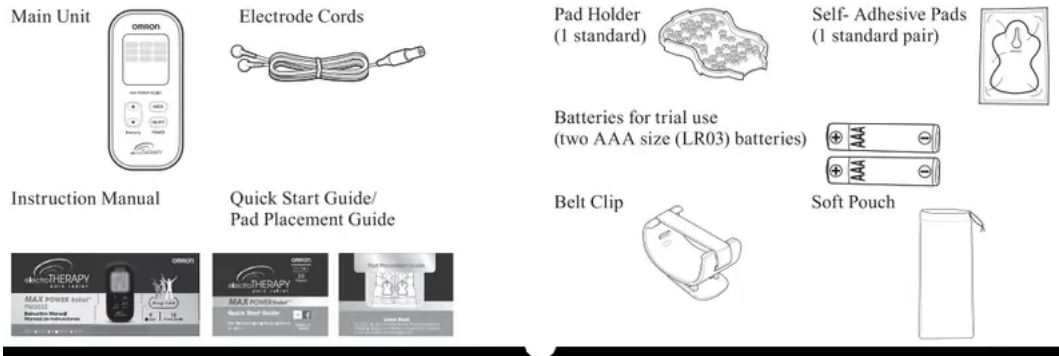


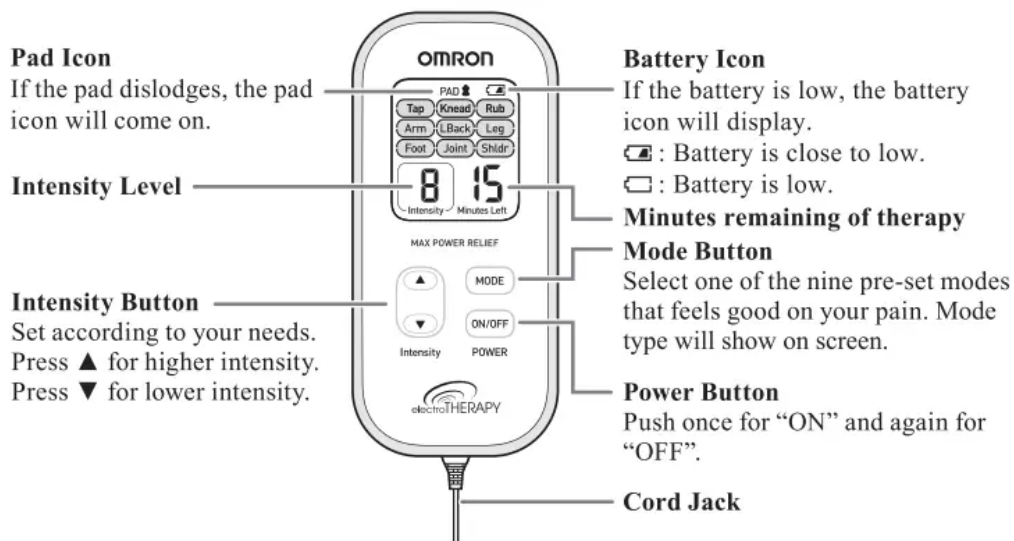
KNOW YOUR UNIT

PACKAGE CONTENT



FEATURES

1. **Nine pre-set modes** (Arm, Lower Back, Leg, Foot, Shoulder, Joint, Tap, Knead, Rub).
2. **Fifteen intensity levels** (1 low to 15 high).
3. **Pair of pads** (durable, re-usable, washable, up to 150 uses).
(Only use OMRON manufactured pads or cords with this unit).
4. Automatic **15 minute shut off**.
5. **Big screen** lets you clearly control your therapy with mode, intensity level and minutes left
6. **Low battery icon** displays to remind you to replace the batteries.
7. **Pad icon** displays if pad falls off,



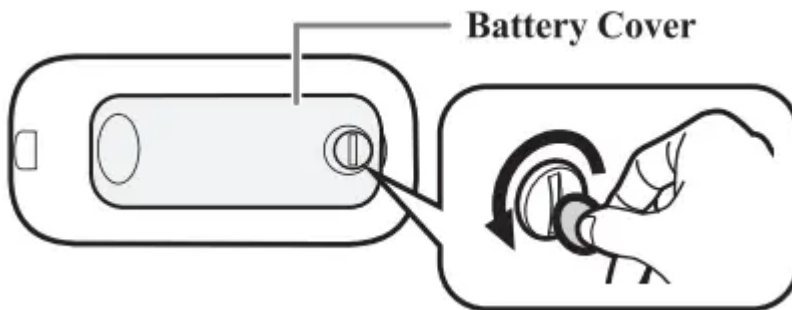
ASSEMBLY STEPS

Before using your unit, inspect these things.

