



## Med-Sport™ OTC Microcurrent for Pain Relief

- Non-invasive and drug-free therapy
- Advanced bio-electric stimulation technology
- Portable and battery-operated with built-in electrodes
- FDA-cleared for the temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, back of the neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities.

**AVAZIA™**

Innovation in Health & Wellness Technology

### Med-Sport™ Device

#### International Certifications

- US FDA 510K cleared
- ISO 13485 International Quality Management System Certification
- CE - Medical Device Certification mark in Europe
- Health Canada license

#### Intended Use:

Transcutaneous Electrical Nerve Stimulation (TENS)

#### Indications for Use:

For the temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, back of the neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities.

#### Safety Precautions

Read all safety instructions in the Owner's Manual before operating. The device should only be used for the purpose for which it is intended. Device should only be used by people who can read and understand these instructions in English.

#### Contraindications

Do not use on persons with a demand-type cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death. Do not use if pregnant or nursing. Do not use device for undiagnosed pain syndromes until etiology is established.

#### Usage

- Microcurrent for Pain Treatments in My Practice
- Shoulder Joint Pain Therapy
- Knee Pain Therapy
- Elbow Pain Therapy
- Neck Pain Therapy
- Performance Enhancement
- Shin Splint Pain Therapy

### **Intended Population: Is It For Me?**

- ✓ Read and understand English
- ✓ Have sore and aching muscles in the shoulder, waist, back, back of the neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities
- ✗ Not intended for those that have implanted electronic devices (demand-type cardiac pacemaker, implanted defibrillator, etc.)
- ✗ Not intended for those that have suspected or diagnosed heart conditions
- ✗ Not intended for those with suspected or diagnosed epilepsy
- ✗ Not intended for use when nursing, pregnant, or trying to become pregnant
- ✗ Not intended for use with undiagnosed pain syndromes
- ✗ Not intended for children (keep away from children)

### **Med-Sport™ Device**

### **Where Can The Device Be Used?**

- ✓ Transcutaneously (through the skin) over normal, intact, clean, and healthy Skin
- ✓ Sore and aching areas due to strain from exercise or normal household work activities
- ✓ Shoulder
- ✓ Waist
- ✓ Back
- ✓ Back of the neck
- ✓ Upper extremities (arms)
- ✓ Lower extremities (legs)
- ✗ Not intended for use over the thyroid or the carotid sinus nerves
- ✗ Not intended for use on the front of neck
- ✗ Not intended for use in the mouth or other internal orifices
- ✗ Not intended for use on the eyeballs
- ✗ Not intended for use transcerebrally (through the head)
- ✗ Not intended for use over menstruating or pregnant uterus
- ✗ Not intended for use over open wounds or rashes
- ✗ Not intended for use transthoracically (across or through the chest)
- ✗ Not intended for use over or in proximity to cancerous lesions
- ✗ Not intended for use over metallic implants present in the spine

## Stop Using If:

- Skin irritation occurs
- Hypersensitivity occurs
- Burning sensation occurs
- Feeling a headache
- Feeling lightheaded (people with low blood pressure should use with caution particularly in neck and lower abdomen)
- Feeling dizzy (people with low blood pressure should use with caution particularly in neck and lower abdomen)
- Fainting occurs (people with low blood pressure should use with caution particularly in neck and lower abdomen)
- Under the effects of drug or alcohol

## Consult With Your Physician And Use With Caution If:

- There is a tendency to hemorrhage following acute trauma or fracture
- Following recent surgical procedures when muscle contraction may disrupt the healing process
- Using over areas of the skin which lack normal sensation

## Risk Assessment:

In order to avoid risk of death or serious injury, follow all safety instructions.

## Product Options Available for Purchase



**Stand alone device with built-in electrodes.**

**Benefit:** Requires no consumable conductive pads.



**Zipper pouch with self-adhesive conductive pads and lead wires.**

**Benefits:** Portable pain solution, gel pads eliminate the need to hold the device.



**Portable carrying case kit with Y-electrode, self-adhesive conductive pads and lead wires.**

**Benefits:** Y-electrode provides optimized treatment and electro massage.

Y electrode, self-adhesive electrodes, and lead wires are also available for purchase separately.

