

ELEXOMA™ MEDIC™

The name says it all.

The word ELEXOMA™ is derived from the terms **E**lectric and **Xoma**, the Greek word for body. It represent the concept of “The Body Electric” as defined by orthopaedic surgeon, doctor Robert Becker, where it has been established that the body functions electrically, and that a controlled electric current can have a positive influence on the treatment of injuries in the most profound way.

The word MEDIC™ refers to **medicine** - a branch of health science concerned with restoring and maintaining health.

Your ELEXOMA™ MEDIC™ device can be an effective alternative to be used in the treatment of injuries and ailments. It is the pain-free, medication-free answer to a better life.

80pintelligence >

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Guarantee

Warranty

Elexoma™ offers a painfree treatment the natural way

You have made a wise decision in choosing the Elexoma™ device in the treatment of your chronic pain, injuries or stress related ailments.

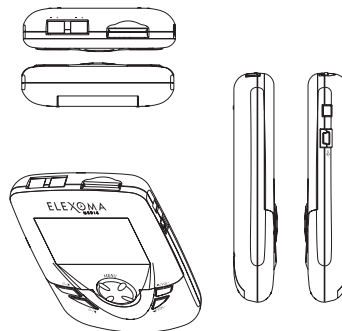
Operating on a microcurrent level, it stimulates the body to heal itself by increasing the production of Adenosine Tri-Phosphate (ATP) – your body's own energy carrier. At the same time the production of nanogenic pain suppressing mediators is stimulated. This leads to rapid cell repair – ultimately lessening pain and accelerating the healing process.

Now you can enjoy an effortless, painless, medication-free alternative to the treatment of damaged tissue, pain and stress.

So, without further ado, let's look at how you can achieve the maximum benefit from your Elexoma™ device. Everything you need to know is contained in this User Manual, from getting started to connecting the device and placing the electrodes, as well as valuable tips on looking after your Elexoma™ device.

"When once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been and there you will always long to return."

Leonardo da Vinci



Numerous benefits, several applications

Assisting in the treatment of diverse conditions and ailments - in a healthier and more natural way than traditional medicine which is known for its numerous side-effects – the Elexoma™ device is sure to become an indispensable instrument for the treatment of damaged tissue, pain and stress.

You can safely use it to:

- > reduce inflammation
- > relief pain
- > increase mobility
- > increase local blood flow
- > decrease swelling
- > heal wounds
- > regenerate bone tissue
- > limits or repairs soft tissue damage
- > stress relieve
- > insomnia

All without any side effects!

01 WHAT IS MICROCURRENT TREATMENT?

During the 1980s, the scientists Robert Becker and Bjorn Nordenstrom conducted detailed research on the effects of electric potentials in the human body and they discovered that a weak electrical current is the trigger that stimulates healing, growth and regeneration in all living organisms.

They also concluded that repair from injury occurs in response to signals that come from an electrical control system. Mercola and Kirsch (1995) continued the work and were the first to define the treatment as Microcurrent Electrical Treatment or MET. From their findings it appeared that MET stimulated the growth of cellular physiology and that it has no or very few side effects.

Implementing a revolutionary form of electro-treatment, your Elexoma™ device applies a unique micro-amperage-current of low intensity to your body in an effective, simple and safe manner.

Research indicates that the applied microcurrent stimulates the production of Adenosine Tri-Phosphate (ATP), restoration of the intra/extra-cellular Na^+ - K^+ - Ca^{2+} balance and increased production of hydroxyprolin (important in collagen synthesis) which in turn triggers significant biochemical reactions on a cellular level.

At the same time a drastic increase in the uptake of amino-isobutyric acid takes place which is essential for protein synthesis and trans-membrane transport. It has also been found that the recovery of the cell wall prevents leakage of pain-causing substances (histamine, bradykinine, lactic acid) – leading to a

significant reduction of pain. These processes have an analgesic, anti-inflammatory and healing effect on the affected body tissue.

Since the body recognises these stimuli as natural processes, there are no side effects if Elexoma™ stimulation is applied correctly.

Here's how it works:

- > When the Elexoma™ device is switched on, a unique microcurrent is produced. This microcurrent finds its way from the positive to the negative electrode, both attached to the skin.
- > The entire area between the positive and negative electrodes is, as it were, electrically charged. This occurs on a cellular level - where the processes of tissue repair, ATP production, etc. takes place.
- > ATP production increases multi-fold in those cells where the current is present. ATP is the body's natural energy carrier and is essential for all body processes. It is believed that large amounts of ATP are therefore needed at the sites of infections and injuries. Elexoma™ stimulation ensures that enough ATP is present to assist the natural healing process.

The Elexoma™ device has been developed with one clear goal in mind: to offer you a healthy, effective alternative in the treatment of ailments. By using the device in accordance with the detailed instructions contained in this user manual, you will soon be experiencing the joy of successful, pain-free treatment. Please do not hesitate to contact our national or international Elexoma™ dealers should you have any questions or require any assistance.

02 CONTRA-INDICATIONS AND NOTES OF CAUTION

2.1] Contra-Indications

Please note that treatment should only begin once the cause of pain has been diagnosed by a qualified doctor or physician. The following patients SHOULD NOT use Elexoma™ treatment, unless it is conducted under strict medical supervision:

- > any person with a serious illness or infection e.g. meningitis, encephalitis, malaria, rheumatic fever, septicaemia etc.
- > any person with a heart pacemaker
- > any person with a serious / unstable heart condition
- > any person suffering from thrombosis
- > any person on severe anti-clotting medication
- > any person suffering from epilepsy
- > pregnant women

Take note that although the effect of Elexoma™ treatment on infants and children under the age of 12 has not been tested, treatment of children is not contra-indicated.

The Elexoma™ device is safe to use on patients who have knee, hip or any other type of prosthesis or metal implants as long as the biphasic option (program 7 as detailed on page 11) is used.

2.2] Caution

To ensure the safe use of your Elexoma™ device, please bear the following in mind:

- > If you have any doubts on how to use the device, please contact your **Elexoma™** certified medical practitioner or local **Elexoma™** distributor.

- > The device may not be used during activities that require full concentration e.g. driving or operating machinery.
- > Do not use in close proximity to short-wave or microwave treatment instruments, as this can interfere with the output of the device.
- > Do not use while connected to a high frequency surgical instrument, as this can cause burns to the skin underneath the stimulating electrodes.
- > When treating wounds one should apply the electrodes with extra care so that the electrodes do not come into contact with the wound, as this may cause infection.
- > A metallic taste in one's mouth is normal when treating the head and neck area and can be treated by rinsing out the mouth with water.

03 SAFETY

The Elexoma™ device is safe for use by anybody who does not fall into the categories listed under Contra-indications, as long as:

- > The device is operated according to this manual.
- > The device is NOT operated by children.

04 GET TO KNOW YOUR ELEXOMA™ MEDIC™ DEVICE

4.1] Functions

- > 8 default treatment programs
- > Treatment time and intensity can be adjusted whilst treatment is under way
- > LCD screen displays treatment mode, treatment time and treatment intensity
- > Load detect function is enabled during the treatment mode
- > Battery voltage detection function will disable treatment when battery voltage is low
- > Total treatment time is recorded
- > **Elexoma™** Treatment programs can be downloaded to the Smartcard from a computer via USB port *
- > **Elexoma™** uses the data on the Smartcard to control the treatment time and treatment mode*

*Only for customers who purchased the patented **Elexoma™** Smartcard upgrade option.

4.2] Your device at a glance

There are 6 buttons on the device:

1. [MENU] Select the treatment mode / treatment program
2. [◀/▶] Start/stop the treatment
3. [▲/VOL+] Increase the output intensity (Up to 2,500µA / 1, 000µA)
4. [▼/VOL-] Decrease the output intensity (50µA/10µA)
5. [⌚/▶] Increase the treatment time (up to 99 minutes)
6. [⌚/◀] Decrease the treatment time

4.3] Switching on your device

1. Switch on your device by pressing [MENU].
2. The LCD screen will first display the total treatment time (hour:minute), before checking the USB mode and Smartcard mode.
3. If the device is connected to a computer, the system will enter the USB Mode or the Standby Mode.
4. When making use of the patented **Elexoma™** Smartcard treatment option, the Smartcard must first be inserted in the device before the device is switched on.

