Remove all parts from the box:
  - AC/DC power adapter
  - Revitive ProHealth device
  - Remote control
  - AAA batteries x 2

See "What's in the box?" on page 4 to help identify the parts.



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



**c** Locate the AC/DC power adapter.

Plug the small end of the power cord into the socket on the side of the Revitive.



**d** Plug the power adapter into the nearest electrical socket.

Before you use Revitive for the first time, read the Important Safeguards on pages 9-16. If in doubt, consult your doctor before using the product.

## Instructions for use

### Step 2: Using the SoftTouch foot-pads

### 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.

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

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 read ② 30 minutes.

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



**f** Press the **III** (+) 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 footpads when increasing the intensity.

Press the (+) button to increase the level.

Press the (-) button to decrease the level.

## Instructions for use

**g** Ensure you familiarize yourself with the feeling of the electrical muscle stimulation. 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.

**h** 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<sup>®</sup> 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 **III** (-) Intensity Control on the control panel, or remote control, before replacing your feet on Revitive



i When you have finished setting the intensity, the display reverts to the ② Time Display.

The ② Time Display will count down will count down from 30 minutes as Revitive cycles through its program.

Each time you adjust the intensity, the intensity level shows in the display. Again, when you have finished adjusting the intensity, the display reverts to the Minutes-counter, continuing to count down the session.

- **j** When Revitive times out, the ② Time Display reads 00 and you will hear three beeps.
- **k** Revitive switches itself off automatically.

## 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.

### **Replacing the Batteries**

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

## Troubleshooting \_\_\_\_\_

Problem	Possible Cause	Solution
Revitive is on (lights illuminated on the LED display) but I cannot feel the electrical stimulation through the foot- pads.	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 <b>Jull</b> 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 <b>ull</b> 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 <b>III</b> intensity level may be on too low a setting.	This is a very safe device. Keep increasing the <b>III</b> intensity level towards 99 until you feel the stimulation. You may find that you have to increase the intensity <b>III</b> 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.
	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 <b>III</b> 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 \_\_\_\_\_

Problem	Possible Cause	Solution
No power or lights to Revitive when it is switched on.	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.
Revitive is not vibrating.	REVITIVE IS NOT DESIGNED TO VIBRATE.	
The IsoRocker® is not "rocking".	It is the muscles in your legs that cause the "rocking", the IsoRocker® is a pivot.	The IsoRocker <sup>®</sup> 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 comfortable.
	The device is too far in front of you.	Sit with your knees at a 90 degree angle.
When using the IsoRocker® on a hard floor it makes a tapping noise.	Incorrect positioning of the device or too high an intensity level.	Adjust the positioning of the device or lower the intensity level to reduce the device tapping. Alternatively use a floor mat under the device to cushion the sound.
My legs are aching after treatment.	You may have the <b>ull</b> 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 acclimatised to the stimulation.

## For more information, including Frequently Asked Questions, please visit support.revitive.com

## Technical Specifications \_\_\_\_\_

Name of product	Revitive ProHealth
Model	5572AQ
Weight	1.12 Kg +/- 0.5Kg
Dimensions	360mm (L) x 360mm (W) x 70.9mm
Output current (R.M.S)	Max 15mA
Power consumption	5W
<b>Applied parts</b> Parts of Revitive that in normal use come into physical contact with the user.	SoftTouch Pads (Foot-Pads) - 195cm <sup>2</sup>
Durable Period (Service Life) of Device and Remote control	4 Years

#### **Power Source:**

<b>Power adapter</b> UL (Underwriters Laboratories) Safety Mark	C 2343720 US
Input (Power adaptor used) -⊙	100-240V ∕ AC (-�), 50/60Hz, 0.18A.
Output ⊖→	5.0V (♀) dc, 1.0A

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

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

## Technical Specifications \_\_\_\_\_

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

Waveform		Biphasic	
Shape		Square symmetrical	with polarity reversal
Maximum Output Voltage: (+/-15%):	@500Ω	Foot: 35Vp	
	@2kΩ	Foot: 97Vp	
	@10kΩ	Foot: 131Vp	
Maximum Output Current: (+/-15%):	@500Ω	Foot: 70mA	
	@2kΩ	Foot: 48.5mA	
	@10kΩ	Foot: 13.1mA	
Pulse Duration (+/-10%):		Foot: 450-970µs	
Frequency (+/-10%):		Foot: 20 to 44Hz	
Net Charge @ 500Ω		[0.001]mC	
Maximum Phase Charge @ 500 Ω		Foot: 49uC	
Maximum Current Density		Foot: 0.026 mA/cm <sup>2</sup>	
Maximum Power Density @ 50	Ω0Ω	Foot: 0.68 mW/cm <sup>2</sup>	
Burst Mode:	a. Pulses per burst	Foot: 32 - 182	
	b. Bursts per second	Foot: 0.1 - 0.3	
	c. Burst duration	Foot: 1.90 - 8.4s	
	d. Duty Cycle	Foot: 0.56 - 0.89	
ON Time (+/-10%)		Foot: 1.93 - 8.37	
OFF Time (+/-10%)		Foot: 1.00 - 1.50s	

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

Device serial number including year (YYYY) and month (MM) of manufacture can be found on the box and back of unit	<b>SN</b> #YYYYMMXXXXX
Item number	REF
Contraindications, Warnings and Cautions Make sure you understand these before using Revitive	$\triangle$
Power	Ċ
Time Remaining	$\bigcirc$
Intensity Level	
Center Positive Polarity	$\ominus$ $\bullet$ $\bullet$
Class II medical electrical equipment double insulated	
Type BF medical electrical equipment	*
Legal manufacturer of the device	
Consult instructions for use	

## Technical Specifications

#### Symbols

<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	FC
Ingress Protection Rating	IP21
Use-by date	
Humidity, temperature and air pressure limit for storage and transport	20% 90% 158°F 20% -158°F 500 hPa
Humidity, temperature and air pressure limit for operating conditions 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.	30% <sup>75%</sup> 158°F 158°F 158°F 158°F 1060 hPa 700 hPa
Indoor Use Only	
Medical device does not contain natural rubber latex	LATEX
Do not disassemble	

## Your 2-year warranty

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:

Lot 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 LOT 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 adaptor 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 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

## **REVITIVE**. ProHealth

Legal Manufacturer

actegy health powered by science inspired by you<sup>™</sup>



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### **CIRCULATION BOOSTER®**

www.revitive.com