# Avazzia Pain Relief Testimonials

*I played football at University of Arkansas and Northeastern State University in Oklahoma and sustained many injuries during my athletic career. I have tried just about everything I could to sooth and relieve the pain associated with arthritis and scarring of muscles, tendons and bone fractures...(including) very expensive shots and several different prescription TENS units...I found a significant measurable amount of relief associated with the Avazzia therapy in a very short time. I must say I have found the relief I have been trying to find with all of the others and your Avazzia unit really works. I consider this unit to be the next generation of therapy devices to be recommended by team doctors and trainers.*

**Bill Scott**

High school, Collegiate and NFL football player (retired)  
Former Bristow (OK) High School coach  
Oklahoma Coaches Association 1985 Hall of Fame honoree

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*After spending eight hours a day using a computer mouse , I began suffering from severe numbness in my right hand and arm. I was introduced to the Avazzia device and began seeing improvement almost immediately. Within six months I was totally symptom-free and able to avoid surgery (which I was told was my other option). Since then I have used the device to relieve the chronic neck and shoulder pain that has seriously impacted quality of life for my entire adult life. Nothing I've tried before has been as effective.*

**Dianne Stultz**

Plano, TX

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*Community Health Center of Lubbock has been searching for an effective method to deal with our unfunded clients lower back pain. We are excited that Avazzia has a solution that we are working to incorporate into our practice.*

**Michael Sullivan**

Lubbock Community Health Center

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# Getting Started With the Med-Sport™

1. Insert two double AA batteries into the battery compartment on the reverse side of your Avazzia Med-Sport device.



2. Turn on the device using on/off slide switch.

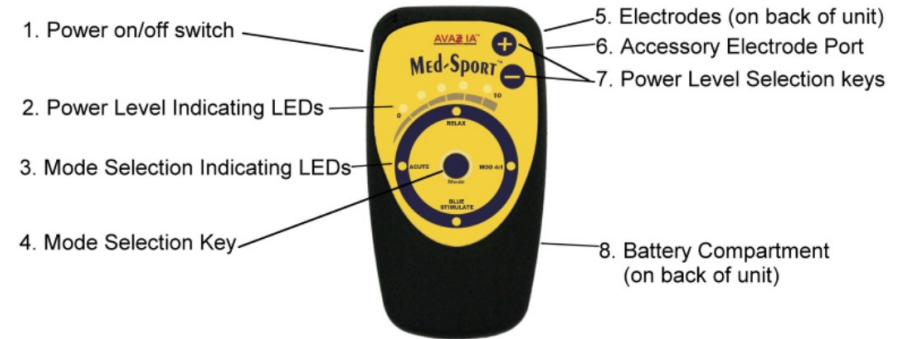
Power ON/OFF Slide Switch



3. Your Med-Sport device is ready for use.

# Med-Sport™ Device Overview Diagram

## Overview of Med-Sport operation:



1. **Power on/off slide switch:** Slide the switch to turn the device on and off.
2. **Power Level Indicating LEDs:** When device is turned on, power level is 1 (lowest power) and leftmost power intensity LED is lit and flashing slowly. While increasing power levels, LEDs light up from left to right and blinks increasingly faster until lit. This pattern repeats for each LED. When fifth LED stays lit, the highest power level is set at 250.
3. **Mode Selection Indicating LEDs:** The LED will blink with frequency of pulse emission in Blue Stimulate and Relax modes. The LED will flash slowly in Modulate 4:1 and Acute modes.
4. **Mode Selection Key:** Depress the Mode Selection Switch to select the desired operating mode. Changing modes does not change the power level.
5. **Electrodes (on back of unit):** Pulse is applied through the electrodes on the back of the unit.
6. **Accessory Electrode Port:** Insert electrode accessory lead wire into port. This will discontinue the stimulation pulse from the built-in electrodes.
7. **Power Level Selection Keys:** Press the keys to select the desired power level. Press (+) to increase power. Press (-) to decrease power.
8. **Battery Compartment (on back of unit):** Use good quality 1.5V AA batteries.



Increase device output strength



Decrease device output strength



Mode SELECT

# Accessories

In addition to the built-in electrodes, you may use Avazzia-manufactured accessories for use with the device to improve convenience or ease of treatment.

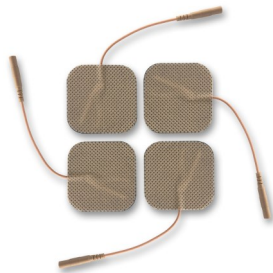
## Y Electrode

Y electrode is intended for use with hard-to-reach and large body tissue locations.