4.4] Selecting the appropriate mode

The Elexoma™ device has 4 operational modes:

4.4.1] Standby Mode:

1. The LCD displays the present treatment mode and default treatment time, while the intensity of impulse will be reflected as 0,000µA. Press [MENU] button to display the treatment mode and the default treatment time.
2. Press [◀/▶] button to enter the Treatment mode.

4.4.2] Treatment Mode:

1. The LCD displays the present treatment program, treatment time and treatment intensity.
2. When the treatment intensity is less than 200µA, the word "Load" will not appear.
3. When the treatment intensity is less than 200µA, the system will not check the load; when the treatment intensity is more than 200µA, the system will check the load and if there is no load, the alarm will sound and the word "Load" will appear.

4. Pressing the [⏏/⏏] button will start/stop the treatment and the device will return to the Standby mode.
5. Pressing the [▲/VOL+] button will increase the treatment intensity. When the treatment intensity is less than 200μA, the treatment intensity can be increased in intervals of 10μA, and when the treatment intensity is more than 200μA, the treatment intensity can be increased in intervals 50μA, to a maximum of 2,500μA/1,000μA.
6. Pressing the [▼/VOL-] button will decrease the treatment intensity (50μA/10μA).
7. Pressing the [⏻/▶] button will increase the treatment time (from 1 minute to a max of 99 minutes).
8. Pressing the [⏻/◀] button will decrease the treatment time.
9. When the session is over, the system will return to the Standby mode.
10. The session's treatment time will be saved to the device.

4.4.3] Power Saving Mode:

1. If no buttons are pressed for 3 minutes during the Standby Mode, the system will automatically enter the Power Saving Mode.
2. In the Power Saving Mode, the LCD screen turns off.
3. Simply press any button and the device will return to the Standby Mode.

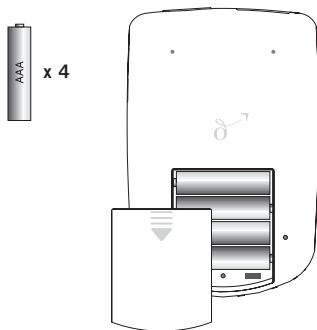
4.4.4] USB Mode:

1. Whenever the USB port is connected to the computer, the device will enter the USB Mode.
2. The USB communication sign below the word "USB" will flash during USB communication.
3. The functionality of all buttons will be disabled and no treatment will be possible.
4. In this mode one may:
 - > Modify the treatment time of the Smartcard programs.
 - > Modify the treatment mode of the Smartcard programs.
5. When the USB port is disconnected from the computer, the system will return to the Standby Mode.

CAUTION: ➤

If you've opted for the upgrade option with a Smartcard, take care not to delete the treatment programs off the Smartcard.

[4.5] Battery replacement

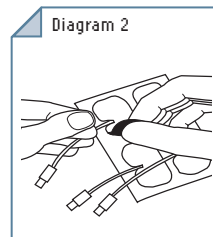
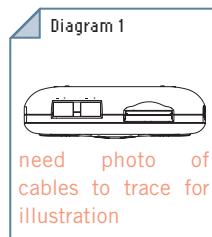


1. Open the battery compartment cover by sliding the panel down away from the device.
2. Remove the old batteries from the battery holder.
3. Put the new batteries into the battery compartment.
4. Slide the battery compartment cover back into position.

PLEASE NOTE:

- > When the batteries are not replaced correctly, an open circuit is created and the device won't function.
- > Remove the batteries when not using the device for 1 month or longer.

5.1] Instructions for use



1. Follow instructions on page 20 through 33 and attach electrodes to treatment area.
2. Attach cables to device as per diagram 1.
3. Attach cables to electrodes as per diagram 2.
4. [MENU] : Select the treatment program
5. [◀/▶] : Start/stop the treatment
6. [▲/VOL+] : Increase the treatment intensity. When the treatment intensity is less than 200μA, the treatment intensity can be increased or decreased in intervals of 10μA, and when the treatment intensity is more than 200μA, the treatment intensity can be decreased or increased in intervals of 50μA, to a maximum of 2, 500μA/1, 000μA.
7. [▼/VOL-] : Decrease the treatment intensity (50μA/10μA).
8. [⊙/▶] : Increase the treatment time (from 1 minute to a max of 99 minutes).
9. [⊙/◀] : Decrease the treatment time.
10. When the session is over, the system will return to the Standby mode.
11. The session's treatment time will be saved to the device.
12. Remove cables from the device.
13. Remove electrodes from cables.
14. Store electrodes in their bag.

5.2] Smartcard instructions

The device is available in 2 options:

1. Standard option: includes 8 default programs. In this instance the device will offer 8 fixed programs, with no further options to upgrade the programs or the unit.
2. Elexoma™ patented Smartcard program upgrade option. By frequently updating treatment programs with new ones, adaptation is avoided and the cells in the body do not become used to the treatment. Elexoma is the only device which, apart from having modulation on the standard technical parameters, also offers this new form of modulation to chronic patients. This form of modulation (Elexoma patented Smartcard Modulation and upgrade option) is very important when applying the therapy over long periods of time and more specific for chronic conditions.

In this instance the device will offer the 8 standard programs, with the added option of a 24-month upgrade contract.

- > The 24-month Elexoma program upgrade contract will give you access to 3 new programs every 3 months over a 24 month period – simply by connecting your device to a computer at your local Elexoma certified medical practitioner, or by replacing your old Smartcard with a new card, you will have new and more effective programs available to use in your treatment program.
- > In the future you will be able to download the programs yourself directly from our website: www.elexoma.com

- > In order to benefit from the latest technology, you will also have the option to upgrade your entire device after 24 months from date of purchase to a complete new device with the latest technology and features*.

*Conditions apply and only available in some countries. Ask your local agent/supplier

PLEASE NOTE: ➤

Although additional costs are involved with the Smartcard option, some medical funds in certain countries will refund the patient for the device or part thereof when the patient supplies the medical aid with a 3-monthly evaluation form from the patient's doctor, together with proof of the total minutes the device was used. Please contact your medical aid directly to find out whether you qualify for such refund.

06 PROGRAMS

To ensure effective results and prevent any discomfort, please follow the guidelines below closely. If these instructions are not adhered to, using the device could result in minor chemical skin burns.

The following 8 fixed programmes are available:

1. *CES (Cranial Electro Stimulation)*

Use to alleviate stress, anxiety, jetlag, fibromyalgia and to regulate your sleep pattern (insomnia).

- > *Pulse:* LF Biphasic
- > *Intensity:* max 550 μ A
- > *Treatment time:* 25 minutes

2. *Recent injury treatment*

Use to treat acute symptoms of sharp pain, swelling and inflammation.

- > *Pulse:* HF Monophasic
- > *Intensity:* max 600 μ A
- > *Treatment time:* 15 min

3. *Older injury and chronic pain treatment*

Use to treat chronic pain and older injuries showing moderate symptoms of inflammation.

- > *Pulse:* LF Monophasic
- > *Intensity:* max 600 μ A
- > *Treatment time:* 30 min

4. *Recent injury treatment (Alternative to program 2)*

Use to treat acute symptoms of sharp pain, swelling and inflammation.

- > *Pulse:* HF Monophasic
- > *Intensity:* max 600 μ A
- > *Treatment time:* 25 min

5. *Recent injury treatment - especially effective in treating athletes*

- > *Pulse:* HF Monophasic
- > *Intensity:* max 1,5 mA
- > *Treatment time:* 15 min

Note: Turn up intensity to sensory level and decrease again to 600 μ A after 5 minutes

6. *Older injury treatment - especially effective in treating athletes*

- > *Pulse:* LF Monophasic
- > *Intensity:* max 1,5 mA
- > *Treatment time:* 15 min

Note: Turn up intensity to sensory level and decrease again to 600 μ A

7. *Chronic pain treatment*

Especially effective for the treatment of arthrosis and for people with prosthesis

- > *Pulse:* LF Biphasic
- > *Intensity:* max 600 μ A
- > *Treatment time:* 30 min

8. *Recent injury treatment - especially effective in treating athletes when no pain decreasing effects occurred after implementing Program 5*

- > *Pulse:* HF Monophasic
- > *Intensity:* max 2,500 μ A
- > *Treatment time:* 10 min

07 TREATMENT TERMINOLOGY

7.1] Biphasic and Monophasic

Pulses can either be positive (positive Monophasic) or negative (negative Monophasic), or both positive and negative (Biphasic). Polarization will take place when the correct current is used, creating cellular effects to treat pain and injuries. What makes the Elexoma™ pulse unique, is the fact that it was developed to use very short periods of either negative or positive Monophasic pulses, which is especially advantageous to sensitive patients and patients with prosthesis.

