

REVITIVE[®]

CIRCULATION BOOSTER[®]

CLINICALLY
TESTED 
DRUG
FREE | CLASS IIa
MEDICAL
DEVICE

User's Manual

ADVANCED
PERFORMANCE



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

USE ONLY AS DIRECTED

If symptoms persist, consult
your healthcare professional

Model number RMV

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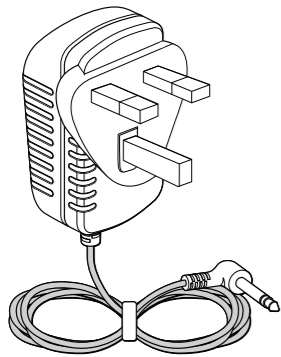
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What is inside the box?

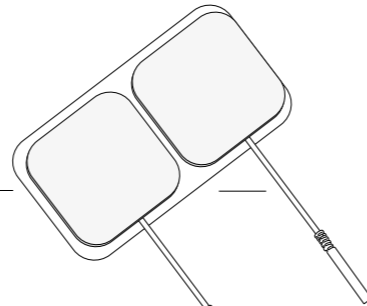
Parts and Controls

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.

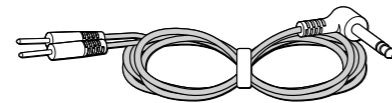
A AC/DC power adaptor



C Electrode Body Pads



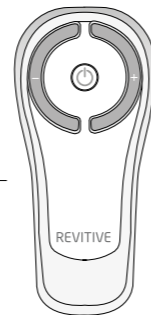
D Body Pad cord



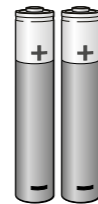
B REVITIVE Advanced



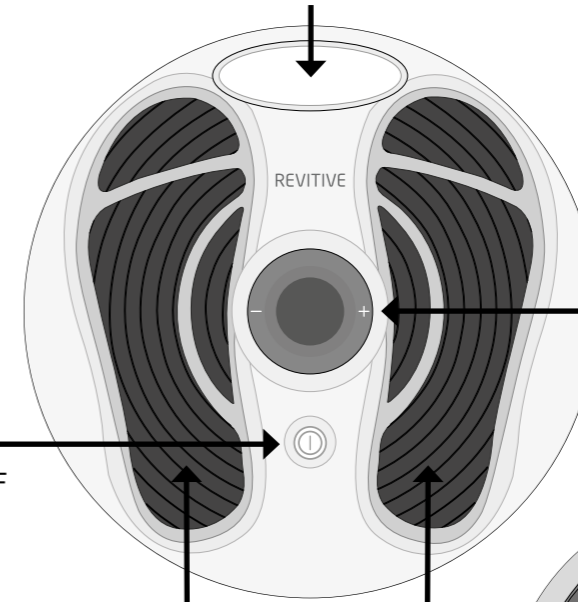
E Remote control



F AAA batteries x 2



G Carry handle

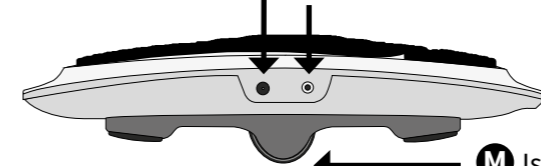


I Control panel/display

H Power ON/OFF

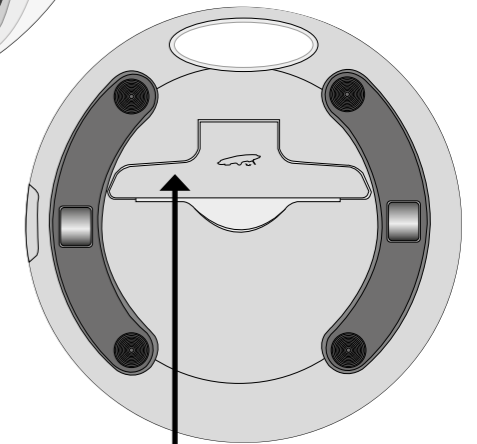
J Foot-pads

K AC/DC power adaptor socket
L Body Pads socket

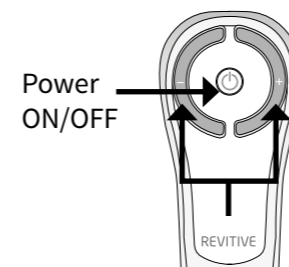


M IsoRocker

N IsoRocker Disabler

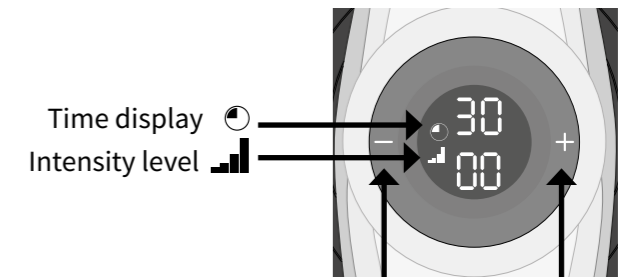


Remote control



Intensity Control - /+ [arrow]

Control panel



Intensity Control - /+ [arrow]

Important Safeguards

Indications for use

REVITIVE is intended to:

- Reduce pain and discomfort in the legs/ankles/feet - caused by diabetic peripheral neuropathy or swelling (oedema) due to osteoarthritis or following surgery
- Reduce swelling in the legs/ankles/feet - caused by being immobile due to osteoarthritis or an injury
- Improve circulation to reduce or prevent blood-pooling (stasis) - caused by diabetes or by being immobile following surgery
- Help maintain leg vein health - by increasing circulation, delivering more oxygenated-blood and reducing swelling (oedema) in the legs, feet & ankles.

The above Indications for Use are certified under the Medical Devices Directive 93/42/EEC

In addition, if you have a sedentary lifestyle or spend long periods inactive, REVITIVE may help to:

- Reduce discomfort in legs & feet
- Reduce swollen feet & ankles
- Alleviate cramp
- Actively improve circulation

How REVITIVE Works