## Conductive Electrode Pads (Reusable, Self-adhesive)

Electrode is intended for hands-free use.



# Lead Wires

Device can be operated with the built in electrode shown to the right.

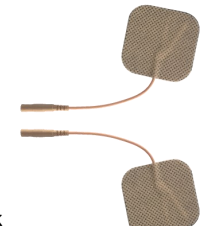
Device can be operated using manufacturer – supplied accessory electrodes and lead wires as shown below.



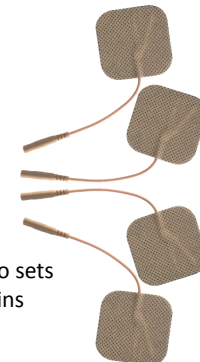
Lead wire, 4P plug to 2.5mm standard plug  
**AA-LW-4P-250**



Lead wire, 4 Pin Plug to Electrode Pins Red & Black  
**AA-LW-4P-RB**



Lead wire, 4 Pin Plug to two sets of Red & Black Electrode Pins  
**AA-LW-4P-2X-RB**



### Audible Tones:

Audible tones include:

- 30 second tick and 2 minute double beep as timers
- A chirp in Relax mode indicating application started
- A longer ring in Relax mode and all 4 lights indicating progress
- A continuous beeping indicates low battery.

With the audible tones, the Mode indicating LEDs also brighten for visual indications.

The chirp and longer ring are signals that can be used to indicate treatment progress. When the device settings are not changed for 60 minutes, the device becomes idle in Pause mode. To re-activate the device, simply press the (+) or (-) power switch one time, or turn the unit off and on again.

### Low battery notification:

Device will emit beeps and flash the mode indicating LEDs for 30 seconds with low battery, then moves into low-power sleep mode. Replace batteries upon FIRST low battery indication.

### Using the Device

Apply stimulation only to normal, intact, clean, healthy skin.

1. Read all instructions before use.
2. Insert 2 AA Batteries.
3. If using an accessory (see pages 8 and 9), connect accessory to accessory lead wire and lead wire to accessory port.
4. If using a pad electrodes, attach pad electrode, such as 2" by 2" square pad, to each of the lead of the pad wire. Place one pad on one side of the area to be treated. Place the other pad on the other side of the area to be treated. Pad electrodes can be used for consistent stimulation of an area using Blue Stimulate mode
5. If not using an accessory, place built-in onboard electrodes on skin.
6. Turn on device using side switch. Slide on/off slide switch to ON position. Three power indicating LEDs will light up and a tone sounds during device initialization.
7. Device is ready for use.
8. Press the plus (+) key to find a comfortable power setting.
9. Press the minus (-) key to reduce power.
10. Press Mode key to change modes.
11. Apply therapy for recommended time.
12. Turn off your device when finished with therapy and disconnect any electrodes used.

Note that electrode gel is not necessary or recommended for use.

## Med-Sport™ Device

### Basic Therapy

Basic Med-Sport™ therapy consists of these steps:

1. **Find a comfortable power setting.** Place the electrodes on the skin to gradually select a power level that can be felt, but is not uncomfortable. A light tingling sensation should be felt.

**How long to treat:** If only 1st (lowest) LED is lit, place and hold the selected electrodes on the treatment area for 2 minutes. Repeat this process on the opposite side of the body (both right and left sides) and the related areas on the spine, if needed.

If more than 1 LED is lit, then hold the unit in place for at least 2 minutes or until the pulse becomes uncomfortable. Reduce the power level, and continue to hold the unit in place. Repeat until only 1 LED is lit.

As the tissue adapts to the massaging stimulation, sensitivity may occur in the treatment area. If this happens, adjust the power level to a comfortable setting. Apply for 2-15 minutes.

2. **Relax mode in stationary positions.** Lift and replace the electrodes on the area to be treated, and hold it stationary until the device both "chirps" and "rings" indicating therapy progress.

Repeat this process in areas related to the minor muscle aches or pains. This includes areas immediately surrounding the initially treated area.

It takes between 2 to 20 minutes for the device to produce two ringing sounds. Please wait for the two rings before removing the unit from the skin, or changing the power level.

Apply the device to related treatment areas, including the opposite side of the body (both right and left sides) and the related place on the spine, if needed.

