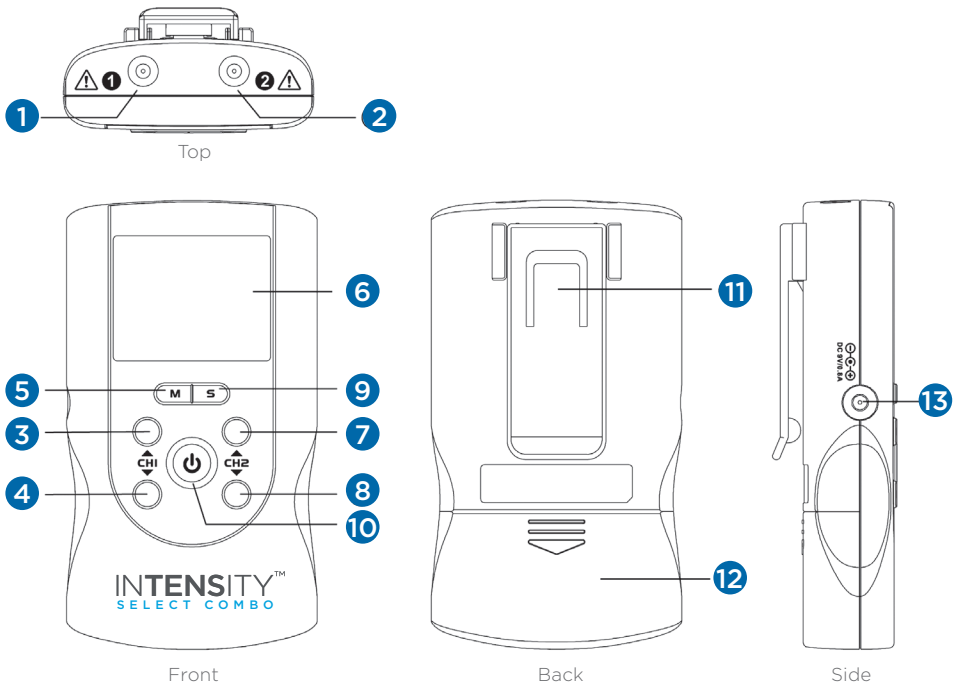
INTENSITY™ SELECT COMBO

Richmar®

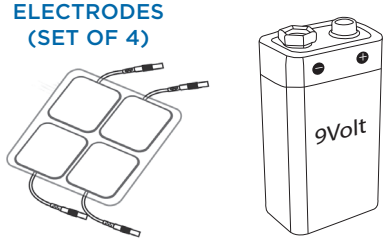
QUICK REFERENCE GUIDE

The purpose of this guide is to assist you in correctly operating your InTENSity™ Select Combo unit. This device should only be used under the continued supervision of a healthcare professional. This guide is not intended to replace or substitute the InTENSity™ Select Combo 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 7 – 11 on your instruction manual. Always follow the operating instructions prescribed by your healthcare provider.



INTENSITY™ SELECT COMBO UNIT

1. Channel 1 output socket
2. Channel 2 output socket
3. Channel 1 intensity increase button
4. Channel 1 intensity decrease button
5. Mode (M) selection button
6. LCD display
7. Parameter (S) selection button
8. Channel 2 intensity increase button
9. Channel 2 intensity decrease button
10. Power on/off button
11. Belt clip
12. Battery compartment cover
13. AC/DC adapter receptacle



ELECTRODES (SET OF 4)

9V BATTERY

LEAD WIRES (2 SETS)

DEFINITIONS

TENS
Transcutaneous Electrical Nerve Stimulator

IF
Interferential

MIC
Microcurrent

EMS
Electrical Muscle Stimulation/ Neuromuscular Stimulation

Indication for use

The TENS/IF/MIC mode is often prescribed for:

- Symptomatic relief of chronic pain
- Post traumatic pain
- Post surgical pain

The EMS mode is often prescribed for:

- Relaxation of muscle spasms
- Increase of blood flow circulation
- Prevention of disuse atrophy
- Muscle re-education
- Maintaining or increasing range of motion
- Immediate post-surgical stimulation of lower leg muscles to prevent venous thrombosis

Do not use this device for undiagnosed pain syndromes until consulting a physician.