REVITIVE delivers electrical stimulation to your feet via a pair of cushioned foot-pads, while you are seated. The electrical stimulation causes muscles in your calf and foot to contract, which helps to increase circulation in your lower legs.

REVITIVE has been developed so that it is comfortable for you to use. It features an IsoRocker (patent pending) that allows for natural ankle movement when applying the electrical stimulation to your feet. Ankle movement is a key factor in increasing circulation in the lower legs. You can choose to enable or disable the IsoRocker at any time.

REVITIVE is designed to be easy to use and also comes with a remote control, which means you do not have to reach down to adjust settings during use.

REVITIVE can also deliver electrical stimulation to the knees, shoulders, back or arms through the use of the Electrode Body Pads provided.

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 are fitted with an electronic implanted device such as a heart pacemaker or Automatic Implantable Cardioverter Defibrillator (AICD)
- 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.



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
 - You have suspected or diagnosed epilepsy
 - You are unsure about the suitability of 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 Body Pads on your head, face, neck or chest
- Do **not** apply foot-pads or Body 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
- Electrode Body Pads are for single person use only. Do not share body pads with others
- Do **not** use Body Pads after their use by date
- There is a chance you may experience skin irritation or burns beneath the stimulation Electrodes or hypersensitivity due to the electrical stimulation
- Symptoms may worsen during the initial treatment phase before getting better. This may occur if the body has not yet adjusted to increased muscular activity and blood circulation. If this occurs, reduce the intensity and the duration of treatment which will reduce the initial symptoms. If symptoms persist consult with your doctor

Important Safeguards

- Ensure that balm/gel/moisturiser is evenly applied and thoroughly absorbed into the skin before applying stimulation. There is a chance that uneven application of a balm/gel/moisturiser could increase the risk of skin irritation or burn, when using the electrical stimulation.

