

# PainKARE

## Quick User Guide



### What is PainKARE?

Built on advanced biotechnology, PainKARE uses micro currents to promote self-healing at the cellular level for a potential recovery to chronic pains, as opposed to pass over the cell and use larger stimuli to inhabit cell activity for a temporary relief as other stimulation technologies do. That is, long term efficacy vs. temporary relief.

PainKARE works on many chronic muscle, tendon and nerve diseases caused by musculoskeletal disorders that represent 85% of pain population. Many chronic symptoms could be significantly improved in a few treatments.

### Indications for use

Acute or chronic pain associated with the musculoskeletal system, including aching or sore muscles of the low back, shoulders, arms or legs caused by strain from exercise, household or work activities.

### Warnings

The treatment is not intended to replace proper medical diagnosis and treatment.

Consult your physician before treatment, if you have any of the following conditions:

- Implanted metallic device, such as cardiac pacemaker
- Infectious disease or fever
- Under the age of 4
- Cancer, fever or other infection
- Pregnancy, thrombosis, phlebitis, epilepsy
- Under other medical or physical treatment such as intestinal and organ disease

## Adverse Reaction

Due to a drastic change in muscle tissues, which leads to a sudden removal of waste products (detoxification), some people may (rarely) experience certain adverse reaction such as nausea, fatigue, drowsiness, and a temporary flu-like feeling. Those feelings generally show up after first couple treatments and last from 4 to 24 hours. If those reactions last after couple treatments, stop the treatment and consult with your physician.

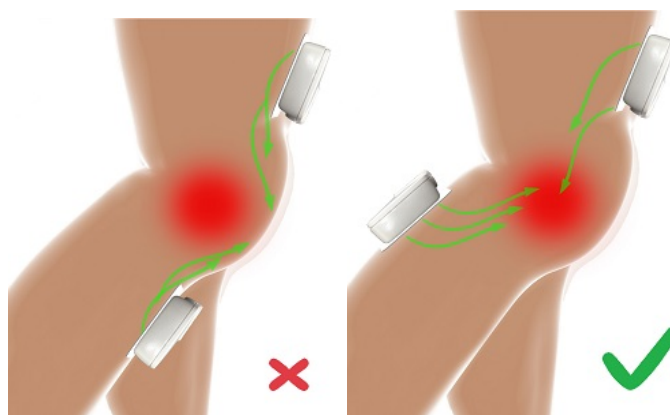
## How to Make a Valid Treatment

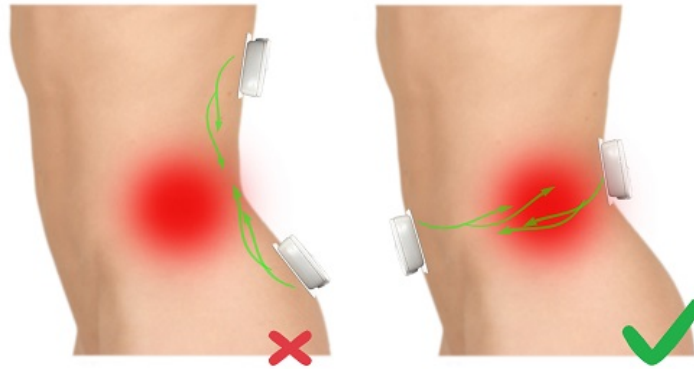
Treatment efficacy is highly depending on whether the biostimulation could be penetrated into injured area or not. Placement and body impedance will greatly affect the penetration. Simply follow the steps to make a valid treatment.

Step 1: Selecting device placement position:

- Rule One: Follow App to lookup device placement. If not found or no effect after couple treatments, refer to Rule Two.
- Rule Two: Follow the bilateral rule to (acute) pain area, either upper or down, front or back, and left or right. Avoid directly on bone and thick fat.
- Rule 3: If there were no effect in one position after couple treatments, follow the Rule Two to re-place device to another position.