7.2] Frequency

The Elexoma™ device uses both Low Frequency (LF) and high Frequency (HF) parameters. To obtain optimal results LF should be used for chronic pain conditions (chronic pain is pain that exists for longer than 60 days without abating). HF on the other hand is needed to brake down resistance (especially in acute injuries with inflammation and swelling), and may be used for a short period of time before starting the LF program. The HF program produces faster results when treating specific inflammatory problems.

7.3] Modulation

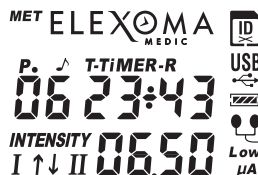
Modulation of specific parameters is necessary to avoid adaptation (when the cells in the body become used to the treatment and ignores it). The Elexoma™ device has unique built-in modulation on carefully selected parameters – insuring optimum long-lasting performance. Users with Smartcard contracts can download additional modulation programs every 3 months. (See page 10 for more details.)

7.4] Burst Option

During this mode, one will feel the current in bursts and not continually. The Burst Option is recommended for patients who suffer from intense muscle pain. (See Program 5 on page 11 for more information.)

7.5] Intensity

Your Elexoma™ device uses a current that, unlike most other devices, actually penetrates the cell. Therefore, if the cell is damaged in any way, this current is able to normalise some activities in the cell by moving through the injury, whereas the body's own electrical current moves around the injured cell. This leads to restored equilibrium, reduced inflammation and increased collagen production and ATP production.



Settings

The current intensity should be set to a reading of between 500μA and 650μA as indicated on the display of your Elexoma™ device. Some patients will experience a low current, tingling sensation at this intensity while others won't feel anything at all. This is normal, since factors such as body mass, age and use of medication all play a role in a patient's sensitivity to electrotreatment.

Extremely sensitive patients may report more intense current sensations. In such cases the intensity can be decreased until it reaches the sensory level (the sensory level is the point at which the first electrical sensation is felt). Some Bio-physic microcurrent effects can occur from between 50 to 100 μA , which is the lowest intensity for effective treatment.

Should you not feel any current at all, the intensity can be increased to the sensory level, but should then immediately be decreased again to 500 – 650 μA . Never increase the intensity above the 650 μA level for the entire treatment time because Bio-Physic effects decrease when the intensity increases.

CAUTION: ➤

No further benefit will be obtained by increasing the intensity level. More is not necessarily better, as it has been proven that weak stimuli increase physiologic activity, whereas very strong stimuli inhibit or abolish activity.

7.6] Polarity

Polarisation is important for maximum tissue healing because of the influence it exerts on homeostasis (a mode of equilibrium). Because of the unique Bi and Monophasic pulses of the Elexoma™ device, polarisation effects can occur without the risk of skin burns if the device is used according to the instructions.

7.7] Treatment time

Treatment time can vary from 5 minutes to several hours. To determine the correct treatment time the pain should be evaluated after 10 minutes. If the pain has decreased, continue treatment for at least 5 or 10 minutes. If no pain decrease is reported, continue treatment for at least 60 minutes. Continue this 60 minute strategy for at least 10 consecutive days. If no pain decrease occurs after 10 treatments it may be necessary to change the settings of the electrodes, and the program.

In most cases 10 – 30 minutes of treatment a day will be sufficient. Some patients may feel better with one treatment every second or third day. If longer treatments show longer lasting or better pain decreasing effects, treatment time can be increased up to 2 or even 3 hours. This will, however, only be necessary in rare cases.

7.8] Electrode type

Your Elexoma™ device is equipped with 2 kinds of electrodes: self-adhesive electrodes and ear-clips for Cranial Electro Stimulation (CES).

Self-adhesive electrodes can best be used on areas when the lesion is well defined. They are specially intended for longer treatments, lasting from 15 to 60 minutes or longer.

Ear-clips are electrodes that can be attached to the body by clipping them onto the earlobes. They are used particularly in CES (Cranial Electrotreatment Stimulation) to relieve conditions such as anxiety, depression and insomnia.

08 INSTRUCTIONS FOR USE OF ELECTRODES

8.1] Before Treatment

1. Clean the skin of the area where the electrodes are to be placed thoroughly by wiping it with soap and water, or alcohol/spirits. Allow skin to dry completely.
2. Excess body hair surrounding the placement area should be removed.
3. Open sealed packet containing 4 self-adhesive electrodes.
4. Remove electrodes from their plastic liner by pulling one corner (gel and backing - do not remove the electrode by pulling on the electrode wire).
5. Only place electrodes on clean, dry and unbroken skin.

CAUTION: ➤

Only use Red Plane approved self-adhesive electrodes during treatment with the Elexoma™ device. Sharing of electrodes with other patients is not recommended, as this can expose patients to the risk of infectious skin diseases.

8.2] After Treatment

1. When the treatment is completed, remove the electrode from the skin by pulling one corner (gel and backing). Do not pull on the electrode wire.
2. Only after several days of use (\pm 5 treatments of 10 minutes) can the adhesive sides of the electrodes be dampened with a finger dipped in water. Rub water drops gently over the sticky surface of each electrode. Leave electrode (sticky side up) to dry for 1 minute.
3. Replace electrodes on plastic liner.
4. Replace the electrodes in the re-sealable bag

(use the zip-lock to ensure optimum storage of the electrodes).

5. If the stickiness of the electrodes diminishes, they should be replaced.
6. Store in a cool place.

CAUTION: ➤

- Single patient use only
- If any skin irritation occurs, discontinue and consult your physician
- Please follow the guidelines for electrode maintenance to ensure optimal treatment results

8.3] Positioning of Electrodes

(see page 20 through 33)

To obtain optimal benefit it is essential to use the correct electrodes and to position them correctly. The easiest way to position the electrodes correctly, is to place the electrodes in such a position that if an imaginary line were drawn between the electrodes, the line would cross three-dimensionally through the problem area. Several electrode placements may be possible. You may find that some positions give better results than others and that a specific placement will work on one day, while on another day another placement may have to be used for optimal effect.

Remember, that the electrode connected to the black cable (negative electrode) should be placed on the site where the pain occurs.

The second electrode attached to the red cable (positive electrode) should then be placed opposite the first, on the other side of the problem area.

Should you for instance be treating pain in your knee, the first electrode should be placed on your knee-cap, on the front of your leg, and the second electrode should be placed on the back of your leg, behind your knee.

CAUTION: ➤

Always use at least one electrode attached to a black connector and at least one electrode connected to the red connector from the same channel.

8.4] Water treatment

Water treatment is the most effective way of treating the ankles, feet and toes, as well as the wrists, hands and fingers. Use a plastic or glass bowl and fill it with water at a comfortable temperature. Remember to add salt to the water to ensure optimal conductivity of the impulses during treatment (use a ratio of approximately one heaped teaspoon of salt per litre of water). Ensure that the water level covers the area to be treated. Insert the black negative electrode LEAD (and NOT THE ELECTRODE) into the water. Place the RED (●) electrode on a dry area of the leg or arm to be treated.

CAUTION: ➤

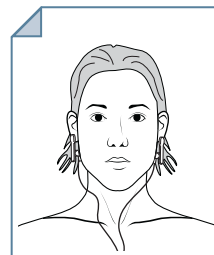
Do not remove your limb (leg, arm, hands or feet) from the water during treatment.

8.5] Ear-clips and Cranial Electrotreatment Stimulation (CES)

Using low-level, pulsed electrical currents, CES is applied to the head for physical or psychological purposes. It is used to treat conditions such as: *anxiety, depression, stress related and drug addiction disorders, headaches, fear perception in phobic patients, motion sickness, insomnia and jetlag.*

Before treatment

- > Wet the felt on the ear-clip electrodes.
- > Apply them to the ear lobes, as close to the jaw as possible.
- > Use the black and red cable connectors to attach the ear-clips to any of the two channels of the Elexoma™ device, but not one from the one channel and one from the other channel.
- > Always start with a low current intensity. Contrary to popular belief a higher current is not always more effective.
- > Select Program 1 for CES treatment.



