



THE REBUILDER SYSTEM[®]

Model 2407 Instructions

Medication-Free Pain Relief



REBUILDER MEDICAL TECHNOLOGIES, INC.

636 Treeline Drive • Charles Town, WV 25414
Phone: 304-725-2202 • Fax: 304-725-4915

ReBuilder Neuromuscular Stimulator
Model 2407

Please read the entire pamphlet before using the ReBuilder for the first time.



Please Note: Battery cover is on the back of the unit at the bottom.



INSTRUCTIONS FOR WARM WATER (WET) FOOTBATH TREATMENT

1. Fill Footbath with warm water to ankle height.
2. Add a ½ cap of Electrosalt to each side of Footbath.
3. Place water filled Footbath on the floor near where you will be sitting.
4. Check the ReBuilder unit to ensure it is turned off. To ensure this, turn both knobs to the OFF position fully to the left (counter clockwise).
5. Plug lead wire into output jack number one or two on top of unit.
6. Place a **non-adhesive** electrode pad in each side of Footbath
7. **To turn unit ON, turn intensity knob clockwise. Use the intensity knob (1 or 2) that corresponds with the output jack you have plugged the lead wire into.**
8. Press the frequency button to set the unit on the 7.83Hz output (the 7.83Hz indicator light will come on). If during the treatment you change the frequency setting this will reset the internal timer back to zero.
9. Place feet in Footbath. The pads do **not** have to be touching the feet, only the water.
10. Gradually increase Intensity of the corresponding output knob until a pulse is felt in feet and legs. Initially set the intensity at a low level where you first begin to feel the stimulation, for the first 2 or 3 treatments. This allows your body to acclimate to the stimulation, afterwards adjust the level to what is comfortable.
11. Keep your feet in the Footbath for 30 minutes. The unit will automatically shut down; it will not be completely OFF, but will no longer be working.
12. Be sure BOTH intensity knobs are turned OFF.
13. Dry feet thoroughly and apply a moisturizing lotion to your feet. (We have Silver Body Lotion available for order).
14. During use, skin cells, normal bacteria, dust, and body oils may remain. Therefore, rinse out and air-dry your Footbath.



INSTRUCTIONS FOR DIRECT (DRY) APPLICATION TREATMENT

1. Check the ReBuilder unit to ensure it is turned off. To ensure this, turn both knobs to the OFF position fully to the left (counter clockwise).
2. Plug lead wire into output jack number one or two on top of unit.
3. Place one self-adhesive pad on the bottom of each foot or affected area. You may find other locations for placement of the pads that are more effective for you. See illustrations for examples.
4. **To turn unit ON, turn intensity knob clockwise. Use the intensity knob (1 or 2) that corresponds with the output jack you have plugged the lead wire into.**
5. Gradually increase Intensity of the corresponding output knob until a pulse is felt in feet and legs. Initially set the intensity so you just begin to feel the stimulation for the first 2 or 3 treatments. This allows your body to acclimate to the stimulation, afterwards adjust the level to what is comfortable.
6. Keep your feet in a comfortable position for 30 minutes (if possible have feet elevated). The unit will automatically shut down; it will not be completely OFF, but it will no longer be working.
7. Turn BOTH intensity knobs OFF.
8. Remove the self-adhesive Electrode Pads from the bottom of your feet and stick the self-adhesive pads back on the clear plastic.

Apply Adhesive Electrode Pads

Position the self-adhesive electrode pads on the ball of the foot. Placing lead wires between the toes will help to hold the electrodes in place. Place sock on foot to hold the electrode pad flush against the skin for greatest response.



If you have difficulty reaching your feet, from a seated position place a towel on the floor directly in front of you. Place the self-adhesive electrode pads on the towel with the sticky side up and place one foot on each of the pads.



Once you have tried the electrodes on the balls of the feet, feel free to experiment with different areas on the feet and ankles and hands to see which position will give you the most relief. Position the electrodes to see what is most effective for you,



Treatment Other Parts of the Body

1. Apply self-adhesive electrode pads about 4 inches apart to the area on the back or body part which provides the greatest response.
2. Turn the ReBuilder to FREQUENCY 7.83 Hz.
3. Turn INTENSITY SETTING to comfortable level.
4. Treat on 7.83Hz for 10 minutes.

We recommend that you do not place the ReBuilder pads above your shoulders (on the neck, face, or head) or directly in your spine.

