

## The *Take Home* Solution for Chronic Pain

**It works.**

- Provides treatment progress
- Drug Free and non-invasive
- Advanced neurological signals to maximize pain relief
- Relax, Stimulate, RSI and Acute modes
- Portable relief can be worn during many daily activities
- Simple to use

### **BEST-RSI™**

The Avazzia BEST-RSI™ is an advanced microcurrent device meant for chronic and acute pain relief. The feature set makes this unit popular for providing patients with at-home clinical treatments. Four easy-to-use modes provide ideal relief for chronic, acute and daily pain, and the treatment progress reactions are useful for both clinicians and patients.



## International Certifications

- US FDA 510K cleared for symptomatic relief and management of chronic, intractable pain, and adjunctive treatment in the management of post-surgical and post-traumatic pain.
- ISO 13485 International Quality Management System Certification
- CE – Certification marking in Europe – TENS
- Health Canada licensed

## 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 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.

## BEST-RSI™ Online Training Videos

(<https://www.avazziatrainig.com/collection/view/id/30/>)

- Best-RSI™ Device Instructional video
- Best-RSI Device Overview
- Best-RSI Device choosing modes, accessories
- Best-RSI Mode discussion
- Little wings with Best-RSI Device
- Painting for Pain Relief Best-RSI Device
- Treating Point of Pain with Best-RSI Device
- Treating back with 3 pathways with Best-RSI Device
- 6 Points with Best-RSI Device
- Plantar Fasciitis Pain Relief with Best-RSI Device
- Shoulder Pain Relief with Best-RSI Device
- Knee Pain Relief with Best-RSI Device
- Best-RSI Field Test

## Product Options Available for Purchase



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

Benefit: Requires no consumable conductive pads.



### Zipper pouch kit 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 (Recommended option).

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

Y-electrodes, self-adhesive conductive pads and lead wires are also sold separately.

## People Who Have Experienced Pain Relief With Avazzia

*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 and collegiate football player  
Former Bristow (OK) High School Coach  
Oklahoma Coaches Association 1987 Hall of Fame honoree

*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

*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

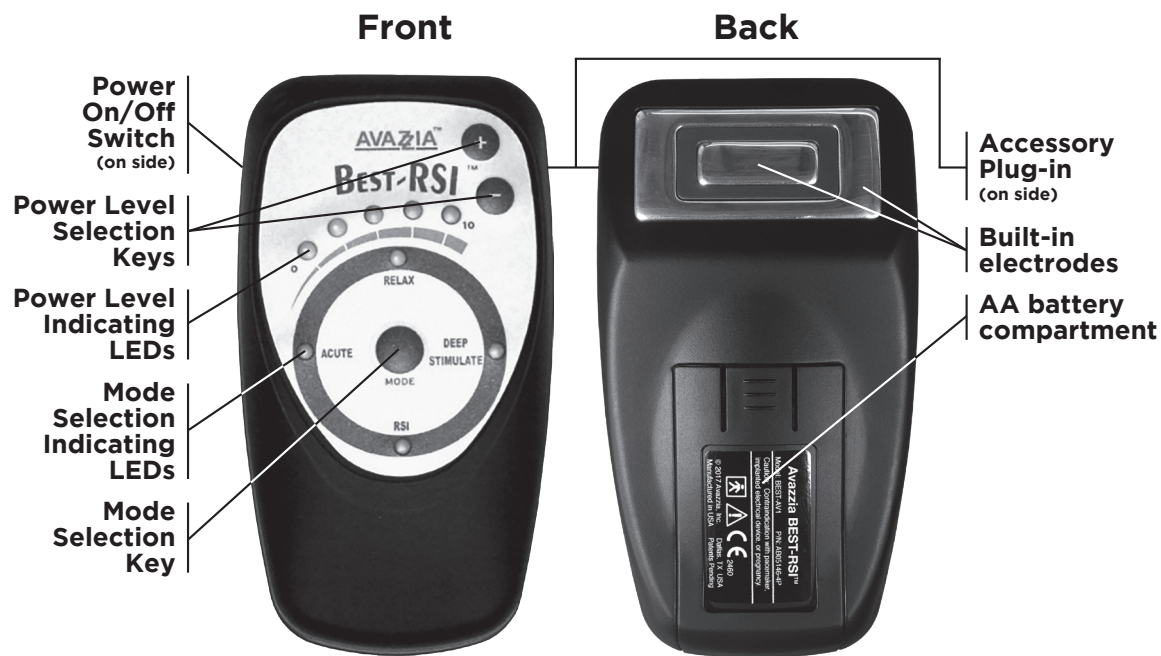


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## Getting Started with the RSI Device