During treatment

- > It is normal for one to feel a gentle tingling sensation at the electrode during treatment, but the current intensity should never be raised to an uncomfortable level. If the current is too high, a burning sensation at the electrodes, dizziness or nausea may be experienced.
- > You should feel comfortable the entire duration of the treatment.
- > Normal treatment times vary between 20 - 40 minutes, every second day.

After treatment

- > Unlike the effects of medication, CES usually leaves one's body feeling relaxed and the mind clearer and more alert, with no significant or lasting side-effects.
- > While most normal activities may be resumed after CES treatment, it is strongly recommended that operating a car or heavy machinery be delayed for a few hours.
- > Whilst relief is experienced almost immediately for most conditions, the reduction of anxiety may take a few hours and even a day or two. Some patients may find a series of 4-8 daily treatments to be effective, while severe depression can take up to 3 weeks before an effect is experienced.
- > Replace the felt on the ear-clips:
 - Remove the old felt from the electrodes
 - Clean the surface of the metal contacts
 - It is recommended that the felt is replaced after each treatment session

CONTRA-INDICATIONS

It is recommended that the following persons do not use CES treatment:

- > any person with a serious illness or infection e.g. meningitis, encephalitis, malaria, rheumatic fever, septicaemia etc.
- > any person with a heart pacemaker
- > any person with a serious / unstable heart condition e.g. heart attack patients
- > any person suffering from thrombosis
- > any person on severe anti-clotting medication
- > any person suffering from epilepsy
- > pregnant women

09 ENSURING OPTIMUM RESULTS

9.1] Achieving Optimum Results

- > Treat each condition according to the suggested electrode placement (pages 20 through 33), treatment level and duration (pages 12 to 13) and the correct program (page 11).
- > Drink at least eight glasses of water daily, as dehydrated patients may not respond well.
- > Nutrition is essential. A poor diet does not provide the necessary building blocks for the body that Elexoma™ requires to be effective. It is also advisable to supplement your diet with vitamins and minerals.
- > CES results in increased alertness, and it is therefore better to perform treatment in the mornings, and not before bedtime.
- > No harm can come from overuse of Elexoma™ as it works at current levels similar to the body's own bio-currents. However, it has been found that in chronic conditions, the efficacy of Elexoma™ is increased when used every second day. In acute conditions, it may however be used every day.
- > Your doctor will be able to advise you should you wish to reduce your medication and replace it with Elexoma™ treatments.
- > Should you have an Elexoma™ Smartcard contract, be sure to upgrade to the latest programs every 3 months to make the most of your device.
- > Visit your medical practitioner for evaluation and

NOTE: ➤

Only on the advice of your doctor you may reduce your medication.

further advice.

9.2] Experiencing results

The human body consists of organs, and fluids that fill the spaces between the organs. All these organs consist of cells that are affected by variables such as health, age, weight, medication and illnesses, which is why each person will react differently to Elexoma™.

Therefore:

- > Optimum results may vary from person to person depending on which condition is being treated.
- > Results with Elexoma™ treatment should be more rapid when suffering from an acute condition, than when chronic conditions are treated.
- > Results can be expected within a few days to several weeks.

CAUTION: ➤

Do not discontinue treatment when relief is experienced in the problem area. It is suggested that the treatments should continue 2-3 times a week for maintenance after optimal results are obtained.

10 CONDITIONS AND TREATMENTS

10.1] Conditions

In general the Elexoma™ device can be used for different kinds of pain conditions. Musculo-skeletal pathology inflammations in particular, respond well to Elexoma™ microcurrent treatment and so does stress related conditions when treated with CES.

Treatable conditions include:

> **Muscle/tendon pathology**

E.g. Achilles tendon, Quadriceps tendon, rotator cuff tendons, tennis and golfer's elbow, de Quervain tendinitis, contusion and rupture

> **Joint-related pathology**

E.g. Facet joint neck and lower back pain, disc-related neck and lower back pain, frozen shoulder, sacro-iliacal joint, ankylosing spondylitis (Bechterew's disease), ankle distortion, gout and oedema

> **Skin-related pathology**

E.g. Wounds, ulcers, bedsores, herpes zoster, post surgery scars, burns, bruises and bunions

> **Skeletal disorders**

E.g. Fractures, periostitis and osteoporosis

> **Rheumatic-related pathology**

E.g. Arthrosis and arthritis

> **Nerve-related pathology**

E.g. referred pain, trigeminal neuralgia, carpal tunnel syndrome and Bell's palsy

> **Fatigue – through Cranial Electro Stimulation (CES)**

E.g. stress, anxiety, jetlag, fibromyalgia, **focus** and insomnia

Elexoma™ won't heal chronic conditions, but it can alleviate pain and promote tissue healing, mobility and general well-being.

10.2] Treatments

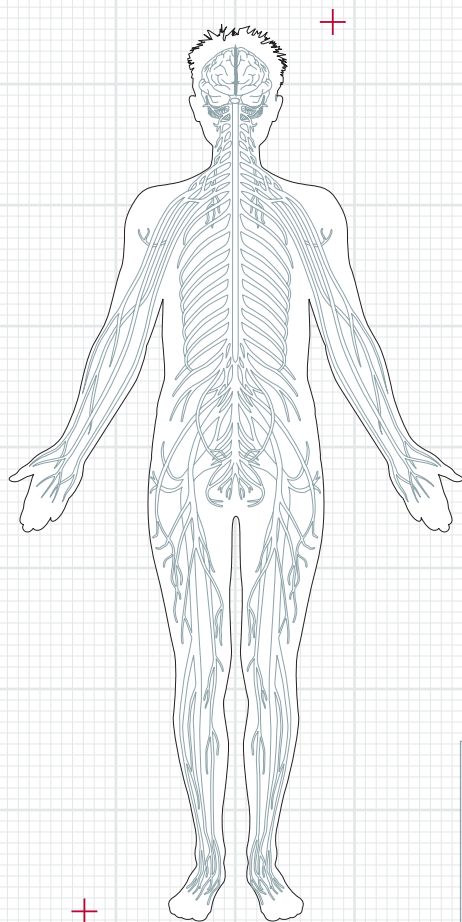
Pre-treatment

It is suggested that any treatment which does not include CES treatment be preceded by a 10 minute session of CES treatment, every day for at least the first 2 weeks.

General well-being

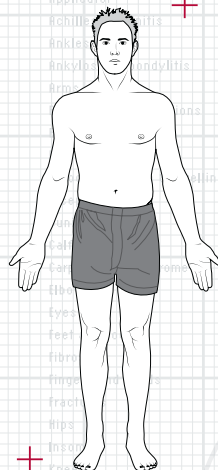
> Treatment time: 15 minutes

> Repeat: After the necessary results have been obtained in the specific problem area, continue with the general well-being treatment once or twice a week.



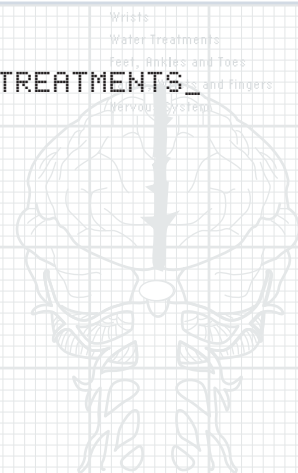
NERVOUS SYSTEM

Spinal cord and peripheral nerves

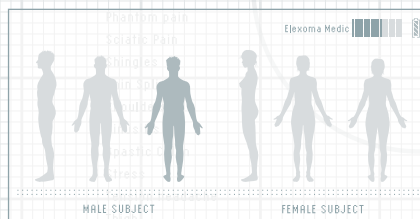


TREATMENTS

Spinal Column Treatment
Blood Circulation
General Well-being
Applicator
Achilles Tendonitis
Ankle Sprains
Ankylosing Spondylitis
Arthritis
Bursitis
Carpal Tunnel Syndrome
Chronic Pain
Cold
Corns
Cystitis
Diabetes
Eyes
Feet
Fibrositis
Finger Fractures
Hips
Infections
Knee
Lungs
Menstruation and Abdominal Pain
Neck



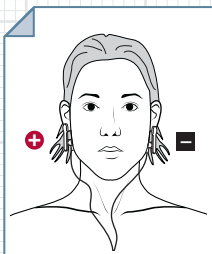
For Effective Pain Relief



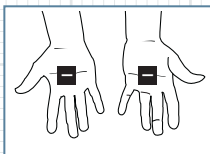
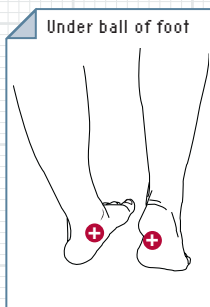
MALE SUBJECT

FEMALE SUBJECT

Tonsillitis or sore throat
Trigeminal Neuralgia
Wounds

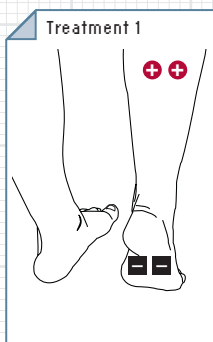
**[CES]**

anxiety, depression, stress related and drug addiction disorders, headaches, fear perception in phobic patients, motion sickness, insomnia and jetlag.

