

REVITIVE®

CIRCULATION BOOSTER®

CLINICALLY
PROVEN 
DRUG FREE | MEDICAL
DEVICE

User's Manual

MEDIC KNEE



**FDA
CLEARED**

Dual Action:

*Neuromuscular Electrical Stimulation Device
Transcutaneous Nerve Stimulation Device*



**PLEASE READ THE
USER'S MANUAL CAREFULLY
BEFORE USING THIS PRODUCT**

USE ONLY AS DIRECTED

If symptoms persist, consult
your healthcare professional



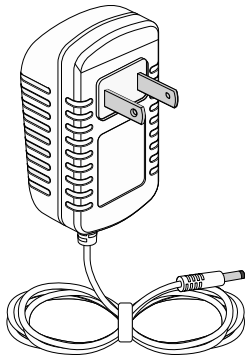
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What's in the box?

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.

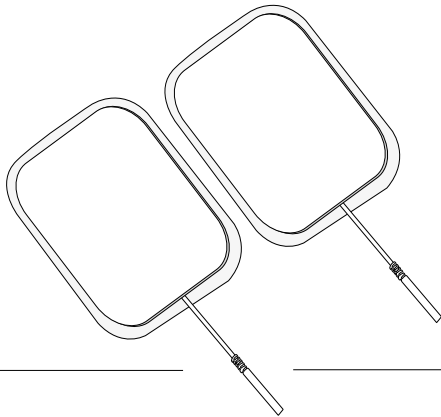
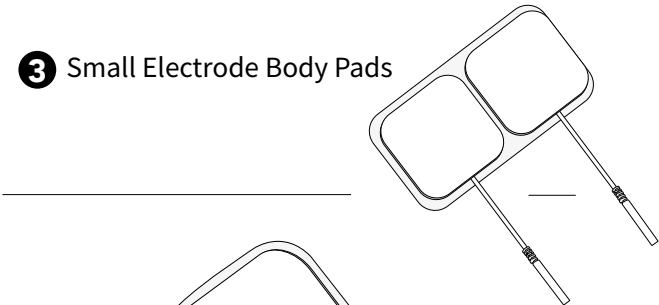
1 AC/DC power adapter



2 Revitive Medic Knee

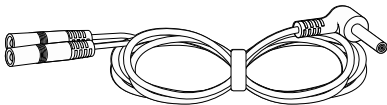


3 Small Electrode Body Pads

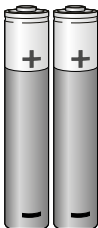
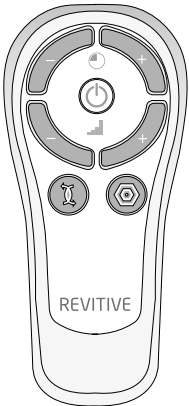


4 Large Electrode Thigh Pads

5 Electrode cord

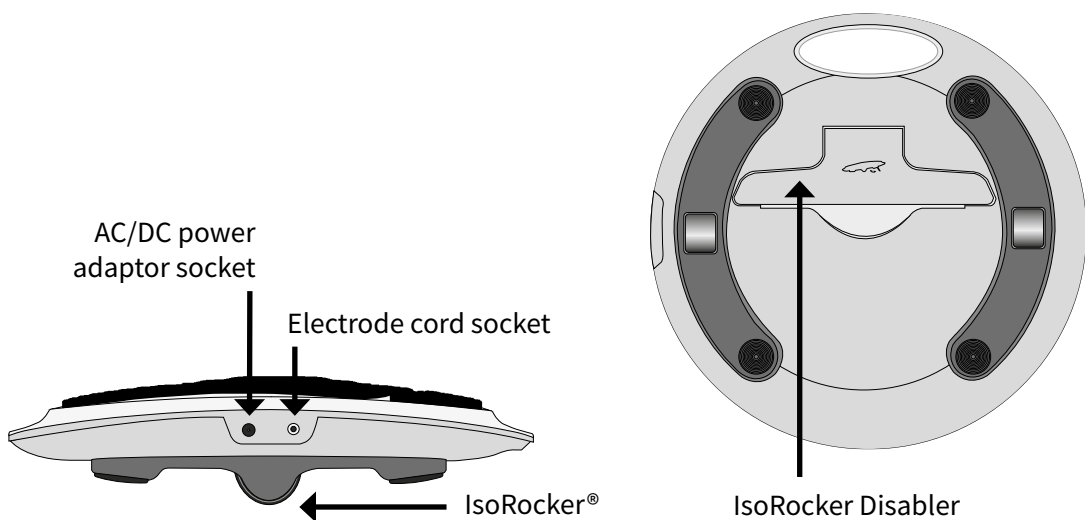
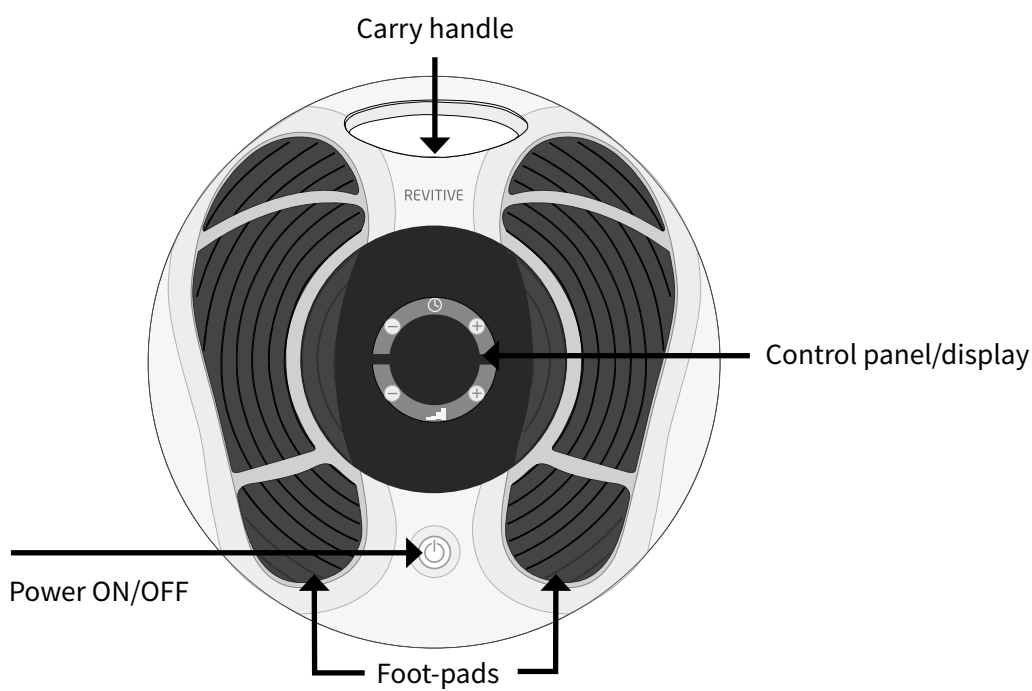