1. Insert two double AA batteries into your Avazzia BEST-RSI™ device.
2. Turn on your Avazzia BEST-RSI device.
3. Power Level LEDs: These LEDs are illuminated in order from left to right as the power level is increased. At the lowest power, none is illuminated. As the power increases, the first LED begins to blink. Increasing power will increase the blink speed until the LED is fully illuminated. This pattern is continued until maximum power is reached. Most uses do not require maximum power. Maximum power can cause pain if misused.
4. Mode Selection LEDs: These LEDs indicate mode is selected. The mode LED will blink as the mode's pulse is generated.
5. Mode Selection Key: Depress this key to select the desired operating mode. Changing modes does not change the power level.
6. To increase the power press/hold the up arrow and to decrease power press/hold the down arrow.



## Online Training Videos

For training, please go to [www.avazziatraining.com/collection/view/id/28/](http://www.avazziatraining.com/collection/view/id/28/) and watch the **Avazzia BEST-RSI™** training videos. Available training video titles are listed on the inside front cover of this guide.

## RSI Mode Definitions

This device is a Frequency Specific Microcurrent device with four modes:

- **Relax:** 59.35 Hz with D and Zero as detected by the device
- **Deep stimulate:** frequency modulation 15Hz to 121 Hz with 3 pulses per output
- **RSI:** repetitive signal instances
- **Acute:** 121Hz with modulation

BEST-RSI provides interactive beep and ring tones to indicate when desired results are achieved and as measured amounts of time have passed. All 4 mode LEDs will light and a beep occurs when a D is indicated. As the body responds to the electronic pulses, the signal is automatically adjusted and fine-tuned for maximum effectiveness.

## RSI Mode Applications

### Relax mode

**Relax mode is for general pain relief.** Apply directly to skin over areas affected until device 'rings' or 20 minutes 2-3 times daily. Relax mode is sometimes applied to chronic conditions. When the device rings, all four mode lights illuminate. When the device is lifted from the skin, these indicators return to normal.

The longer ring indicates treatment progress. This usually occurs between a few seconds and 15 minutes.

Lift and replace the electrodes on the application area, and hold it stationary until the device both "chirps" and "rings" indicating therapy progress. When the device rings, all four mode-indicating LEDs light up until the device is removed from the skin. This gives a visual indication in case the ring isn't heard.

Repeat this process in related areas including:

- a. areas immediately surrounding the application area,
- b. the symmetrical area on the other side of the body, and
- c. the spinal area horizontal to the point of discomfort (for arms and hands this would be C7 on the spine, and for legs and feet, this would be the lower part of the spine).

Apply the device to related locations including the opposite side of the body and the related place on the spine. Typically, 10 to 15 minutes total may be spent repeating this process.

(Continued next page)



## RSI Mode Applications (continued)

### Deep Stimulate Mode

**Deep Stimulate Mode is designed for daily and less intense pain relief.**

Typical treatment time is 5 to 15 minutes. This mode outputs multiple pulses and modulates both power and frequency.

### RSI Mode

**RSI mode is designed for chronic pain relief.** Typical treatment is 5 to 10 minutes or longer (as directed by the prescribing physician). Treatment may be applied for up to 60 minutes at a time every 3 to 4 hours. RSI Mode can also be applied to areas of intense pain or trauma over the first 24 hours of onset.

### Acute mode

**Acute mode is for acute injury pain relief.** Typical treatment is 15 to 20 minutes or longer (as directed by prescribing physician). Apply directly to skin on and surrounding areas of contusion, lacerations, or abrasions. Treatment may be applied for up to 60 minutes at a time every 3 to 4 hours.

## Helpful Hints

- Drink water before and after each therapy.
- To avoid over stimulation, limit contact on one place on the body to a period of 20 to 30 minutes at a time. Over stimulation of muscle groups may cause soreness, headaches, or discomfort especially the day after an initial application.
- Hold the Avazzia BEST-RSI™ Device firmly on the skin and use a power setting that is comfortable.
- Moist skin is more conductive than overly dry skin.
- To avoid skin irritation and burns, do not allow use without access to power control.
- Application sessions can be repeated on as needed basis. Do not overstimulate any body parts such that skin irritation occurs.

