

# REVITIVE<sup>®</sup>

CIRCULATION BOOSTER<sup>®</sup>

CLINICALLY  
**TESTED**   
DRUG FREE | MEDICAL  
FREE | DEVICE

User's Manual

# MEDIC



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

**USE ONLY AS DIRECTED**

If symptoms persist, consult  
your healthcare professional

Model number: 3156AD



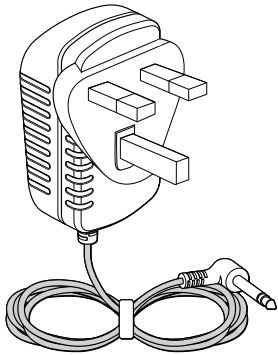
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# What is inside the box?

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.

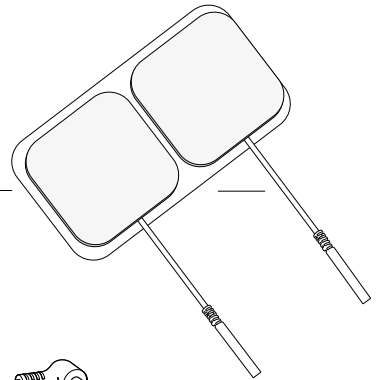
**A** AC/DC power adaptor



**B** REVITIVE Medic



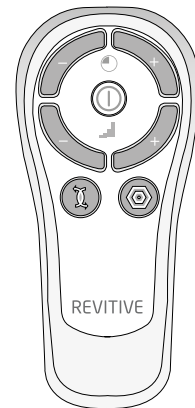
**C** Electrode Body Pads



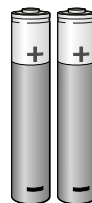
**D** Body Pad cord



**E** Remote control

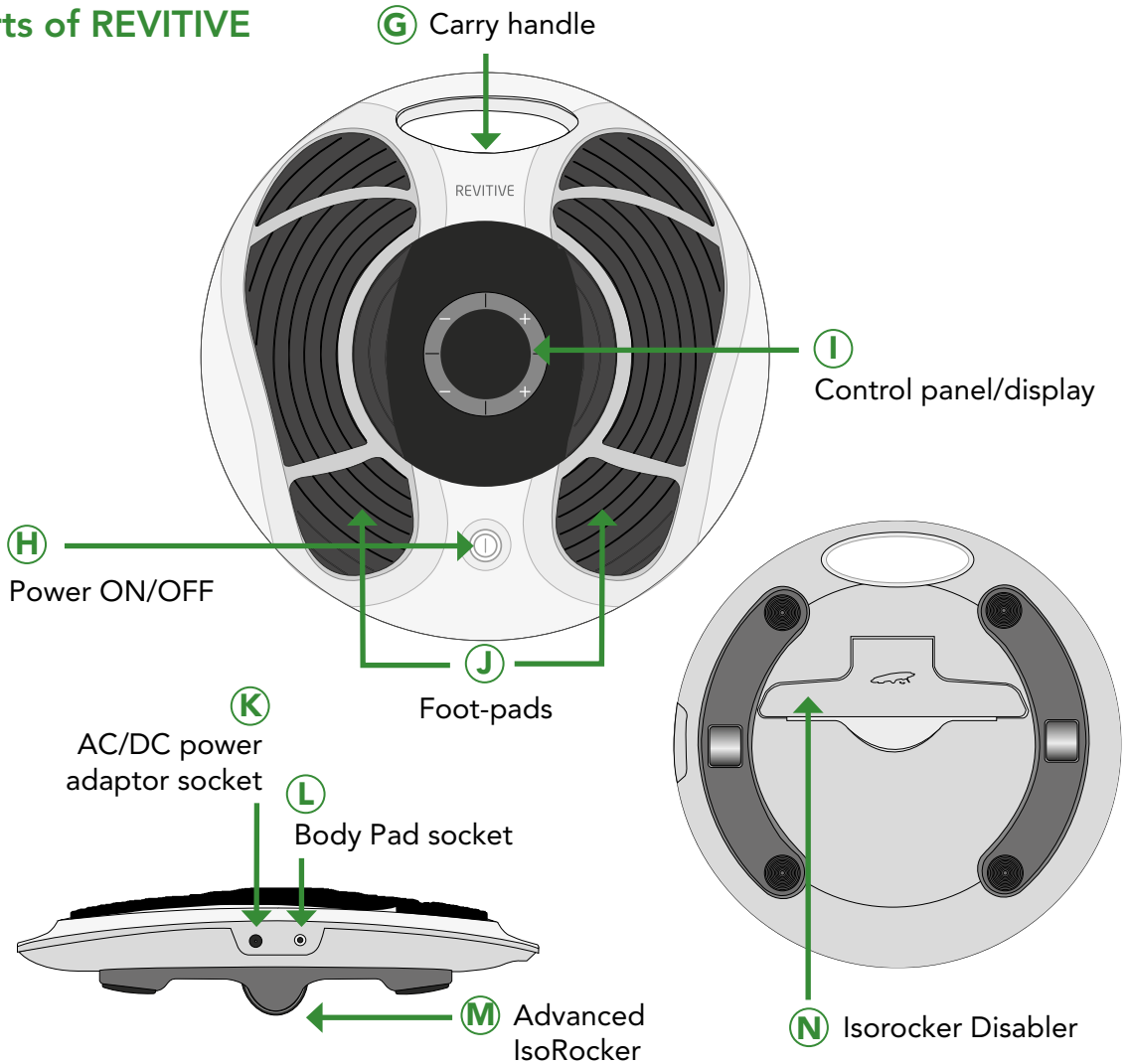


**F** AAA batteries x 2

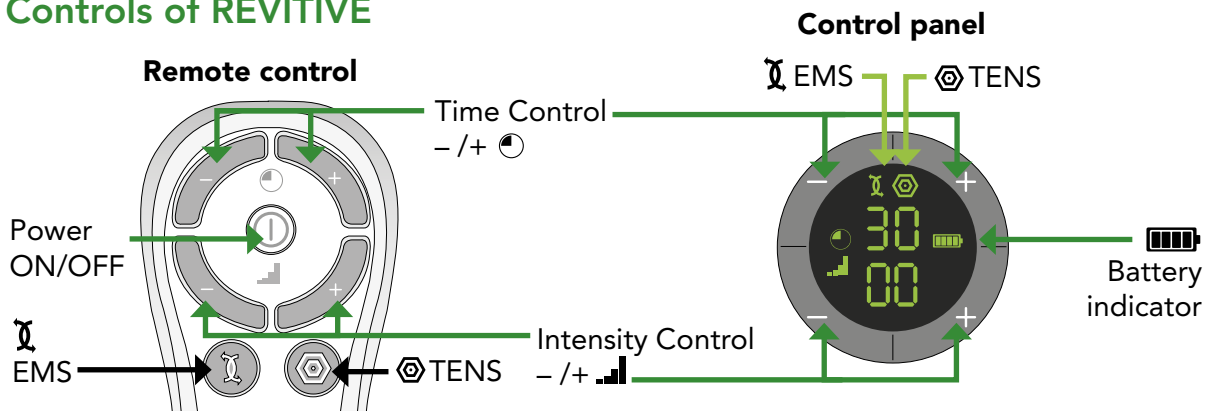


# Parts and Controls of REVITIVE Medic

## Parts of REVITIVE



## Controls of REVITIVE



# Introduction to REVITIVE

## INDICATIONS FOR USE

### REVITIVE is intended to:

- 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
- Reduce pain and discomfort in the legs/ankles/feet - caused by diabetic peripheral neuropathy or swelling (oedema) due to osteoarthritis or following surgery
- Increase muscle strength to help regain mobility in the legs affected by being immobile due to COPD, osteoarthritis or following surgery.
- Help maintain leg vein health - by increasing circulation, delivering more oxygenated-blood and reducing swelling (oedema) in the legs, feet & ankles.

### When using REVITIVE to deliver Transcutaneous Electrical Nerve Stimulation (TENS), it is intended to provide:

- Temporary relief of pain of musculoskeletal or neuropathic origin
- Relief of arthritis-associated pain
- Relief and management of chronic, intractable pain
- Relief of post-surgical and post-traumatic pain

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

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

- Reduce foot & leg discomfort
- Reduce swollen feet & ankles
- Relieve leg cramps
- Strengthen leg muscles
- Actively increase circulation

## HOW REVITIVE WORKS

REVITIVE delivers Electrical Muscle Stimulation (EMS) 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 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 comes with a remote control, which means you do not have to reach down to adjust settings during use.

Through the Electrode Body Pads, REVITIVE can deliver two types of stimulation: Electrical Muscle Stimulation (EMS) and Transcutaneous Electrical Nerve Stimulation (TENS). As with the foot-pads EMS helps to increase circulation by contracting and relaxing your muscles. TENS can be used to provide immediate, temporary relief of pain for your legs and other areas of your body.

**Visit [www.revitive.com](http://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 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 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 in conjunction with a brace or cast without first consulting with your doctor
- Do **not** use Body Pads after their use by date
- There is a chance you may experience skin irritation or burns beneath the Body Pad Electrodes or hypersensitivity due to the electrical stimulation

# 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.
- Do not use the device:
  - In the presence of electronic monitoring equipment
  - Together with a life-supporting medical electronic device
  - When you are in the bath or shower
  - While you are sleeping.



## Warnings - EMS only

- 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.



