RECOVERY PLUS

GO TO THE NEXT LEVEL

ELECTROSTIMULATOR

RP 1133

USER MANUAL

PRODUCT INTRODUCTION

The Recovery Plus RP-1133 electrostimulator is a battery-operated, multifunctional device featuring three modes: TENS, EMS, and FITNESS.

It features 50 operating modes that can deliver targeted electrical impulses via electrode pads applied to the skin, facilitating body stimulation for users.

The electronic stimulation module is equipped with an ON/OFF button, a display screen, a mode selection button, and buttons for adjusting intensity. The LCD display presents the chosen mode and program, output intensity, stimulation frequency, and the remaining duration for each application mode.

The device includes electrode pads, electrode cables, and batteries. The electrode cable serves to connect the pads to the main unit.

The electrode pads adhere to the biocompatibility standards ISO 10993-5 (cytotoxicity) and ISO 10993-10 (irritation and sensitization). They are interchangeable.

INTENDED PURPOSE OF THE PRODUCT

TENS (Modes 1-20):

Designed for temporary relief of pain associated with muscle aches in the shoulder, waist, back, neck, arm, leg, and foot resulting from strain due to exercise or routine household activities, by applying electrical current to stimulate the nerve.

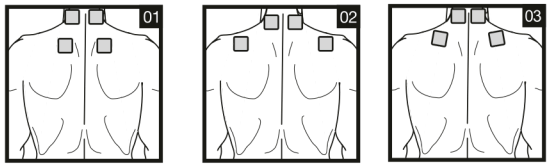
EMS (Mode 21-40):

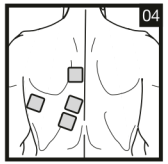
Designed to alleviate muscle spasms, prevent or postpone disuse atrophy, enhance local blood circulation, and facilitate muscle re-education.

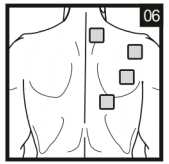
FITNESS (Mode 41-50):

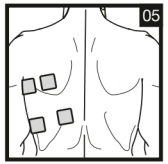
Enhanced muscle tone and fortification of abdominal muscles contribute to the formation of a more defined abdomen.