Cautions

- Be careful when applying stimulation:
 - over areas of skin that lack normal sensation. It may cause skin irritation due to the inability to feel stimulation until the intensity is too high - use a low intensity to achieve a gentle muscle contraction, and/or use for a shorter time, to avoid overstimulation. 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 overstimulation 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

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 socket

- Keep this device out of the reach of children
- REVITIVE may be used by multiple persons, ensure device is cleaned after each use
- Use REVITIVE only with the accessories supplied by, or purchased from, the manufacturer
- 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 authorised agent
- REVITIVE has passed the required tests for Electromagnetic Interference (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 10 – 40°C allow the product to re-adjust to the recommended operating temperatures to ensure continued product performance

Adverse Reactions

- If you experience adverse reactions, stop using REVITIVE and consult with your doctor

Save these instructions



How long should I use REVITIVE?

It is recommended to use REVITIVE for 20-30 minutes per day.

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

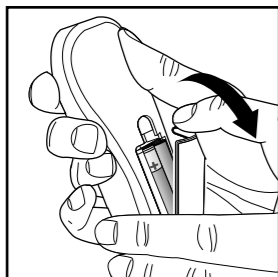
Step 1:

Setting up REVITIVE for the first time

a Remove all parts from the carton:

- AC/DC power adaptor
- REVITIVE Advanced
- Body Pads
- Body Pad cord
- Remote control
- AAA batteries x 2

See What is inside the Box? on pages 4-5 to help identify the parts.



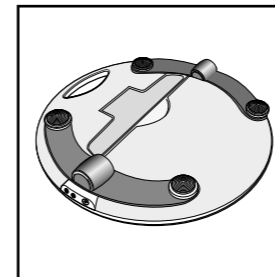
b Locate the remote control and insert the batteries.

Before you use REVITIVE for the first time, read the Warnings and Cautions on pages 8-11. If in doubt, consult your doctor before using the product.

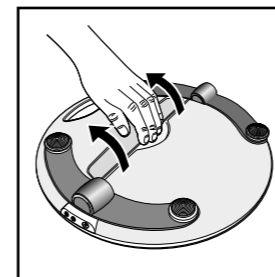
Step 2:

Setting up REVITIVE for use

- a** Turn the device over so that you can see the IsoRocker and the 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.
 - The IsoRocker feature can be disabled, by opening the IsoRocker Disabler. REVITIVE will then be static and it will not rock during use.



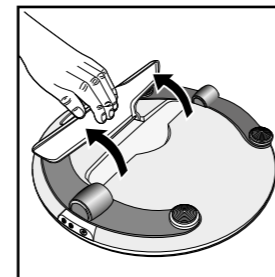
- b** If you **want to use the IsoRocker**, leave the IsoRocker Disabler in place (ie flat) on the bottom of the device, as shown.



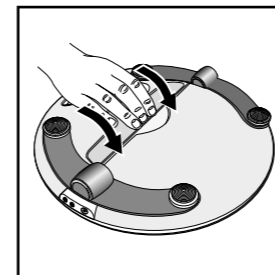
- c** If you **do not want to use the IsoRocker**

- Open the IsoRocker Disabler on the bottom of REVITIVE.

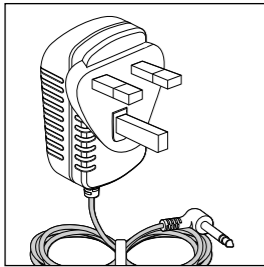
- Pull the IsoRocker Disabler back until it clicks open, as shown.



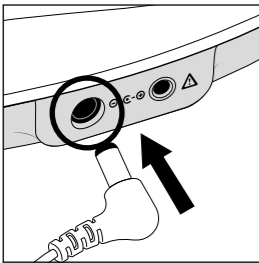
- To re-enable the IsoRocker, pull the IsoRocker Disabler and press into place on the bottom of the device (ie flat).