6 Remote control



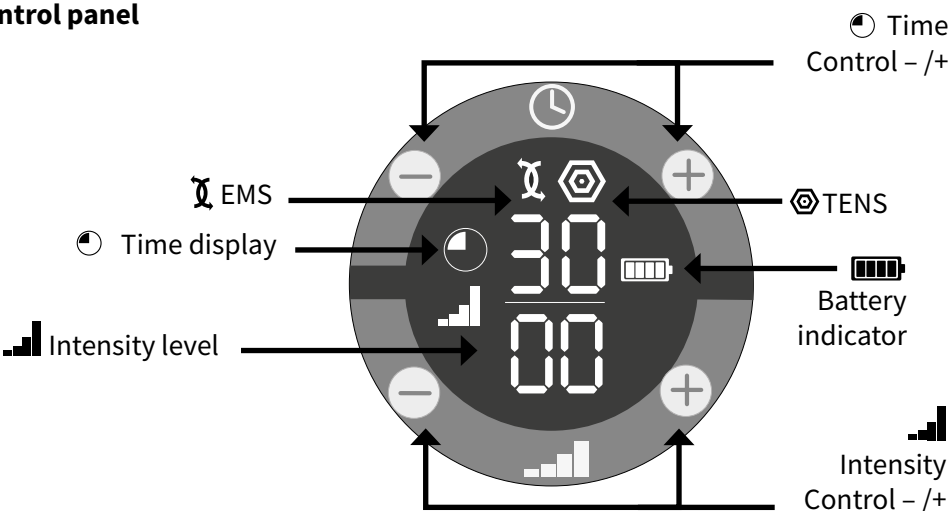
7 AAA batteries x 2

Parts and Controls

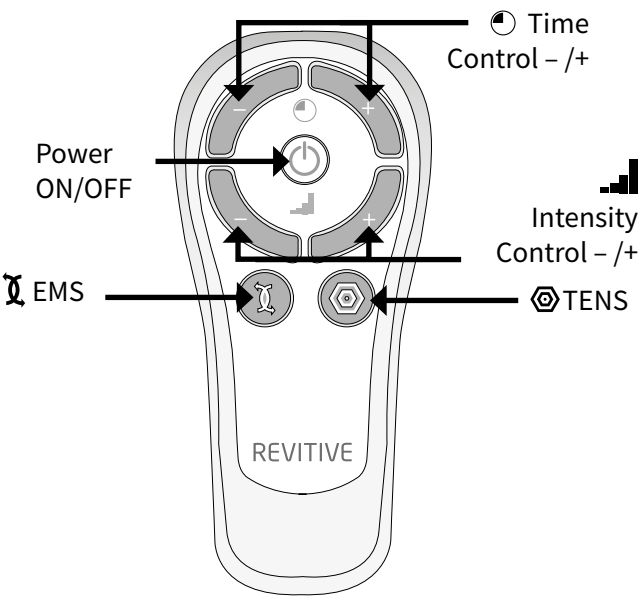


Parts and Controls

Control panel



Remote control



Introduction to Revitive

Intended use

Revitive is intended to be used for electrical stimulation of the muscles of the lower leg for the purposes of supporting muscle function, and supporting and improving blood circulation. In addition Revitive is intended to be used for electrical stimulation of sore and aching muscles to relieve pain.

In TENS mode, Revitive is intended to provide symptomatic relief and management of chronic, intractable pain and relief of pain associated with arthritis and for temporary relief of pain in sore and aching muscles.

To get the most out of Revitive, it is recommended that you use:

- Foot-Pads for at least 30-60 minutes each day
- Thigh Pads (EMS mode) on the thigh of your affected leg (knee) once a day for 20 minutes, 5 days per week
- Body Pads (TENS mode) for 20 to 30 minutes as and when you need pain relief.

Introduction to Revitive

Indications for use

When using Electrical Muscle Stimulation (EMS), Revitive is intended to/for:

- Increase of blood flow circulation
- Stimulate healthy muscles in order to improve and facilitate muscle performance
- 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 duties
- Relaxation of muscle spasm
- Temporarily increase local blood circulation in healthy leg muscles
- Prevention or retardation of disuse atrophy
- Muscle re-education
- Maintaining or increasing range of motion
- Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis

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.

How Revitive Medic Knee works

With its unique *TripleAction* Revitive Medic Knee works in three ways:

- 1. 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 increase circulation in your legs.

Revitive has been developed so that it is comfortable for you to use. It features a patented IsoRocker® that allows for natural ankle movement when applying the EMS to your feet. Ankle movement is an effective way to increase 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 comes with a remote control, which means you do not have to reach down to adjust settings during use.

