

Med-Fit

Medi-Boost TENS & EMS

Pain Relief

TENS Machine

Muscle Stimulation

Improve Lower Leg
Blood Circulation



CE 2862



Please read this Quick Guide
before using your Medi-Boost

Tel: 0161 429 7330 email sales@med-fit.co.uk

**18 CLINICALLY
APPROVED PROGRAMMES**

**DRUG
FREE** | **CLASS IIA
MEDICAL
DEVICE**

Contents

Product Overview	3
What is inside the box.....	4
Controls.....	5
Preparation before using the Medi-Boost	6
Setting up the Medi-Boost for the first time	6
Charging your Medi-Boost.....	6
Using your Medi-boost - Foot Plate	8
Using your Medi-Boost Body Electrodes.....	10
Tens Body Programmes.....	12
EMS Foot and Leg Programmes	13
Helpful Tips for Successful TENS Treatment.....	14
Body Electrode Placement	15
Safety Precautions	17
Symbols.....	20
EMC Information	21
Troubleshooting	24
Accessories	26

Product Overview

Thank you for purchasing the KTR-402 Medi-Boost circulation machine. Before using this device, please read the user manual as it will help you achieve the best results.

Before using your Medi-Boost, please charge with the supplied adaptor and charging cable for 2 hours. For details on charging the device see page 6.

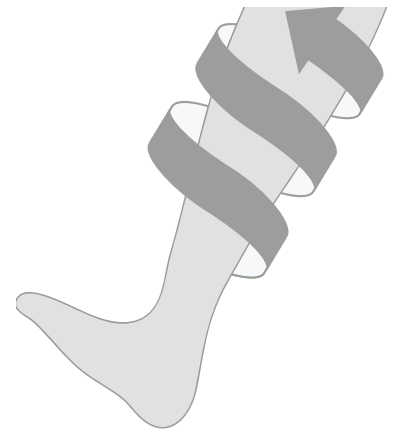
Introduction and Intended Use

PLEASE NOTE: This device does not vibrate, it uses electrical impulses, not vibrations.

Medi-Boost is a home-use device designed to provide electrical stimulation to the muscles of the lower leg, aimed at enhancing muscle function and promoting blood circulation. It is also intended to alleviate pain in sore and aching muscles. Medi-Boost is recommended for 30-minute treatment sessions, with a maximum of 3 hours of use per day as needed.

Indications for Use

- This product can promote blood circulation in the feet and legs.
- Improve the blood-pumping function of the veins.
- Reduce the pain and discomfort of the feet and legs.
- Reduce swelling.
- Reduce cramps.
- Prevention of venous thrombosis.
- Promote foot ulcer healing for diabetic patients.
- Promote venous ulcer healing.
- Knee electrodes can help reduce knee joint pain.
- Body Electrodes can temporarily relieve pain in the neck, back, shoulder, arm, leg, hip, etc.



How Medi-Boost Works

Medi-Boost works by delivering electrical stimulation through foot plates while you are seated. This stimulation causes the calf and foot muscles to contract, which helps to improve circulation in the lower legs.

The Medi-Boost is designed to be easy to use, and also comes with a remote control which means you do not have to reach down and adjust settings during use. The Medi-Boost can also deliver electrical stimulation to the knees, shoulders and your back.

We are here to help

As a registered medical company, we are always here to help.

If you require more details on using your Medi-Boost please email sales@med-fit.co.uk or call us at 0161 429 7330

Monday to Friday 7.30 am - 3.30 pm.

We try to answer all emails within one hour.



What is inside the box?

When opening the box, please check that the following components are provided. If you think anything is missing, please get in touch with us by telephone or email see the back page for contact details.

1 Medi-Boost Base



2 Medi-Boost remote control and 2 AAA batteries



3 Medi-Boost user Manual and Quick Start Guide

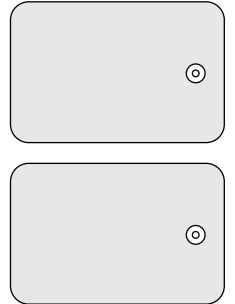


4 Storage Bag

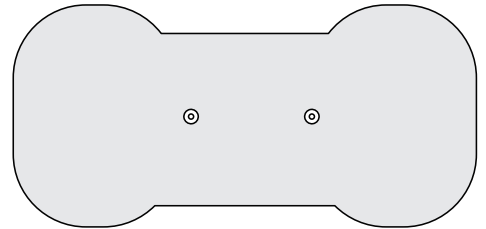


4

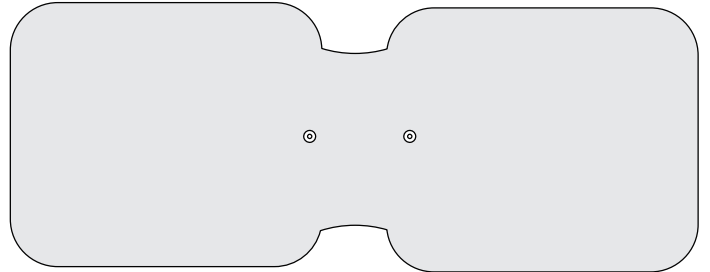
5 2 x Rectangle Electrodes 10cm x 8cm



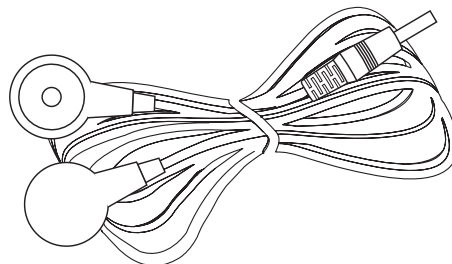
6 1 x Small Butterfly Electrodes 16cm x 8cm



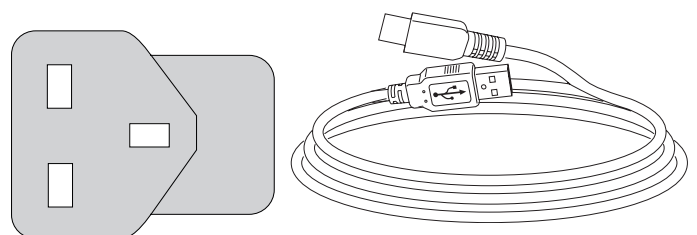
7 1 x Large Butterfly Electrodes 21cm x 8cm



