



# THE REBUILDER SYSTEM<sup>®</sup>

Model 300 Instructions

Medication-Free Pain Relief



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**REBUILDER MEDICAL TECHNOLOGIES, INC.**

636 Treeline Drive • Charles Town, WV 25414

Phone: 304-725-2202 • Fax: 304-725-4915

## Instructions for ReBuilder® Model # 300

First, find a comfortable place to sit or lie down; preferably one that enables you to elevate your feet, if you are not using the Footbath.

### Examine your package and locate the following items:

1. Blue carrying case
2. ReBuilder® unit
3. 1 set of lead wires, connected to conductive electrode pads
4. 1 package of self-adhesive, conductive electrode pads
5. Twin Compartment Footbath
6. ReBuilder Electro-salt

### Setting up your ReBuilder® for the first time:

- Connect one wire set to your ReBuilder® by inserting the plug into the outlet jack on top of the unit.



- Check to see that the wire on the other end of the wire set (the end with the two pins) has been pulled apart about 2 feet. If not, locate the tiny plastic holding ring and slid it up the wire toward the plug and then, holding one pin in each hand, gently pull the pins away from each other to separate the wire so that you can easily reach both feet.
- Turn your ReBuilder® on and off to see if the light beside the intensity control blinks indicating that your ReBuilder® is ready to use. You are now ready to start your healing process!

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

## INSTRUCTIONS FOR WARM WATER (WET) FOOTBATH TREATMENT

1. Fill Footbath with warm water to ankle height.
2. Add a ½ **CAP** of Electro-salt 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. The Intensity dial should be in the “Off” position all the way to the left (counter clockwise)
5. Plug lead wire into the output jack on top of unit.
6. Place a **non-adhesive** electrode pad in each side of Footbath
7. Place feet in footbath (the pads do **not** have to be touching the feet).
8. Gradually increase Intensity until a comfortable pulse is felt in feet and legs. Initially do not exceed level "5" for the first few treatments, even if you don't feel it. This allows your body to acclimate to the stimulation, afterwards adjust the level to what is comfortable.
9. 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. The next step of completely turning off the unit must be done in order for it to go “On” again.
10. Slowly turn the Intensity dial down until it is in the “Off” position. Unit must remain OFF for 10 seconds before it will restart.
11. Dry feet thoroughly and apply a moisturizing lotion to your feet. (We have Silver Body Lotion available for order)
12. During use, skin cells, normal bacteria, dust, and body oils may remain. Therefore, rinse out and air-dry your footbath.
13. For optimal results, it is highly recommended that you use the Wet Method twice per day everyday during the first 30 days unless otherwise directed by a member of our staff or medical professional.

This 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.

## **INSTRUCTIONS FOR DIRECT (DRY) APPLICATION TREATMENT**

- 1.** Check the ReBuilder unit to ensure it is turned off. The Intensity dial should be in the "Off" position all the way to the left (counter clockwise)
- 2.** Place one self-adhesive pad on the ball / 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).
- 3.** Turn the Intensity dial to the number "1".
- 4.** Gradually increase Intensity until a comfortable pulse is felt in feet and legs. Initially do not exceed level "5" for the first few treatments, even if you don't feel it. This allows your body to acclimate to the stimulation, afterwards adjust the level to what is comfortable.
- 5.** 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.
- 6.** Slowly turn the Intensity dial down until it is in the "Off" position. Unit must remain OFF for 10 seconds before it will restart.
- 7.** Remove the self-adhesive Electrode Pads from your skin and stick the self-adhesive pads back on the clear plastic.

### **Helpful Hints**

- Washing the skin at the application site if using the Dry Method helps the self-adhesive on the electrodes to stick better to your skin and allows for more subsequent uses per electrode. The less oil on your skin, the more uses you can get from the electrodes. For particularly oily skin, you can use an alcohol wipe.
- Each electrode should last at least 30 treatments. If the electrodes begin to lose their stickiness, simply dab a bit of water on them and the stickiness is restored. You can re-order electrodes from us by visiting our website, calling 304-725-2202, or purchase replacements at any medical supply house. If you prefer, when the electrodes can no longer be restored, you can peel off the clear adhesive and then use hand lotion as a conductive medium between the electrodes and your skin. You can hold them in place with tape or socks or gloves.
- If using the Dry Method, sit back comfortably and elevate your feet if possible for the best blood flow. If your legs are elevated, then gravity can help pull the blood back towards your heart.

### **Electrode placement for your feet:**

Position the signal pad on the ball of the foot (placing lead wires between the toes will help to hold the signal pads in place). You may use the self-adhesive pads instead of the non-adhesive pads shown in the pictures.



**Place lead wire between Toes**



**Apply signal pad to ball of foot**

Once you have tried the signal pads on the balls of the feet, feel free to experiment with different areas on the feet and ankles to see which position will give you the most relief. Here are a few examples of where you can position the signal pads 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 INTENSITY SETTING to comfortable level.
3. Treat for 10 minutes.

## Battery replacement

Over time, to insure the functional effectiveness and safety of your ReBuilder®, the battery should be changed.

1. Make sure intensity control dial is switched to the off position.
2. Slide the battery compartment cover all the way down and remove.
3. Insert a new (preferably alkaline) 9 volt battery into the compartment.
4. Replace the battery cover and slide it up to the closed position.
5. Check to see if you put the battery in the proper position relative to the polarity by turning the ReBuilder® on and off. If the blinking light does not go on, then recheck the polarity.
6. If you plan to store your ReBuilder® for longer than a few weeks, you should remove the battery to avoid damage that may occur if your battery leaks.