- 2. Delivers a unique Arthritis Program of Electrical Muscle Stimulation to the front of the thighs/quadriceps through the use of the Thigh (Electrode) Pads** - to strengthen the quadriceps. Strengthening your quadriceps muscles may help to:

- Support and stabilize the knee
- Reduce stress on the knee
- Relieve knee pain

To get the most out of Revitive, it is recommended that you use:

- Revitive foot-pads for at least 30-60 minutes each day.
- Revitive Thigh Pads on the thigh of your affected leg (knee) once a day for 20 minutes, 5 days per week.

- 3. Delivers Transcutaneous Electrical Nerve Stimulation (TENS) through the smaller Body (Electrode) Pads** - to provide immediate, temporary relief of pain for your legs and other areas of your body. Use as and when you need relief.

Visit www.revitive.com for more information

Important Safeguards

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
- 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.

Who should check with their doctor before using Revitive



Warnings

- 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 wounds
 - You have loss of feeling in the hands or feet
 - You have had medical or physical treatment for your pain
 - 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 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
- **Do not use the Electrode 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

Important Safeguards

- Do **not** apply foot-pads or Electrode Pads directly:
 - on open wounds or rashes, swollen, red, infected, or inflamed areas or skin eruptions (such as phlebitis, thrombophlebitis, varicose veins, cellulitis)
 - on or close to, malignant tumours
 - on areas treated with radiotherapy (within the past 6 months)
 - on reproductive organs
- Apply stimulation only to normal, intact, healthy skin
- Electrode Pads are for single person use only. Do **not** share Electrode Pads with others
- Do **not** use the Electrode Pads in conjunction with a brace or cast without first consulting with your doctor
- Do **not** use Electrode Pads after their use by date. There is a chance you may experience skin irritation or burns beneath the Body 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 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 replace or remove the Lithium ion battery from the device.
- Do not use when the body 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

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



Cautions

- 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
 - 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

Important Safeguards

- 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 stimulators are not effective for pain of central origin, including headache
 - Electrical nerve stimulators are not a substitute for pain medications and other pain management therapies
 - Electrical nerve stimulator devices have no curative value
 - Electrical nerve stimulators 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.
 - Use caution following recent surgical procedures when stimulation may disrupt the patient's healing process



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
- Check body pads, cords and cables periodically for damage
- Do not open Revitive or repair it yourself. This will invalidate your warranty and may cause 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 (eg 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 stimulators
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device

Save these instructions

How do I get the most from Revitive?

It is recommended that you use:

1. Foot-Pads for at least 30-60 minutes each day.
2. Thigh Pads (EMS mode) on the thigh of your affected leg (knee) once a day for 20 minutes, 5 days per week.
3. Body Pads (TENS mode) for 20 to 30 minutes as and when you need pain relief

Step 1:

Setting up Revitive for the first time

a Remove all parts from the box:

- AC/DC power adapter
- Small Electrode Body Pads
- Electrode cord
- AAA batteries x 2
- Revitive Medic Knee device
- Large Electrode Thigh Pads
- Remote control

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 Warnings and Cautions on pages 10-14. If in doubt, consult your doctor before using the product.

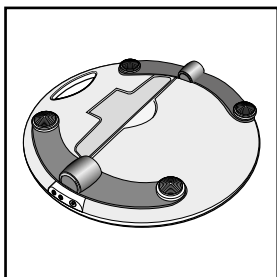
Instructions for use

Step 2:

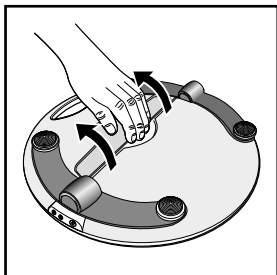
Setting up the IsoRocker®

- a** Turn the device over so that you can see the IsoRocker and IsoRocker Disabler.

- The IsoRocker allows Revitive to rock while stimulating your legs and feet.
- Revitive will begin rocking on the IsoRocker once muscle contractions are strong enough.
- When the IsoRocker feature is disabled, by opening the IsoRocker Disabler, Revitive will be inclined and not rock during use.



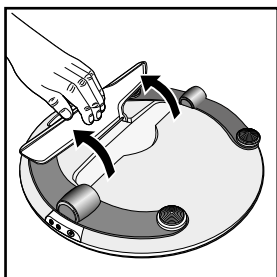
- b** If you **want to use the IsoRocker**, leave the IsoRocker Disabler in place (ie flat) on the bottom of the device, as shown.



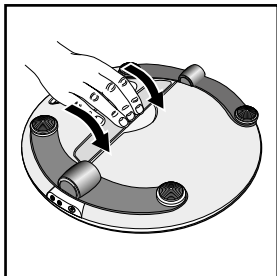
- c** If you **do not want to use the IsoRocker**

Pull the IsoRocker Disabler on the bottom of Revitive. You may have to pull hard.

- Pull the IsoRocker Disabler back until it clicks open, as shown.



- To re-enable, pull the IsoRocker Disabler and press into place (ie flat) on the bottom of Revitive.



Instructions for use

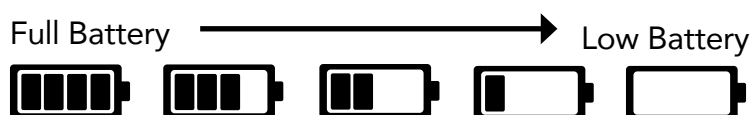
Step 3: Powering Revitive

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

Battery power option

If you want to use the device without connecting it to an electrical socket, it can run from the battery.

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



Follow Step 4 Using The Foot-pads or Step 5 Using the Electrode Body Pads to continue setting up Revitive.

When the battery drops to the low level, it will require recharging. See Step 6, Recharging Battery on page 37.

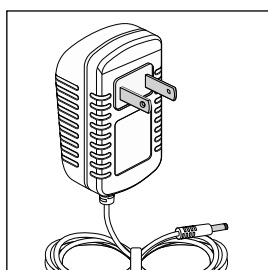
If you turn the device off and the low battery level indicator blinks for 10 seconds, the battery requires recharging.