For more information about your InTENSity™ Combo Select unit, please visit richmarweb.com or call 1-800-871-7858.

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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.

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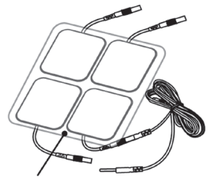
1 INSERT BATTERY

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

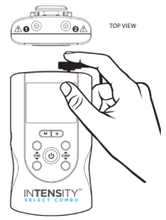
2 CONNECT ELECTRODES TO LEAD WIRES



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

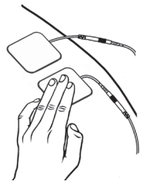
Make sure no bare metal of the pins are exposed.

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



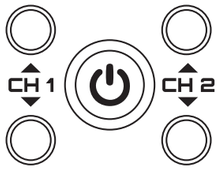
Remove electrodes from protective backing. Keep backing to properly store electrodes after use.

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

There are 4 therapeutic modes available: TENS, EMS, IF, AND MIC. Press the **M** button and continue to press until you have advanced to your desired therapeutic mode.

Consult your physician for your suitable therapeutic mode.

TENS SETTING

Press the **S** button to enter and cycle through to each setting state.

1 SET THERAPEUTIC PROGRAM

There are 4 programs available in the TENS therapeutic mode: **B** - Burst, **N** - Normal, **M** - Pulse Width Modulation, and **M1** - Pulse Rate Modulation. The therapeutic program can be selected by pressing the ▲ and ▼ buttons. In this example, the **M** program is selected and the outside box of **M** program will be flashing.

2 SET CYCLE TIME (OPTIONAL)

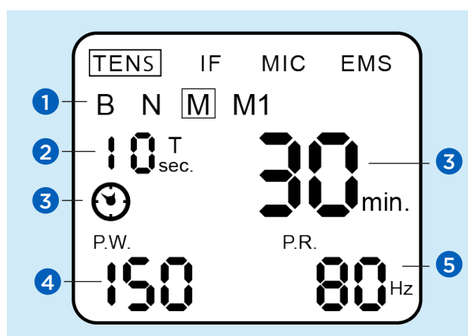
Cycle time is adjustable from **5** to **30** seconds. Only modulation has this parameter setting. Press **S** button to enter this menu, and then press the ▲ and ▼ buttons to adjusting the setting.

3 SET TIMER

Press the **S** button to enter this setting. The treatment time is adjustable from **1** to **60** minutes or Continuous. Press the ▲ and ▼ buttons to adjust setting. You can set the timer to "Continuous" mode by pressing the ▲ control when it shows 60 minutes. The output will be shut off when time is up. If in continuous mode, you need to manually turn off device.

4 SET PULSE WIDTH

Pulse Width is adjustable from **50** uS to **300** uS. Press **S** button to enter this menu, then press the ▲ and ▼ buttons to adjust the setting.



5 SET PULSE RATE

Pulse rate is adjustable from **1** Hz to **150** Hz (0.5 Hz to 5 Hz for Burst). Press the **S** button after scrolling through and completing all settings to start the therapy program. The ▲ and ▼ buttons can be used to increase ▲ or decrease ▼ the intensity level.

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EMS SETTING

Press the **S** button to enter and cycle through to each setting state.

1 SET THERAPEUTIC PROGRAM

There are 3 programs available in EMS therapeutic mode: **S** - Synchronous, **A** - Alternate and **D** - Delay. The therapeutic program can be selected by pressing the ▲ and ▼ buttons. In this example, the **D** program is selected and the outside box of **D** program will be flashing.

2 SET TIMER

Press the **S** button to enter this setting. The treatment time is adjustable from **1** to **60** minutes or Continuous. Press the ▲ and ▼ buttons to adjust setting. You can set the timer to "Continuous" mode by pressing the ▲ control when it shows 60 minutes. The output will be shut off when time is up. If in continuous mode, you need to manually turn off device.

3 SET PULSE WIDTH

The pulse width determines the length of time each electrical signal is applied through the skin, which controls the strength and sensation of the stimulation. Press the **S** button to enter this setting. The pulse width is adjustable from **50** to **300** uS. Press the ▲ and ▼ buttons to adjust the setting.