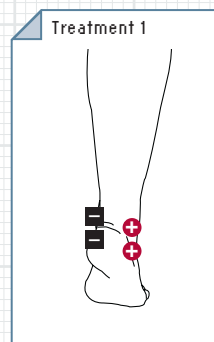
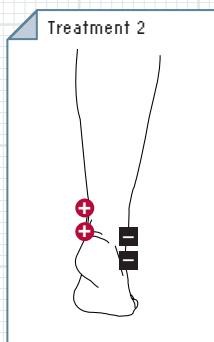
**[General Well-Being]**

Treatment Time: 15 minutes

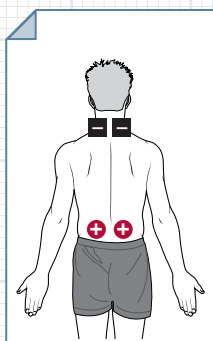
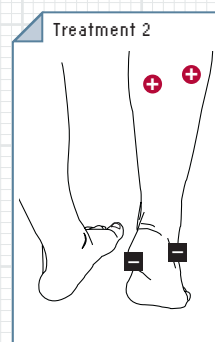
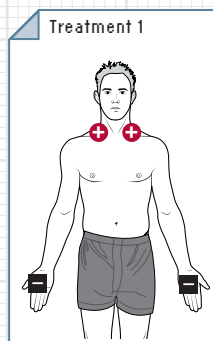
Repeat: After the necessary results have been obtained in the specific problem area, continue with the general well-being treatment once or twice a week.



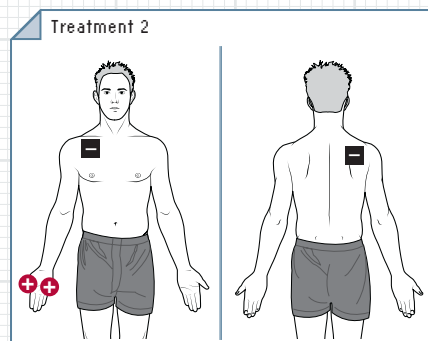
[Achilles Tendonitis]



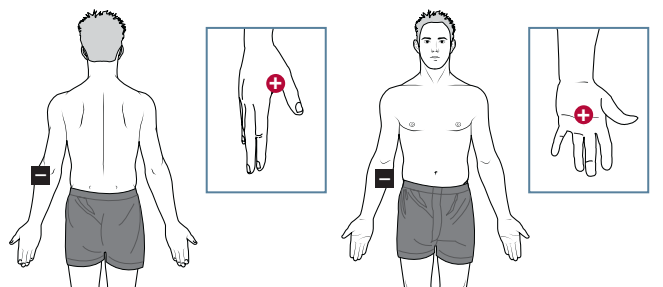
[Ankles]

[Ankylosing Spondylitis
Back Area_]

[Arms]

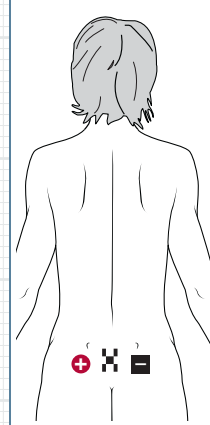


Same side / same arm



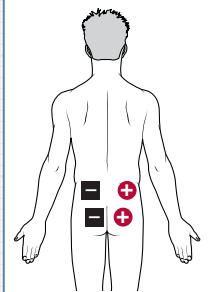
[Forearm]

x = Bedsore

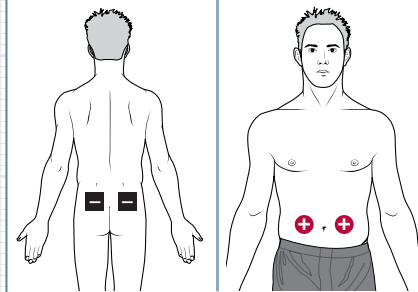


[Bedsore]

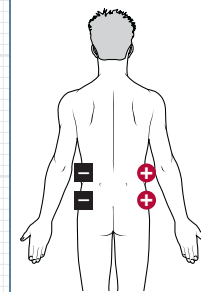
Treatment 1



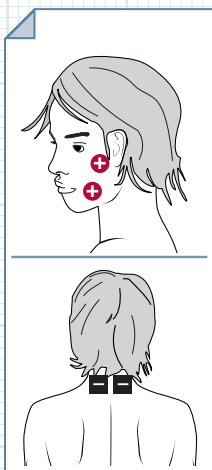
Treatment 2 [optional treatment with applicator]



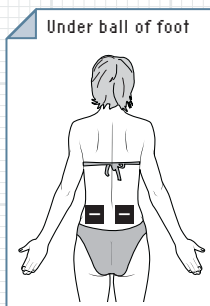
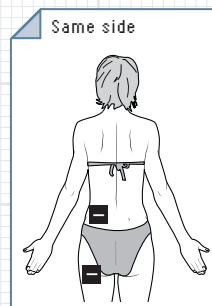
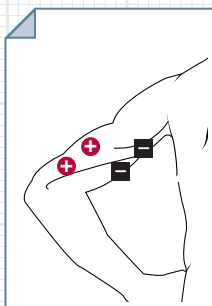
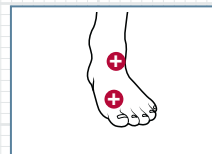
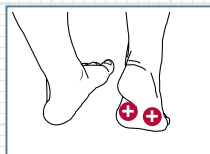
Treatment 3



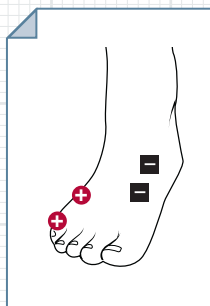
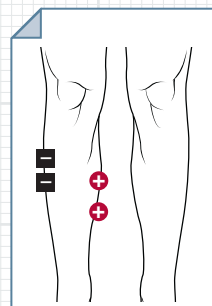
[Back-Related Conditions Lower Back_]



[Bell's Palsy]

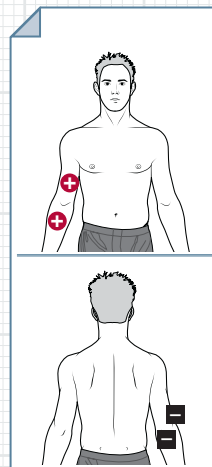
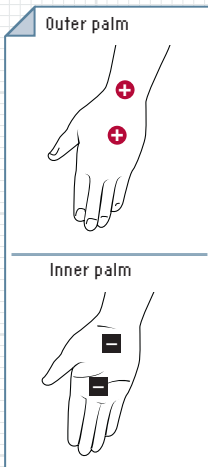
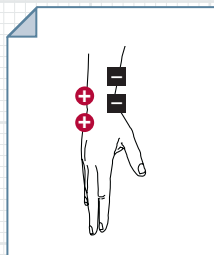
[Blood Circulation in
Legs][Blood Circulation and
Swelling]

[Biceps]

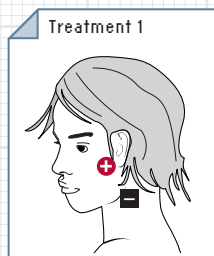
[Bunions] Optional
water treatment. See
page 33.