Typically, a total of 10 to 15 minutes total may be spent repeating this process.

3. **Modulate 4:1 mode painting the area.** Now place the electrodes (built-in electrode or y-electrode) on the skin and use a painting motion in all directions on the treatment area. If the device feels like it is "sticking" to the skin, then continue the painting motion in all directions to the "sticky" areas. When the "stickiness" subsides, this indicates effective progress.
4. **Apply Blue Stimulation mode.** Place the electrodes on the area of discomfort and then select a power level that can be felt, but is not uncomfortable. The light tingling sensation will increase and decrease as the signals are varied in a specific pattern.

The desired treatment time in this mode is dependent on the power level that is still comfortable.

5. **Acute Mode** Acute mode is for acute pain.

Apply the device to related treatment areas, including the opposite side of the body (both right and left sides) and the related place on the spine, if needed.

Typically, a total of 10 to 15 minutes total may be spent repeating this process.

**Calibration**

Calibration sets the open air (not on the body) reading. Thus, if the skin is as dry as the air, or drier than the air, the device will not detect a body reading.

Calibration is generally not required for this device.

Calibration should be performed if the device or accessory electrode is not touching the skin while in Relax mode and the device rings and all four mode lights illuminate.



To calibrate:

1. Turn the device off and then back on.
2. Set device to Relax mode.
3. Hold down the power up (+) and power down (-) keys simultaneously for 1 second. This will calibrate the open-air reading for built-in electrodes or accessories if they are connected. Six beeps will also be heard.

Note: Calibration must only be done in Relax mode.

**Med-Sport™ Device**

**Accessory Lead Wires**

Accessory Lead Wire for Y-electrode,	
Accessory Lead Wire for pads	

**Accessory Electrodes**

Accessory cutaneous electrodes may be used in place of the onboard electrodes found on the device when holding the onboard electrodes in place on the body is inconvenient.



Only manufacturer-approved electrodes and lead wires may be used with the device for compatibility with device output and to avoid injury or shock.

Accessory electrodes are connected to the device by plugging the lead wire into the electrode accessory port on the side of the device.

Note that improperly inserted lead wire connectors can cause damage to the electrode accessory port. A partially inserted lead wire connector can be pushed, knocked, or otherwise pressed to cause breakage inside the device electrode accessory port. Damage of this type is not manufacturer defect and is not a repair that is covered by device warranty. When the electrode accessory jack is damaged, the output to the onboard electrodes and to the electrode accessories is disconnected.

Electrode gel is NOT necessary for use with your device.

Do not use adhesive conductive pads on more than one person. Clean electrode accessories between uses.

Avazzia self-adhesive conductive electrode gel pads.  Prolonged application of these electrodes may lead to burns.	
Soft Tissue Y-Electrodes for treatment of hard to reach areas.	



## Maintenance and Cleaning of Device

Keep device and accessories clean to avoid lint or dust from getting inside the device which may cause electrical shorts and/or corrosion resulting in possible change in performance. Inspect device for broken case or missing battery cover before use. Clean device between uses.

Only clean unit when it is in the off position.

Rub alcohol on the electrodes to disinfect and remove body oils that can cause pitting in the metal electrodes.

Wipe unit with a clean damp cloth to remove dirt.

## Useful Life of Device

Useful life of device should be at least one year without requiring maintenance. Proper care and maintenance of device and accessories may extend the useful life of device. Typical handheld electronics may last an average of one year. Useful life of lead wires is one month. Lead wires can be damaged if stored with a bend or kink in the wires near either connection. Lead wires do not have a warranty.

If stored without battery, there are no time sensitive components. Leakage from battery will result in damage. Remove the battery if the equipment is not likely to be used for some time.

## Disposal

Unsafe disposal of equipment may result in unsafe environmental damage associated with the batteries or metals in the electronics. When equipment and/or accessories reach end of useful life, please return them to your reseller, distributor or to Avazzia for safe disposal.

Contact local authorities to determine proper disposal of potentially bio-hazardous parts such as batteries.

## Troubleshooting

In the event of changes in the performance of the device, refer to troubleshooting information. If there is still a change in the performance of the device, contact the manufacturer or manufacturer representative, or return your device for service.

Protect your device from magnetic fields, electro-magnetic fields, electrostatic discharge, pressure or variations in pressure, acceleration, or thermal ignition sources.