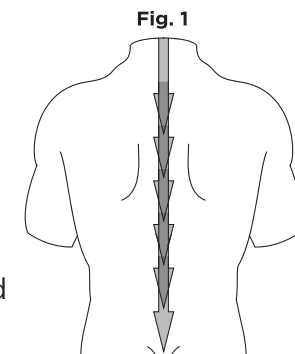
## Treatment Tips and Techniques

### Sticky Spots or Areas of Resistance (Relax or RSI Mode)

- Power intensity: Comfortable prickly sensation.
- As you paint with the Y-electrode or built-in electrode, you may feel some areas where the device encounters increased friction, where it tends to stick.
- Increased friction between the electrode and the skin could possibly indicate an area for treatment.
- Repeated brush strokes with the electrodes over the area should reduce and finally eliminate areas increased friction.

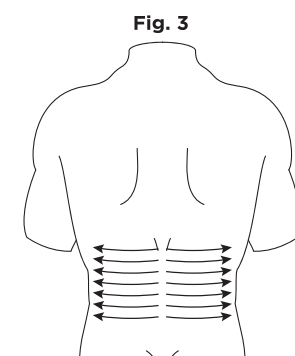
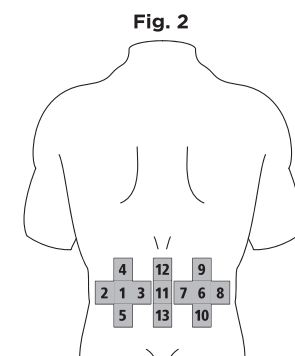
### Painting Treatment (Relax or RSI Mode) (Fig. 1)

- Power intensity: Comfortable prickly sensation.
- Place the Y-electrode on an area of the skin and move in repeated, overlapping strokes of about 3 to 6 inches in length, like painting a wall, and always in the same direction along the skin.
- More painting may be required until friction subsides and the device glides easily across the surface of the skin.



### Point of Pain and Contralateral (opposite side) Treatment (Relax Mode) (Fig. 2 and 3)

- Power intensity: Comfortable prickly sensation.
- Locate the area of pain with your fingertips. This is area 1 on Figure 2.
- Treat area 1 until the device emits a D ring. Then treat areas 2, 3, 4 and 5 until the device emits a D ring at each location.
- Treat areas 6, 7, 8, 9 and 10 until the device emits a D ring at each location.
- Treat areas 11, 12, and 13 until the device emits a D ring at each location.
- Switch to RSI or Stimulate mode.
- Paint horizontal strokes out from the spine to the side of the back with each stroke about an inch lower than the last for about 5 minutes on each side. (Figure 3).



## Accessory Use

When the built-in electrodes are inconvenient or unsuitable, Avazzia provides approved accessories for use with RSI device to improve treatment efficacy. The following describes each accessory.

### Y-Electrode

- Use for Point of Pain, Painting Treatment and brushing of sticky spots and hard to reach locations
- Use for massaging muscles with stimulation for pain relief.
- Use as directed in the Advanced Pain Relief Techniques.

#### To Use:

- Attach provided lead wire from the device to the Y-electrode.
- Move the Y-electrode across the body area to identify sticky spots.
- Move the Y-electrode in back and forth massaging motion on the skin with suitable massaging pressure.
- Place on the location of the body that needs treated and hold until treatment is completed.

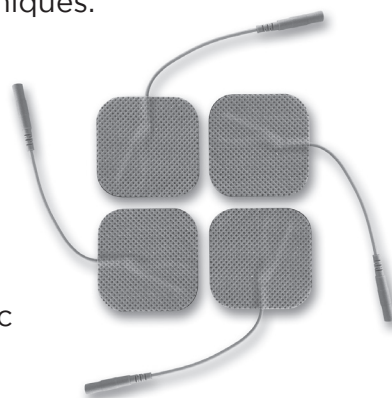


### Reusable Conductive Pads

- Use when using built-in or Y-electrode is impractical or inconvenient.
- Use to treat a specific body location for a longer time period.
- Use when desiring a hands-free treatment so normal daily activities may continue during treatment.
- Use as directed in the Advanced Pain Relief Techniques.

#### To Use:

- Attach lead wire from the device to 2 of the single wire conductive pads.
- Place conductive pads on the body around the pain location or other desired location.
- Remove pads after treatment and return to plastic sheet for storage.
- Replace the pads when they no longer adhere properly to the skin.



After completing the Getting Started section and becoming familiar with the Avazzia BEST-RSI device, the following protocols are for specific pain relief.