Please note that if the battery runs out, the device can still be used, by connecting to an electrical socket.

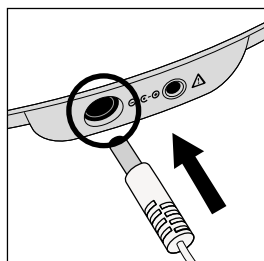
Do not replace or remove the Lithium-ion battery from the device.

Power cord option

If you want to use the Revitive when the battery is low or to preserve the battery level the Revitive can be used by connecting it to an electrical socket.



a Locate the AC/DC power adapter.



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

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

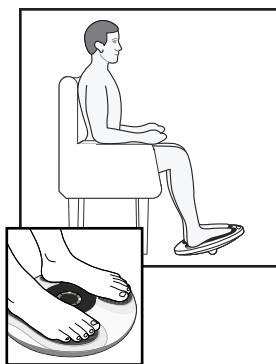
Once you have connected Revitive to the electrical socket follow Step 4 Using The Foot-pads or Step 5 Using the Electrode Body Pads to continue setting up Revitive.

Instructions for use

Step 4: Using the Foot-Pads

The foot-pads will only deliver EMS to your feet and legs. You can use the Body Pads to receive TENS, see page 30 for details.

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



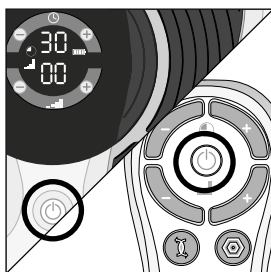
- a Get into a comfortable seated position.
For best results sit with your knees at a 90 degree angle (right angle).
- b Place Revitive on the floor in front of you.



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

- c Place both bare feet on the foot-pads.
Make sure you remove all footwear, including socks/stockings.
- d If desired, apply a moisturizing lotion to the soles of your feet.

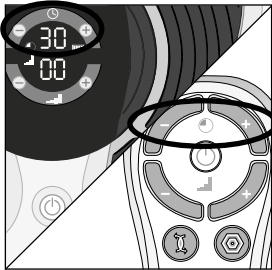
Hint: Applying a moisturizing lotion to the soles of the feet before using Revitive can help improve the delivery of electrical stimulation.



- 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 lights 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 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.

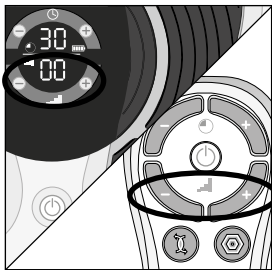
You can use the controls on the control panel **or** on the remote control.

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

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

It is recommended to use the Foot-Pads for 30-60 minutes per day.

Do not use the Foot-Pads more than 6 sessions of 30 minutes (or the equivalent) per day. This may result in muscle fatigue.



- g** Press the ▬ (+) Intensity Control once to start stimulation.

Continue to increase the intensity until you can feel or see the muscles in your calves contract and relax. 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.

Begin at the lowest intensity setting. Place feet on the device and gradually begin to increase the intensity.

Do not remove feet during treatment or place feet on the device after the intensity has been increased.

Instructions for use

- h** Ensure you familiarize yourself with the sensation of Electrical Muscle Stimulation (EMS). 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 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. 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.

- j** The  Time Display will start to count down in minutes as Revitive cycles through its program.
- k** When Revitive times out, the  Time Display reads 00 and you will hear three beeps.
- l** The Revitive switches itself off automatically.

Instructions for use

Step 5: Using the Electrode Pads



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

Revitive comes with one pair of reusable (up to 20-30 applications) Thigh Pads that can be used to deliver the unique Arthritis Program using Electrical Muscle Stimulation (EMS) to strengthen the muscles at the front of your thigh (quadriceps).

Strengthening your quadriceps muscles may help to support and stabilize the knee, reduce stress on the knee and relieve knee pain.

Revitive also comes with one pair of smaller reusable (up to 20-30 applications) Body Pads that can be used to deliver Transcutaneous Electrical Nerve Stimulation (TENS) to other parts of the body.

TENS provides stimulation of your nerves, which blocks the pain you experience in a particular area of your body. TENS can be used to provide pain relief to the areas shown on page 29. For instructions on how to use TENS, go to page 29.

Before using the Body Pads, select the area you wish to apply stimulation to and which stimulation mode you would like to use.

The positioning of the Electrode Pads will depend on which stimulation mode (EMS or TENS) you choose. **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

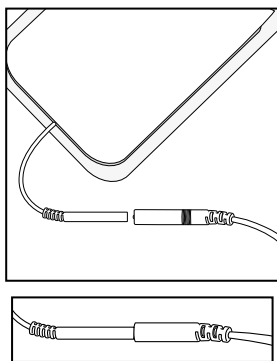
Step 5.1:

Using the Large Thigh Pads with the unique Arthritis Program of Electrical Muscle Stimulation (EMS)

It is recommended that the Thigh Pads be used on the affected leg (knee) for **20 minutes, once a day, 5 days per week**. Find a routine that works for you, perhaps using the Thigh Pads Monday - Friday and not at the weekend.

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

- a** Clean and dry the thigh where you will place the Thigh Pads (see next page for positioning instructions).

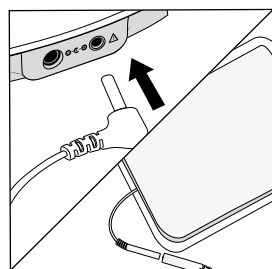


- b** Make sure Revitive is switched off. If the control panel is still illuminated, press the power button to turn Revitive off.

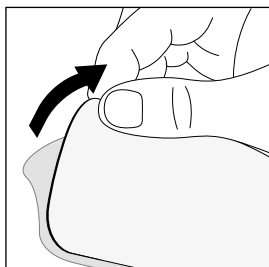
- c** Attach the ends of the Thigh Pads to the Electrode cord.