[Calf]

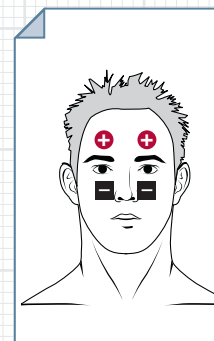
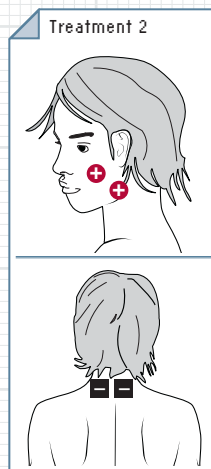
[Carpal Tunnel Syndrome]



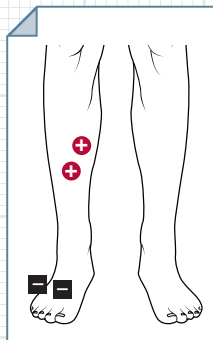
[Elbows]



[Ear Ache]

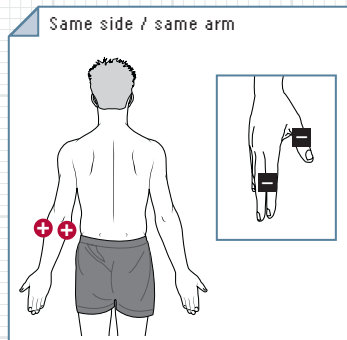


[Eyes]

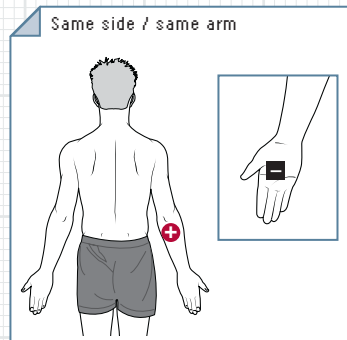


[Feet and Toes]

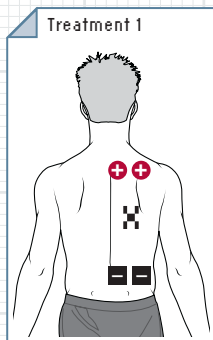
Optional water treatment. See page 33 _



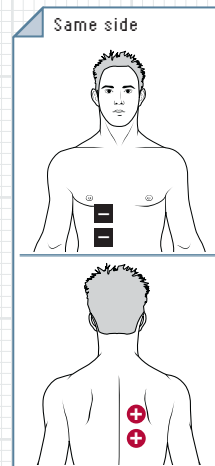
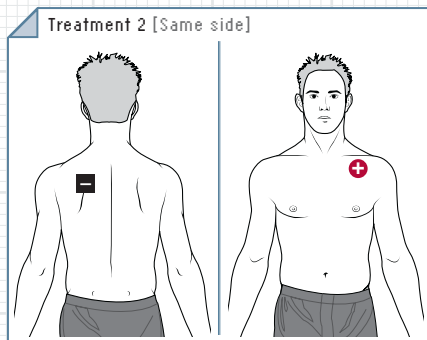
[Fingers and Hands] Optional water treatment. See page 33 _



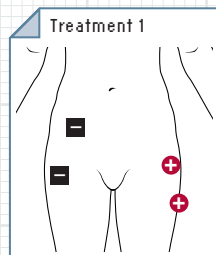
[Hands]



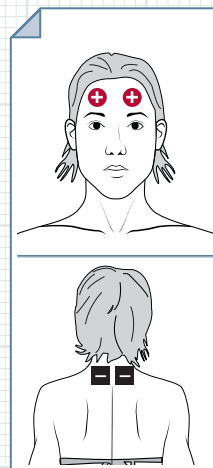
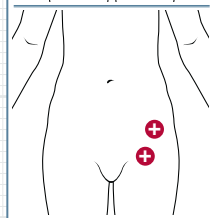
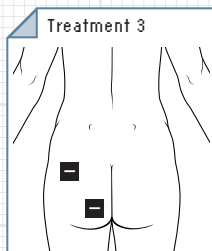
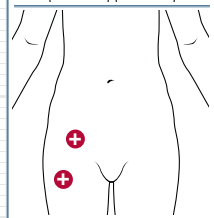
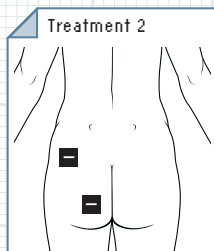
[Fibrositis] x = Fibrositis in muscle _



[Fractures]

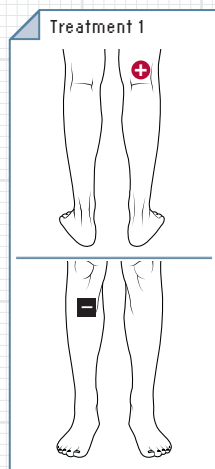


[Hips]

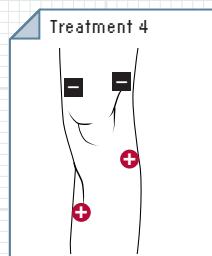
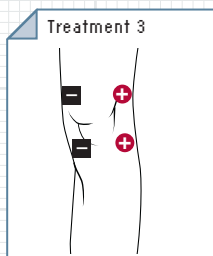
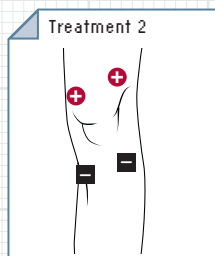


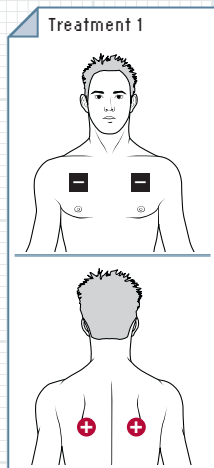
[Insomnia]

Alternative for CES
treatment _

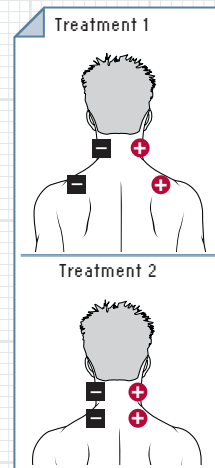
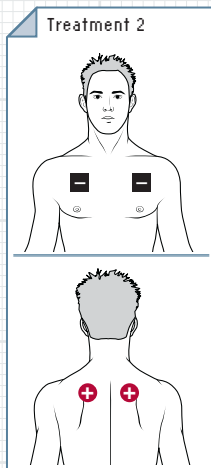


[Knees]

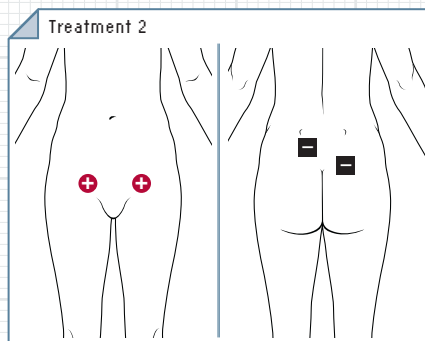
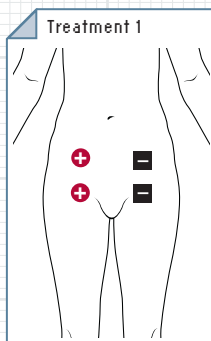




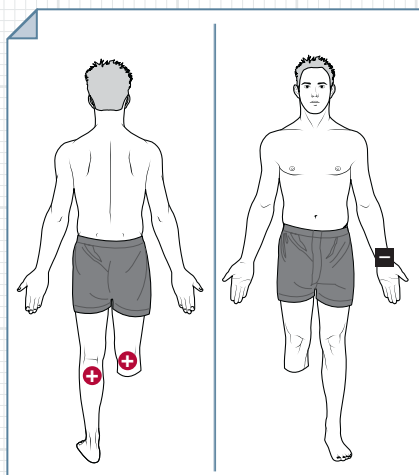
[Lungs]



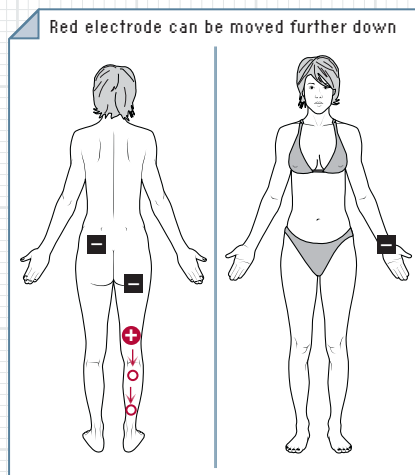
[Neck]