## Lower Back Treatment

### Step 1 - Smooth Out Resistance Areas

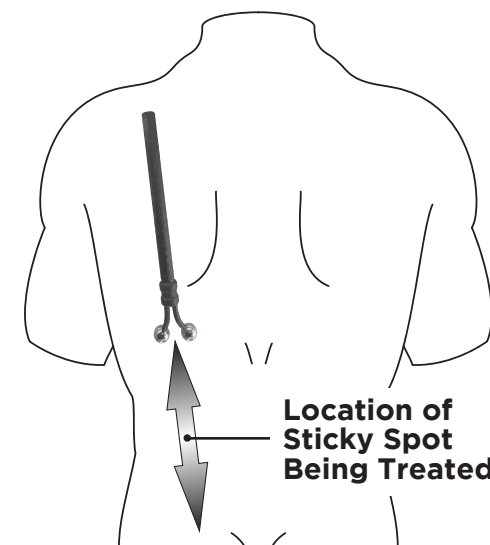


**Electrode:** Y-electrode

**Mode:** Relax

**Power:** Comfortably prickly

1. Check lower back for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.



### Step 2 - Point of Pain Treatment

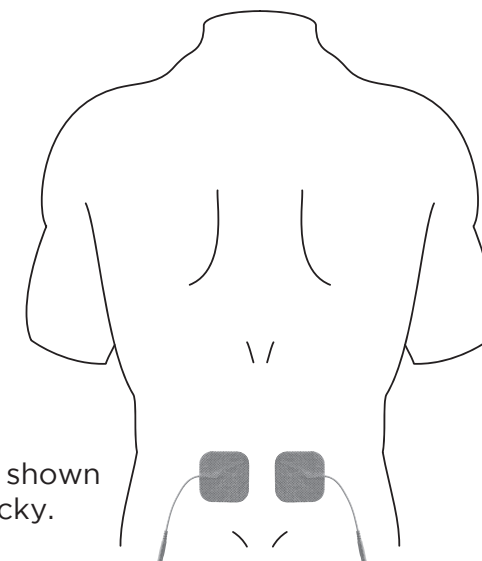


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain), RSI (Chronic pain) or Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the gel pads on lower back area, as shown Or on either of the area that was most sticky.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Upper Back Treatment (Neck & Shoulder)

### Step 1 - Smooth Out Resistance Areas

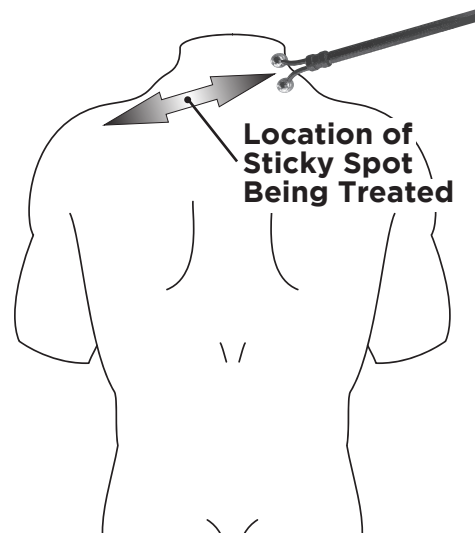


**Electrode:** Y-electrode

**Mode:** Relax

**Power:** Comfortably prickly

1. Check upper back area for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.



### Step 2 - Point of Pain Treatment

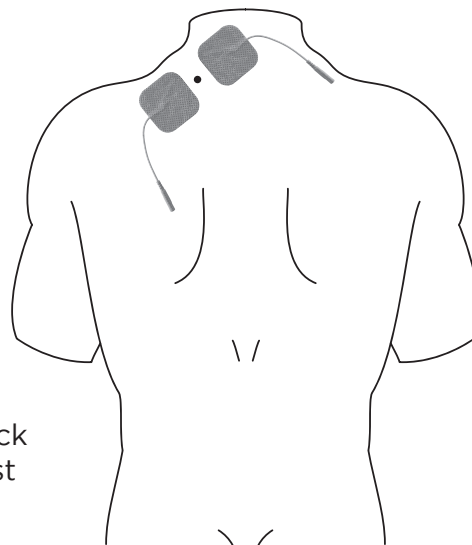


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the gel pads on either side of the neck OR on either side of the area that was most sticky, as shown.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Shoulder Treatment