8 1 x Electrode Lead for use with the body Electrodes



9 USB Charging Lead & AC Charging Adaptor



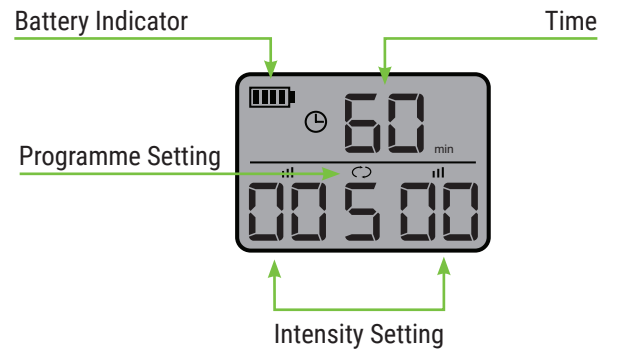
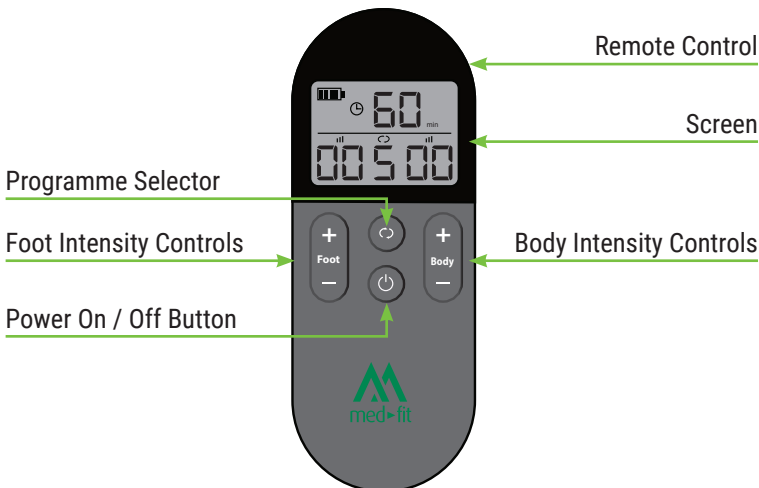
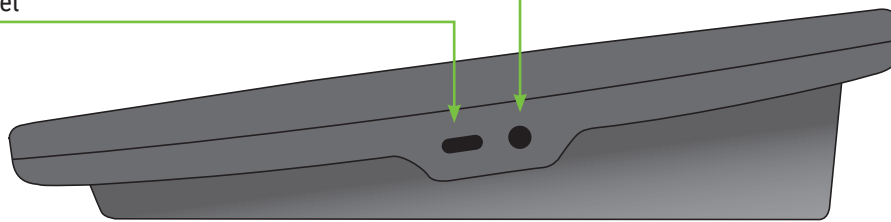
Telephone: 0161 429 7330

Controls



USB Power Adaptor Socket

Electrode Lead Socket for use with the body electrodes



Preparation before using the Medi-Boost

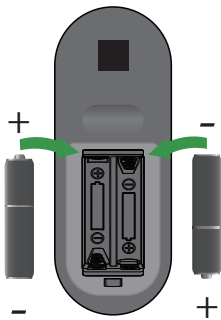
Setting up the Medi-Boost for the first time



Remove all parts from the box:

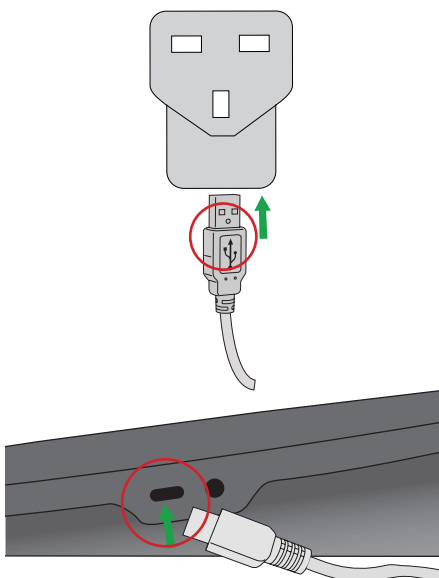
- 1 x Medi-Boost foot platform
- 1 x Remote control
- 1 x Mains adaptor
- 1 x USB charging cable
- 2 x AAA batteries (for the remote control)
- 2 x Rectangle electrodes 10cm x 8cm
- 1 x Small butterfly electrodes 15cm x 9cm
- 1 x Large butterfly electrodes 20cm x 10cm
- 1 x Electrode connecting cable for electrodes for supplied
- 1 x Storage bag
- 1 x User manual & 1 x Quick Guide

Install the batteries in the remote control



Now insert the batteries into the remote control, to do this remove the battery cover from the rear of the remote control place the 2 AAA batteries provided into the battery compartment and replace the battery cover.

Charging your Medi-Boost



It is important to charge your Medi-Boost before use. To do this, connect the provided USB charging cable to the wall adapter and insert the other end of the cable into the charging port located on the right-hand side of the Medi-Boost.

When charging, the ON/OFF button will flash green. Once fully charged, the green light will glow continuously. It will take around 3 hours to fully charge the battery. Do not overcharge or leave it on charge overnight, as this will reduce the battery's lifespan.

Low battery indicator

If you hear 3 beeps while using your Medi-Boost, it indicates that the internal battery needs to be charged.

After the device is fully charged, please disconnect the charging cable from the charging port. The device will not operate while the cable is connected.

Preparation before using the Medi-Boost

It is important to bathe or wash the soles of your feet with warm water before using the Medi-Boost for the first time.

Why is this important

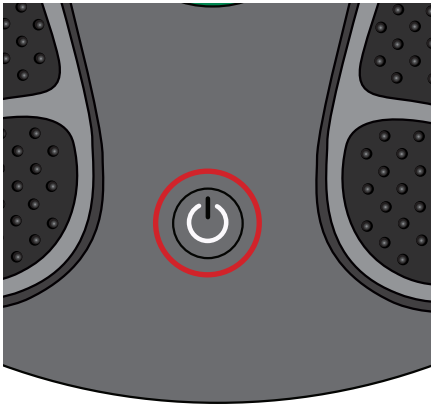
The soles of the feet usually have high skin resistance and this creates a barrier between the footplate of the Medi-Boost and the soles of the feet. Bathing your feet in warm water for 5 minutes before use will reduce the skin resistance which in turn provides a better stimulation to the feet and legs.

It is important to follow these instructions as very high skin resistance due to dry skin can cause a barrier where stimulation will not be felt even at high-intensity levels.



Using your Medi-boost - Foot Plate

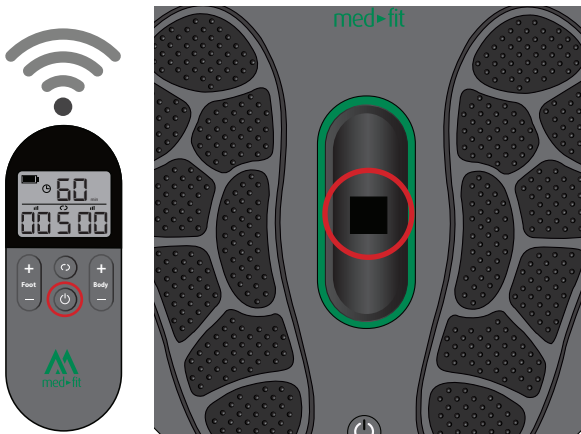
STEP 1



Press the ON/OFF button once on your Medi-Boost, a blue light will flash continuously.

Please note, the device will turn off automatically after 30 seconds if not activated. If this happens simply press the ON/OFF button to activate.

STEP 2



Press and hold the On/Off button on your remote control whilst pointing the remote control at the square receiver window on the Medi-Boost Platform as indicated.

The flashing blue light will now change to a solid blue light and you will hear a single bleep, the remote control is now paired and ready for use.

STEP 3



Place the Medi-Boost on the floor in front of you. Place both feet onto the footplates of the Medi-Boost make sure you remove all footwear, including socks and garments.

Tip: Applying water or moisturising lotion to the soles of the feet before using the Medi-Boost will help improve the electrical stimulation.



Using your Medi-boost - Foot Plate

STEP 4



You can choose your desired treatment time by pressing the ON/OFF button on your remote control. Each press will change the treatment time to 15, 30, 45, or 60 minutes. For your first treatment, we recommend a 15-minute session.