## Intermittent Output

If the output is not continuous, check the mode of the device to ensure it is on the correct one. If output is still intermittent, check the lead wire is inserted properly.

## Check for good batteries.

If the device does not appear to be working correctly, replace batteries with new good qual-

## Med-Sport™ Device

ity batteries. The batteries should be replaced as soon as a low-battery status is indicated. Use good quality standard batteries.

If no output sensation is felt from the onboard electrode plate, replace both batteries with quality, new AA batteries. Remember that in some cases such as treating thick skin or numbness, sensation may not be felt. This is normal and should be treated as if sensation is felt. At low power settings, try the device on another more sensitive part of the body to confirm the tingling sensation. Place electrodes back in treatment area, and proceed as if tingling is felt.

Typical operation time for devices with new set of 1.5V AA batteries should be greater than 10 hours of use at maximum power settings with lead wire and accessories. Use time is dependent on quality of batteries, power settings used, and accessories used. Change batteries when the device indicates LOW BATTERY VOLTAGE condition to avoid change in performance.

Use only UL or CE marked batteries. Be aware that some forms of rechargeable batteries are not 1.5V batteries and some rechargeable batteries do not meet UL or CE certification.

## Check for obstruction of battery connection or electrodes.

Note that any clear plastic should be removed from new batteries. Sometimes, a very tight wrapping that is difficult to see is wrapped on new batteries inside of the packaging.

## Check for good battery connection.

If output sensation is still not detected, insure good battery connection. You can do this by removing the battery cover, and holding the batteries in place with your finger tips or thumb. Then with the device in the ON position, try to shift the battery back and forth. If the LEDs turn on or off related to movement, then the battery connectors should be gently and slightly pulled outward.

If the device is on and seems to go back to the first mode and low power without cause, then check the battery connection.

## Contact Avazzia.

If you have any other operational questions, please go to our website at [www.avazzia.com](http://www.avazzia.com), and select Contact Us to submit your contact information and questions or to report unexpected operation or events.

## Warranty

Avazzia, Inc. BEST™ devices are sold with a limited two-year warranty against defect of material or workmanship. Liability is limited to replacement or repair of product only, at manufacturer's discretion. Warranty term is two (2) years from the date of purchase. A receipt is necessary for warranty validation and any repair. The warranty becomes invalid when:

- More than two (2) years has passed since the purchase date
- Broken seal on case or disassembly
- Shorting of electrodes: The electrodes should not be directly shorted together (via metal, highly conductive liquids, etc) while the device is on. This could result in damage to the

## 3-Step Protocol

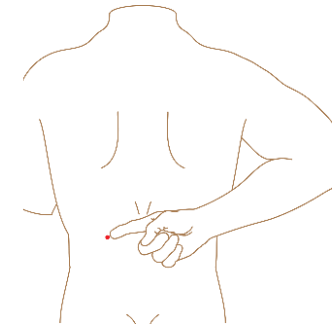
### Step 1: Identify Point of Pain

Duration: 2 to 10 minutes

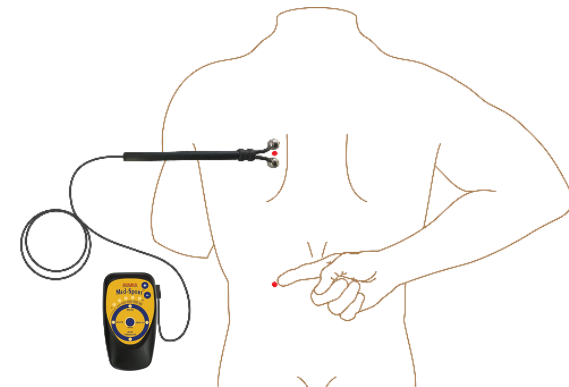
No conductive creams or gels are needed

Attach Y-electrode (for convenience), then turn on device with on/off switch. The device turns on in the default mode: **Relax**.

Identify the point of pain.



Place Y-electrode on tissue away from area to be treated. Press and hold the plus (+) button, slowly bring up intensity (power) to a comfortable power level.



device.

- Electro-static shock damage: Powerful electrostatic shocks into the electrodes may damage the device while it is on or off.
- Violent vibration which could damage components and reduce the effectiveness of the device.
- The unit was damaged or broken due to misuse or improper use including rough handling, water damage or chemical damage.
- Damage to electrode accessory port because of improperly inserted lead wire connector.