## Warnings - TENS only

- When using TENS do **not** apply to areas of skin that lack sensation.



## 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
- When using EMS be careful when applying stimulation:
  - Over the abdomen during menstruation
  - After recent surgical procedures (within the past 6 months) 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 overstimulation
  - After a long period of immobility or inactivity – use a low intensity and shorter time to avoid overstimulation or muscle fatigue
- 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 original source or cause of pain
- The long term effects of electrical stimulation are unknown
- Electrical stimulation may not work for every user, please seek advice from your Doctor
- 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

# IMPORTANT SAFEGUARDS



## 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 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
- With the increased number of electronic devices such as personal computers and mobile (cellular) telephones, medical devices may be susceptible to electromagnetic interference from other devices. 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 (e.g. 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**

# Instructions for use



## How long should I use REVITIVE?

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

If you have been diagnosed with a long term medical condition such as Osteoarthritis, Diabetes, or COPD, you should use REVITIVE for a minimum of 2 x 30 mins per day. Allow 4-12 weeks to help reduce symptoms associated with these chronic conditions.

Do not use REVITIVE, using EMS stimulation, more than 6 sessions of 30 minutes (or the equivalent) per day.

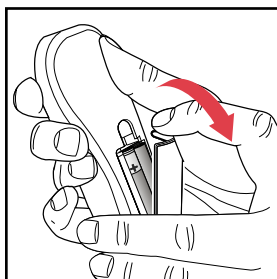
TENS stimulation may be used as and when required. It is recommended to use REVITIVE using TENS stimulation for 20-30 minutes per session.

## STEP 1: SETTING UP REVITIVE FOR THE FIRST TIME

**a** Remove all parts from the box:

- AC/DC power adaptor
- REVITIVE Medic device
- 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.

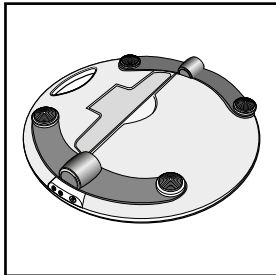


**b** Locate the remote control and insert the batteries.

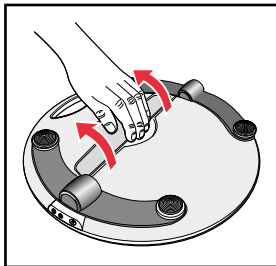
**Before you use REVITIVE for the first time, read the Warnings and Cautions on pages 8-13. If in doubt, consult your doctor before using the product.**

## STEP 2: SETTING UP REVITIVE FOR USE

- a** Turn the device over so that you can see the IsoRocker and IsoRocker Disabler.
- The IsoRocker allows REVITIVE to rock while stimulating your legs & 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.

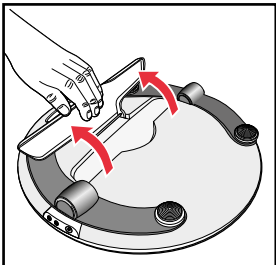


- b** If you **want to use the IsoRocker**, leave the IsoRocker Disabler in place (ie flat) on the bottom of the device, as shown.

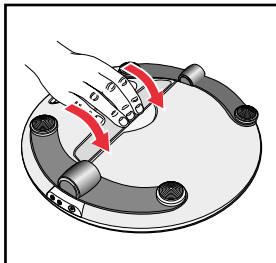


- c** If you **do not want to use the IsoRocker**

- 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

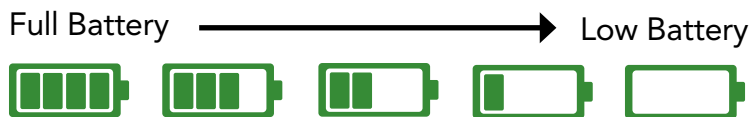
## STEP 3: POWERING REVITIVE

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.

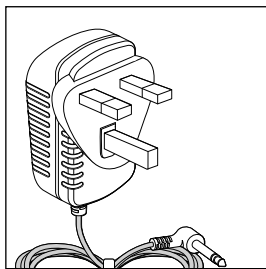
When the battery drops to the low level, it will require recharging. See Step 6, Recharging Battery on page 33.

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

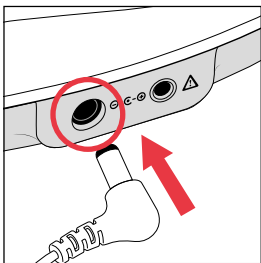
**Please note that if the battery runs out, the device can still be used, by connecting to an electrical socket.**

## MAINS POWER OPTION

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



**a** Locate the AC/DC power adaptor.



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

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

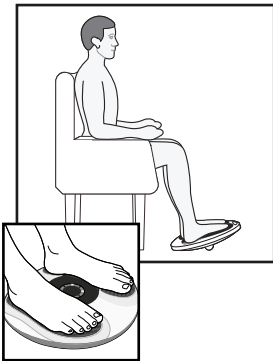
Once you have connected REVITIVE to the electrical socket follow Step 4 Using The Foot-pads or Step 5 Using the Electrode Body Pads to continue setting up REVITIVE.