STEP 5



Now select the programme from 1 to 9 you would like to use by pressing the programme selection button. We recommend starting with programme 1. Please refer to the electrode placement guide for more details on the available programmes.

STEP 6



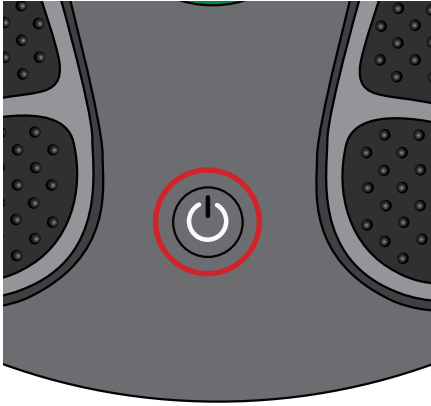
Press the foot intensity [+] button, continue to increase the intensity until you can feel the stimulation. You can decrease the intensity by pressing the [-] button.

If you feel pain or discomfort, remove one or both feet from the foot plate to stop the stimulation.

Lower the intensity of the foot plate using the [-] intensity control on the remote control before replacing your feet.

Using your Medi-Boost Body Electrodes

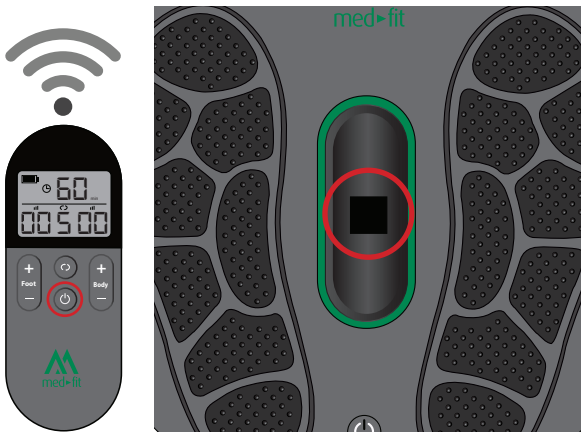
STEP 1



Press the ON/OFF button once on your Medi-Boost, a blue light will flash continuously.

Please note, the device will turn off automatically after 30 seconds if not activated. If this happens simply press the ON/OFF button to activate.

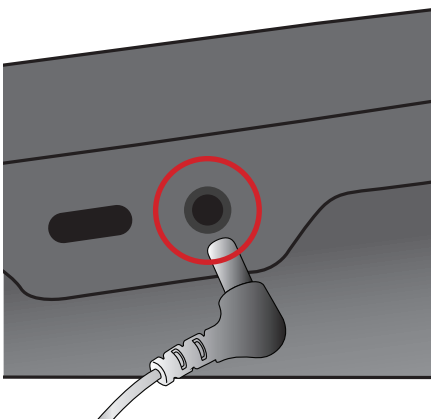
STEP 2



Press and hold the On/Off button on your remote control whilst pointing the remote control at the square receiver window on the Medi-Boost Platform as indicated.

The flashing blue light will now change to a solid blue light and you will hear a single bleep, the remote control is now paired and ready for use.

STEP 3



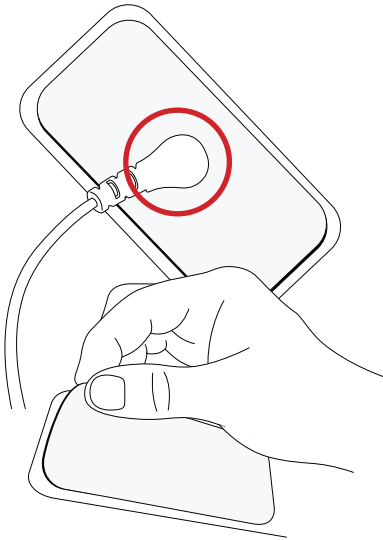
Connect the electrode lead to the output socket which is located on the right-hand side of the Medi-Boost. Next to the charging port.

Choose one of the butterfly pads supplied or two individual pads. (please note both ends of your patient cable must be connected to create a circuit).

The Medi-Boost comes with 3 sizes of body self-adhesive electrodes which are reusable for 20-30 applications.

Using your Medi-Boost Body Electrodes

STEP 4



Attach the press stud connectors on to the self-adhesive pads as shown below.

Remove the plastic backing from the body electrodes by peeling off carefully. Remember to place the electrodes back on the film after the treatment.

Apply the self-adhesive pad to the treatment area. The body electrodes can treat a range of conditions such as back pain, arthritis and joint pain. Please see electrode placement charts for treatment guidelines and helpful tips.

STEP 5



Now select the programme from 1 to 9 you would like to use by pressing the programme selection button. We recommend starting with program 1. Please refer to the patient guide for more details on the available programmes.

STEP 6



Press the body intensity [+] button, continue to increase the intensity until you can feel the stimulation. You can decrease the intensity by pressing the [-] button.

If you feel pain or discomfort, lower the intensity by using the [-] intensity control on the remote control.

TENS Body Programmes

The Medi-Boost has a choice of 9 TENS body programmes.

TENS Body Programmes

TENS - Body Programmes are ideal for treating and relieving pain and discomfort.

Modes 1, 2 & 3: - These modes offer the most pain relief on joint conditions ideal for: Ankle, Knee, elbow, shoulder and also helpful for those with hip pain.

Modes 4 & 5: - Programmes 4 & 5 are commonly used for the treatment of lower back pain and sciatica.

Modes 6-9: - These programmes are typically employed for general chronic pain relief and arthritis conditions.

Please be aware that all TENS machine programmes provide different levels of pain relief, with modes 1 and 2 being the most frequently utilised. We suggest starting with these two modes/programmes for the initial 7 days, with each session lasting a minimum of one hour and at least two sessions per day.

Specification Table

Note:

1 - Foot channel - Mode 1 is recommended mode which combines 25 kinds of waveform

Mode 2~9 each mode has 1 waveform

2 - Body channel - Mode 1~9 each mode has 1 waveform, Mode 1 and Mode 2 are designed for relieving joint/knee pain Mode 3~9 are designed for relieving body pain

Output Channel	Mode	Peak vpp (v) (Load 500R)	Frequency (Hz)	Pulsewidth (µs)	Waveform Lasting time	Waveform interval time
Foot channel (EMS technology)	Mode 1	143	6.9~35.2	380	2~26.7	0.68~2.9
	Mode 2	116	9.2	380	8.68	1
	Mode 3	116	11.79	380	8.52	0.86
	Mode 4	116	16.67	380	7.16	0.76
	Mode 5	97	15.6	380	4.5	1.52
	Mode 6	108	21.7	380	6.9	1.42
	Mode 7	118	9.2	380	18.2	1.16
	Mode 8	108	12.25	380	4.5	1.58
	Mode 9	97	16.78	380	2	1.58
Body channel (TENS technology)	Mode 1	76	17.48	380	2	0.57
	Mode 2	76	9.7	380	3.6	1
	Mode 3	96	25.7	136	4.11	1
	Mode 4	96	19.6	136	4.11	1
	Mode 5	96	15.48	136	4.11	1
	Mode 6	96	13	136	4.31	0.77
	Mode 7	96	11	136	4.3	0.81
	Mode 8	96	9.7	136	4.11	1
	Mode 9	96	8.63	136	4.38	0.81

EMS Foot and Leg Programmes

The Medi-Boost has a choice of 9 EMS foot & leg programmes.