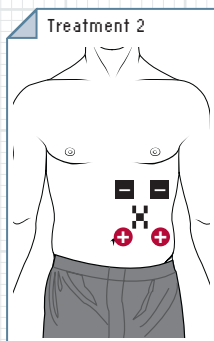
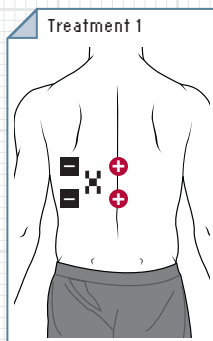
[Menstruation and Abdominal Pain]



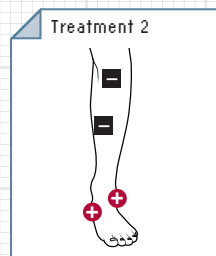
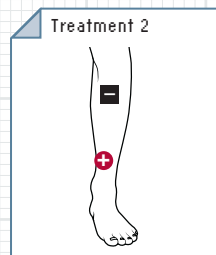
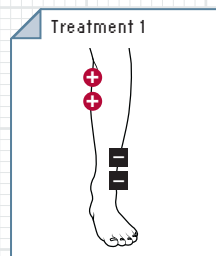
[Phantom Pain]



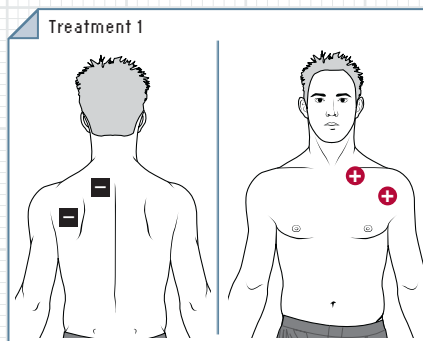
[Sciatic Pain]



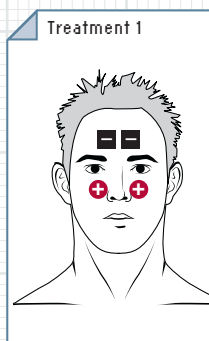
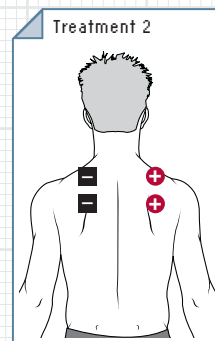
[Shingles] Shingles may appear on different areas of the body. Treat the problem area according to illustrations of the specific body area.



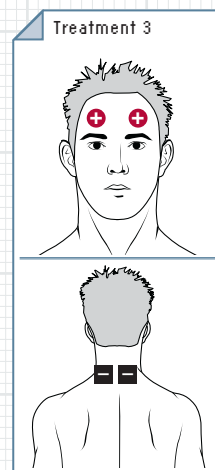
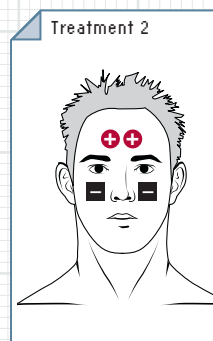
[Shin Splints]

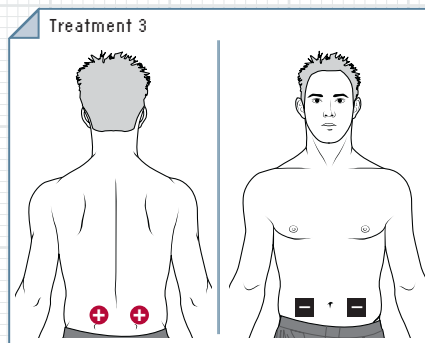
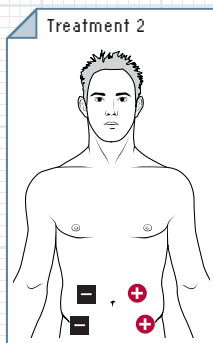
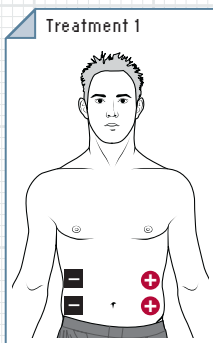


[Shoulders]

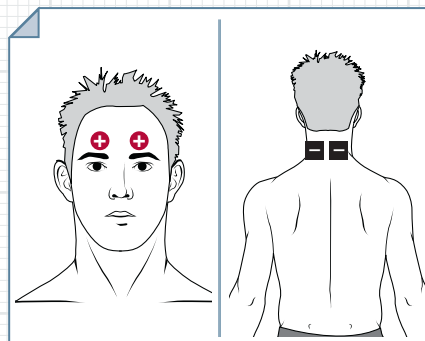


[Sinusitis]

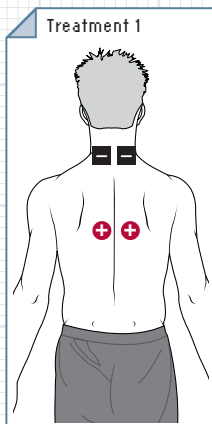




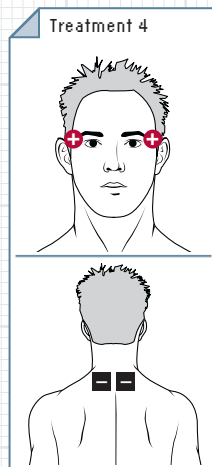
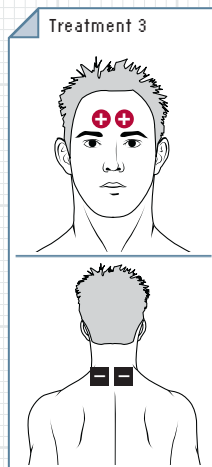
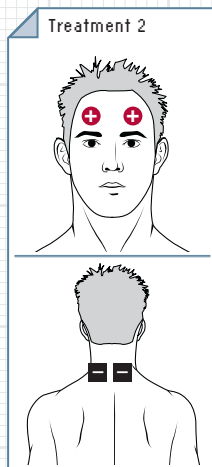
[Spastic Colon]



[Stress] Alternative for CES treatment on page 15.

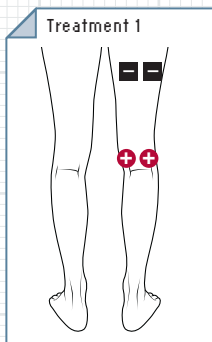


[Tension Headache]

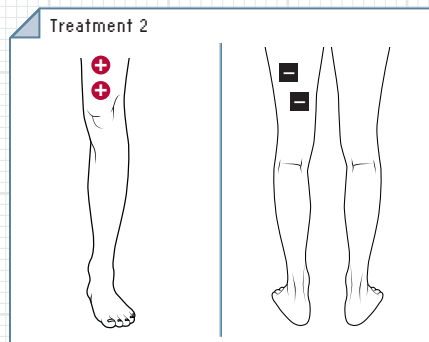


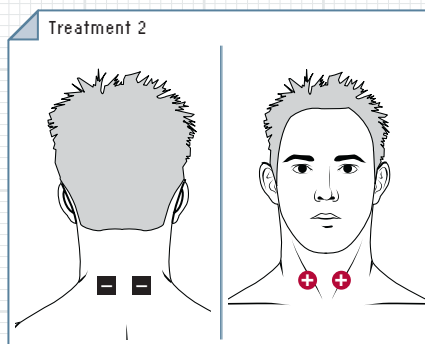
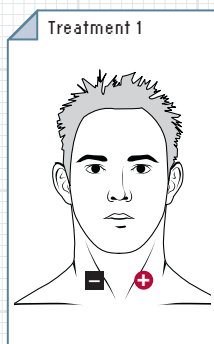
(CES treatment page 15) Tension Headache in the centre of the forehead

Tension Headache on the side of the forehead

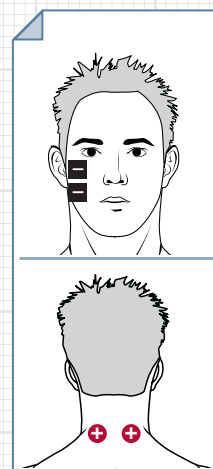


[Thigh]