Instructions for use



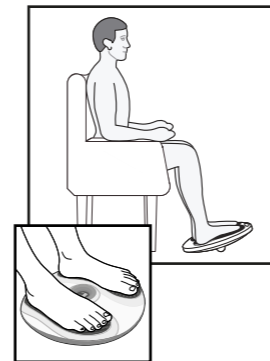
d Locate the AC/DC power adaptor.



e Plug the small end of the power cord into the opening on the side of the REVITIVE.

f Plug the power adaptor into the nearest electrical socket.

Sit with both bare feet on the foot-pads





Step 3: Using 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.

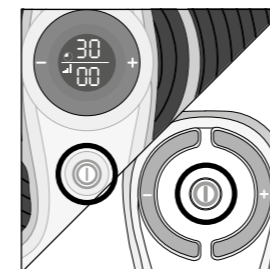
REVITIVE is designed to be used while seated.
Never stand on the REVITIVE unit.

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

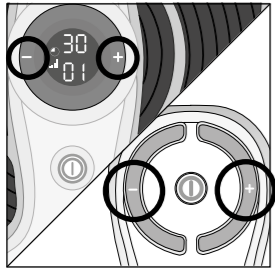
Hint: Applying a moisturising lotion to the soles of the feet before using REVITIVE can help improve the delivery of electrical stimulation.


- 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.



Instructions for use



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

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

Press the (+) button to increase the level.

Press the (-) button to decrease the level.

- g** Ensure you familiarise yourself with the feeling of Electrical Muscle Stimulation (EMS). Use on a low intensity for 20-30 minutes once per day for a few days.

Set the intensity at a level you can feel the stimulation in your feet and/or calf muscles, or see your muscles twitch.

It is normal to feel tingling or varying sensations in your calf muscles.


REVITIVE does **not** vibrate.


- h** After a few days of familiarisation, use a higher intensity that provides you with strong but comfortable muscle contractions.


You can set the intensity between 1-99.

Please note that the intensity required may vary from day to day - eg using it on 25 one day, does not necessarily mean you will need to use it at 25 the next day. The required intensity could be higher or lower than previous usage.

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.


- i** The  Time Display will start to count down in minutes as the device cycles through its program.

- j** When REVITIVE times out, the  Time Display reads 00 and you will hear three beeps.

- k** REVITIVE switches itself off automatically.


Instructions for use

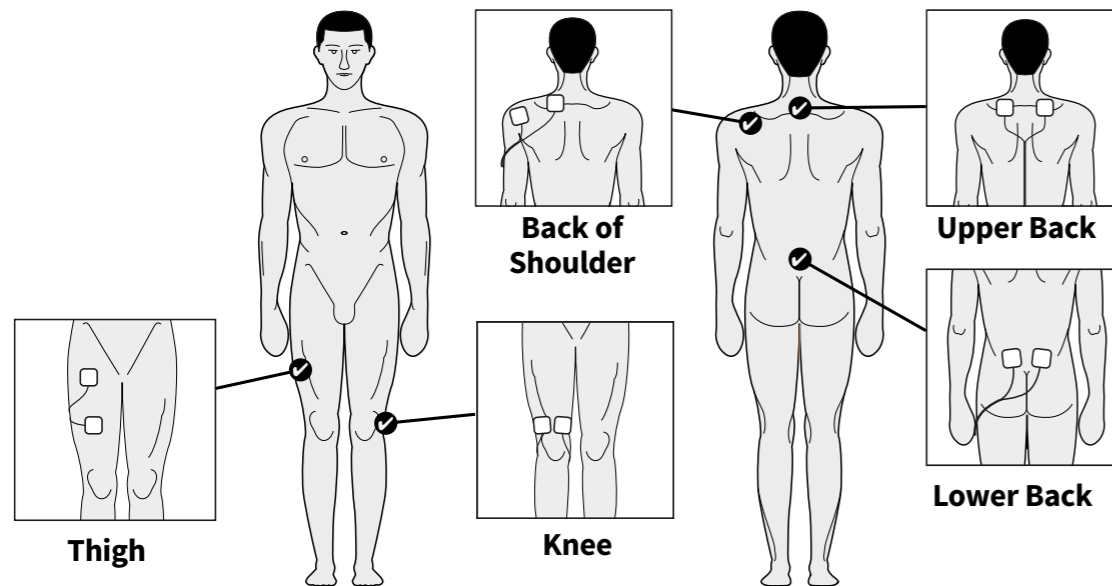
Step 4: Using the Electrode Body Pads

 Electrode Body Pads are for single person use only.