# 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 27 for details.

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



- a It is important that you are hydrated. We recommend drinking a glass of water before using REVITIVE.

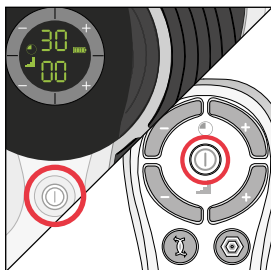
You may also apply a moisturising lotion to the soles of the feet to help hydrate the skin.

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

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

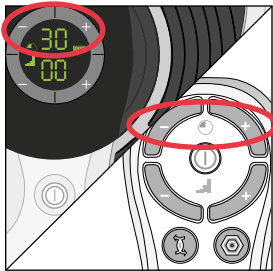
REVITIVE is designed to be used while seated.  
**Never stand on the REVITIVE unit.**

- d Place both bare feet on the foot-pads. Make sure you remove all footwear, including socks/stockings.
- 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 on the 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.

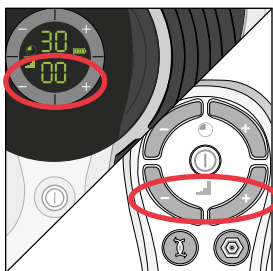
Press the ⏸ (+) Time Control to increase the time.

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

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

If you have been diagnosed with a long term medical condition such as Osteoarthritis, Diabetes, or COPD, you should use REVITIVE for a minimum of 2 x 30 mins per day. Allow 4-12 weeks to help reduce symptoms associated with these chronic conditions.

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



- g** 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.

- h** 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 feet and calf muscles.

# Instructions for use


REVITIVE does not vibrate.


- i** 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.

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


- k** 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 BODY PADS

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

REVITIVE comes with one pair of reusable (up to 20-30 applications) Electrode Body Pads that can be used to deliver Electrical Muscle Stimulation (EMS) or Transcutaneous Electrical Nerve Stimulation (TENS) to other parts of the body.

The Body Pads cannot be used at the same time as the foot-pads. Using the Body Pads will automatically turn the foot-pads off.

Each type of stimulation can be used for specific results.

EMS provides stimulation of your muscles, causing them to contract and relax. Using EMS can help to reduce swelling, improve circulation, as well as reduce pain and discomfort caused by swelling in your legs. EMS can be used on the areas shown on the next page.

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 27. For instructions on how to use TENS, go to page 27.

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 Body Pads will depend on which stimulation mode (EMS or TENS) you choose.

# Instructions for use

## STEP 5.1: USING THE BODY PADS FOR ELECTRICAL MUSCLE STIMULATION (EMS)

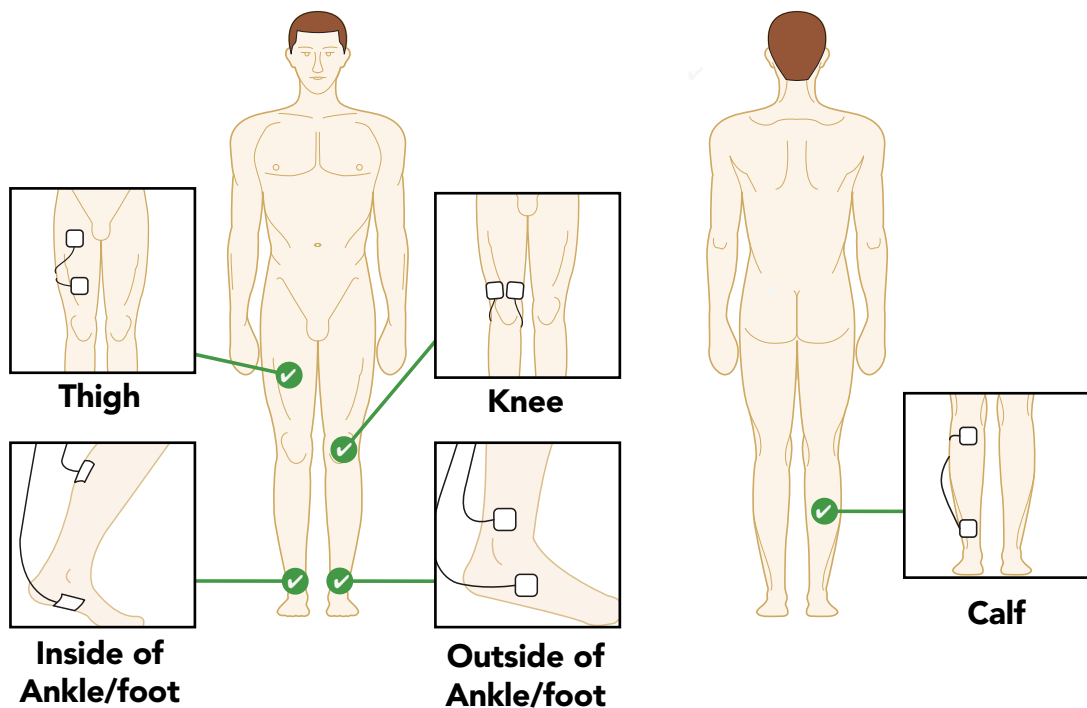
NB It is recommended to use REVITIVE for 20-30 minutes per day.