### Step 1 - Locate the Point of Pain

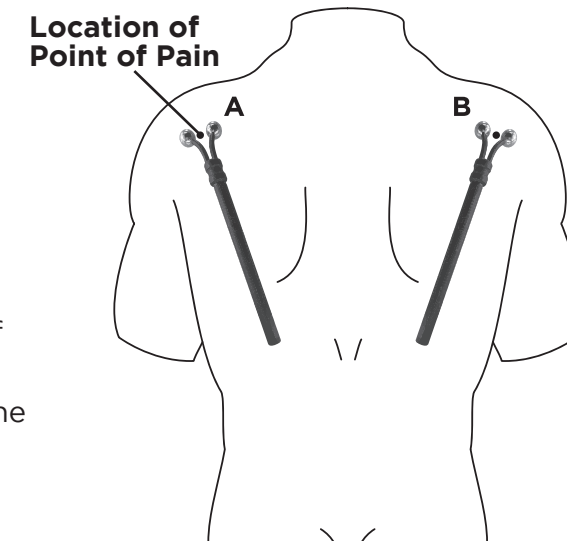


**Electrode:** Y-electrode

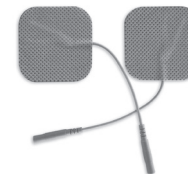
**Mode:** Relax

**Power:** Comfortably prickly

1. Locate point of pain with fingertips.
2. Place Y-electrode directly on point of pain (A) and leave for 1 minute.
3. Then treat the opposite shoulder in the exact same spot (B) for 1 minute.
4. Turn device power to off.



### Step 2 - Point of Pain Treatment

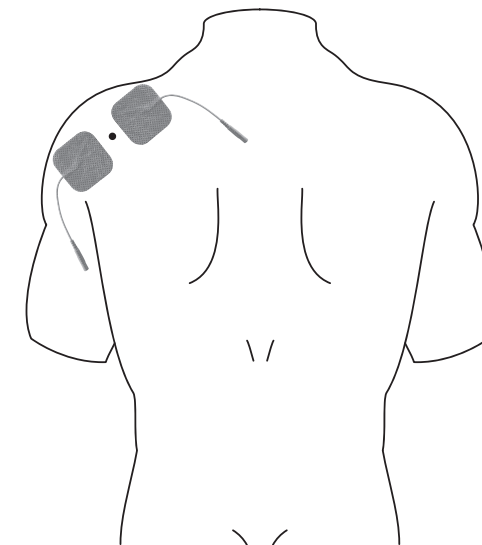


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the gel pads on either side of point of pain.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.





# Freedom from Pain without the Drugs





## Elbow Treatment

### Step 1 - Smooth Out Resistance Areas



**Electrode:** Y-electrode

**Mode:** Relax

**Power:** Comfortably prickly

1. Check elbow for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.



### Step 2 - Point of Pain Treatment

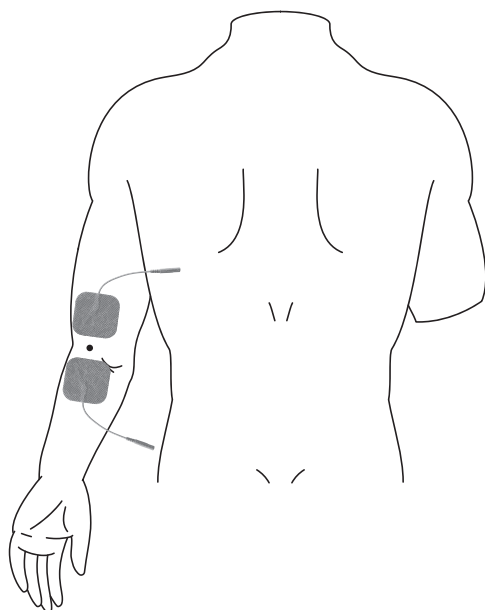


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the gel pads on either side of the elbow OR on either side of the area that was most sticky, as shown.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Wrist Treatment

### Step 1 - Smooth Out Resistance Areas



**Electrode:** Y-electrode

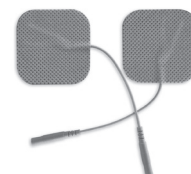
**Mode:** Relax

**Power:** Comfortably prickly

1. Check wrist for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.



### Step 2 - Point of Pain Treatment

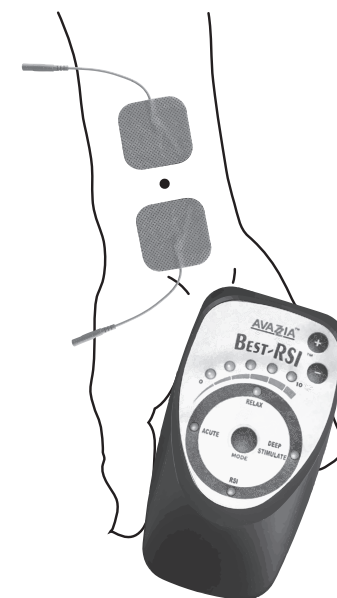


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the one gel pad on the wrist and one on the hand OR on either side of the area that was most sticky.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Forearm Treatment

