

ELECTRO FEED BACK

MANUAL FOR USER
SV245

The Electro Feed Back's action

Reduces:

Muscular stiffness
Contractures
Aches

The Electro Feed Back's action

Increases:

A feeling of wellbeing
Vitality

*Only for use in relieving occasional symptoms,
Electro Feed Back is not a medical treatment*

INTRODUCTION

The Electro Feed Back is a great innovation for soothing stiffness and muscular tension. It is extremely easy to use on yourself (with one hand only). It is battery powered. Thanks to its stimulation of sensitive areas, it will relieve your muscular tension and enable you to rediscover a feeling of wellbeing. This stimulation also revitalizes and energizes your entire body.

The Electro Feed Back can follow you wherever you go. It can be used at home, in the office or on vacation.

How was the Electro Feed Back designed?

The Electro Feed Back was originally designed for Russian Cosmonauts. It let them relieve their muscular stiffness without assistance.

After many years of use in the Russian space program, a senior Russian scientist felt it essential to generalize its use by adapting the Electro Feed Back to the needs of a wider public (more lightweight, handier and easier to use).

How does the Electro Feed Back work?

The Electro Feed Back acts through slight electrical pulses. These pulses act on the stiffened muscles and relax them, rapidly bringing on a sense of wellbeing.

The body's stiff areas (the back, neck, legs, arms...) are softly massaged so that you recover comfort and vitality.

The Electro Feed Back acts on the muscles and stiff area using its 36 gold plated tips.

How do you use the Electro Feed Back?

The Electro Feed Back comprises a unique mechanism, called "Bio Feedback", that resolves all application problems by automatically and precisely locating the point to be stimulated.

All the user needs to do is apply the device onto the approximate area where stiffness is felt.

Start the device and let the Electro Feed Back get down to work. It will identify the exact point that needs stimulation all by itself and all the user has to do is set the intensity of the electronic stimulation and its duration.



PRECAUTIONS FOR USE

Never apply the device close to wounds, sores, cuts or eruptions. Never use the device if you suffer from heart or coronary ailments or any form of thrombosis or if you are pregnant. If you have any doubt about your medical condition, seek advice from your doctor. The next pages provide a set of detailed and specific instructions on how to best use your Electro Feed Back.

Note: Always keep the unit out of reach by children.

Using the Electro Feed Back

Method: Place the Electro Feed Back on the stiff area and start the treatment session taking care to follow the procedure below:



1. Switch the unit on (turn the knob on the side of the device),
2. First select the lowest intensity level (using the knob located on the side of the device), while holding the Electro Feed Back in your hand.
3. Place the Electro Feed Back on the sensitive area of the body (avoiding the areas referred to above) and stimulate this part of the body with a light circular motion.

4. Then choose the intensity level that best suits you by turning the knob on the device until you feel a tingling feeling. This feeling should be a pleasant one and it indicates that you have reached the right intensity level. You can change the intensity level setting during the session to increase its effect.

RECOMMENDATION:

When using the highest intensity level setting, ONLY use circular motions.

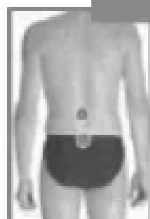
5. Stimulate the chosen area by, preferably, performing slight circular motions over your skin for 3 to 7 minutes (or longer if you wish). Avoid pressing the Electro Feed Back down too hard against the skin for this could cause irritation.
6. If the Electro Feed Back is applied from the onset of any stiffness or discomfort during movements, relief can be gained from the first session. Start another session if necessary. If you suffer from chronic stiffness, you will achieve better results after a number of sessions, gradually spacing out the sessions.

Note: Slight redness may appear during or after the session, but this will quickly disappear.

BACK

The back is a part of the body especially subject to stiffness.

You may feel difficulty moving due to sudden movement, bad posture, a tense muscle...



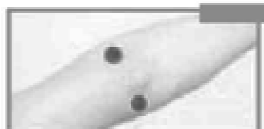
To relieve your back and bring it a truly appeasing massage, use the Electro Feed Back to stimulate those areas shown in the photograph above.

ELBOWS

Cause: a tense muscle, intensive exercise...



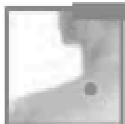
Perform circular motions with your Electro Feed Back to stimulate the points shown below.



SHOULDERS

Cause: a tense muscle, intensive exercise...

Perform circular motions with your Electro Feed Back to stimulate the points shown below, taking care to comply with the conditions stated under the "Precautions for use" heading.



KNEES

Cause: a tense muscle, intensive exercise...

Perform circular motions with your Electro Feed Back to stimulate the points shown below, taking care to comply with the conditions stated under the «Precautions for use» heading.