If you have been diagnosed with a long term medical condition such as Osteoarthritis, Diabetes, or COPD, you should use REVITIVE for a minimum of 2 x 30 mins per day. Allow 4-12 weeks to help reduce symptoms associated with these chronic conditions.

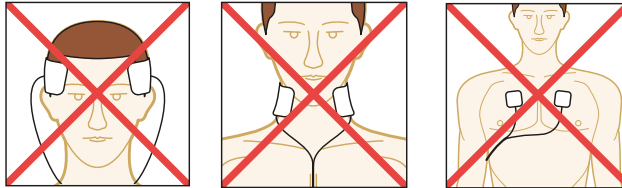
Do not use REVITIVE more than 6 sessions of 30 minutes (or the equivalent) per day. This may result in muscle fatigue.

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

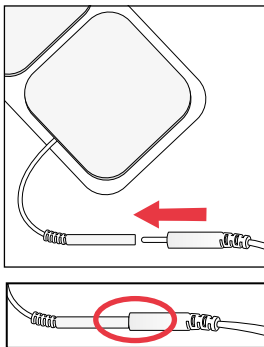
✔ Recommended Body Pad placements are shown below:



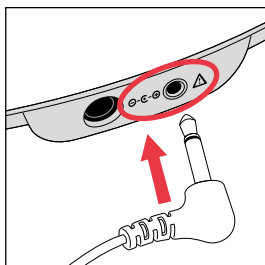
Do **NOT** use the Body Pads on your head, face, neck or chest.



- 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.

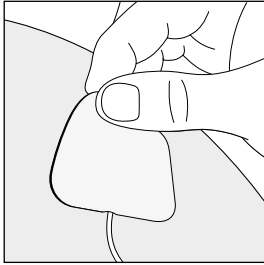


**Press connectors until there is no gap between them.** Leaving a gap may cause discomfort.



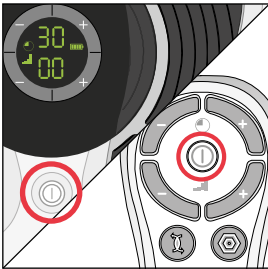
- e** Plug the other end of the Body Pad Cord into the opening on the side of REVITIVE.  
**Plugging in the Body Pad Cord will automatically turn the foot-pads off.**

# Instructions for use






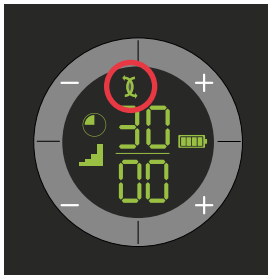
- f** Remove the plastic liner from the Body Pads, by peeling it off carefully. Replace the Body Pads onto the plastic liner after use.

- g** Press the Body Pads on the area you wish to apply electrical stimulation to, as shown on page 22, gently pressing the adhesive side against the skin.



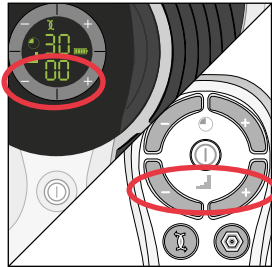
- h** Press the power button on the device **or** on the remote control to turn REVITIVE on.


You will hear a beep and the display lights will light up. The  time will read 30 minutes, the  Intensity will read 00 and the  EMS symbol will be displayed.



**NB** REVITIVE Body Pads will automatically provide stimulation in EMS mode.

See page 27 for instructions on how to use TENS mode.



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

Continue to increase the intensity until you can feel or see the muscles 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.

Ensure you familiarise yourself with the sensation of Electrical Muscle Stimulation (EMS).


- j** After a period of familiarisation, use an intensity that provides you with strong but comfortable muscle contractions and 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.

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

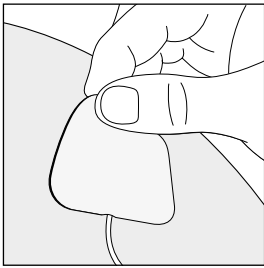
If you feel pain or discomfort:

- 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 to avoid skin irritation. You can do this by pressing the  power button on the device or on the remote control.