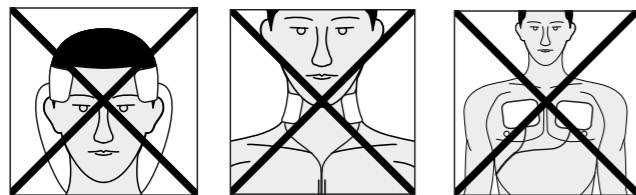
REVITIVE comes with one pair of reusable (up to 20-30 applications) Electrode Body Pads that can be used to deliver electrical stimulation to the back, shoulders, thighs, knees or arms.

a Select the area you wish to apply electrical stimulation to.

 Example Body Pad placements are shown below:



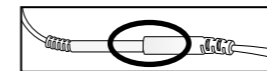
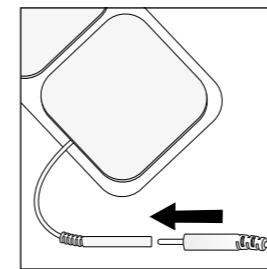
Do NOT use the Body Pads on your head, face, neck or chest.



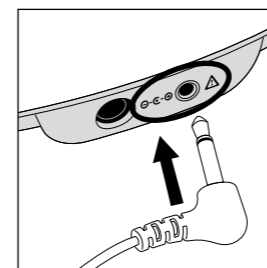
b Clean and dry the area where you will place the Body Pads.

c Make sure REVITIVE is switched off. If the control panel is still illuminated, press the power button and turn REVITIVE off.

d Attach the ends of the Body Pads to the body pad cord.

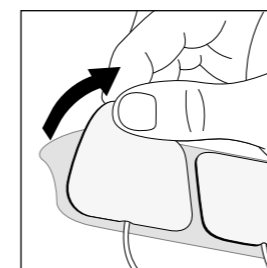


Press connectors until no gap is between them. Leaving a gap may cause discomfort.



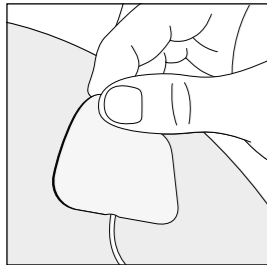
e Plug the other end of the Body Pad cord into the opening on the side of REVITIVE.

Plugging in the body cord will automatically turn the foot-pads off and intensity will reset to zero.

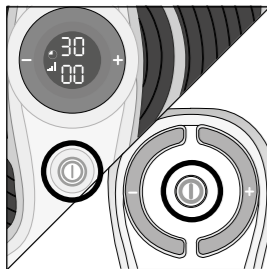


f Remove the plastic liner from the Body Pads, by peeling it off carefully. Replace the Body Pads onto the plastic liner after use.



Instructions for use



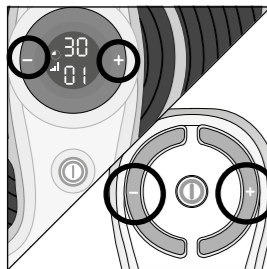
- g** Press the Body Pads on the area you wish to apply electrical stimulation, as shown on page 18, gently pressing the adhesive side against the skin.




- 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 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.



- i** 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.


- j** Ensure you familiarise yourself with the feeling of Electrical Muscle Stimulation (EMS). Use on a low intensity for 20-30 minutes once per day for a few days.


Set the intensity at a level you can feel the stimulation or see your muscles twitch.