Some examples are illustrated as below. Rather than placing both stimulators in one side that causes the biostimulation pass over pain area, placing one in upper front and the other in down back, or upper front in left side and down back in right side.





### Step 2: Reducing body impedance

Clean selected skin area to overcome body impedance that blocks tiny biostimulation waveform being able to penetrate into body:

- Taking a shower to well hydrate the skin area.
- Or applying abrasive conductive gel to rub firmly on the skin and then rinse.

### Step 3: Placing the electrode on

Place the electrode with device on selected positions while in moist. Always using manufacturer suggested electrodes that carries superior impedance and capacitance supporting tiny biostimulation waveform. Each new electrode is good for 3 to 5 uses.

Step 4: Strongly recommend using compressive band or wrap to affix the device to the body firmly so that the biostimulation would be able to reach deeper muscle or tendon.

## Treatment Time



- Acute pain: 30 - 60 minutes for consecutive couple days, or until pain is gone.
- Chronic pain: 2 to 4 hours a day for consecutive five days or until pain is 80% improved; then 2 to 4 hours every two or three days. Stop the treatment if pain is gone.

## Treatment Tips

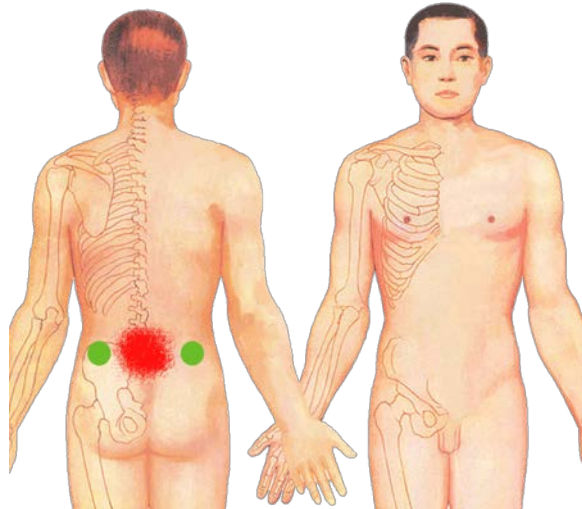
- Treatment effect varies due to different physiological or biological reaction from different user.
- Biostimulation is senseless as it is under subsensory. Some user may experience minor tingling.
- Sometimes, the effect may take couple hours to emerge because cell repairing takes time.

- Treatment effect is cumulative. It is not required to complete a treatment continuously but off and on of treatment works too. The more time, the better for effect taking place.
- The app can be used to select protocol and guide placement of the electrodes for the first time, or for a new symptom. It is not necessary to use the app for every treatment. However, the app can help you monitor your treatment sessions with conditions such as complex pain syndromes.