# Instructions for use

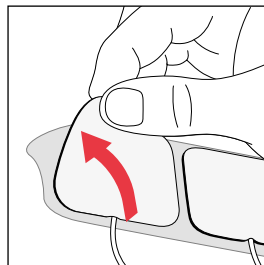
- k The  Time display will start to count down in minutes as REVITIVE cycles through its program.

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

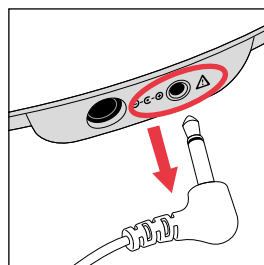


- l Ensuring that the device has switched itself off, then gently peel the Body Pads from the skin.

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



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



- n Unplug the Body Pad Cord from the opening on the REVITIVE.

You do not need to detach the Body Pads from the Body Pad Cord.

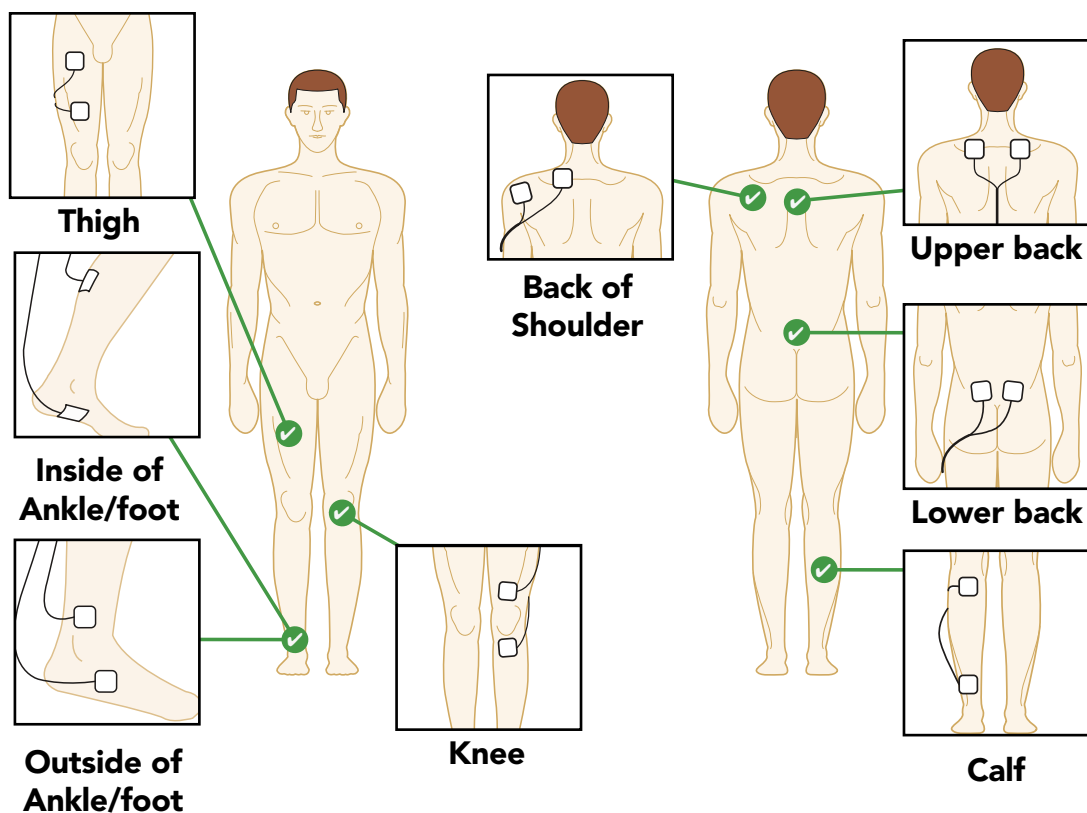
## STEP 5.2: USING THE BODY PADS FOR TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS)

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

TENS mode may be used as and when required.

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

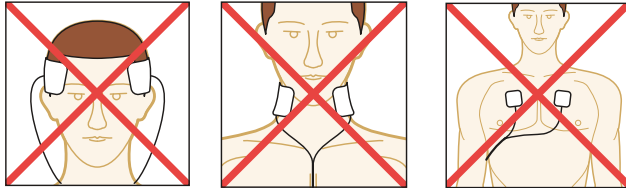
✔ Recommended Body Pad placements are shown below:



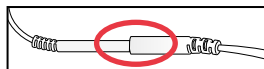
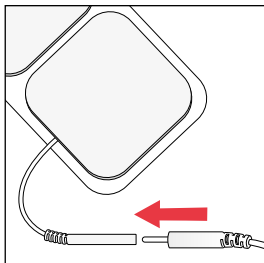
If using TENS for pain relief, position the Body Pads on either side of the area causing you pain.