EMS Foot & Leg Programmes

Mode 1:

This programme comes highly recommended for its incorporation of 25 diverse waveforms, making it an optimal choice for enhancing blood circulation and promoting venous pumping action. Additionally, it is effective in minimising swelling and alleviating knee discomfort.

Modes 2,3,7 & 8:

These modes contribute to alleviating pain and discomfort in the feet and legs, and they have also demonstrated effectiveness in reducing occurrences of leg and foot cramps.

Modes: 4,5 & 9:

These programmes also stimulate a blood-pumping action, which can expedite the healing process of foot ulcers commonly experienced by diabetic patients.

Foot & Leg Treatment Sessions:

As a general guideline, we advise that you start with EMS programme 1. The initial treatment session duration should range from 30 to 60 minutes, ideally with two sessions per day. For optimal results, we recommend repeating this daily for the first seven days. Subsequent treatment sessions can be customised to meet your specific needs.



TENS & EMS Technology

This Medi-Boost utilises (TENS & EMS) technology to gently stimulate the nerves in your feet and ankles, improving blood flow and alleviating discomfort.

It's important to note that TENS & EMS can be used as frequently as needed.

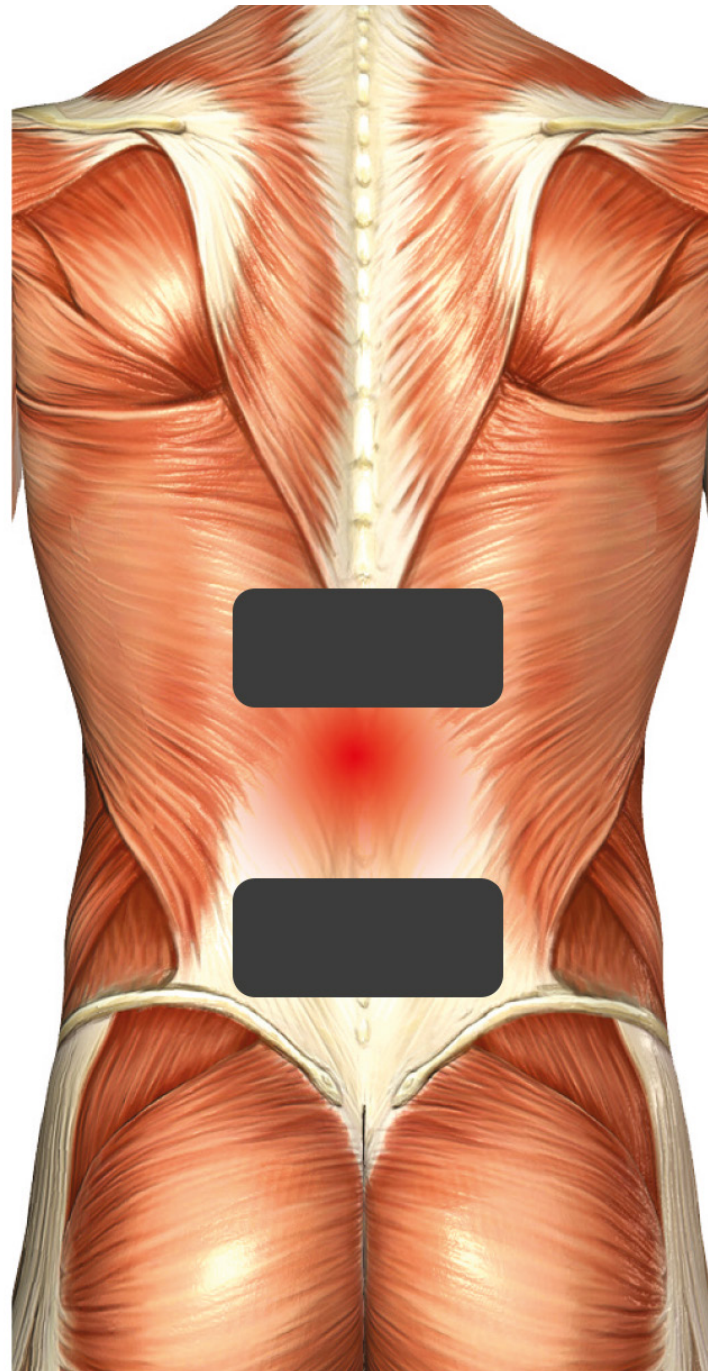
Helpful Tips for Successful TENS Treatment

Once you have familiarised yourself with the controls and features of your TENS device, it is important to place the TENS electrodes in a position which gives the most pain relief. This may take 3 or 4 attempts to find the most suitable position for maximum pain relief.

If you are using one large electrode place the electrode directly onto the painful area.

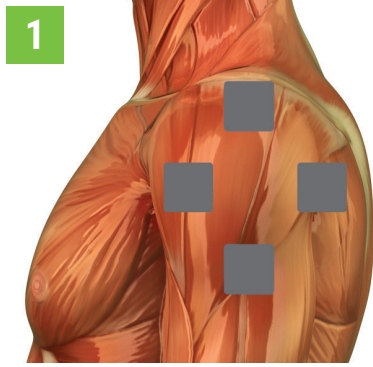
If you are using the rectangle electrodes you must use two electrodes to complete the circuit and place in the surrounding the painful area. See examples below.

The complete area between the electrodes will now be treated when positioning the electrodes as shown.