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

- k** After a few days of familiarisation, use a higher intensity that provides you with strong but comfortable muscle contractions. You can set the intensity between 1-99.

Please note that the intensity required may vary from day to day - eg using it on 25 one day, does not necessarily mean you will need to use it at 25 the next day. The required intensity could be higher or lower than previous usage.

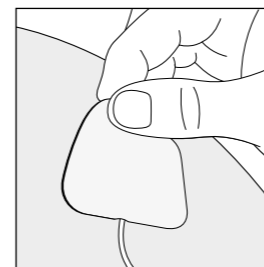
If you feel pain or discomfort - lower the intensity of the Body Pads using either the  (-) Intensity Control on the control panel or the remote control.

- l** The  Time display will start to count down in minutes as REVITIVE cycles through its program.

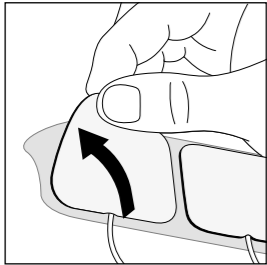
- m** When REVITIVE times out, the Time  Display reads 00 and you will hear three beeps, and the device will switch itself off automatically.

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

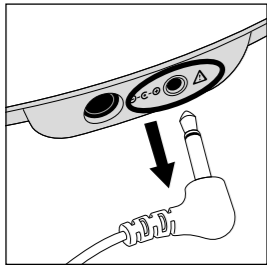
Do not pull the Body Pads off the skin using the Body Pad cords as this may damage the cords.



Instructions for use



- o Replace the Body Pads onto its plastic liner after use.



- p Unplug the Body Pad cord from the opening on the device.
You do not need to detach the Body Pads from the Body Pad cord.

Step 5: Cleaning and Storing REVITIVE

- a Press the power button and turn REVITIVE off, if needed.
- 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 Body Pads back on the plastic liner.
- e Store the Body Pads in a dry and ventilated location.
Store out of direct sunlight.
You do not have to detach the Body Pads from the Body Pad cord to store them.

Replacing the Batteries


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

Replacing the Body Pads

The Body Pads are reusable up to 20-30 applications. If the Body Pads start to lose their adhesiveness, rub a few drops of water into the surface. Replacement Body 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.	Moisturise 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.
	Body Pad cord is connected to device.	Disconnect the Body Pad cord - the foot-pads will not work while the Body Pad 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 foot-pads at the same time (The heel end of the foot-pads is easiest). With your other hand, and starting from zero, increase the  intensity level until you can feel the stimulation. If you can feel the stimulation through your hand then the device is working. If on 99 you still cannot feel the stimulation then please contact your authorised dealer.

Problem	Possible Cause	Solution
No power or lights to REVITIVE when it is switched on.	AC Adaptor not switched on at the electrical socket or AC Adaptor not plugged into device properly.	Check electrical socket power is switched on and the AC Adaptor is plugged into the device correctly. If still not working – contact your authorised dealer.
REVITIVE is not vibrating.	REVITIVE IS NOT DESIGNED TO VIBRATE.	
The IsoRocker is not "rocking".	It is the muscles in your legs that cause the "rocking", THE ISOROCKER IS NOT MECHANICAL.	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 13).
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 using the IsoRocker on a hard floor it makes a tapping noise.	Incorrect positioning of the device or too high an intensity level.	Adjust the positioning of the device or lower the intensity level to reduce the device tapping. Alternatively use a floor mat under the device to cushion the sound.
















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




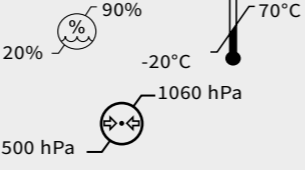
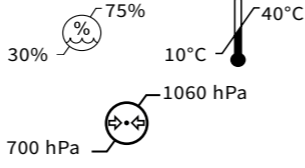



Technical Specifications

Name of product	REVITIVE Advanced
Model	RMV
Frequency	1Hz – 50Hz
Output current	Max 15mA
Weight	1.4kg
Dimensions (with IsoRocker® enabled and disabled)	enabled: 355(W)x355(H)x70(D) mm disabled: 355(W)x355(H)x85(D) mm
Power consumption	5W
AC adaptor	CE Approved
Power source Input (adaptor used) Output	100-240V  AC (⊖), 50/60Hz, 0.18A 5V (⊕) DC  , 1.0A

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.