# Instructions for use

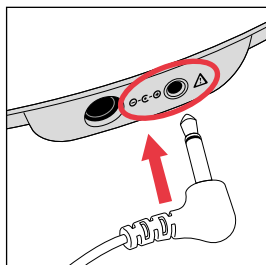
Do **NOT** use the Body Pads on your head, face, neck or chest.



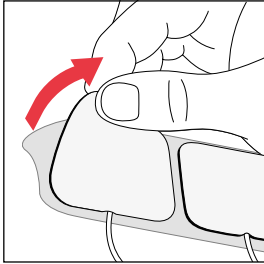
- b** Clean and dry the area where you will place the Body Pads.
- c** Make sure REVITIVE is switched off. If the control panel is still illuminated, press the power button and turn REVITIVE off.
- d** Attach the ends of the Body Pads to the Body Pad Cord.



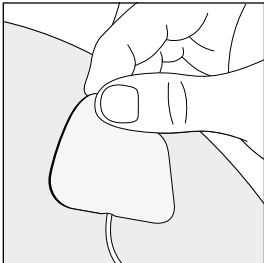
**Press connectors until there is no gap between them.** Leaving a gap may cause discomfort.



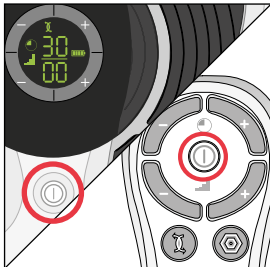
- e** Plug the other end of the Body Pad Cord into the opening on the side of REVITIVE.  
**Plugging in the Body Pad Cord will automatically turn the foot-pads off.**






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




- g** Press the Body Pads on the area you wish to apply electrical stimulation, as shown on page 25, gently pressing the adhesive side against the skin.

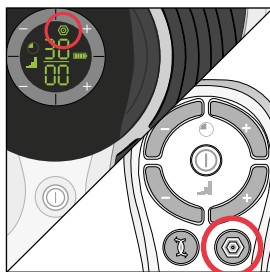


- h** Press the power button on the device **or** on the remote control to turn REVITIVE on.

You will hear a beep and the display lights will light up. The  time will read 30 minutes, the  Intensity will read 00 and the  EMS symbol will be displayed.

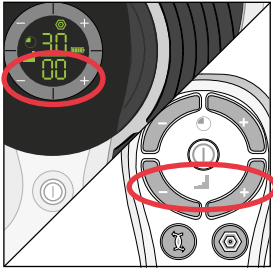
**NB** REVITIVE Body Pads will automatically provide stimulation in  EMS mode.


See page 22 for instructions on how to use EMS mode.



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

# Instructions for use



- i 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.

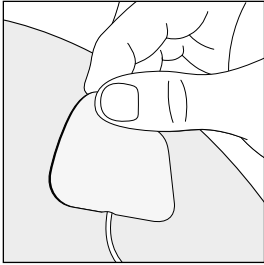
Press the (-) button to decrease the level.

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 to avoid skin irritation. You can do this by pressing the  power button on the device or on the remote control.

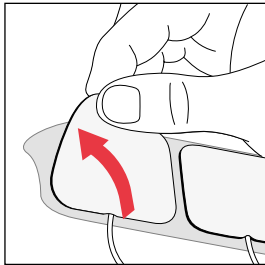
- k The  Time display will start to count down in minutes as REVITIVE cycles through its program.

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

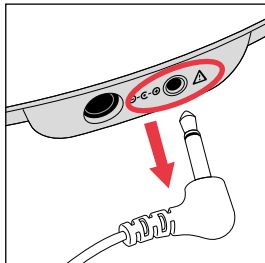


- l Ensuring that the device has switched itself off, then gently peel the Body Pads from the skin.

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



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

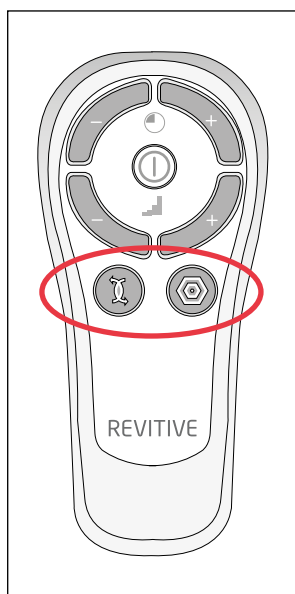


- n Unplug the Body Pad Cord from the opening on REVITIVE.

You do not need to detach the Body Pads from the Body Pad Cord.