### Step 1 - Smooth Out Resistance Areas

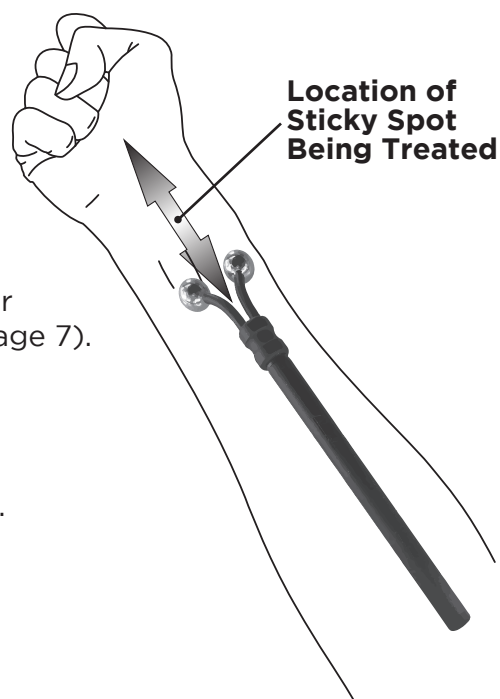


**Electrode:** Y-electrode

**Mode:** Relax

**Power:** Comfortably prickly

1. Check fingers, palm, wrist and forearm for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.



### Step 2 - Point of Pain Treatment

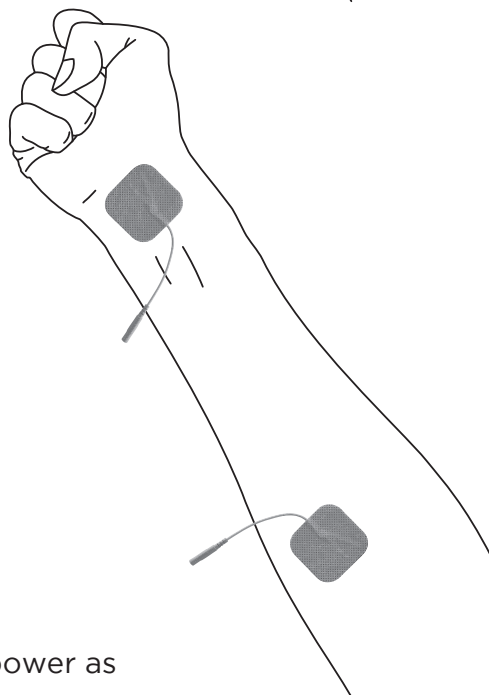


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the one gel pad on the wrist and one on the forearm OR on either side of the area that was most sticky.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Knee Treatment

### Step 1 - Smooth Out Resistance Areas

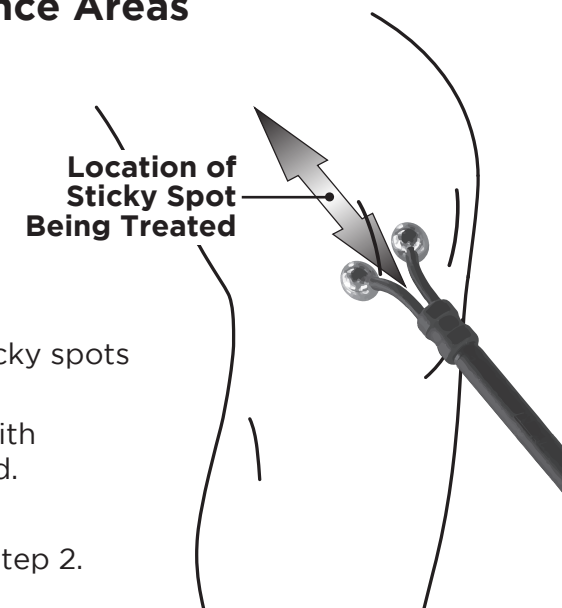


**Electrode:** Y-electrode

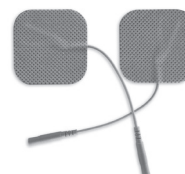
**Mode:** Relax

**Power:** Comfortably prickly

1. Check knee area for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.



### Step 2 - Point of Pain Treatment



**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the gel pads on each side of the knee OR on either side of the area that was most sticky.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.





