



NERVEPLATE™

Operating Instructions

1. Place the NervePlate in front of a chair and plug into a 120V AC receptacle.
2. Turn the power switch to the ON position. The power switch will illuminate red to indicate the power is on.
3. **THE VIBRATION WILL NOT COME ON UNTIL 30 SECONDS AFTER THE POWER LIGHT IS ILLUMINATED.**
4. The NervePlate vibration will oscillate 30 seconds on and then 30 seconds off for as long as the power switch is on. It may produce a variation in the sound, this is normal.
5. The user should be seated during the entire operation.
6. While seated, place feet on top of the plate.
7. Do not use the NervePlate continuously for more than 30 minutes.
8. Unplug system when not in use.