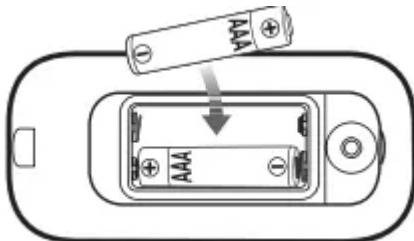
1. Cord is not broken.
2. Pad gel is not damaged.
3. Electrode cord connection is not broken.
4. Unit is intact and working.
5. There is no battery leakage.

STEP 1 - INSERT BATTERIES

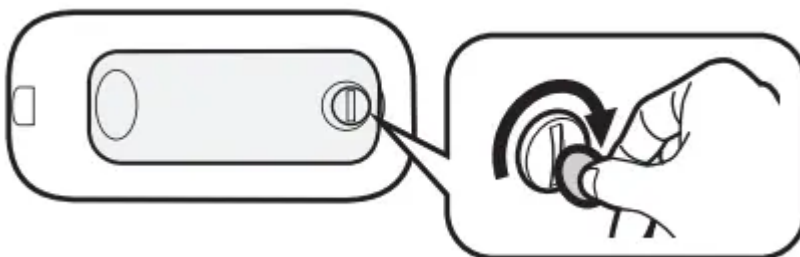
1. Remove the battery cover on the back using a coin.



2. Insert batteries e the \oplus \ominus signs correspond when inserting batteries.

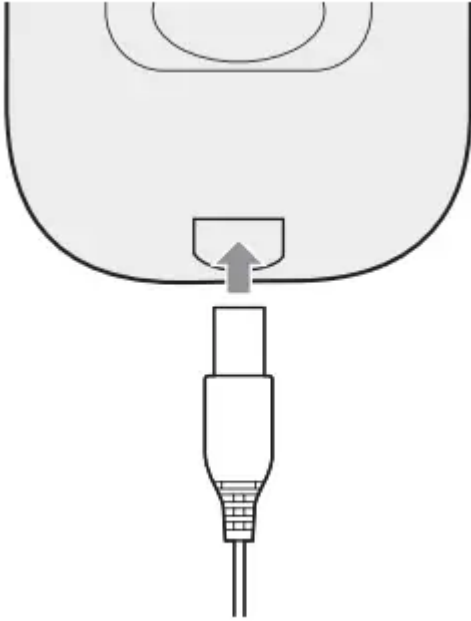


3. Reinstall the battery cover. Tighten with a coin.



STEP 2 - ATTACH ELECTRODE CORD TO THE MAIN UNIT

Attach the electrode cord plug to the bottom of the main unit.



STEP 3 - SNAP EITHER ELECTRODE CORD TO EACH OF THE PADS

For the first time, take the pads out of the sealed package.

<p> Do NOT turn unit on, until pads are on your skin.</p> <p> You MUST USE BOTH PADS or stimulation will not work.</p>	 A line drawing of a person's face in profile. Two electrode pads are shown being attached to the face. One pad is on the forehead, and the other is on the cheek. Arrows point from the pads to the face, and the pads are labeled 'ORFICHI'.
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NOTE: Pads will not stick if the skin has too much hair. We recommend shaving the area for effective treatment.

STEP 4 - REMOVE AND DISCARD PLASTIC FILM FROM PADS

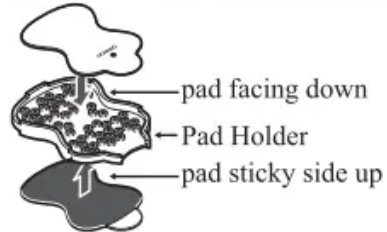
Remove the clear plastic film from the back of the pad.

Discard the plastic film backing as well as the clear packaging.