ADDITIONAL TREATMENT INFORMATION

PRECAUTIONS

- Use of the ReBuilder is **not recommended** for individuals with a pacemaker or any other implanted electronic medical devices, for pregnant women, and for children under 8 years of age. Use under the direct supervision of your physician if any of the above applies.
- The stimulator pads are made of rubber for patient comfort, if you have latex allergies please call for treatment modifications.
- **T.E.N.S. setting:** This setting is for use under the advisement of a physician for the treatment of temporary traumatic induced pain (i.e. sprained ankle). This setting provides palliative care while the body mends.
- ReBuilder does not provide medical advice. Please consult your physician for a medical diagnosis.
- For optimal results, use twice a day, 30 minutes each time unless otherwise instructed.

GENERAL USE

- If the treatment is uncomfortable when using it or if you experience discomfort afterwards, your intensity is too high.
- When using the ReBuilder at a greater intensity, you may experience minor, temporary fatigue or soreness in the muscles if you overuse it. If this occurs, discontinue use for two to three days, and then resume treatment at a lower setting, gradually increasing the intensity until muscles have had an opportunity to adapt.
- Many of our customers have suffered from severe numbness. With severe numbness, you may not feel the signal initially, but over time you will.
- Be patient, confident that you are using the most advanced therapy available and that there are no side effects.
- Allow 30 days for results, most numbness came on gradually, and may take time to resolve.
- Even if you are not feeling a pulse during your treatment, the ReBuilder is still affecting the nerves and muscles.
- To test, moisten the palms of your hands and stick a self-adhesive pad to each palm. Turn the unit ON with it set on the 7.83Hz frequency and slowly turn the intensity up. You will feel the signal in your hands because your hands are more sensitive than your feet.
- If you are only treating one part of the body, do **not** plug the additional lead set into the second output jack.
- The intensity of each lead wire is controlled separately by adjusting the corresponding intensity knob.
- If you use the battery instead of the A.C. adapter replace battery every 3 to 10 weeks to maintain optimum performance from your ReBuilder unit.
- To open battery compartment, first squeeze compartment door on back of unit, then slide door open.

- It is likely that the Intensity that you use on the wet method will differ from the direct (Dry) method. Be sure to slowly raise the intensity until it is at a comfortable level.
- One lead may be slightly stronger than the other. Most people are unable to feel this slight difference. We recommend that you use the stronger lead pad (if you can distinguish it) on the side of the body that has the most damage or alternate it each time you use the unit. You can mark the stronger lead with a piece of red tape to distinguish the two.
- The Wet method of treatment can also be administered to your hands by using the foot bucket on a table on one side of your chair and another bucket or bowl on the other side on a table.
- We have additional products such as Conductive Gloves (see order page on web site for more information) which can be used with the ReBuilder to treat fingers, hands, and arms in other ways.

E.M.S.

- You do not need to use the EMS setting to get benefits from the ReBuilder. It is an additional feature that the ReBuilder offers specifically to strengthen muscles that may have atrophied from disuse.
- To treat for pain or for muscles spasms in shoulders, thighs, calves, and the back, use the self-adhesive electrode pads and place over painful muscle or muscle group. After you have used your ReBuilder for a week or so, you can slowly add EMS to your routine.
 - ◆ Move the pads to locate to area of greatest discomfort.
 - ◆ Muscles in spasm will characteristically contract even more in response to the ReBuilder signal forming a visible "lump".
 - ◆ When locating muscles to be treated on the back, place the electrode pads on each side of the spine directly opposite each other and move the pads simultaneously up or down the back.
 - ◆ Once the area to be treated is determined set Frequency to EMS and Intensity to a comfortable setting.
 - ◆ Observe the Indicator Light glow on and off several times before increasing the INTENSITY setting.
 - ◆ **Increase the INTENSITY ONLY when the light is on (the impulse will cycle 3-5 seconds on, 3-5 seconds off.**
 - ◆ Only use the EMS for 5 minutes for the first time.
 - ◆ When you add EMS to your routine, use the 7.83 Hz frequency for 5 minutes before switching to EMS, and 5 minutes after your treatment with EMS (like a warm-up and cool-down period). When you change the frequency during the treatment the internal timer resets to zero and it will begin timing to thirty minutes again.
 - ◆ Then, after you feel comfortable with it, you can increase the amount of time on EMS in five minute increments each week (5 minutes a day for the first week, 10 minutes a day for the second week, etc.) to a maximum of 15 minutes per day on EMS.

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