Press connectors until there is no gap between them.

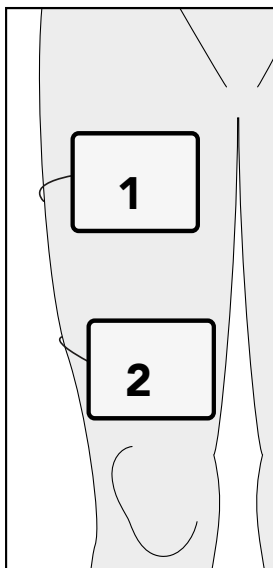
Leaving a gap may cause discomfort.



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



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



- f** Gently press one Thigh Pad across your thigh (1), a few centimetres away from your groin area, with the adhesive side against the skin.
- g** Gently press second Thigh Pad across your thigh (2), a few centimetres from the top of your kneecap, with the adhesive side against the skin.

The Thigh Pads do not need to be lined up exactly with each other. They need to be in a position that is comfortable and that allows you to see your thigh muscles contract & relax.

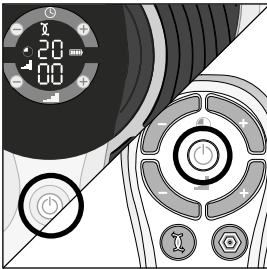
Revitive Thigh Pads are designed to be used while seated.

The Thigh Pads are only suitable for use on the thigh muscle with the Revitive Medic Knee device in EMS mode and will not be effective for any other areas of the body.

Instructions for use

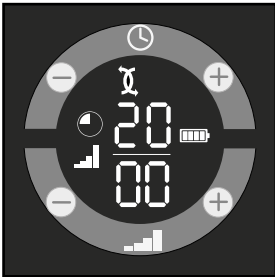


Do NOT use the Thigh Pads on your head, face, neck or chest.
Refer to Warnings on pages 11-13 before using the Thigh Pads



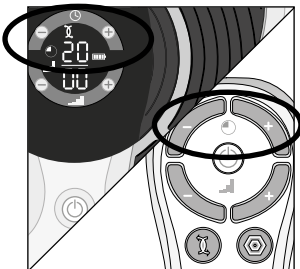
- h** Press the power button on the device or on the remote control to turn Revitive on.

You will hear a beep and the display lights will light up. The ⌚ time will read 20 minutes, the 📶 Intensity will read 00 and the ⚡ EMS symbol will be displayed.



Revitive Electrode Pads will automatically provide stimulation in EMS mode.

See page 29 for instructions on how to use in TENS mode.



- i** Set the time for the number of minutes you want to use Revitive. The default time for the Thigh Pads is 20 minutes.

You can use the buttons on the device **or** remote control.

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

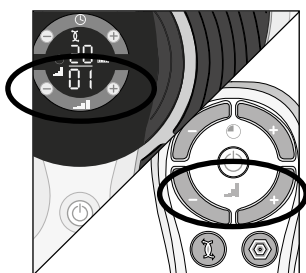
Press the ⌚ (-) Time Control to decrease the time.


Adjusting the intensity level - At the start of therapy there will be 30 seconds of stimulation to help you set the right intensity level. This is followed by a rest period of 30 seconds, when you will feel no stimulation.

For the remainder of the therapy session you will feel 10 seconds of stimulation, followed by a 20 second rest period which repeats until the end of therapy.

Adjust the intensity when you can feel the stimulation being applied to your thigh.

It is not possible to adjust the intensity during the rest period.



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

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.

- k** Ensure you familiarize yourself with the feeling of Electrical Muscle Stimulation (EMS). Use on a low intensity for 20 minutes once per day for a few days.



Set the intensity at a level where you get a strong but not painful thigh (quadriceps) muscle contraction.

After a few days of familiarization, you may be able to use at a higher intensity level provided it is not painful.

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

Instructions for use

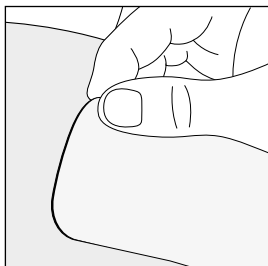
If you feel pain or discomfort:

- lower the intensity of the Thigh Pads using either the  (-) Intensity Control on the control panel of the device **or** on the remote control.
- You can also choose to stop therapy before the end of the 20 minute session to avoid muscle fatigue. You can do this by pressing the  power button on the device **or** on the remote control.

l The time control/display will start to count down in minutes as Revitive cycles through its program.

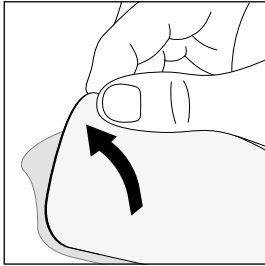
m When Revitive times out, the time display reads 00 and you will hear three beeps.

n Revitive switches itself off automatically.

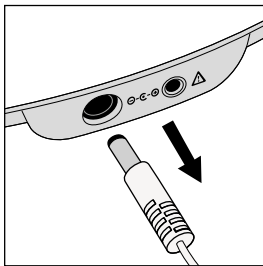


- Ensuring that the device has switched itself off, then gently peel the Thigh Pads from the skin.

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



- p** Replace the Thigh Pads onto their plastic liner after use.



- q** Unplug the Electrode cord from the socket on Revitive.

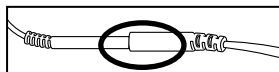
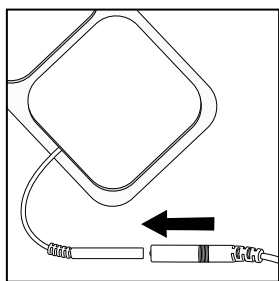
Instructions for use

Step 5.2: for pain relief using Transcutaneous Electrical Nerve Stimulation (TENS)

It is recommended to use Revitive, in TENS mode for 20-30 minutes per session, for immediate pain relief.

