

# TruWave PLUS

## Getting Started

### TENS/NMES & IFC

- (1) Slide the compartment door on the back of the unit down and insert the 9 volt battery.
- (2) Plug in the leadwires on the top of the unit according to the desired treatment. **(Fig. A)** Insert only the black leadwire for TENS & NMES mode and both leadwires for IFC mode.
- (3) Attach the electrodes (pads) to the pin connectors at the end of each leadwire. **(Fig. B)**
- (4) Apply the electrodes (pads) in a perpendicular pattern to the skin directly over the painful area when using the TENS & NMES mode: **(Fig. C)** When using the IFC mode apply the electrodes in an "X" pattern directly over the painful area. IFC mode: **(Fig. E)**
- (5) Turn the TruWave Plus unit ON by pressing the **I** button once. Choose IFC, TENS or NMES mode by pressing the Program Button.
- (6) Increase the intensity by pressing the Up Button that corresponds with the attached leadwire until a strong but comfortable stimulation level is felt. The sensation should be strong but comfortable.
- (7) The unit will automatically shut off at the preset treatment time shown on the display. If the treatment timer has been set to Continuous then the device will need to be shut off manually by pressing and holding the **⏻** Button until display turns off.

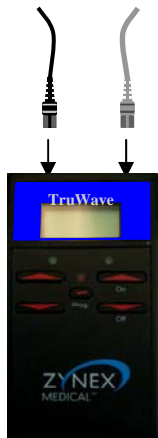


Figure A

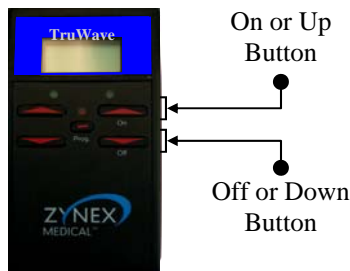


Figure D

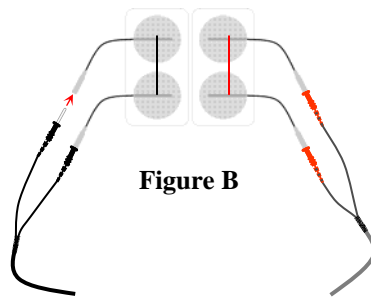


Figure B

IFC Mode

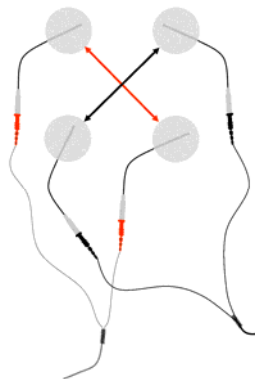


Figure E

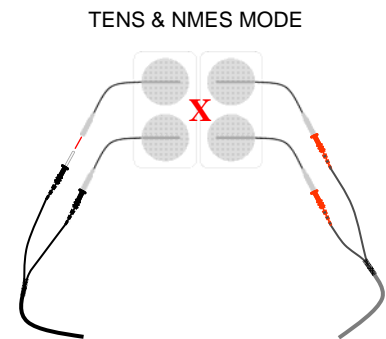


Figure C

**Note:** Zynex Medical products should be used according to the advice of a medical professional.

Please refer to recommended placement charts to position electrodes so that the current passes through the painful area.



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