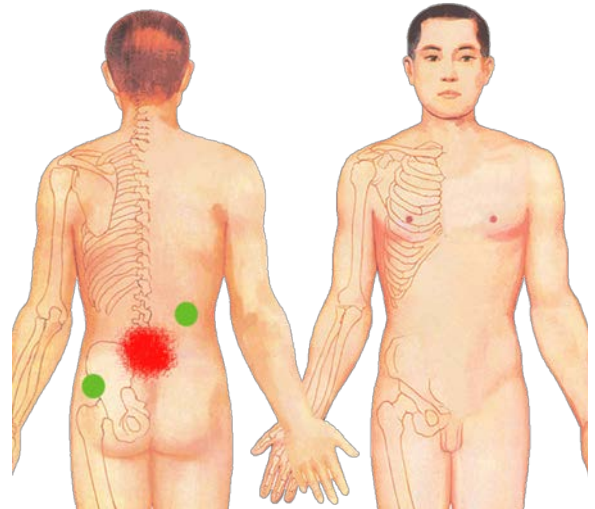
## Step-by-Step Guide

<p><b>Step 1.</b></p> <p>Charge the PainKARE device until the green light on (About 3 hours). Each fully charging will support 20 hour treatment.</p> <p>Set up the device by joining each end of the device together, and attaching electrodes as illustrated.</p>	
<p><b>Step 2.</b></p> <p>Turn the device power on by pressing (blue) power button and hold for 3 seconds.</p>	
<p><b>Step 3.</b></p> <p>Select placement position, clean the skin and place the electrodes on. (See 'How to Make a Valid Treatment' section above)</p>	<p>Try a few different placement positions if no effect takes place, example shown in pictures (red indicates area of pain, green dots represent electrode placement).</p>

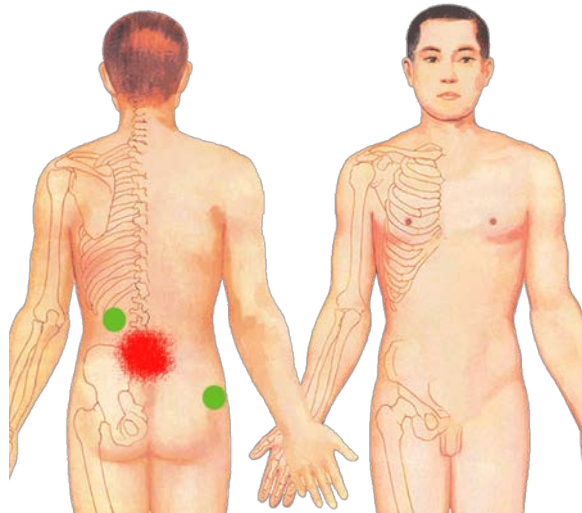
*Electrode placement option 1*



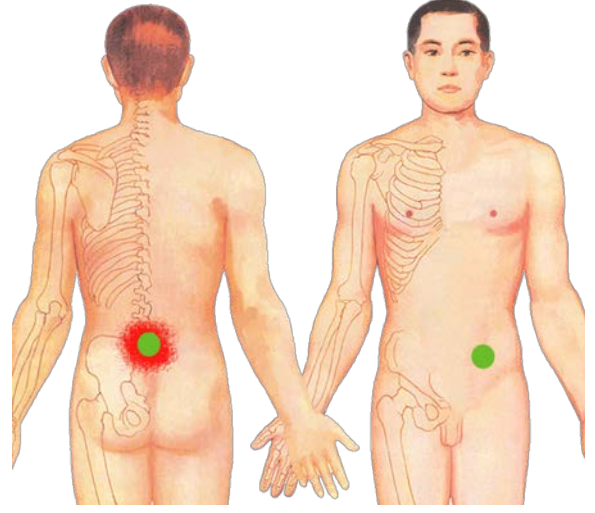
*Electrode placement option 2*



*Electrode placement option 3*



*Electrode placement option 4*



**Step 4.**

Treatment will begin.

Default treatment time is 4 hours. Or refer to App for progress, or watch if the green light on device is on.

Using compression band or wrap over the device to help penetration into deep muscle, not just over skin surface. Plus, it helps you in activity during the treatment session.



### Step 5.

To stop the treatment, pressing (blue) power button and hold for 3 seconds.

Remove the electrodes.



### Charging and the LED indicator

- Charge the device with the LED indicator only. Plug into USB charging cable, and charge until the light turns green. The battery lasts up to 20 hours after charging.
- LED light indicator:
  - Red: Low battery
  - Red blinking: Electrode is off the body, try reapplying the electrodes
  - Green: In ready mode
  - Green blinking: In treatment mode

### Storage

- Store in a cool dry place, away from sources of heat
- Store electrodes by sticking them back to the reusable plastic sheet.

*Please see User Manual for product specifications, disposal, and any additional information.*

*If you have any further questions, need assistance in operating, or to report any issues, please contact our support team at [support@triowave.co](mailto:support@triowave.co)*