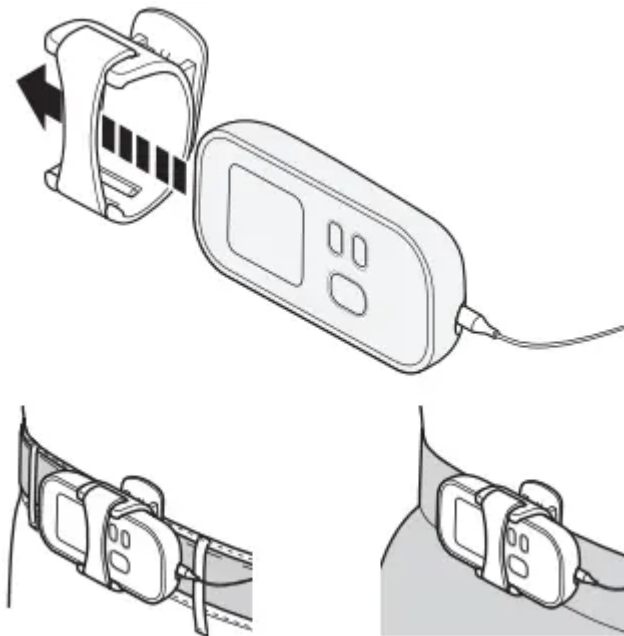


STORING PADS ON PAD HOLDER

Remove plastic film and put sticky side of pads on either side of the pad holder.



STEP 5 - ATTACH THE UNIT TO THE BELT CLIP

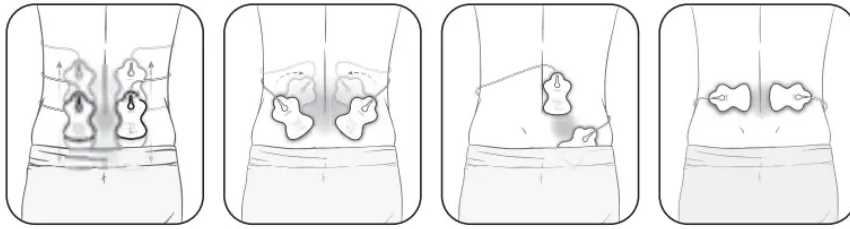


GET STARTED WITH YOUR THERAPY

(USE FOR A MAXIMUM OF 30 MINUTES PER SESSION)

STEP 1 - PAD PLACEMENT

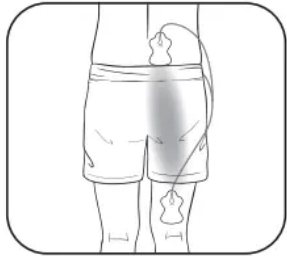
Before starting your therapy, rate your pain from 1 low to 15 high. This mental check gives you a basis you can compare to once the session is complete.



LOWER BACK

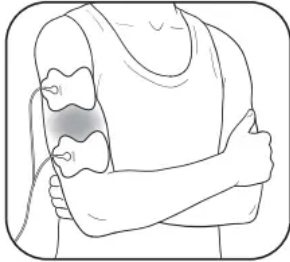
Attach both pads on the lower back according to your pain.

Place pads on muscle of back, not on spine, for optimal therapy.



LOWER BACK

Attach one pad below and above the region in pain,
both on same side.



ARM

Attach both pads on either side of the region where you
feel pain.



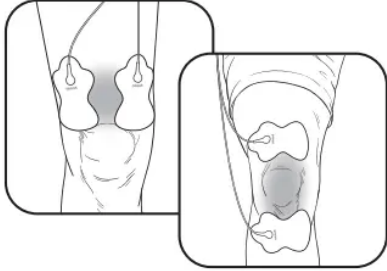
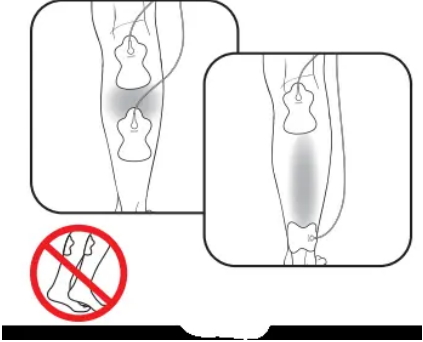
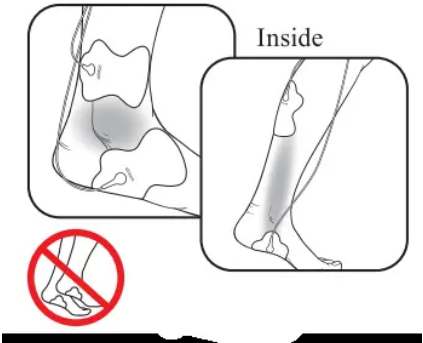


JOINT (ELBOW)

Attach both pads on either side of the joint with the
pain.



