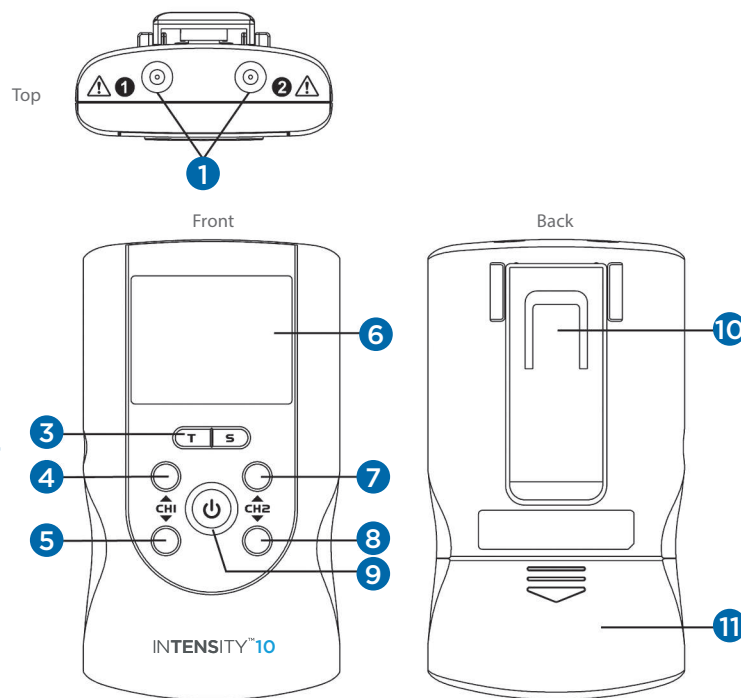




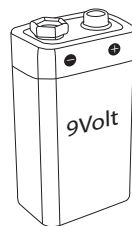
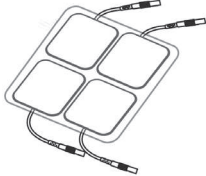
The purpose of this guide is to assist you in correctly operating your InTENSity™ 10 unit. This device should only be used under the continued supervision of a licensed physician. This guide is not intended to replace or substitute the InTENSity™ 10 Instruction Manual. **PLEASE READ THE INSTRUCTION MANUAL COMPLETELY BEFORE USING THIS DEVICE.** Read, understand and practice the contraindications, warnings, cautions and operating instructions found on pages 5-9 on your instruction manual. Always follow the operating instructions prescribed by your healthcare provider.



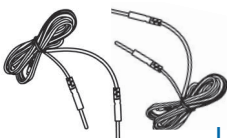
### INTENSITY™ 10 UNIT

- 1 Channel 1 and 2 socket
- 2 AC/DC adapter receptacle
- 3 T (time) and S (therapeutic part) selection buttons
- 4 Channel 1 intensity increase button
- 5 Channel 1 intensity decrease button
- 6 LCD display
- 7 Channel 2 intensity increase button
- 8 Channel 2 intensity decrease button
- 9 Power on/off button
- 10 Belt clip
- 11 Battery compartment cover

### ELECTRODES (SET OF 4)



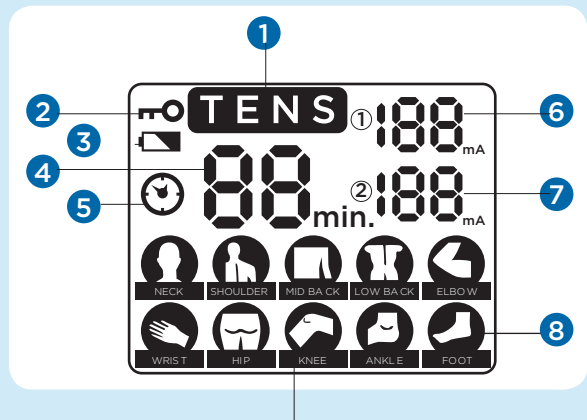
9V BATTERY



LEAD WIRES (2 SETS)

### LCD DISPLAY

- 1 TENS therapeutic mode
- 2 Lock function Indicator
- 3 Low-Battery Indicator
- 4 Treatment time
- 5 Timer symbol
- 6 Channel 1 Intensity Level
- 7 Channel 2 Intensity level
- 8 Body part selection



For more information about your InTENSity™ 10 unit, please visit [richmarweb.com](http://richmarweb.com) or call 1-800-871-7858.