#### Return Merchandise Instructions

Purchases originally made through an authorized distributor or reseller may be returned to that distributor or reseller or to Avazzia, Inc. for warranty support.

1. Include your name, address, daytime phone, email, return address, location and date of purchase and reason for return in your correspondence.
2. Remove batteries. Pack securely. Shipping costs are responsibility of owner (do NOT send COD). Avazzia recommends shipping via a service that offers package tracking.
3. Warranty repairs may take up to 6 weeks.

## Step 2: Smooth out the areas of friction.

Duration: 5 to 15 minutes

No conductive creams or gels are needed.

Power Setting: Comfortable tingling

Move the electrode in painting like stroke on and around the point of pain to check for locations of friction.

Friction points are where the electrode drags or sticks to the skin. You may hear a buzzing or humming sound. This is normal. This is generally an area of higher conductance. Repeat strokes with a painting like motion in horizontal, vertical, and diagonal directions with the electrode until friction is reduced or eliminated.



## Med-Sport™ Device

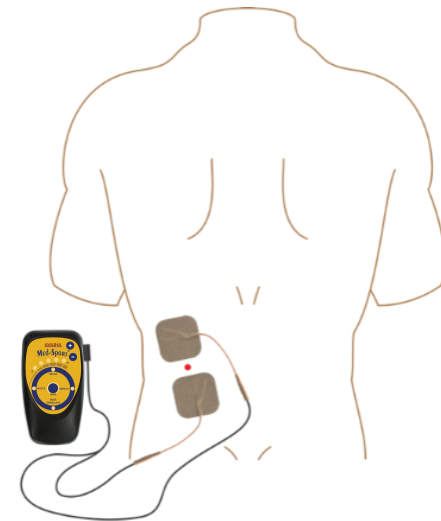
## Step 3: Stimulate the area with conductive pad electrodes

Place conductive pad electrodes at the point of pain or the optimal area to treat found in step 1.

Duration: 5 to 15 minutes

No conductive creams or gels are needed.

Power Setting: Comfortable tingling



# Low Back Pain

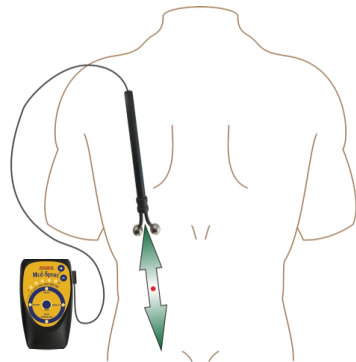
## Step 1: Identify where to treat

- Where does it hurt?



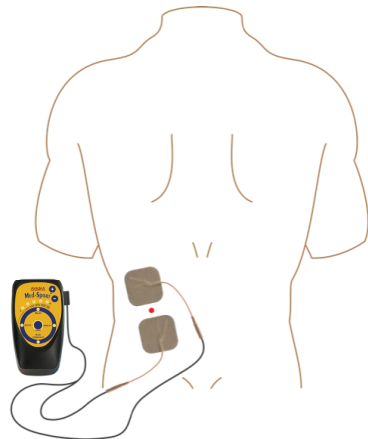
Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes

## Step 2: Smooth



Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes

## Step 3: Stimulate



Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes

# Upper Back (Neck and Shoulder)

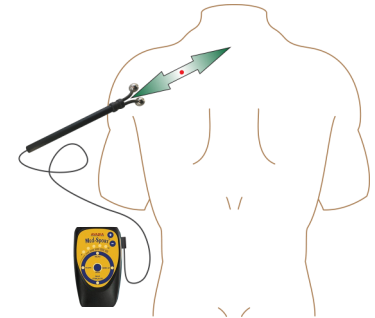
## Step 1: Identify where to treat

- Where does it hurt?



Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes

## Step 2: Smooth



Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes

## Step 3: Stimulate



Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes

# Elbow

## Step 1: Identify where to treat

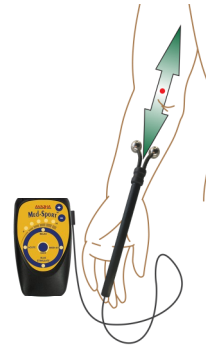
- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes



# Wrist

## Step 1: Identify where to treat

- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



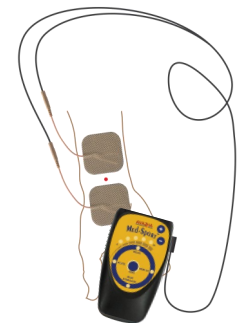
## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes

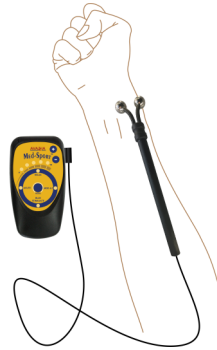


# Forearms

## Step 1: Identify where to treat

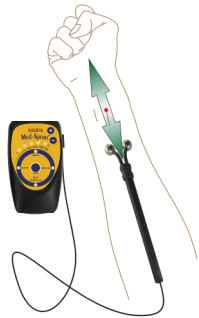
- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



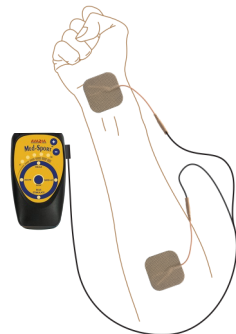
## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes



# Knee

## Step 1: Identify where to treat

- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



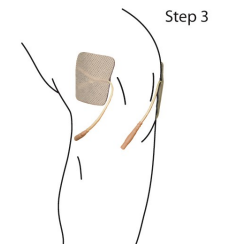
## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes



# Lower Leg

## Step 1: Identify where to treat

- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes



# Ankle

## Step 1: Identify where to treat

- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes



# Foot

## Step 1: Identify where to treat

- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes



# Sole of Foot

## Step 1: Identify where to treat

- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes





# Sole of Foot or Under the heel

**Tough tissue or calluses on the heel make application less effective.**

Apply next to the tough tissue under your heel and next to the tissue under the ball of your foot.

If the bottom of your feet are very dry, moisture can increase conductivity to improve the sensation. Increase moisture by drinking water.

If your feet are sweaty, or wet, then the sensation may feel strong even at low power settings; therefore, dry them off or let them air dry.

Be sure to reduce power setting or power off and on your device if the moisture on your foot changes so that the power setting is what is comfortable for each therapy.

Adjust the power level and position so that the Med-Sport therapy always feels good at each location.

Example: For pain relief on the bottom of your feet	
<p><b>Step 1. Place and Hold</b> until RING. Begin Applying Relax Mode to all positions numbered in the diagram. Positions 1, 2, 3, 4 are on the side of your foot. Hold the electrodes in place at each location until chirp and ring.</p> <p><b>Step 2. Smooth.</b> Rub electrodes up and down and all around the bottom of your sore feet.</p> <p><b>Step 2. Stimulate.</b> Apply Blue Stimulation Mode to Positions 1, 3, and 5 for at least 2 minutes.</p>	

# Heel

## Step 1: Identify where to treat

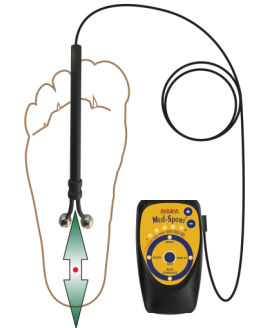
- Where does it hurt?

Mode	Relax
Power Level	Comfortable tingling
Duration	10-15 minutes



## Step 2: Smooth

Mode	Mod 4:1
Power Level	Comfortable tingling
Duration	5 minutes



## Step 3: Stimulate

Mode	Blue Stimulate
Power Level	Comfortable tingling
Duration	Minimum of 2 minutes, Maximum of 10-15 minutes



## Notes:

# Med-Sport™ OTC

Microcurrent for Pain Relief



NO DRUGS.  
NO SURGERY.  
JUST RELIEF.

Providing pain relief without drugs or surgery since 2004, Dallas-based Avazzia designs, manufactures, markets and distributes scientifically advanced, medical devices for the management of pain. Avazzia's products are U.S. Food and Drug Administration 510(k) cleared and incorporate patented Bio-Electric Stimulation Technology™ (BEST).

Avazzia's products include prescription pain relief BEST-RSI™, Pro-Sport Ultra™, and Pro-Sport III™ devices; over-the-counter Med-Sport™ and Avazzia BLUE™ devices; and the ezzi-lift™ cosmetic device to reduce the appearance of fine lines and wrinkles.

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