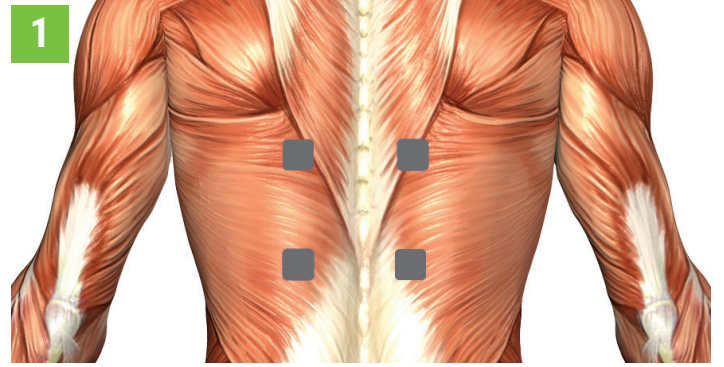


Body Electrode Placement

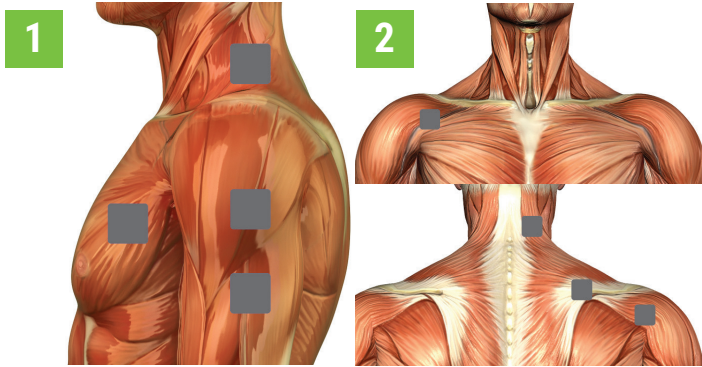
Frozen Shoulder



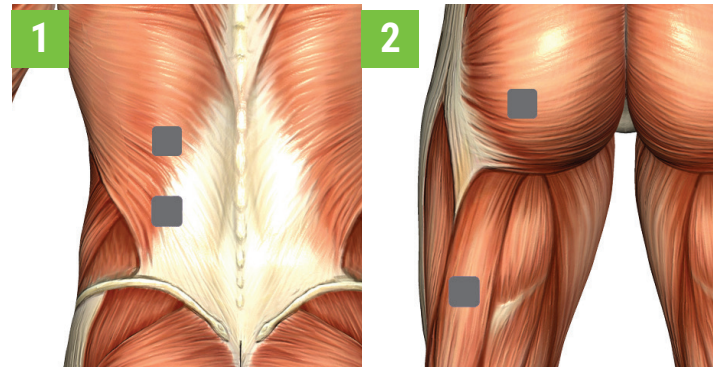
Lower Back Pain



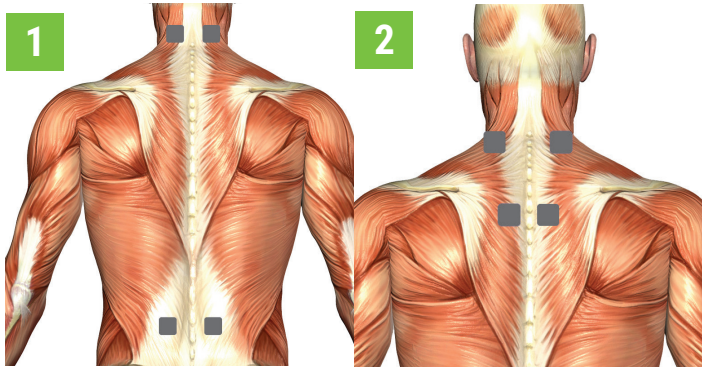
Shoulder Pain



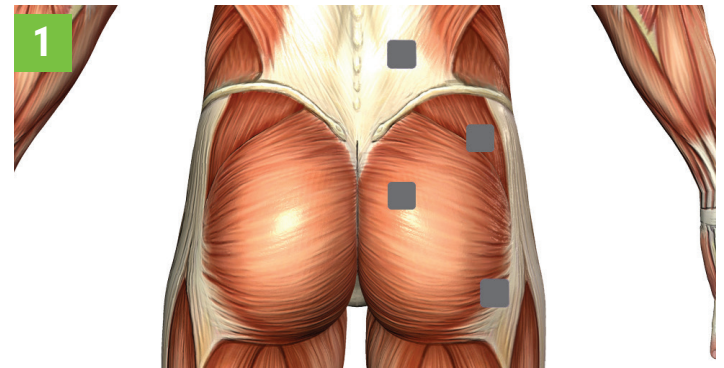
Hip Neuralgia



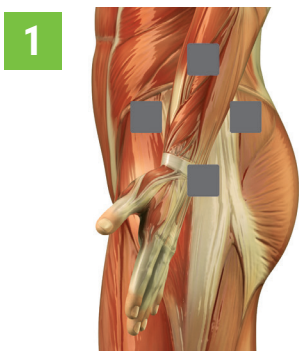
Degenerative Arthritis: Cervical and Lumbar