## Lower Leg Treatment

### Step 1 - Smooth Out Resistance Areas



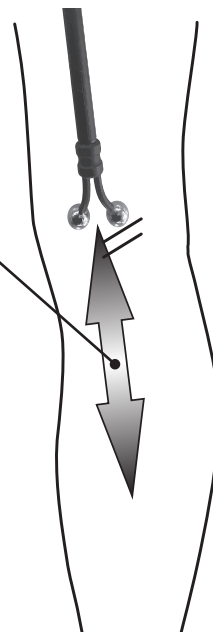
**Electrode:** Y-electrode

**Mode:** Relax

**Power:** Comfortably prickly

1. Check back of knee to sole of foot for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.

Location of  
Sticky Spot  
Being Treated



### Step 2 - Point of Pain Treatment

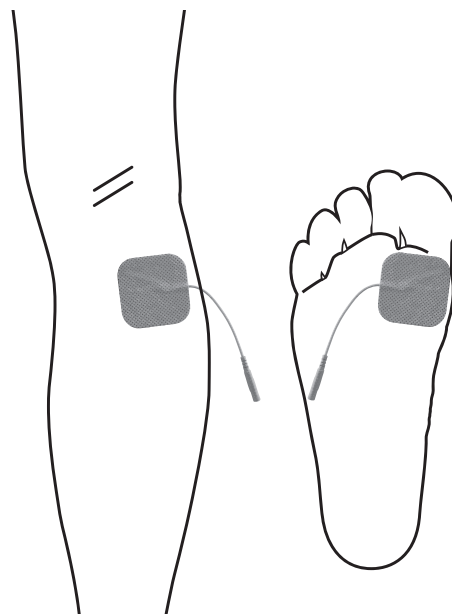


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the one gel pad at back of the knee and one on the ball of the foot of the same leg.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Ankle Treatment

### Step 1 - Smooth Out Resistance Areas



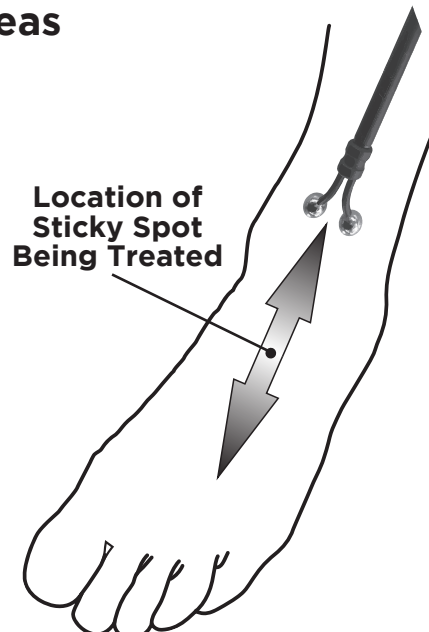
**Electrode:** Y-electrode

**Mode:** Relax

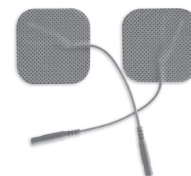
**Power:** Comfortably prickly

1. Check ankle and foot for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.

Location of  
Sticky Spot  
Being Treated



### Step 2 - Point of Pain Treatment

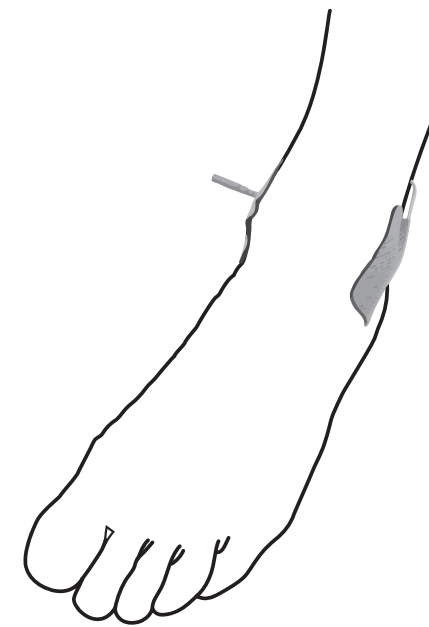


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place the gel pads on the bony prominence on either side of the ankle OR on either side of the area that was most sticky.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Foot Treatment