TENS mode may be used as and when required.

- a** Clean and dry around the knee where you will place the Body Pads (see next page for positioning instructions).

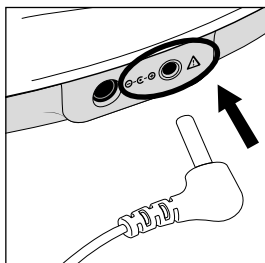


- b** Make sure Revitive is switched off. If the control panel is still illuminated, press the power button to turn Revitive off.

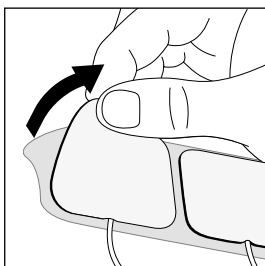
- c** Attach the ends of the Body Pads to the Electrode cord.

Press connectors until there is no gap between them.

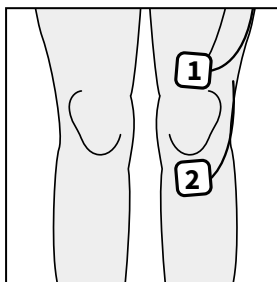
Leaving a gap may cause discomfort.



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



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

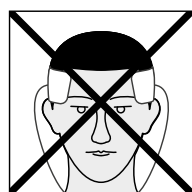


- f** Gently press one Body Pad above the knee (1), and one Body Pad below the knee(2), with the adhesive side against the skin.

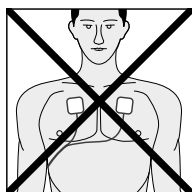
Find a placement that best surrounds your most concentrated area of pain.

Do not place directly on the knee joint.

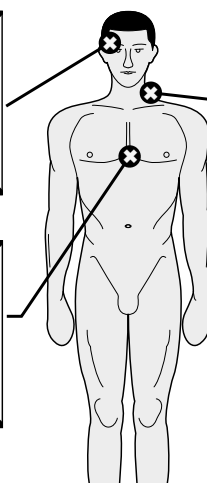
✗ DO NOT PLACE BODY PADS ON YOUR:



Head/Face



Chest



Neck

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

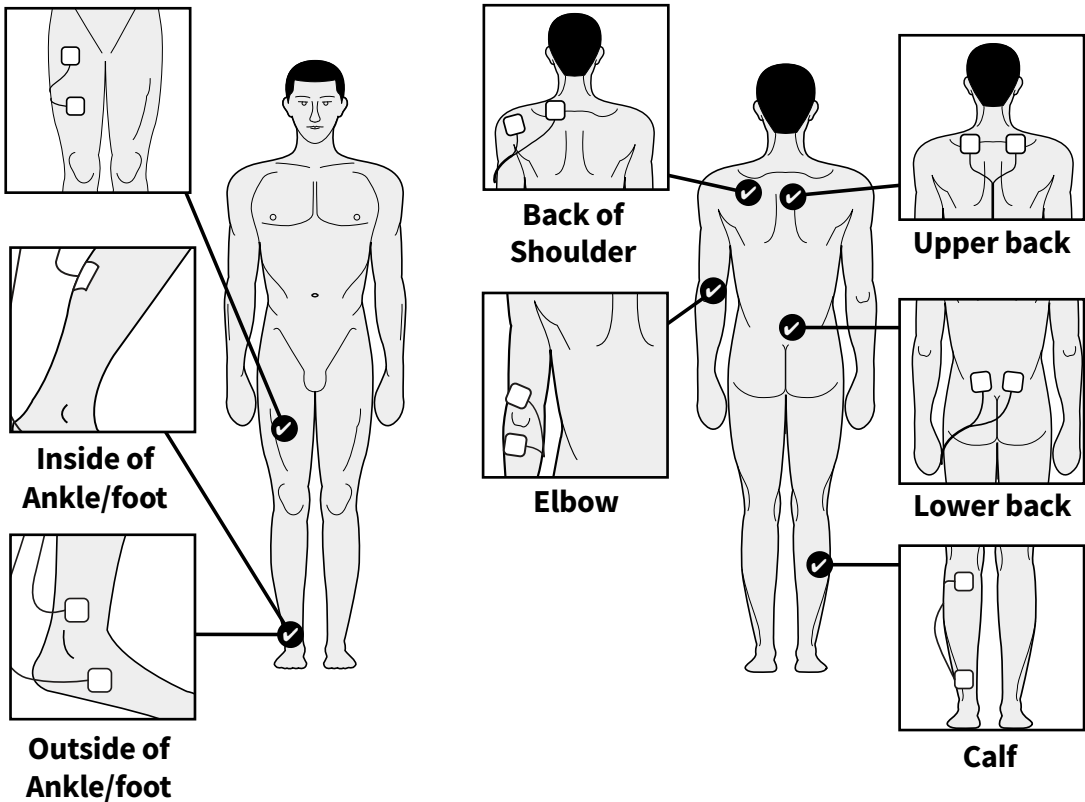
- There is a chance that using the Body Pads on your head, face or neck may cause closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- The introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.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



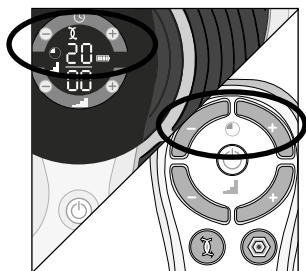
Refer to the Warnings on pages 11-13 before using the Body Pads.

Instructions for use

Body pads in TENS mode can also be used to treat other areas of the body. Select the area you wish to apply electrical stimulation, positioning the Body Pads on either side of the area causing you pain. Recommended Body Pad placements are shown below:



Revitive Body Pads are designed to be used while seated.

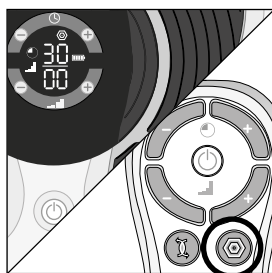


- g** Press the power button on the device or on the remote control to turn Revitive on.