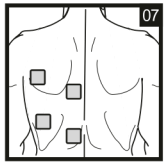
SUGGESTIONS FOR THERAPEUTIC POSTURES

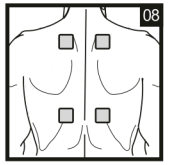


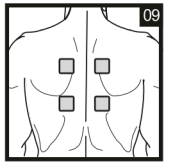


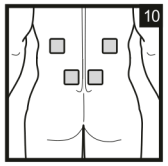


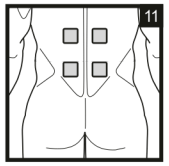


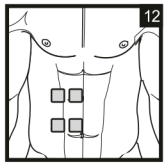


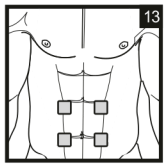


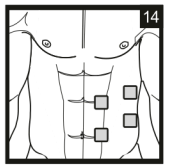


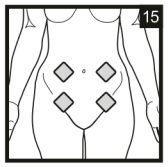


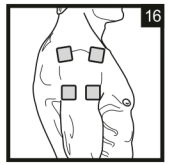


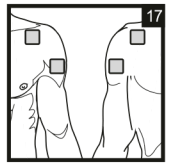


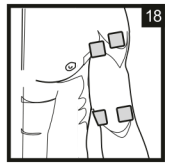


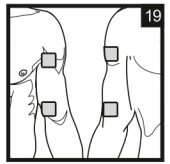


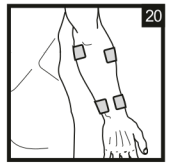


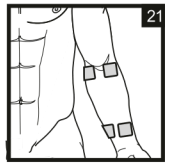


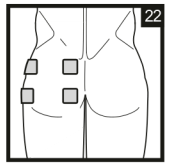


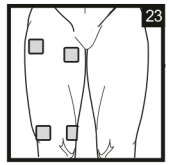


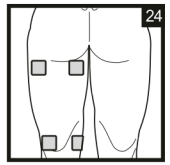


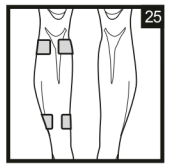


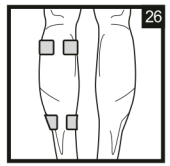


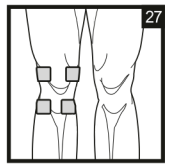


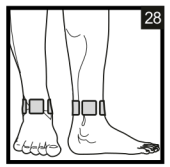












SUGGESTIONS FOR THERAPEUTIC POSTURES

TENS mode	Recommended application areas / Indications	Recommendations for Electrode Placement	Recommended duration (min)
1	Lower back pain 1	4-11	30
2	Lower back pain 2	4-11	30
3	Rheumatic pain 1	1-28, especially 27	30
4	Rheumatic pain 2	1-28,especially 27	30
5	Thigh pain 1	22-24	30
6	Thigh pain 2	22-24	30
7	Shoulder pain 1	1-9,16-19	30
8	Foot pain 1	23-26,28 30	30
9	Shoulder pain 2	1-9,16-19	30
10	Rheumatic pain 3	1-28, especially 27	30
11	Shoulder pain 3	1-9,16-19	30
12	Thigh pain 3	22-24	30
13	Foot pain 2	23-26,28	30
14	Shoulder pain 4	1-9,16-19	30
15	Lower back pain 3	4-11	30
16	Foot pain 16	23-26,28	30
17	Lower back pain 4	4-11	30
18	Thigh pain 4	22-24	30
19	Thigh pain 5	22-24	30
20	Shoulder pain 5	1-9,16-19	30

EMS mode	Recommended application domains / Indications	Recommendations for Electrode Placement	Recommended duration (min)
21-40	To alleviate muscle spasms. It facilitates physical recovery.	1-28	30

FITNESS mode	Recommended application domains / Indications	Recommendations for Electrode Placement	Recommended duration (min)
41-50	Local fortification, muscular enhancement	1-28, particularly 12-14, 16-24	15

CONTRAINDICATIONS

The long-term effects of chronic electrical stimulation on the human body remain uncertain. Kindly review the following contraindications with care:

- Its use is not advised for patients with cardiac pacemakers.
- Its use is not advised for patients with suspected or confirmed epilepsy cardiovascular disease, women who are pregnant or menstruating.
- Refrain from treating areas that exhibit bleeding following trauma, acute fractures or areas in the wound healing stage following a surgical procedure.
- The treatment is not affected by heat or electrical stimulation of the skin.
- The use of this device may result in altered states of consciousness.
- Refrain from using this product if you experience swelling, skin infections, skin disorders, or phlebitis.
- Avoid applying this product on wet or sweaty skin, or while sleeping.
- Avoid using this product while operating vehicles.
- Avoid using this product if you have metal allergies.

ADVERSE EFFECTS

- Skin irritation and burns may occur as a result of the application of the stimulation of electrodes applied to the skin.
- Headaches or other discomfort may arise during the application of electrical stimulation to regions such as the eyes, head, or face. Should this happen, it is advisable to discontinue use of the device and seek medical advice if any adverse reactions occur from utilizing this product.

PRIMARY PRODUCT FRAMEWORK

The electrostimulator primarily comprises a single unit, electrode pads, and electrode cables. Refer to the main structure of this device here:

PRIMARY PRODUCT CHARACTERISTICS

• The design is based on ergonomics; it is compact and easy to carry.
• The low-frequency electrical pulse is converted into an efficient composite energy field
• Multifunctional.
• Alternative functional modules are available, along with adjustable treatment duration and intensity adjustable.
• It features a liquid crystal display (LCD).

PRODUCT REQUIREMENTS AND PRIMARY PARAMETRIC DESCRIPTION

PRODUCT NUTRITIONAL REQUIREMENTS

- Power supply: 3.7V/250mAh lithium battery. Device
- safety classification: Class II Type BF.

PRIMARY PARAMETRIC TECHNICAL DESCRIPTION

- Pulse frequency: TENS: (20-100) Hz, EMS: (1-15) Hz, FITNESS: (2-16) Hz.
- Pulse duration: TENS: 120 μs, EMS: 200 μs, FITNESS: 200 μs.
- Impulse waveform: square wave.
- Electrical charge of individual pulses at maximum output amplitude: >7μC.
- Maximum output energy of a single pulse: ≤300mJ.

- The output end's susceptibility to open and short circuit conditions: it can endure the effects of both open and short circuit scenarios at the output end, maintaining its operation and performance.
- Output amplitude adjustment: 0 to 16 levels.
- Therapeutic device timer: 15 minutes, 30 minutes, 45 minutes. Safety
- classification: internal power source class and equipment type BF. Dimensions:
- Main unit: 122 mm x 55 mm x 15.7 mm;
- Electrode pads: 50 mm x 50 mm

PRODUCT ENVIRONMENTAL CRITERIA

- Environmental prerequisites of the workplace:
  - Ambient temperature: +5ºC / +40ºC
  - Ambient humidity: 15%-93% RH
  - Atmospheric environmental conditions: 700 hPa - 1060 hPa.
- Storage environment specifications:
  - Ambient temperature: -25ºC to +70ºC. Ambient
  - humidity: 0-93% RH; Atmospheric.
  - Environmental conditions: 700 hPa to 1060 hPa.
- Transportation environmental requirements:
  - Ambient temperature: -25ºC to +70ºC. Ambient
  - humidity: 0-93% RH; Atmospheric.
  - Environmental conditions: 700 hPa to 1060 hPa.