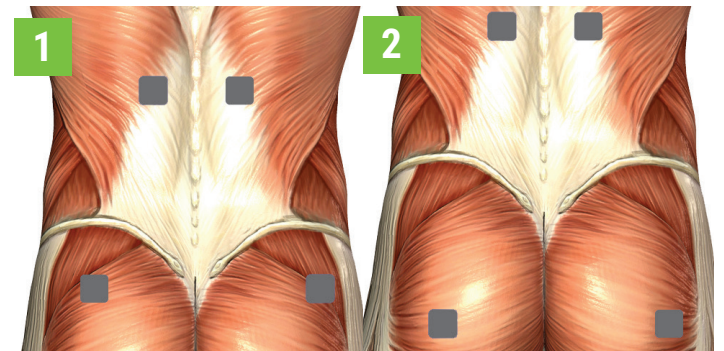
Phantom Limb, Lower Extremity



Chronic Hip Pain

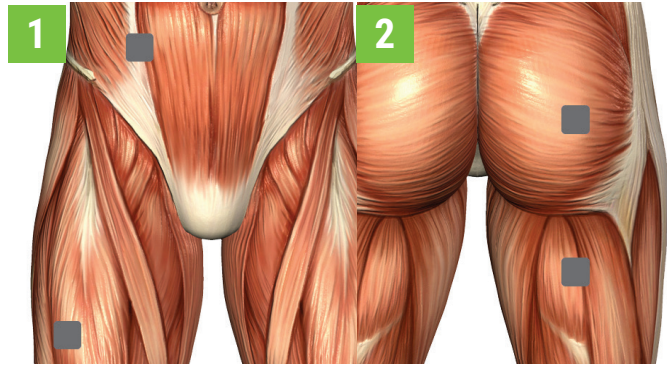


Sciatica

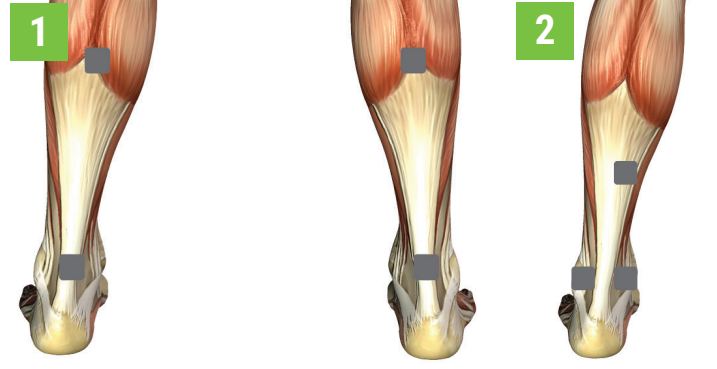


Body Electrode Placement

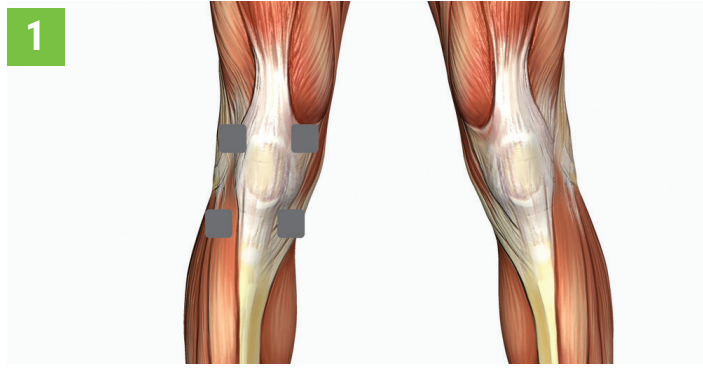
Low Extremity Pain



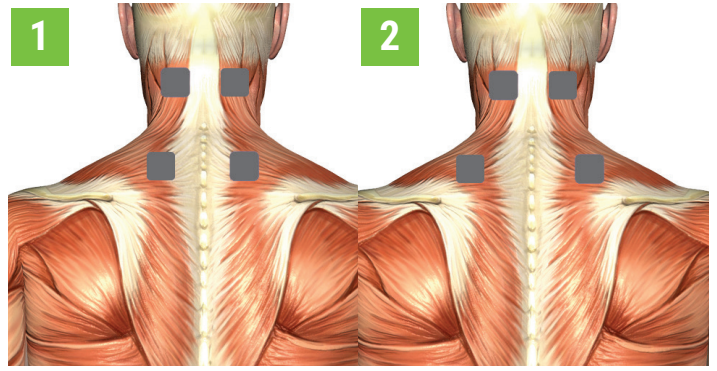
Lower Leg Pain



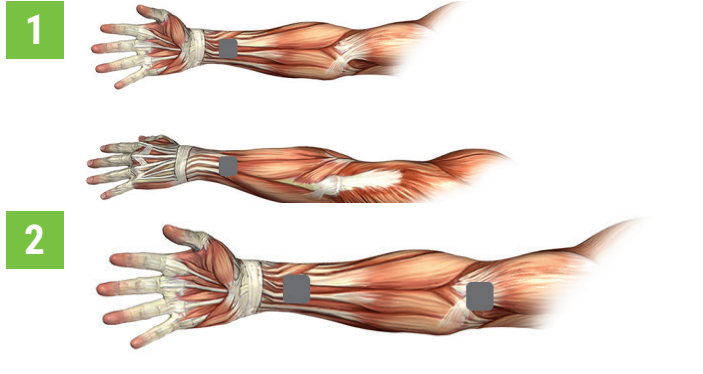
Degenerative Arthritis - Knee Pain



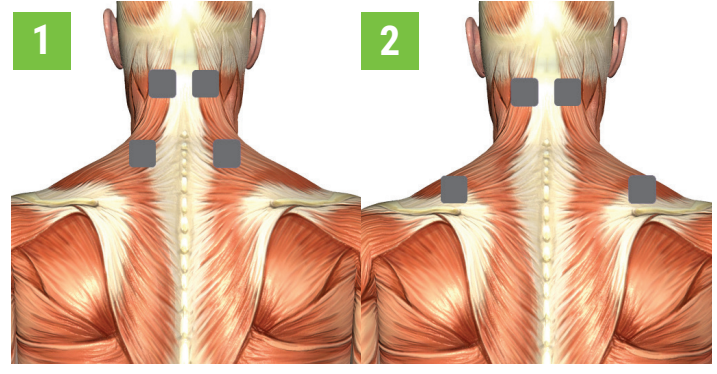
Cervical Placement



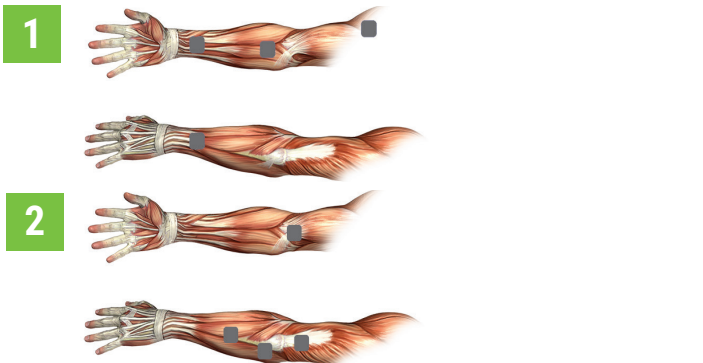
Carpal Tunnel Syndrome



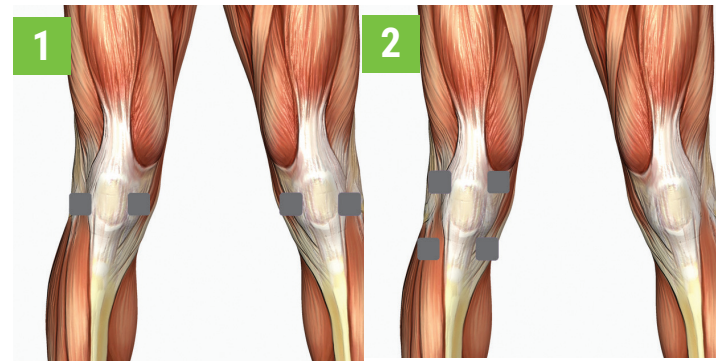
Chronic Cervical Strain



Wrist, Elbow & Forearm Pain



Knee Pain - Post-Op



Safety Precautions

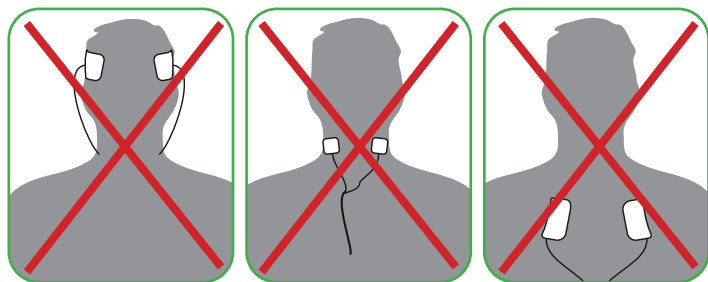
Warnings

Consult with your GP before using this device if:

- You are currently under the care of a doctor or GP.
- You have a history of heart problems, as the device may trigger life-threatening heart rhythm disturbances in susceptible individuals.
- You have slow-healing wounds or conditions that affect your body's healing process.
- You experience loss of sensation in your hands or feet.
- You have recently received medical or physical treatment for pain.
- You have been diagnosed with or suspect heart disease.
- You have been diagnosed with or suspect epilepsy.
- You are uncertain about the cause of your symptoms.
- You are pregnant or may be pregnant.
- You have abnormal blood pressure levels.
- You have a malignant tumor or any history of cancer.

Metal Implants: If you have a metal implant, you may experience pain or discomfort near the implant when applying electrical stimulation. If this occurs, stop using the device immediately and consult your doctor or GP for advice.

Do Not Use Electrodes on the Head, Face, Neck, or Chest:



- Applying electrodes to the head, face, neck, or chest can cause serious health issues, and in rare cases, could lead to death.

- Using self-adhesive pads in these areas may result in airway closure, difficulty breathing, or negative effects on heart rhythm or blood pressure.
- Electrical currents introduced into the chest may cause dangerous heart rhythm disturbances, which could be life-threatening.
- Always follow this guide and apply the self-adhesive pads only to body areas as directed.

Avoid Applying Self-Adhesive Pads on:

- Open wounds, rashes, or areas of skin that are swollen, red, infected, or inflamed (e.g., thrombophlebitis, phlebitis, varicose veins, cellulitis).
- Cancerous lesions or tumors.
- Areas treated with radiotherapy in the past 6 months.
- Reproductive organs.

General Usage Guidelines:

- Only apply stimulation to normal, intact, healthy skin.
- Self-adhesive pads and electrodes are for single-person use only. Do not share them with others.
- Do not use pads or electrodes after their expiration date, as this may increase the risk of skin irritation or burns.

Possible Reactions:

- Some users may experience skin irritation or hypersensitivity from the electrical stimulation or the conductive medium. Switching to a different conductive medium or changing the placement of the electrodes can usually help reduce irritation.
- During the initial treatment phase, symptoms such as muscle discomfort or increased blood circulation may temporarily worsen. If this happens, reduce the intensity and duration of treatment. If symptoms persist, consult your doctor.

Safety Precautions

Cautions

- If the unit is not functioning properly or if you feel discomfort, immediately stop using the unit.
- If you experience any issues with your body or skin, consult your doctor.
- If you need to move the electrodes, make sure to turn off the Medi-Boost.
- Do not use on children.
- Never use the product with any other electronic medical device.
- Do not disassemble, repair, or modify the product; otherwise, a malfunction or electric shock may occur.