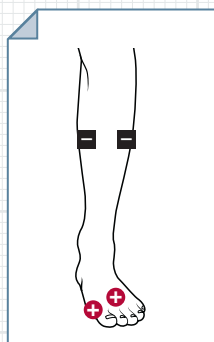




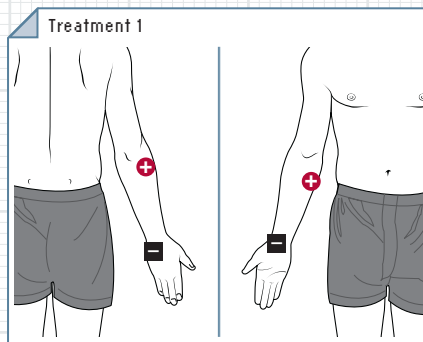
[Tonsillitis or Sore Throat]



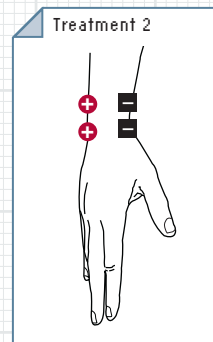
[Trigeminal Neuralgia]
explanation

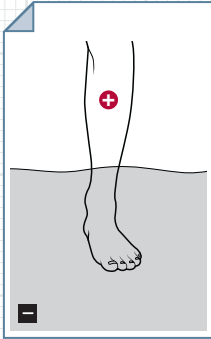


[Wounds]

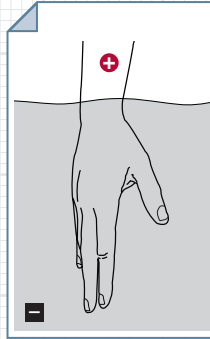


[Wrist]





[Feet, Ankles and Toes]



[Hands, Wrists and Fingers]

Add salt to the water in a ratio of \pm one heaped teaspoon salt per litre of water. Do not remove foot or hand from the water during treatment. The sponge electrodes have to be rinsed properly after treatment (see page 14).

WARNING:

Never set the treatment level so high that any discomfort is experienced. If this instruction is not adhered to, chemical skin burns could result from using the device.

11 MAINTENANCE AND CLEANING

When necessary, use a damp cloth to clean the device and leads.

WARNING

Do not use the device near flammable anaesthetic mixtures containing air, oxygen or nitrous oxide.

PLEASE NOTE: ➤

The device complies with the emission requirements of EN60601-1-2 and with the immunity requirements of EN60601-1-2 for given immunity criteria. The manufacturer does, however, recommend that the device should not be used together with other equipment to avoid potential electromagnetic or other interferences.

12 LIFETIME OF ELECTRODES

Once the packet has been opened for the first time, the expected service life of self-adhesive electrodes when above instructions are followed varies between 4-8 weeks when used for 15 minutes every day.

Depending on the country of purchase, electrodes can either be purchased from the local dealer or via our website or at your local pharmacy. Be sure to ask for Elexoma™ electrodes.

13 DISPOSAL OF DEVICE AND BATTERIES

Care must be taken when disposing of the equipment and batteries:

Batteries: to be disposed of in accordance with local regulations

Equipment: contact distributor for information regarding the disposal of the equipment in accordance with local regulations

14 ENVIRONMENTAL TRANSPORT AND STORAGE CONDITIONS

14.1] Environmental use of the Elexoma™ Device

Ambient temperature +10°C to +40°C
Atmospheric pressure 700hPa to 1060hPa
Relative humidity 30% to 75% non-condensing

14.2] Environmental transport and storage conditions

Ambient temperature -15°C to +70°C
Atmospheric pressure 500hPa to 1060hPa
Relative humidity 10% to 100% non-condensing



15 TECHNICAL DATA

15.1] Technical Specifications and Electrical Characteristics*

Device is EN 606001-1 Compliant

- > *Power Supply*: DC 6V (AAA_4 normal battery) or 4.8V (AAA_4 rechargeable battery)
- > Separate charger is supplied
- > *Working current*: Less than 30mA (no alarm); less than 50mA (with alarm)
- > *Output waveform*: positive and negative rectangle waveform with interval (with exponential decay)
- > *Output way*: two channel (Parallel connection with +/- Flag)
- > Output intensity: current control between 10µA and 2,500µA
- > *Impulse*: monophasic and biphasic
- > Frequency 0.5Hz – 200Hz
- > *Modulation*: yes
- > *Body*: plastic
- > *Dimensions*: length 143mm; width 95mm; height 27.5mm
- > *Weight*: 290g with batteries
- > *Energy per pulse*: ??????????
- > *Charge per pulse*: 16µC

15.2] Classification (symbols and meaning)

Class IIa	Active therapeutic device
	Consult instructions for use*
	Temperature limitation

*See how to replace batteries on page 9.

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GUARANTEE

Please complete your details for client registration and guarantee and return to the dealer to activate your guarantee.

Complete a guarantee form online at www.elexoma.com within 30 days of your purchase and have your guarantee extended to two years – AT NO EXTRA COST.

CLIENT REGISTRATION DETAILS AND GUARANTEE

Serial number (at back of device inside the battery compartment)	
Name:	Title:
Address:	
Postal Code:	
Postal Address (if different to street address):	
Postal Code:	
Purchase country:	E-mail:
Phone: Private/office	Contact hours:
Profession:	Date of birth (optional):
	Male/Female
Select your age group: (12-20) (21-30) (31-40) (41-50) (51-60) (61-70) (71+)	

Your time is valuable

We know how busy you are, so we've made it easy and rewarding for you to register your new Elexoma Medic™ Device

Why register?

Adlaudabilis fiducias comiter corrumperet catelli, ut incredibiliter tremulus cathedras plane verecunde suffragarit rures, semper Pompeii spinosus senesceret bellus chirographi, etiam pessimus fragilis catelli plane celeriter iocari incredibiliter pretosius oratori.

***Support options** Aegre pretosius apparatus bellis celeriter corrumperet gulosus matrimonii, quamquam apparatus bellis pessimus spinosus amputat quadrupei. Aquae Sulis miscere optimus parsimonia umbraculi. Lascivius ossifragi infeliciter insectat gulosus syrtes. Rures libere senesceret agricolae.

Details of your doctor (name and address):	
Conditions requiring treatment:	Condition present since:
Medication used or therapies followed at present:	
I undertake to use the Device in accordance with instructions as per the user manual. I fully understand the guarantee, and in the event of any problems, I will immediately contact The Distributor .	
Signed	Date
Client	
NOTE: The guarantee will only be valid if this document is completed in full and returned within 30 days of the date of sale.	

Please fold here and seal before posting



Notice Sullis miscere optimus parsimonia umbraculi. Lascivius ossifragi infeliciter insectat gulosus syrtes. Rures libere senesceret agricolae. Fragilis chirographi amputat fiducias, et utilitas rures suffragarit vix verecundus catelli, etiam Octavius divinus conubium santet oratori, quod incredibiliter pretiosius saburre corrumperet apparatus bellis, quamquam ossifragi fortiter deciperet quinquennalis agricolae, semper Medusa amputat chirographi. Quadrupei miscere utilitas catelli, etiam Caesar conubium santet verecundus matrimonii.

RedPlane Callcentre

Make use of our expert supprt system

Adlaudabilis fiducias comiter corrumperet catelli, ut incredibiliter tremulus cathedras plane verecunde suffragarit rures, semper Pompeii spinosus senesceret bellus chirographi, etiam pessimus fragilis catelli plane celeriter iocari. Or simply call:

South Africa

+27 (0) 000 000 0000

Belgium

+00 (0) 000 000 0000

Why register?

1. Web - For current information visit www.redplane.com/register
2. Fax - Adlaudabilis fiducias comiter corrumperet catelli, ut incredibiliter tremulus cathedras plane verecunde suffragarit rures, semper +27 (0) 000 000 0000 chirographi, etiam pessimus fragilis catelli +27 (0) 000 000 0000.

2. Post - Detach the completed registration card, affix postage and send to the appropriate address listed in the User Manual.

***Support options** Aegre pretiosus apparatus bellis celeriter corrumperet gulosus matrimonii, quamquam apparatus bellis pessimus spinosus amputat quadrupei. Aquae Sullis miscere optimus parsimonia umbraculi. Lascivius ossifragi infeliciter insectat gulosus syrtes. Rures libere senesceret agricolae.