

**STAMOBIL + QUICK START INSTRUCTIONS**

1. CLEAN YOUR SKIN PRIOR TO APPLYING THE ELECTRODES WITH RUBBING ALCHOHOL AND COTTON BALL OR SOAP AND WATER
2. ATTACH LEAD WIRE PLUGS TO THE ELECTRODES (EITHER 2 OR 4 ELECTRODES CAN BE USED)
3. APPLY THE ELECTRODES THE AREA INSTRUCTED BY YOUR CLINICIAN
4. ATTACH THE TOP OF THE LEAD WIRE TO THE TOP OF THE DEVICE.
5. PRESS MIDDLE POWER BUTTON
6. DEVICE WILL TURN ON

BOX IN UPPER LEFT WILL BE ON TENS

1. THE DEVICE IS PRESET WITH THE TENS PROGRAM AND TIME DURATION REQUESTED BY YOUR THERAPIST
2. CH1 UP ARROW WILL CONTROL THE INTENSITY FOR THE LEAD WIRE AND ELECTRODES ATTACHED TO IT
3. CH2 UP ARROW WILL CONTROL THE INTENSITY FOR THE LEAD WIRE AND ELECTRODES ATTACHED TO IT

IF YOUR THERAPIST WANTS YOU TO UTILIZE NMES (ELECTRICAL MUSCLE STIMULATION) IN ORDER TO FACILITATE A MUSCLE CONTRACTION.

1. PRESS THE “M” BUTTON UNTIL THE MODE SWITCHES FROM TENS TO NMES… NMES WILL NOW BE IN A BOX
2. THE DEVICE IS PRESET WITH THE NMES PROGRAM AND TIME DURATION REQUESTED BY YOUR THERAPIST
3. CH1 UP ARROW WILL CONTROL THE INTENSITY FOR THE LEAD WIRE AND ELECTRODES ATTACHED TO IT
4. CH2 UP ARROW WILL CONTROL THE INTENSITY FOR THE LEAD WIRE AND ELECTRODES ATTACHED TO IT

**FEATURES IN DEVICE ARE BELOW**

THE DEVICE CAN RUN FROM A 9V BATTERY **OR** AN AC ADAPTER INCLUDED, USE AC ADAPTOR AS MUCH AS POSSIBLE WHEN STATIONARY TO PRESERVE YOUR 9V BATTERY LIFE. THE AC ADAPTOR IS NOT A CHARGER, IT BYPASSES THE BATTERY WHEN PLUGGED INTO THE WALL AND INTO THE SIDE OF THE DEVICE.

THE DEVICE CONTAINS FLASH MEMORY, SO WHEN YOU TURN THE DEVICE ON AFTER IT HAS BEEN OFF, IT WILL GO TO THE SETTINGS YOU HAD ON PRIOR TO IT TURNING OFF BEFORE

AFTER YOUR INTENSITY HAS NOT CHANGED FOR 30 SECONDS, A “KEY” SYMBOL SHOWS ON THE DISPLAY. THIS LOCKS OUT THE CH1 AND CH2 UP ARROWS. IF YOU WANT TO INCREASE THE INTENSITY WHEN THE “KEY” SYMBOL IS SHOWING, PRESS THE CH1 OR CH2 DOWN ARROW TO UNLOCK… THEN YOU CAN USE THE CH1 OR CH2 UP ARROWS AGAIN