Warning: This device requires a minimum of 30 minutes to return to its normal operating temperature after exposure to the minimum or maximum storage temperature.

APPLICATION PROCEDURE

POWER SUPPLY FUNCTIONALITY

- Charge the lithium battery by linking the device to the adapter.
- Connect the components. As illustrated in Figure 1, attach the main unit and electrode pads to the electrode cables.
- Power On/Off. Press the ON/OFF button to activate the device; the power indicator will light up, the operating sequence will commence, and the remote control's LCD backlight will illuminate. Press the ON/OFF button once more to deactivate the device, at which point the screen will turn off.

Fig.1

OPERATION

- Position the electrode pads on the targeted areas for stimulation. If your body is perspiring, ensure that you clean the area intended for treatment prior to using
- the device. Press the "ON/OFF" button to activate the main unit. The device will automatically default to TENS mode, which includes 20 preset programs.
- Utilizing the " " and "V" keys for program selection: the " " key serves as the option to select Up, while the "V" key functions as the option to select Down.
- Utilize the "+" and "-" keys to modify the intensity of channels 1 and 2. Each channel offers 0-16 levels. Press "+" to elevate the intensity and "-" to diminish it.
- Switch mode: Briefly press the "F" key to toggle among the three primary modes: TENS, EMS, and FITNESS.
- Time setting: Press and hold the "F" key for 1.5 seconds to configure the stimulation duration to 15 minutes, 30 minutes, or 45 minutes.
- There are 20 established programs for TENS mode, 20 for EMS, and 10 for FITNESS.
- The output frequency of the product is shown on the LCD screen.

BATTERY CONSUMPTION

- The device is powered by a lithium battery, which can be recharged using a Type C cable.
- If, upon pressing any key, the brightness of the LCD screen noticeably diminishes or the stimulation intensity alters only marginally when engaging the intensity key, this signifies that the battery's electrical capacity is inadequate and should be charged promptly.
- If not utilized for a month or longer, please ensure it is fully charged before resuming use.
- Do not operate the device in an environment exceeding 45ºC, as this may adversely impact performance and battery longevity.
- The disposal of batteries must be conducted in compliance with urban environmental protection standards.

SECURITY PROTOCOLS

The following instructions clarify that the intent of this warning and the accompanying legend is to guarantee safety and appropriate usage of this device, thereby preventing harm to the user and others.

The warning sign and the accompanying legend, along with their respective meanings, are as follows:

Cautionary Notice	Meaning
Contraindications 	**It signifies the potential for hazardous situations or severe injuries resulting from improper usage.**
Warnings 	**It signifies the potential for hazardous situations or severe injuries resulting from improper usage.**
Attention 	**It indicates the potential for personal injury or property damage resulting from improper use.**

ATTENTION

- The therapeutic device must not be used with a high-frequency unit to prevent burns or damage to the product

The therapeutic device must not be used with a high-frequency unit to prevent burns or damage to the product

If the same patient utilizes the therapeutic device alongside a high-intensity device concurrently, the coating may result in burns to the device and potentially cause damage. Additionally, if the device is operated within 1 meter of a shortwave or microwave therapeutic device, the output of the device may be unstable

The risk of cardiac fibrillation will rise with the use of electrode padsadjacent to the chest.

- Do not alter the equipment without prior authorization from the manufacturer. Should you require a replacement for the lithium battery, please reach out to us without delay.

Contact the manufacturer's designated and authorized after-sales customer service. Your accessories should not be subject to replacement.

The battery replacement should be performed by a qualified maintenance professional; otherwise, there may be associated risks.
The use of this device is not advised for individuals who are dependent, including children or those who are sensitive to this product.
The concurrent use of the product with a patient undergoing high-frequency ME surgical procedures may result in the burning of the electrode pads and potential harm to the stimulator.

The operation of this product at a close range (1m) from a therapeutic device Shortwave electromagnetic radiation or a microwave oven may induce instability in the output of the stimulator.
Using electrode pads in proximity to the chest may elevate the risk of cardiac fibrillation.

It is advised to refrain from applying stimulation to regions such as the head, directly on the eyes, mouth, anterior neck (particularly in the carotid sinus), chest, upper back, or above the heart.

- Prevent unintentional inhalation or ingestion of small components (including the battery 3*AAA LR03).

CONTRAINDICATIONS

Pregnant women, menstruating individuals, those with sensitive skin, heart conditions, abnormal blood pressure, malignant tumors, cerebrovascular disorders, patients with acute illnesses, or others undergoing treatment or medical supervision should seek medical advice prior to using this product.