When not to use the Medi-Boost

There are times you should not use the Medi-Boost. Avoid using the Medi-Boost in the following situations, as it may pose a safety risk:

- With electronic monitoring equipment (e.g., cardiac monitors, ECG devices, alarms), the electrical stimulation device may interfere with their proper operation.
- In the bath or shower, where exposure to water could cause electrical hazards.
- While sleeping, as you may be unaware of potential discomfort or malfunction during use.
- While driving, operating machinery, or engaging in any activity where the use of electrical stimulation could distract you or increase the risk of injury.

Additional Considerations:

- The long-term effects of chronic electrical stimulation are unknown.
- This product is not recommended for individuals with reduced physical, sensory, or mental capabilities unless supervised by someone responsible for their safety.

Important Precautions When Applying Stimulation:

There are times you should not use the Medi-Boost. Avoid using the Medi-Boost in the following situations, as it may pose a safety risk:

- Take extra care when using the Medi-Boost in the following situations to prevent overstimulation and potential complications:
 - Areas of skin with reduced sensation: Be cautious not to overstimulate these areas. Regularly check for signs of irritation, such as redness, bruising, or pain. If unsure, consult your doctor.
 - During menstruation: Use caution when applying stimulation over the abdomen, as sensitivity may be heightened.
 - Post-surgery: Avoid using the device near recent surgical sites, as stimulation may interfere with the healing process.
 - Risk of internal bleeding: After an injury or fracture, use the device at low intensity and for shorter durations to prevent overstimulation, as it may exacerbate bleeding.
 - Following immobility or inactivity: After prolonged inactivity, begin with a low intensity and shorter sessions to prevent overstimulation and muscle fatigue.
- Be aware that the Medi-Boost may reduce pain sensations that typically signal an underlying issue.
- If your pain does not improve, worsens, or persists for more than 5 days, stop using the device and consult your doctor.

Safety Precautions

- Do not stand on the device. Use it only while seated to ensure safety and proper function.
- Use the device only for its intended purpose. Avoid using it in ways not specified by the manufacturer.
- Do not expose the device to extreme heat or temperature variations outside its specified operating range (50°F - 104°F). Allow it to return to normal temperature before use if exposed to heat or cold.
- Avoid spilling liquids on the device or its accessories. Keep all parts dry to prevent electrical damage or malfunction.
- Do not overload electrical outlets when plugging in the device to avoid the risk of electrical hazards.
- Keep the device out of reach of children. It is not a toy and should only be used by responsible individuals.
- If the Medi-Boost is used by multiple people, ensure the device is properly cleaned after each use to maintain hygiene.
- Only use the Medi-Boost with the self-adhesive pads, electrodes, cords, and accessories supplied or approved by the manufacturer to ensure compatibility and safety.
- Inspect the electrodes, cords, and cables regularly for any signs of wear or damage. Replace any faulty components immediately.
- Do not attempt to open or repair the Medi-Boost yourself. This will void your warranty and may cause injury or further damage to the device.
- In case of malfunction, disconnect the device from the power source immediately and contact Med-Fit customer service for assistance.
- Although the Medi-Boost has passed tests for EMI (Electromagnetic Interference), it may still be affected by excessive emissions and could interfere with sensitive equipment.
- Be aware that universal remote controls (e.g., for TVs) may unintentionally change the settings on the Medi-Boost. If this happens, simply read just the time or intensity using the Medi-Boost remote control.
- Allow the product to re-adjust after exposure to hot or cold temperatures outside the specified range (50°F - 104°F) to ensure proper performance.


























EMC Statements

1. This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications.
2. The product has been thoroughly tested and inspected to ensure its excellent performance and proper operation.

Note: Do not use the product near or on any other device. If this is necessary, please make sure that the product can still function normally.

Warning: Using accessories that are not specified for this product may increase emissions or reduce its immunity. Please refer to the guidance and Manufacturer's declaration in the attached documentation for more information.

Symbols

Notation	Meaning
	Batch/lot number
	Serial No.
	Manufacturer
	European authorised representative
	UK authorised representative
	Date of manufacture
	Warning
	Type BF applied part
	Medical device
	Warning on danger
	Category II medical device
	It means prohibition (something that must be prohibited)
	It means compulsory execution (something that must be followed)
	Indoor use only
	No sun exposure
	No rainwater
	"WEEE (Waste Electrical and Electronic Equipment)". Wastes shall be disposed of in accordance with laws.
	CE Mark and Agency Code
	Standby
	Please refer to the user manual
	Temperature limitations. It indicates the range of temperature to which medical devices can be safely exposed. The upper and lower temperature limits shall be indicated near the upper and lower horizontal lines accordance with laws.
	Humidity limits. It indicates the range of humidity to which medical devices can be safely exposed. The humidity limits shall be indicated near the upper and lower horizontal lines.
	Atmospheric pressure limits. It indicates the range of atmospheric pressure to which medical devices can be safely exposed. The atmospheric pressure limits shall be indicated near the upper and lower horizontal lines.
	Direct Current
	Electrodespenetration of water to cause adverse effects.
IP21	Dustproof and waterproof level, to avoid the falling of solid objects larger than 12.5mm and the vertical penetration of water to cause adverse effects.

Executive Standards

The product should be in accordance with the following standards and regulations:

1. Medical electrical equipment - Part 1: General requirements for basic safety and essential performance (EN 60601-1:2006 + A1: 2013)
2. Medical electrical equipment - General requirements for basic safety and essential performance - Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment (EN60601-1-11:2015)
3. Medical electrical equipment - Part 2-10: Particular requirements for the safety of nerve and muscle stimulators (EN60601-2-10:2015)
4. Medical electrical equipment - Part 1-2: General requirements for safety - Collateral standard: Electromagnetic compatibility -Requirements and tests (EN60601-1-2:2015)

Appendix

Guidance and manufactures declaration – electromagnetic emission

The Transcutaneous Electrical Nerve Stimulator is intended for use in the electromagnetic environment specified below. The buyer or user of the Transcutaneous Electrical Nerve Stimulator should assure that it is used in such an environment.

RF emissions CISPR 11	Group 1	The Transcutaneous Electrical Nerve Stimulator use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference to nearby electronic equipment.
RF emission CISPR 11	Class B	The Transcutaneous Electrical Nerve Stimulator is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	N/A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	N/A	

Appendix

Guidance and manufactures declaration – electromagnetic immunity

The Transcutaneous Electrical Nerve Stimulator is intended for use in the electromagnetic environment specified below. The buyer or user of Transcutaneous Electrical Nerve Stimulator should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	+ 8kV contact + 2kV, + 4kV. + 8kV, + 15kV air	+ 8kV contact + 2kV, + 4kV. + 8kV, + 15kV air	Floors should be wood, concrete or ceramic tile. If floor is covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/burst IEC 61000-4-4	±2 kV for power supply lines	±2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1kV line(s) and neutral	± 1kV line(s) and neutral	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% UT (>95% dip in U_T) for 0.5 cycle 40% UT (60% dip in U_T) for 5 cycles 70% UT (30% dip in U_T) for 25 cycles <5% UT (>95% dip in U_T) or 5 s	<5% UT (>95% dip in U_T) for 0.5 cycle 40% UT (60% dip in U_T) for 5 cycles 70% UT (30% dip in U_T) for 25 cycles <5% UT (>95% dip in U_T) or 5 s	Mains power quality should be that of a typical commercial or hospital environment. If the user of the Transcutaneous Electrical Nerve Stimulator requires continued operation during power mains interruptions, it is recommended that the Transcutaneous Electrical Nerve Stimulator be powered from an interruptible power supply.

