

PERIPHERAL NEUROPATHY NEURO-STIMULATOR INSTRUCTION

1. Fill water bath with room temperature water. – up to your ankle



2. Add 8 sprays of Blue Solution to each side of your bucket.



3. Connect one end of the lead cord the unit and other red/black cords to the rubber pads that will go in the foot bath.



4. Place one of the cords with the circular pads in each side of the foot bath.



5. Turn the device on by holding the button on right side for 3 seconds.
Increase.
6. Increase the intensity by pressing the “up” arrow on the screen to level 5 to start.



7. Place one HAND in each side of the foot bath first to test what intensity level is right for you. The intensity needs to be a comfortable strong tingle. Take your hands out of the bucket and adjust the intensity appropriately. Rechecking until it is the right level.
8. Once the intensity level is set, place your feet into the each side of the bath. You may not feel any tingling and that is fine. As the nerves heal, you will feel more. That is why you should always adjust the intensity based on your hands not your feet. You do not want to over-stimulate the nerves.
9. The device will auto-run for the 30 minutes and then will auto-shut off.
10. Empty water bucket and dry feet thoroughly.
11. Alternate the circular pads from left to right sides of water bath from session to session.

Charge Nerve Spa by plugging adapter to outlet and connecting it to the center plug in device.