# Instructions for use

## STEP 5.3: SWITCHING BETWEEN EMS AND TENS MODE



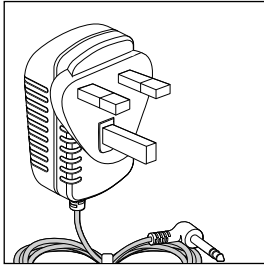
To change between ⚡ EMS and ⬡ TENS mode, press the button of the stimulation mode you require on the remote control.

During use, switching from ⚡ EMS to ⬡ TENS mode (or vice versa), will reset the timer back to 30 minutes. The intensity 📶 will also be reset to zero.

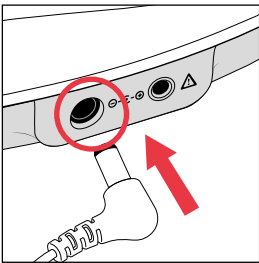
# Instructions for use

## 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 adaptor.



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

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

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 adaptor 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 Body Pads onto 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 cords 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](http://www.revitive.com)








# Troubleshooting

Problem	Possible Cause	Solution
<p><b>REVITIVE is on (lights illuminated on the LED display) but I cannot feel the electrical stimulation through the foot-pads.</b></p>	<p>Not placing both bare feet on the foot-pads at the same time.</p>	<p>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.</p>
	<p>Your feet may be dry.</p>	<p>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.</p>
	<p>You may be dehydrated.</p>	<p>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.</p>
	<p>The  intensity level may be on too low a setting.</p>	<p>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.</p>
	<p>Body Pad cord is connected to device.</p>	<p>Disconnect the Body Pad cord - the foot-pads will not work while the Body Pad cord is plugged in.</p>
	<p>If, having tried the solutions above, you still cannot feel the stimulation:</p>	<p>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 authorised dealer.</p>

# Troubleshooting











Problem	Possible Cause	Solution
<b>No power or lights to REVITIVE when it is switched on.</b>	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.
	Flat battery	Plug device in an electrical socket and charge battery or run using mains power option.
<b>REVITIVE is not vibrating.</b>	REVITIVE IS NOT DESIGNED TO VIBRATE.	
<b>The IsoRocker is not "rocking".</b>	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).
<b>My legs are aching after treatment.</b>	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.
<b>When using the IsoRocker on a hard floor it makes a tapping noise.</b>	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**

<b>I have placed my feet on the device but am unable to see the TENS symbol on the display.</b>	TENS is only available through the Body Pads. The foot-pads provide EMS only.	
<b>When using the Body Pads, the stimulation feels uncomfortable.</b>	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.
<b>I am unsure of which therapy mode I am using when using the Body Pads.</b>		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.
<b>I suddenly can't feel stimulation when using the Body Pads.</b>	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.

**For more information, including Frequently Asked Questions, please visit [www.revitive.com](http://www.revitive.com)**

# Technical Specifications

<b>Name of product</b>	REVITIVE Medic
<b>Model</b>	3156AD
<b>Frequency</b>	EMS: 1Hz – 50Hz TENS: 80Hz - 130Hz
<b>Output current</b>	EMS: Max 15mA TENS: Max 19mA
<b>Weight</b>	1.5kg
<b>Dimensions (with IsoRocker enabled and disabled)</b>	enabled: 355(W)x355(H)x75(D) mm disabled: 355(W)x355(H)x90(D) mm
<b>Power consumption</b>	5W
<b>AC adaptor</b>	CE Approved
<b>Power source</b> <b>Input (adaptor used) ⚡</b> <b>Output ⚡</b>	100-240V $\sim$ AC (⚡), 50/60Hz, 0.18A 5V (⚡) DC $\text{⏏}$ , 1.0A
<b>Contraindications</b> <b>This describes situations where you should not use REVITIVE</b>	
<b>Warnings and Cautions</b> <b>Make sure you understand these before using REVITIVE</b>	
<b>Power</b>	
<b>Time Remaining</b>	
<b>Intensity Level</b>	
<b>Battery Indicator</b>	
<b>IsoRocker Disabler</b>	
<b>Center Positive Polarity</b>	
<b>Type BF medical electrical equipment</b>	
<b>Complies with European Medical Devices Directive (93/42/EEC)</b>	

Complies with European Medical Devices Directive (93/42/EEC)	
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	
Legal manufacturer of the device	
Keep dry	
Consult instructions for use	
Device LOT and serial number including year (YYYY) and month (MM) of manufacture can be found on the box and back of unit	LOT #YYYYMMXXXXX
Humidity and temperature limit for storage	
Indoor Use Only	
Do not disassemble	
Item number	REF
Use-by date	

## 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.

# 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 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:

- 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 authorised 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 Body 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 the REVITIVE website** (see warranty/guarantee card).  
If you prefer you can also post your registration.



# Notes

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AW 3189\_IFU01\_13769657 P.D 06.2018