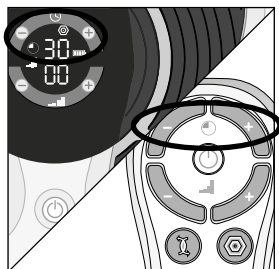
You will hear a beep and the display lights will light up. The time will read 20 minutes, the Intensity will read 00 and the EMS symbol will be displayed.

Revitive Body Pads will automatically provide stimulation in EMS mode.

See page 24 for instructions on how to use EMS mode.



- h** Press the TENS button on the remote control. You will then see the TENS symbol on the display.



- i** Set the time for the number of minutes you want to use Revitive. The default time in TENS mode is 30 minutes. You can set the timer for up to 60 minutes.

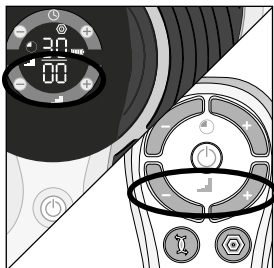
You can use the buttons on the control panel or remote control.


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

Press the (-) Time Control to decrease the time

It is recommended to use Revitive in TENS mode for 20-30 minutes per session.

Instructions for use



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

Continue to increase the intensity until you feel a strong but comfortable tingling sensation without it causing you pain. 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.

Never start at a high level of intensity. Keep Body Pads in place at all times, start at lowest intensity and slowly increase the intensity.

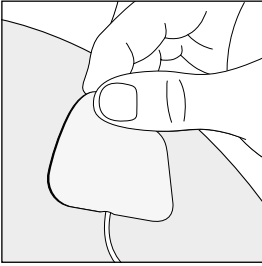
Do not use when the body pads are open circuited (e.g., when the pads are held in your hands). Do not remove electrodes when stimulation is being applied (to avoid unintended possibly hazardous stimulation).

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. You can do this by pressing the  power button on the device or on the remote control

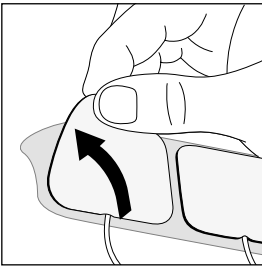
- k The  Time display will start to count down in minutes as Revitive cycles through its program.

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

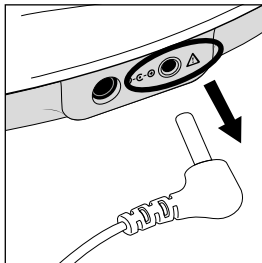


- l** Ensuring that the device has switched itself off, then gently peel the Body Pads from the skin.

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



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

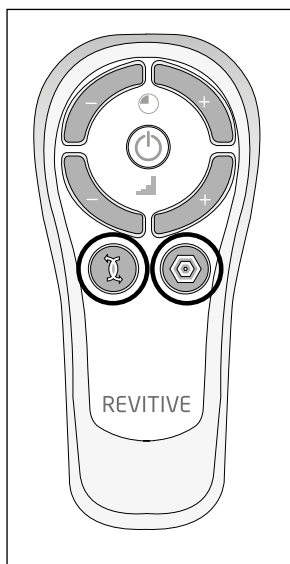




- n** Unplug the Electrode Cord from the socket on Revitive.




Instructions for use

Step 5.3:

Switching between EMS and TENS mode



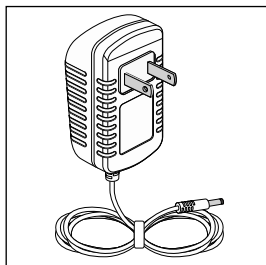
To change between  EMS and  TENS mode, press the button of the stimulation mode you require on the remote control.

**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.**

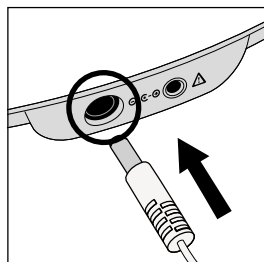
Instructions for use

Step 6: Recharging the battery

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



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



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

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

When Revitive is switched off but on charge, the battery indicator will illuminate constantly to indicate the device is charging and to show the battery level, as below.



A full charge will take approximately 3 hours.

- d** 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 enables approximately 3½ hours of use (the equivalent of one 30 minute session each day for one week).

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

Instructions for use

Step 7:

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 Electrode Pads onto the plastic liner.
- e** Store the Electrode Pads in a dry and ventilated location.
Store out of direct sunlight.
You do not have to detach the Electrode Pads from the Electrode Cord to store them.

Note: In the case of multiple users, ensure to clean the device after each use with a soft damp cloth after each use and a new set of body pads is recommended.







Replacing the batteries

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


Replacing the Electrode Pads











The Electrode Pads are reusable up to 20-30 applications. If the Electrode Pads start to lose their adhesiveness, rub a few drops of water into the surface. Replacement Electrode Body and Thigh Pads can be obtained via www.revitive.com

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  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 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.
	If, having tried the solutions above, you still cannot feel the stimulation:	Test the device by placing one hand across both footpads at the same time (the heel end of the footpads 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 authorized 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 authorized dealer.
	Flat battery	Plug device in an electrical socket and charge battery or run using the power cord option.
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 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.
	The IsoRocker system is not enabled.	Ensure IsoRocker Disabler is “flat”, in centre position (see page 17).
My legs are aching after treatment.	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.
When the IsoRocker is in use, Revitive makes a tapping noise on a hard floor.	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.