Complies with European Medical Devices Directive (93/42/EEC)	 2797
Device LOT and serial number including year (YYYY) and month (MM) of manufacture can be found on the box and back of unit	 #YYYYMMXXXXX
Item number	 REF
Contraindications This describes situations where you should not use REVITIVE	
Warnings and Cautions Make sure you understand these before using the REVITIVE	
Power	
Time Remaining	
Intensity Level	
IsoRocker Disabler	
Center Positive Polarity	
Class II medical electrical equipment double insulated	
Type BF medical electrical equipment	
Legal manufacturer of the device	
EU/EC European Authorised Representative	
Consult instructions for us	

<p>The Waste Electrical and Electronic Equipment Directive (WEEE Directive). At the end of the product lifecycle, do not throw this product into normal household garbage, but take it to a collection point for the recycling of electronic equipment</p>	
<p>Keep dry</p>	
<p>Use-by date</p>	
<p>Humidity, temperature and air pressure limit for storage and transport</p>	
<p>Humidity, temperature and air pressure limit for operating conditions After any exposure to hot or cold temperatures outside the specified operating range of 10 - 40°C allow the product to re-adjust to the recommended operating temperatures to ensure continued product performance.</p>	
<p>Indoor Use Only</p>	
<p>Medical device does not contain natural rubber latex</p>	
<p>Do not disassemble</p>	

It is important to retain the retailer's receipt as proof of purchase. Staple your receipt to this back cover for future reference.

Please quote the following information if the product develops a fault. These numbers can be found on the base of the product:

Model no:

Lot no:

All REVITIVE devices are individually tested before leaving the factory. In the unlikely event of any device proving to be faulty within 30 days of purchase, it should be returned to the place of purchase for it to be replaced.

If the fault develops after 30 days and within 24 months of original purchase, you should contact your local distributor quoting model number and LOT number on the product, or write to your local distributor at the address shown.

You will be asked to return the product (in secure, adequate packaging) to the address shown with a copy of proof of purchase.

Subject to the exclusions set out below (see Exclusions) the faulty device will then be repaired or replaced and dispatched, usually within 14 working days of receipt.

If, for any reason, this item is replaced during the 2 year guarantee period, the guarantee on the new item will be calculated from the original purchase date. Therefore, it is vital to retain your original till receipt or invoice to indicate the date of initial purchase.

To qualify for the 2 year guarantee, the device must have been used according to the manufacturer's instructions supplied.

EXCLUSIONS:

- Actegy, manufacturer of REVITIVE devices, shall not be liable to replace the goods under the terms of the guarantee where:
 - The fault has been caused or is attributable to accidental use, misuse, negligent use or used contrary to the manufacturer's recommendations or where the fault has been caused by power surges or damage caused in transit.
 - The device has been used on a voltage supply other than that stated on the product or used with a power adaptor other than the one supplied with the product.
 - Repairs have been attempted by persons other than our service staff (or authorised dealer).
 - The device has been used for hire purposes or non-domestic use.
 - The device is second hand.
- Actegy are not liable to carry out any type of servicing work, under the guarantee.
- Accessories such as Electrode Body Pads are not covered by the guarantee.
- Batteries and damage from leakage are not covered by the guarantee.
- 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



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



MDSS
Schiffgraben 41
30175 Hannover, Germany.

Distributor / Distributeur / Vertrieb

UK:
Actegy Ltd
REFLEX, Cain Road
Bracknell, RG12 1HL
United Kingdom
Tel: +44 (0)800 014 6377
info.uk@actegy.com



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