4 SET PULSE RATE

The pulse rate determines how many electrical impulses are applied through the skin each second. Press the **S** button to enter this menu. Adjust the setting by pressing the ▲ and ▼ buttons. The pulse rate is adjustable from **1** Hz to **150** Hz.

5 SET DELAY TIME (OPTIONAL)

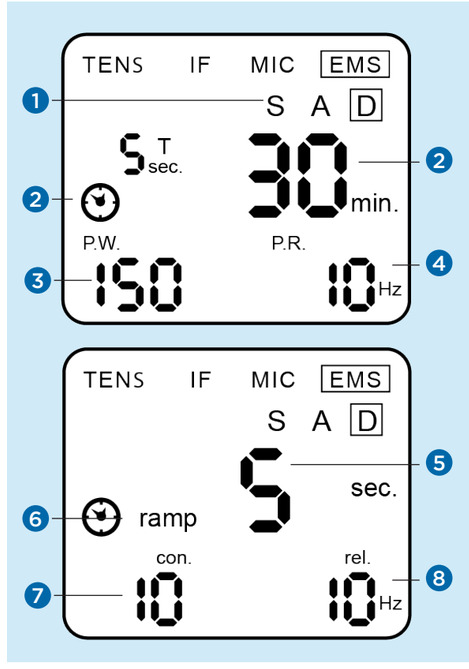
Delay time is adjustable form **1** to **10** seconds. Only the "Delay" therapeutic program has this parameter setting. Press the **S** button to enter this menu, and then press the ▲ and ▼ buttons to adjust the setting.

6 SET RAMP TIME

The ramp time controls the time of output current that increase from **0** to the setting level, and from the setting value to **0**. When the ramp time is set, each contraction may be ramped up and down in order that the signals come on and come off gradually and smoothly. The ramp time is adjustable from **1** to **6** seconds.

7 SET CONTRACT TIME

The contract time controls the time of stimulation and can be adjusted. Press the **S** button to enter this menu, and then press the ▲ and ▼ buttons to adjust the setting. Both channels' stimulation is cycled on and off by the contraction and relaxation settings. The range is adjustable from **1** to **60** seconds.



Caution: Contract time does not include the ramp up and ramp down time, ON time = Ramp up + Contract time + Ramp down.

8 SET RELAXATION (OFF) TIME

The off time controls the time of relaxation and can be adjusted. Press the **S** button to enter this menu, and then press the ▲ and ▼ buttons to adjusting the setting. Both channels' stimulation is cycled on and off by the contraction and relaxation settings. The range is adjustable from **0** to **60** seconds.

Press the **S** button after scrolling through and completing all settings to start the therapy program. The ▲ and ▼ buttons can be used to increase ▲ or decrease ▼ the intensity level.

IMPORTANT TIPS AND 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.

Once you have activated the treatment timer, you can press the **M** button or the ▼ button to control stop the treatment.

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 2 minutes of inactivity in the panel.

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

PROBLEMS WITH YOUR DEVICE?

Please see pages 36 and 37 of your InTENSity™ Select Combo Instruction Manual for troubleshooting tips.

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IF SETTING

Use 4 electrodes when using the Interferential mode. Press the **S** button to enter and cycle through to each setting state.

1 SET THERAPEUTIC PROGRAM

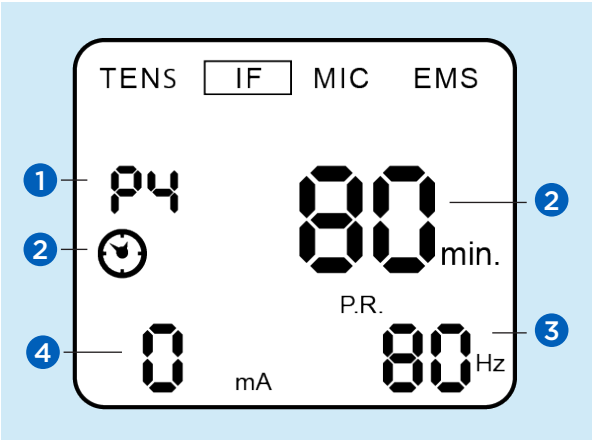
There are 4 programs available in IF therapeutic mode. The therapeutic program can be selected by pressing the ▲ and ▼ buttons. The mode you selected will show up on the top of liquid crystal display.