LEG (HIP&THIGH)

Attach both pads on either side of the area with pain.

	<p align="center">JOIN (KNEE)</p> <p align="center">Attach both pad above the knee or above and below the joint with pain.</p>
	<p align="center">LEG (CARF)</p> <p align="center">Attach both pad on the calf where you feel pain</p>
<p>Outside</p>  <p>Inside</p>	<p align="center">FOOT (ANKLEE)</p> <p align="center">Attach pad on the left for pain on the outside of your ankle/foot. Attach the pads on the right for pain on the inside of the ankle/foot</p>
	<p align="center">SHOULDER</p> <p align="center">Attach both pads on the shoulder according to your pain</p>
	<p align="center">SHOULDER</p> <p align="center">Attach one pad on the front and on the back of your shoulder.</p>

STEP 2 - SELECT 1 OF 9 MODES

- Push "ON/OFF"
- Choose 1 of the 9 modes. Modes cannot be combined

Choose a massage-like mode

1. Tapping
2. Kneading
3. Rubbing

Or choose a pain mode:

4. Arm
5. Lower Back
6. Leg
7. Foot
8. Joint (Knee/elbow/wrist)
9. Shoulder

How to switch modes?

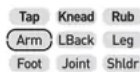
The unit automatically defaults to the last mode selected. Each time you push the mode button, it switches to the next mode at the lowest intensity. You can only use ONE MODE at a time.

How to select the right mode

Any of the modes can be used on body parts or pains described in this manual or Quick Start Guide/Pad Placement Guide.

Select the mode that feels right for your unique pain.

Arm



Lower Back



Leg



Foot



Therapies designed for	Arm	Lower Back	Leg	Foot
Potential conditions	Swelling, stiffness, sore or achy, muscle or nerve pain.	Stiffness, soreness, muscle spasm, nerve pain.	Swelling, fatigue, stiffness, muscle or nerve pain.	Swelling, fatigue, chilly feeling, sore or achy.
What does the therapy deliver?	Series of low to medium rate tapping, tingling and pulsing sensations.	Series of high rate to low tingling sensations, followed by tapping. With higher intensity, you may feel kneading or massage-like sensations	Series of low to medium tapping and rubbing	Series of low rate tapping, pulsing sensations.

Joint

Tap Knead Rub
 Arm LBack Leg
 Foot Joint Shldr

Shoulder

Tap Knead Rub
 Arm LBack Leg
 Foot Joint Shldr

Tap

Tap Knead Rub
 Arm LBack Leg
 Foot Joint Shldr

Knead

Tap Knead Rub
 Arm LBack Leg
 Foot Joint Shldr

Rub

Tap Knead Rub
 Arm LBack Leg
 Foot Joint Shldr

Therapies designed for	Joint	Shoulder	Tap	Knead	Rub
Potential conditions	Swelling, stiffness, sore	Stiffness, sore or achy, tight feeling.	Stiffness, soreness, tight	Stiffness, sore or achy, knotty muscles, tight feeling.	Stiffness, sore or achy, knotty muscles, tight
What does the therapy deliver?	Series of medium to high rate tapping.	Series of low to high rate tapping, pulsing, like sensations.	Series of low rate tapping sensations.	Series of medium rate pulsing sensations to mimic massage.	Series of high rate pulsing sensations to mimic hands rubbing.

STEP 3 - SELECT THE CORRECT INTENSITY LEVEL (1 LOW-15 HIGH)

Start at the lowest Intensity level and slowly Increase It by pushing the “▲(Up)” arrow button. You should feel a gentle pulsing sensations

How do I pick the right intensity level for my pain?