NOTE: U_T is the a.c. mains voltage prior to application of the test level.

Appendix

Recommended separation distances between portable and mobile RF communications equipment and the Transcutaneous Electrical Nerve Stimulator.

The Transcutaneous Electrical Nerve Stimulator is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The buyer or user of the Transcutaneous Electrical Nerve Stimulator can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Transcutaneous Electrical Nerve Stimulator as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter		
	150 KHz to 80 MHz $d=1,2 \sqrt{P}$	80 KHz to 800 MHz $d=1,2 \sqrt{P}$	800 KHz to 2.5 MHz $d=2,3 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For rated maximum output power of transmitter that's not listed in the above chart, the recommended isolation distance d (unit is meter) can be determined by equation in the corresponding transmitter frequency column. P is the maximum output rated power of transmitter provided by its manufacturer, the unit is watt (W).

NOTE 1 When under 80MHz and 800MHz, use equation of higher frequency.

NOTE 2 These guidelines couldn't possibly fit all situations. Electromagnetic transmission is affected by buildings, objects, the absorption and reflection of human body.

Troubleshooting

Problem	Possible Causes	Solution
<p>The On-Off button on the Medi-Boost has changed to a solid blue light as described in Step 2 page 8 but still don't feel any sensation.</p>	<p>Not placing both bare feet on the Medi-Boost at the same time.</p> <p>Your feet could be too dry.</p> <p>You may be dehydrated.</p> <p>The intensity level could be too low.</p>	<p>Both feet must be on the footplates as shown in Step 3 page 8.</p> <p>If the soles of the feet are too dry to improve conductivity wet or moisturise your feet, please refer to Step 3 page 8.</p> <p>Drink plenty of water before using the Medi-Boost, this will help conduct.</p> <p>Increase the intensity level until you feel stimulation. Increase the intensity until you find a comfortable setting.</p>
<p>The Medi-Boost is not responding when I use the remote control.</p>	<p>The remote control needs to pair to the base unit.</p> <div data-bbox="587 1688 938 2024" data-label="Image"> </div>	<p>It is essential to point the remote at the Medi-Boost as shown in Step 2 page 8. When pressing any button on the remote control you will hear a single bleep this confirms that the remote and footplate are communicating. When pressing the buttons on your remote if you do not hear the bleep the footplate will not operate this problem can occur when the remote is not pointing in the right direction.</p> <div data-bbox="1066 1688 1490 2024" data-label="Image"> </div>

Troubleshooting

Problem	Possible Causes	Solution
The Medi-Boost foot plate will not turn on.	The device needs charging.	Use the supplied AC adaptor and USB lead to charge the Medi-Boost see page 6 for instructions.
The remote control will not turn on.	Batteries inserted wrong direction or may need replacing.	Remove the batteries and change the battery direction or replace with new batteries see page 6 for instructions.
The remote control will not turn on.	Batteries inserted wrong direction or may need replacing.	Remove the batteries and change the battery direction or replace with new batteries see page 6 for instructions.
The Medi Boost turns goes while using the Medi-Boost.	The treatment time may have finished. The device needs charging.	You can set the treatment time for 15, 30, 45 or 60 minutes. The device automatically turns off after the treatment time has finished. Turn the device back on and start a new treatment, or the Medi-Boost needs to be recharged see page 6 for instructions.
I can only feel the sensation in one foot or the sensation is greater in one foot more than the other.	High skin resistance in one or both feet.	Please bathe or soak both feet in water for 5 minutes before use This will help to reduce skin impedance and resolve the issue.

Cleaning and maintenance

1. When the main unit becomes dirty, please wipe it with a dry cloth or towel.
2. Please clean the conductive strip with a damp cloth or towel after each use; if it is too dirty, you may use a cloth damped with medical alcohol (75% concentration) to wipe or disinfect it.
3. No special maintenance is needed for the product during its service life.

Storage

1. Please keep the product out of the reach of children.
2. Please store the product in a place far away from direct sunlight, high temperature or humidity.
3. Please store the product in a dry and well-ventilated place.
4. Please never disassemble, repair or modify the product by yourself, otherwise a malfunction or accident may occur.

Accessories

Black Large Lumbar Electrodes 21 x 8cm



Now with new Multi Stock Gel lasts up to 3 times longer than regular self-adhesive gel. The ultra soft fabric allows the self-adhesive electrodes to conform perfectly to all parts of the body and stays in place even over the most difficult areas to treat.

Order Code: SA-BK10 - available in packs of 3, 5 and 10 electrodes

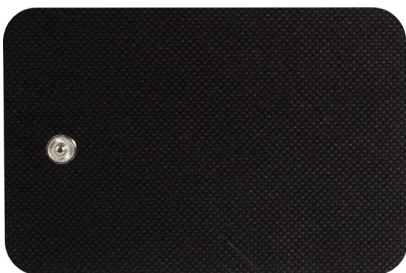
Black Butterfly Electrodes 16 x 8cm



Now with new Multi Stock Gel lasts up to 3 times longer than regular self-adhesive gel. The ultra soft fabric allows the self-adhesive electrodes to conform perfectly to all parts of the body and stays in place even over the most difficult areas to treat.

Order Code: SA-BK15 - available in packs of 3, 5 and 10 electrodes

Rectangle Electrodes 10 x 8cm



Now with new Multi Stock Gel lasts up to 3 times longer than regular self-adhesive gel. The ultra soft fabric allows the self-adhesive electrodes to conform perfectly to all parts of the body and stays in place even over the most difficult areas to treat.

Order Code: RC800 - available in packs of 4, 8 and 12 electrodes



To place an order go to www.med-fit.store or call 0161 429 7330.

Accessories

Replacement Remote Control



Replacement remote control for use with the Medi-Boost foot plate

Order Code: MEDBRC

USB Charging please



Order Code: MBCL10

AC Adaptor



Order Code: MBAC20

Electrode Leads



Electrode TENS Patient Lead to be used with the body electrodes.

Order Code: MBPL30



To place an order go to www.med-fit.store or call 0161 429 7330.



Shenzhen Kentro Medical Electronics Co.,Ltd
2nd Floor, No. 11, Shanzhuang Road, Xikeng Village,
Yuanshan Street, Longgang District, Shenzhen City,
Guangdong Province, China

EC REP

WellKang Ltd (www.CE-marking.eu) Enterprise Hub,
NW Business Complex, 1 Beraghmore Road,Derry, BT48 8SE, Northen Ireland.

UKRP

WellKang Ltd (www.CE-marking.eu) Enterprise Hub,
NW Business Complex, 1 Beraghmore Road,Derry, BT48 8SE, Northen Ireland.

Med-Fit UK Ltd.

Unit 8 Martel Court, S. Park Business Park, Hamilton Road, Stockport, SK1 2AF

Tel: 0161 429 7330 | Fax: 0161 427 0215

Email: sales@med-fit.co.uk | www.med-fit.store

Company registration number 08758741 | Vat registration number 308286105