2 SET TIMER

Press the **S** button to enter this setting. The treatment time is adjustable from **1** to **60** minutes or Continuous. Press the ▲ and ▼ buttons to adjust setting. You can set the timer to "Continuous" mode by pressing the ▲ control when it shows 60 minutes. The output will be shut off when time is up. If in continuous mode, you need to manually turn off device.

3 SET INTERFERENCE FREQUENCY (OPTIONAL)

Channel 1 has **4000** Hz fixed fundamental frequency. Channel 2 has selectable frequency from **4001** to **4150** Hz; Interference frequency is adjustable from **1** Hz to **150** Hz. Only "P4" has this parameter setting. Press the **S** button to enter this menu, and then press the ▲ and ▼ buttons to adjusting the setting.

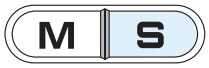


4 SET CYCLE TIMER

Press **S** button after scrolling through and completing all settings to start the therapy program. The the ▲ and ▼ buttons can be used to increase ▲ or decrease ▼ the intensity level.

MICROCURRENT SETTING

Press the **S** button to enter and cycle through to each setting state.



1 SET THERAPEUTIC PROGRAM

There are 3 programs available in MIC therapeutic program: **Constant, Pulse Width Modulation,** and **Pulse Rate Modulation.** The therapeutic program can be selected by pressing the ▲ and ▼ buttons. The mode you selected will show up on the top of LCD Display.

2 SET TIMER

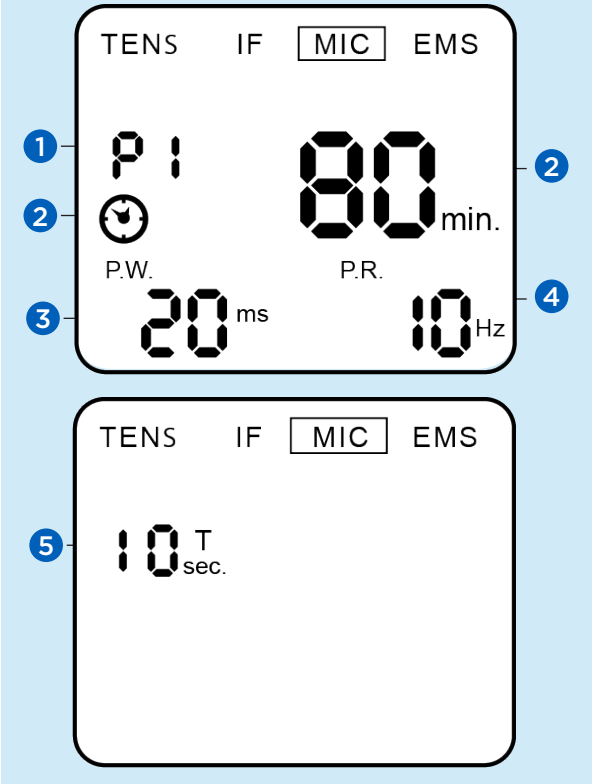
Press the **S** button to enter this setting. The treatment time is adjustable from **1** to **60** minutes or Continuous. Press the ▲ and ▼ buttons to adjust setting. You can set the timer to "Continuous" mode by pressing the ▲ control when it shows 60 minutes. The output will be shut off when time is up. If in continuous mode, you need to manually turn off device.

3 SET PULSE WIDTH

Pulse Width is adjustable from **2**ms to **200**ms. Press the S button to enter this menu, then press the ▲ and ▼ buttons to adjusting the setting.

4 SET PULSE RATE

Pulse rate is adjustable from **1** Hz to **150** Hz. Press the S button to enter this menu, and then press the ▲ and ▼ buttons to adjusting the setting.

5 SET CYCLE TIME (OPTIONAL)

Cycle time is adjustable form **5** to **30** seconds. Only modulation mode has this parameter setting. Press S button after scrolling through and completing all settings to start the therapy program. The the ▲ and ▼ buttons can be used to increase ▲ or decrease ▼ the intensity level.