Each time you push “▲(Up)” or “▼ (Down)” arrow, it moves to another level. If the stimulation sensation becomes weaker or disappears, increase the intensity until it is restored. But, if the sensation is at all uncomfortable, press the down arrow to decrease the intensity.

- Press ▲ for higher intensity.
- Press ▼ for lower intensity.

How long is the therapy?

The unit will continue automatically for 15 minutes before it shuts off. We recommend a total of 30 minutes therapy in one sitting, up to 3 times/day.

The screen shows you how many minutes are remaining.



HOW TO CONTROL AND REDUCE YOUR PAIN

When should I start therapy?

Use as soon as your pain begins. Start with one session (unit automatically turns off at 15 minutes). Turn off with pads still on and RATE YOUR PAIN again (1 low to 15 high).

Get to your pain early

If you get to your pain early, it may prevent the pain from becoming worse, or even chronic. It's better for you to get it under control sooner so that it does not reach a high pain threshold where it limits your daily activities.

How long should you use it?

Start with one 15 minute session. Always turn unit off with pads still on. Rate your pain to check your progress, 1 low to 15 high. Stop therapy session if pain has reduced or stopped. Press "On" button to continue therapy for another 15 minute session.

1 session 15 minute automatic shut-off	Max minutes/session 30 minutes	Max times/day 3 times per day
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When to stop using the unit?

1. If you experienced an **adverse reaction** (skin irritation/ redness/burns, headache or other painful sensation, or if you feel any unusual discomfort).
2. If your pain **does not improve**, becomes seriously chronic and severe, or continues **for more than five days**.

What type of pain is it best for?

This therapy works best on acute pain because it is localized. Acute pain is pain in one area for less than 3 months. If you have chronic pain, you may have pain in more than one area and for longer than 6 months. Chronic pain may be compounded by other issues that this unit cannot address.

Remember, this unit does not cure your pain or the original cause of the pain. It provides temporary relief or reduction of pain so that you can control your life and activities better.

Before using, check these points to make sure everything is working properly.

1. Make sure the cord is not broken.
2. Check that the pad adhesive sticks and is not damaged.
3. The electrode cord connection is not broken.
4. The unit is intact and in working order.
5. There is no battery leakage.

CLEANING AND STORAGE

The unit is designed for repeated use over time. The pads will last up to 150 uses, or 5 months (based on use 1/day). Here are important cleaning and storage instructions:

Cleaning the pads

1. Turn the power off and remove the electrode cord from the pads.

2. Wash the pads when the adhesive surface becomes dirty and/or the pads are difficult to attach.

- Wash the pad softly with your fingertips under slow running cold water for several seconds (do not use a sponge/cloth/sharp object like a nail on adhesive side, do not use detergents, chemicals or soap).



3. Pads can be washed after 15 uses, approximately ten times for up to 150 uses. Do not wash the pads too long or too frequently.
4. Dry the pads and let the adhesive surface air-dry completely. Do not wipe with a tissue paper or cloth.
5. Pads are replaceable and can be purchased when needed by calling 1-800-634-4350 or go to [omronhealthcare website](http://omronhealthcare.com)

The life of the pads may vary by how often you wash the pads, the skin condition, and how you store the pads.

When should you replace your pads?

If the pad no longer sticks to your skin or if more than 25% of the pad's surface is not in contact with your skin.

Cleaning the unit

1. Turn unit off and disconnect the electrode cords from the pads.

2. Clean with a lightly moistened cloth (or a cloth soaked in a neutral cleaning solution) and wipe gently.

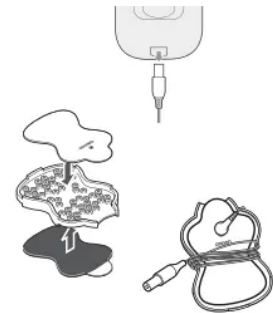
- Do not use chemicals (like thinner, benzene).
- Do not let water get into the internal area.

Storing the pads

1. Turn the unit off and remove the cord from the bottom of the unit.
2. Remove the pads from your body.
3. Leave the electrode cords connected to the pads.

Place the pads on the pad holder, one pad on each side with the sticky side of each pad on the pad holder.