### Helpful suggestions and observations:

Because the ReBuilder® sends a pulsed signal to your body, most people report that they feel very relaxed during and after their treatment. You may notice this effect after you get over the excitement of using your ReBuilder® the first few times – this excitement produces adrenalin which cancels out the endorphins responsible for the relaxing feeling. For this reason, some people find that if they use their ReBuilder® in the evening, they sleep more comfortable all through the night.

### Other uses for your ReBuilder®:

You can use your ReBuilder® to treat sore back muscles by placing the electrodes about 4 inches apart on either side of you spine near the painful area. Treat the back muscles the same way that you treat your feet or hands. You may have to move the electrodes up and down your back until you find the placement that gives you the best results.

Some athletes use the ReBuilder® to warm up muscles before exercise and afterwards to cool down. Skiers, joggers, skaters, and golfers have all reported superior performance when integrating the ReBuilder® into their regimen.

### Additional Information

- Do not place the electrodes on your neck, near the carotid arteries because muscle contractions there could reduce blood flow temporarily to your brain.
- Do not place the electrodes on an open wound, near the eyes or genitals, directly on the spine or anywhere you find it to feel uncomfortable.
- We recommend you use the WET Method twice a day, 30 minutes each time unless otherwise instructed.
- If the treatment is uncomfortable when using it, your intensity is too high.
- If you get an unusual discomfort after you have used it, turn the intensity down the next time or lessen your time.
- 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 whenever using the ReBuilder® until it is at a comfortable level.
- Allow 30 days for results, the damage took years to acquire!
- One lead in general is slightly stronger than the other. Most people are unable to feel this slight difference in signal strength; however if you do it is perfectly normal. 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.
- ReBuilder® treatments should feel relaxing and comfortable.

- Wait for about 30 seconds or so to get used to the feeling, and then slowly increase the intensity until you can feel your muscles twitch. If you can observe your muscles twitching, then that means that your motor nerves are intact, and they too, will likely respond favorably to your ReBuilder® treatments, it is just a matter of time depending on the severity of your condition and the general level of your health. This base line intensity level may change from day to day depending on your energy level, stress, and other normal physiological conditions.
- For a longer treatment, turn the unit off, wait 10 seconds and turn it back on so your ReBuilder® can reset its circuits for another 30 minute treatment. We recommend using the ReBuilder twice daily initially, if possible once in the morning and once in the evening.
- Some people respond to medicines and treatments in a paradoxical manner. For example, this means that some people get relaxed with alcohol while others get agitated. Some people can take anti-histamines while others cannot. Some people have their appendix on the right side of their body while others have it on the left! What this may mean for them, is that instead of the ReBuilder® treatment relaxing them, it may stimulate them. If this occurs, simply use the ReBuilder® in the morning, or reduce the intensity level or treatment time.
- Do not use it if you are pregnant or under the age of 18.
- **Do not use the ReBuilder® if you have a cardiac pacemaker with a defibrillator.** You should consult your physician to see if he recommends the ReBuilder® if you have a more simple kind of pacemaker. Your physician can call us directly for a consultation about the electrical parameters of your ReBuilder® and your personal medical situation. (304-725-2202).
- It may be helpful to rub skin lotion on electrode placement area between treatments. Our Silver Body Lotion re- hydrates and protects. Silver Body Lotion has tiny electrically charged micronized anti-microbial silver in it as well as tea tree oil to help reduce infections from bacteria, virus, and fungus. This was originally developed as part of a complete line of silver based hygiene products for people with diabetes. Other products in this line include Silver hand soap, silver liquid body wash, silver mouthwash, and silver shampoo. See our website [www.rebuilderproducts.com](http://www.rebuilderproducts.com) or call us for pricing, descriptions and ordering.
- For hygiene reasons, the electrodes are intended for single patient use only.
- If irritation occurs, discontinue use and consult your clinician.
- 30 minutes is the most common treatment time for the majority of people, but it may be a little bit different from person to person. You will know if you have treated too long or at too high a setting if your muscles seem sore or fatigued after the treatment. If this happens, no damage is done, but you should refrain from further treatments for a few days to let your muscles recover (just as if you overworked them gardening or exercising.)
- Do not submerge the device in water or expose it to large amounts of moisture such as rain, bathrooms, etc.
- Stains and spots can be cleaned with mild detergent and water.
- Store your ReBuilder® in temperatures between 40 degrees F and 100 degrees F.
- Store your ReBuilder® in a relative humidity range of 20% to 90%
- Store your ReBuilder® in normal atmospheric pressure (15 lbs per sq, in.)

**If your ReBuilder® seems to be working improperly or not at all check:**

1. Whether the lead wire is correctly seated in the device. The plug on top should be inserted all the way in.
2. If the light does not blink, try changing the battery.

3. Check the lead wire for damage.
4. Do not try to repair the device. Opening the device voids the warranty. Call us for a return authorization number and return for exchange.
5. Turn intensity knob to the off position for 10 seconds then turn unit back on.

Warranty: Your ReBuilder® carries a two year warranty. The warranty applies only to the stimulator. The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alteration or disassembly.

**NOTE: With severe numbness, you may not feel the signal initially, but over time you will. Most numbness did not begin like a light switch, but came on gradually. Similarly, the numbness may take more time than pain to resolve. Be patient, confident that you are using the most advanced therapy available and that there are no side effects to deal with.**

Remember that neuropathy is a progressive disease and sometimes the best to be hoped for is to stop the progression of the symptoms. Many people who return their units call back to reorder another ReBuilder® because they got used to the improvement and when they suspended their treatments, the symptoms returned.

Please be patient. Sometimes results are immediate and permanent; sometimes it takes a little longer to get perceivable, permanent results.

ReBuilder® Medical Technologies, Inc.  
636 Treeline Drive  
Charles Town, WV 25414  
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