## PROBLEMS WITH YOUR DEVICE?

Please see pages 30 to 31 of your Intensity™ 10

Instruction Manual for troubleshooting tips.



**IMPORTANT!**

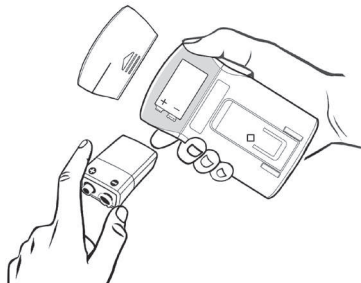
Steps 1-4 should be performed with the device turned OFF. Once the unit has been turned ON, do not remove electrodes without first turning OFF the device.

## QUICK REFERENCE GUIDE

PAGE 2

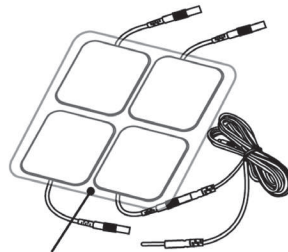
### 1 INSERT BATTERY

Press arrow and slide battery compartment cover open. Insert 9V battery, matching the + and - ends to those in unit.



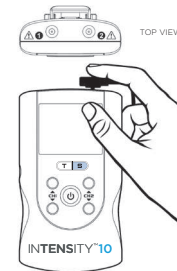
### 2 CONNECT ELECTRODES TO LEAD WIRES

Firmly insert the end of the lead wire pin into the electrode connectors.



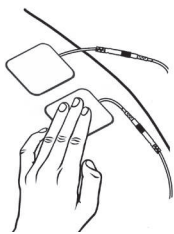
Make sure no bare metal of the pins are exposed.

### 3 CONNECT LEAD WIRES TO TOP OF DEVICE



This unit operates with one or two sets of electrodes. When using one set, plug lead wire into Channel 1 on top of the unit. Use Channel 2 to operate a second set if directed by your healthcare provider.

### 4 PLACE ELECTRODES ON SKIN




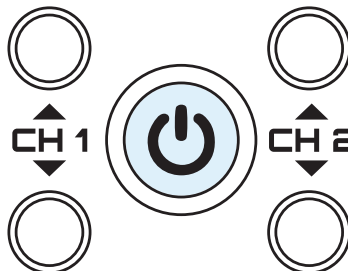
Remove electrodes from protective backing. Keep backing to properly store electrodes after use.

Apply electrodes to the exact site indicated by your doctor or therapist. Skin at the application site should be clean and dry.

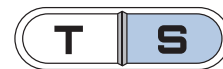
See **Electrode Placement Guide** for more information.

### 5 TURN DEVICE ON

Check that electrodes are securely placed on the skin before activating device. Press and release the  button in the center of the unit to turn it ON.

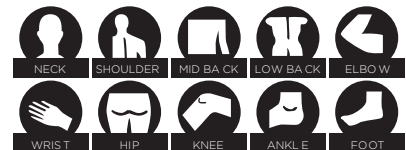


### 6 SELECT THE THERAPEUTIC MODE

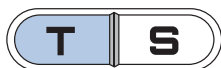


Press the S button. Notice the flashing icon. Continue to press the S button until you reach the desired body part.

Consult your physician for your suitable therapeutic mode.



### 7 SELECT DESIRED TREATMENT TIME



Press the T button to select one of four treatment times: 15 min, 30 min, 60 min and C for continuous.



Press the T button until you reach the time prescribed by your therapist or doctor.

### 8 ADJUST CHANNEL INTENSITY



Press the Intensity control buttons for Channel 1

▲ to increase Intensity

▼ to decrease Intensity






until you reach a comfortable stimulation. Repeat for Channel 2 if both channels are being used.



If stimulation is or becomes uncomfortable, reduce Intensity and consult your physician if problems persist.

### SAFETY FEATURES

The Safety Lock Feature  automatically activates after there is no operation in the panel for 30 seconds by locking out the ability to press the buttons. This is a safety feature to prevent accidental changes to your settings and to prevent accidental increases to the intensity levels. You can press either one of the ▼ buttons to unlock the device.

**Turn off the device** by pressing and holding the power  on/off button for 3 seconds. If in "lock" mode, press the ▼ button to unlock the device and then press and hold the power  on/off button for 3 seconds to turn off.

The device will automatically power off after 3 minutes of inactivity in the panel.

**Low battery indicator**  signals when battery is low. Replace battery when stimulation feels weaker.