4. Wrap the electrode cords around the pad holder.



Storing the unit and pads

- Store the unit with the belt clip on. Store the pads with the electrode cords on the pad holder on the pad holder, and put into the pouch.
- Do not keep in areas subject to direct sunlight, high or low temperatures, humid i, near to fire, vibration, or shock.



Operating and storage temperature,

50°F - 104°F (10°C - 40°C), 30% - 80% relative humidity.


- Do not keep at places that can be easily reached by children.
- When not in use for a long period, remove the batteries before storage, to avoid liquid discharge from batteries.
- Do not wrap the electrode cords V around the unit because it may damage the cord.




TROUBLESHOOTING

If this happens...	Possible causes...	Try this solution...
<p>The Intensity is not felt.</p> <p>Very weak intensity level.</p>	<p>Are you using only 1 pad?</p>	<p>Put the other pad on your skin. You must use BOTH PADS for therapy to work.</p>
	<p>Have you removed the transparent film from the pad?</p>	<p>Peel off film on the adhesive surface of</p>
	<p>Are the pads stacked together or do pads overlap?</p>	<p>Check placement of pads. Refer to Pad Placement Guide.</p>
	<p>Is the cord properly connected to the unit?</p>	<p>Connect cord plug correctly into the jack at bottom of this unit</p>
	<p>Is the intensity setting getting weak?</p>	<p>Press the ▲ up button.</p>
	<p>Is the gel damaged?</p>	<p>Replace pad.</p>

The intensity is not felt. Very weak Intensity level.	Are the batteries weak?	Replace both AAA batteries.
	Is the intensity "1"?	Press the ▲ up button.
The skin turns red or the skin feels Irritated.	Is the adhesive surface of pads dirty	Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running
	Is therapy time too long?	Use less than 15 minutes.
	Arc the two pads attached properly to the body?	Refer to the Pad Placement Guide and attach correctly.

The skia turns red or the skin feels irritated.	Is the pad surface worn out?	Replace both pads at the same time,
No power soiree.	Are the polarities of battery (+ and -) aligned in the wrong direction? Are the batteries depleted?	Check batteries for correct alignment Replace batteries.
Power cut off during use.	Are the batteries weak?	Replace both batteries at the same time
	Is the cord broken?	Replace cord.
Battery Icon Is empty or close to empty. 	Are the batteries weak?	Replace both batteries at the same time.

Pad gel does not stick to skin	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of
	Is the pad wet? or Is your skin too wet?	Dry the pad. or Dry the skin
	The pad gel may be damaged.	Replace the pad.
	Is there too much hair on your skin?	Shave the immediate area ibr proper pad adhesion.

Pad gel does not stick to skin	Are you using pad during perspiring?	Dry the pad placement
	Have the pads been washed too long and/ or too frequently?	Leave the pad in freezer for overnight.
	Were the pads stored under high temperature, high humidity, or direct sunshine?	Replace both pads.
Pad icon is displayed. PAD 	Only 1 pad is attached, or both pads are not attached.	Re-attach dislocated pad(s) onto the skin
	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of
	Is the cord properly connected to the main unit?	Connect cord plug correctly into the jack at the bottom of the main unit
	Is the adhesive surface of pads dirty or dry?	Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running
If the above measures are not effective, contact us at 1-800-634-4350,		

SPECIFICATIONS

Product Name	OMRON [®] MAX POWER Relief [™]
Model #	PM3032
Power Source	DC3V (two AAA alkaline batteries or two AAA manganese batteries)
Battery Life	New batteries (two AAA alkaline batteries) will last for approx. 4 months (when used for 15 minutes a day, Lower Back Mode, max. intensity).
Frequency	Approx. 1 to 238Hz
PULSE Duration	150 µsec
Maximum Output Voltage	70V (during 500Ω load)
Power Control	15 intensity levels
Operating and Storage Temperature, Humidity (When using product)	50°F to 104°F (10 °C to 40 °C), 30 to 80% RH
Transportation Temperature, Humidity, Air Pressure	-4°F to 140°F (-20°C to 60°C), 10 to 95% RH, 700 to 1060 hPa
Weight	Approx. 100g (incl. batteries)

Outer Dimension	Width 52mm x Height 112mm x Depth 25mm
Classification of ME equipment	Internally powered
IP classification	IP 22

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.