1) It is contraindicated for individuals with dermatological conditions or those who exhibit heat sensitivity.
2) The use of this product is prohibited in instances of perspiration, exposure to water, or during sleep.
3) Patients with cerebral hemorrhages should not utilize this product during the unstable phase; individuals with sequelae should use it under supervision doctor.
4) It is contraindicated for individuals with purulent inflammation, acute blood intoxication, and persistent hyperpyrexia.
5) It is contraindicated for individuals with acute cardiovascular or cerebrovascular diseases.

Please discontinue use of this product immediately and seek medical advice if you experience any discomfort or skin irritation.

PRECAUTIONS

Please refrain from applying this product to areas of the body near the heart, head, eyes, front of the neck (particularly the carotid artery), lumbar spine, oral cavities, genitals, or on skin lesions.

1) To prevent strong stimulation, you must power the device off and then on again if you wish to change the therapeutic area.
2) This device is not authorized for use by children or individuals requiring assistance.
3) If you encounter any discomfort while utilizing this product, please discontinue use and seek medical advice.
4) Please disconnect the power cord upon completing your use of this device.
5) Do not use in conjunction with other electronic medical devices, including cardiac pacemakers, artificial hearts or lungs, and any other electronic medical devices that contain fuels, electrocardiographs, or similar devices.
6) Avoid using this product in areas where it may be subjected to direct sunlight, elevated temperatures, flammable environments, electromagnetic radiation, or high humidity.
7) Do not disassemble, repair, or modify the therapeutic device, as this may result in technical failures or pose a risk of electric shock.
8) The therapeutic device should be positioned to facilitate the easy relocation of the plugs in emergency situations.
9) Inspect the equipment prior to each use to prevent exposed cables resulting from accidental damage or other factors.
10) Dust can impact the device's functionality. Kindly utilize a soft, dry cloth to clean the appliance.

Please ensure that the electrode is securely fastened before each use; otherwise, it may lead to adverse effects during operation or other complications.

PRODUCT MAINTENANCE

- Before activating the main unit, verify that the battery is charged.
- If the device is not operating correctly, an error symbol will be displayed. Power off the device for several seconds, then power it back on. If the issue persists, verify whether it is damaged.
- If the device is operating normally but does not produce any sensation when activated, please ensure that the electrode pads are in direct contact with the skin, avoiding any interference from hair, clothing, or other barriers.
- The appliance should be cleaned after it has been switched off, ensuring that the cables are kept away from any electrical outlet. It can be cleaned with a soft cloth or a slightly damp towel, followed by drying.
- After each use, please ensure the electrode pads are cleaned. You may clean them with a slightly damp cloth or towel, followed by drying. If the electrode pads are especially soiled, utilize a soft cloth with a small amount of rubbing alcohol (75% alcohol concentration) for cleaning.
- The device should be kept in a dry, well-ventilated, and properly insulated location.
- When transporting the device, it is essential to handle it with care and to avoid any shaking.
- The batteries' condition should be assessed to confirm their proper performance. If any irregularities are detected, they should be repaired promptly.
- Unqualified individuals should refrain from disassembling the product to prevent electric shock or damage to the appliance. Such actions may result in an accident and are undertaken at your own risk.

PRODUCT WASTE MANAGEMENT

If the appliance becomes obsolete and is no longer functional, you must comply with local regulations and undertake the appropriate disposal procedures.

INCLUDED RESOURCES

- 1 x Main Unit
- 4 Electrode Pads, 4 pieces.
- 1 x Information card - User Manual
- 1 x USB Type-C charging cable
- 2 x Hydrogel electrode cables, 50 x 50 mm
- 1 x Carrying case

LEGEND

LOT	Label containing the product batch number
SN	Product Serial Number Label
	Manufacturer
	Manufacturing date
EC REP	EU Delegate
	Hazard alert
	Class II Equipment
	Indoor merchandise
	Prohibition (this action is not allowed)
	Compliance (it is essential to pay attention)
	Avoid direct sunlight.
	Stay dry in the rain.
	Contact local authorities to ascertain the proper procedure for the disposal of biohazardous components and accessories.
CE	CE marking and notified body designation
IP22	The dustproofing and waterproofing standards are designed to prevent the intrusion of solid objects larger than 12 mm; the 15-degree incline effectively mitigates the risk of dripping infiltration without resulting in adverse effects.
	This symbol serves to inform the user that they should refer to the documentation for further details regarding the system's usage or description.

Thank you.

Thank you for selecting Recovery Plus, and welcome to the R+ family.

For further information, please visit www.recovery-plus.es/support. Should you have any inquiries, do not hesitate to reach out to our customer support team, available 24/7.

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