Problem	Possible Cause	Solution
I have placed my feet on the device but am unable to see the TENS symbol on the display.	TENS is only available through the Body Pads. The foot-pads provide EMS only.	
When using the Electrode Pads, the stimulation feels uncomfortable.	The level of stimulation you are using may be too high.	Decrease the stimulation level using the  (-) intensity control on the device or remote control.
I am unsure of which therapy mode I am using when using the Electrode Pads.		Look at the display on the device. If the Body Pads are in  EMS mode, you will see the  EMS symbol. If the Body Pads are in  TENS mode, you will see the  TENS symbol.
I want to use the device in TENS mode, but it shows EMS	The device selects  EMS automatically and the  TENS mode was not selected	Select  TENS mode on the remote for mode of stimulation.
I suddenly can't feel stimulation when using the Electrode Pads.	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.
When using the Thigh Pads, I can't feel the stimulation in my thigh.	Therapy has started and has reached the rest period.	You will need to wait for up to 20 seconds before the stimulation will start again.

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

Technical Specifications

Name of product	Revitive Medic Knee
Model	2836AB
Weight	1.5kg
Dimensions	Ø360mm x 75mm: Isorocker enabled Ø360mm x 100.5mm: Isorocker disabled 5cm x 5cm 25cm ² (2in x 2in x 0.04in): area of Body Pads 12.5 cm x 10 cm 125 cm ² (4.92in x 2in x 0.04in): area of Thigh Pads 135.5 cm ² : foot pad surface area
Power Consumption	5W
Output current (R.M.S)	EMS: Max 17mA TENS: Max 18mA
Power Source:	
AC adapter – UL (Underwriters Laboratories) Safety Mark	
Input Output	100-240V, 50/60Hz, 0.18A. 5.0Vdc, 1.0A
Battery	Lithium Ion, 1200mAh, 3.7V
Battery Life	500 charge cycles

Output Specifications for Electrical Muscle Stimulation (EMS):

Waveform	Monophasic		
Shape	Square symmetrical with polarity reversal		
Maximum Output Voltage:	@500Ω	Foot: 35V	Body: 33V
	@2kΩ	Foot: 99V	Body: 95V
	@10kΩ	Foot: 130V	Body: 130V
Maximum Output Current:	@ 500Ω	Foot: 70mA	Body: 66mA
	@2kΩ	Foot: 49.5mA	Body: 47.5mA
	@10kΩ	Foot: 13mA	Body: 13mA

Pulse Duration:		Foot: 450-970 μ s	Body: 450 μ s
Frequency:		Foot: 20 to 44Hz,	Body: 32.5Hz
Net Charge @ 500 Ω		Foot: [0.001]mC	Body: [0.002]mC
Maximum Phase Charge @ 500 Ω		Foot: 51 μ C	Body: 30 μ C
Maximum Current Density		Foot: 0.028 mA/cm ²	Body: 0.111 mA/cm ²
Maximum Power Density @ 500 Ω		Foot: 0.73 mW/cm ²	Body: 3.82 mW/cm ²
Burst Mode:	a. Pulses per burst	Foot: 33 - 180	Body: 204 - 524
	b. Bursts per second	Foot: 0.10 - 0.30	Body: 0.02 - 0.03
	c. Burst duration	Foot: 1.90 - 8.20s	Body: 12.8 - 32.6s
	d. Duty Cycle	Foot: 0.56 - 0.69	Body: 0.4 - 0.5
ON Time		Foot: 1.90 - 8.20s	Body: 13.0 - 33.0s
OFF Time		Foot: 1.00 - 1.50s	Body: 17.0s - 27.0s

Output Specifications for Transcutaneous Electrical Nerve Stimulation (TENS):

Waveform		Biphasic
Shape		Rectangular
Maximum Output Voltage:	@500 Ω	50V
	@2k Ω	115V
	@10k Ω	135 V
Maximum Output Current:	@ 500 Ω	100 mA
	@2k Ω	57.5 mA
	@10k Ω	13.5 mA

Technical Specifications







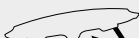






Pulse Width:	200μS (30μS inter phase delay)	
Frequency (Hz)	80-130 Hz	
For multiphasic waveforms only:	Symmetrical phases	Yes
	Phase Duration	100μS
Net Charge (per pulse @ 500Ω)	0μC	
Maximum Phase Charge (@ 500Ω)	10μC	
Maximum Current Density (@ 500Ω)	0.104 mA/cm²	
Maximum Average Power Density (@ 500Ω)	4.19mW/cm²	

Disposal: At the end of product life do not throw this product into normal household garbage, but take it to a collection point for the recycling of electronic equipment.


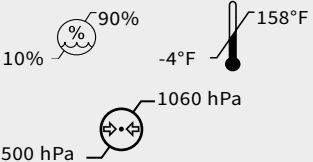
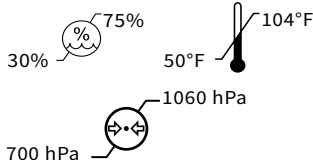





The Remote Control replicates the controls found on the device

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

Symbols

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

Symbols

Ingress Protection Rating	IP21
Use-by date	 YYYY MM DD
Humidity, temperature and air pressure limit for storage and transport	
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.	
Energy Efficiency Grade 5	
Indoor Use Only	
Lead wires comply with the Performance Standard for electrode lead wires (21 CFR part 898)	
Not made with natural rubber latex	
Do not disassemble	

Your international two 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 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 Ltd, 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 authorized dealer).
 - The device has been used for hire purposes or non-domestic use.
 - The device is second hand.
- 2 Actegy Ltd are not liable to carry out any type of servicing work, under the guarantee.
- 3 Accessories such as Electrode pads are not covered by the guarantee.
- 4 Batteries and 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:
www.revitive.com/myrevitive

Legal Manufacturer



 **Actegy Ltd**
REFLEX, Cain Road
Bracknell, RG12 1HL
United Kingdom
+44 (0)845 871 5989

Country Contact & Distributor:

United States
Actegy Health Inc
6400 Shafer Court, Suite 225
Rosemont, IL 60018

Toll free: 1-877-260-3114

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5737_IFU01_16970667 P.D 12.2019