### Step 1 - Smooth Out Resistance Areas

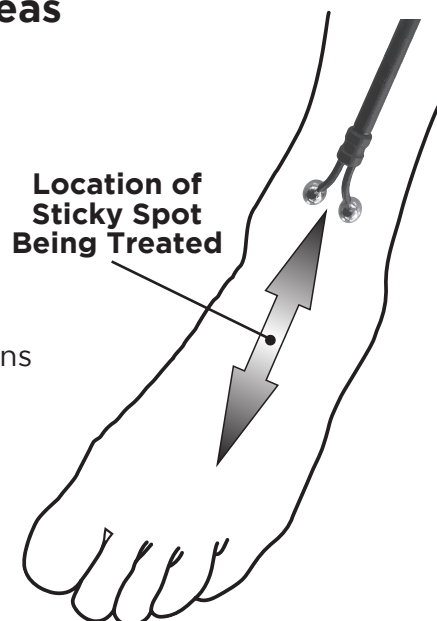


**Electrode:** Y-electrode

**Mode:** Relax

**Power:** Comfortably prickly

1. Check ankle, foot and sole of foot for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.



### Step 2 - Point of Pain Treatment

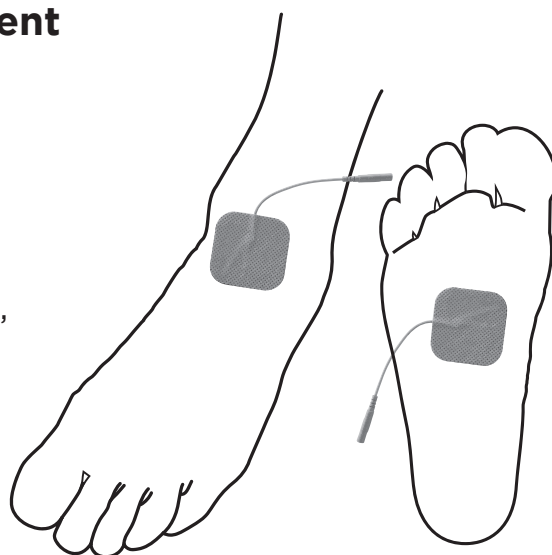


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place one gel pad on the ankle joint and the other one on the soft tissue just below the ball of the foot OR on either side of the area that was most sticky.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Sole of the Foot Treatment

### Step 1 - Smooth Out Resistance Areas

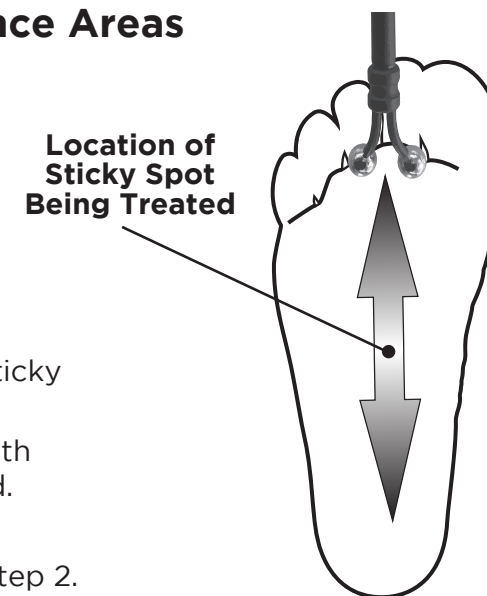


**Electrode:** Y-electrode

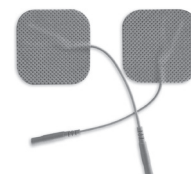
**Mode:** Relax

**Power:** Comfortably prickly

1. Check sole of foot for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.



### Step 2 - Point of Pain Treatment

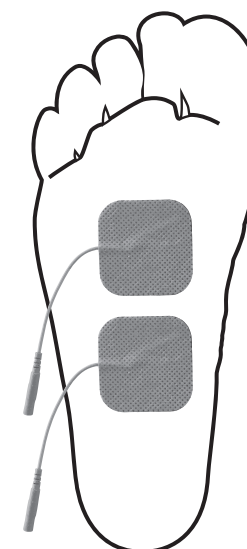


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place one gel pad on the soft tissue below the ball of the foot and the other on the soft tissue above the heel.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Heel Treatment

### Step 1 - Smooth Out Resistance Areas



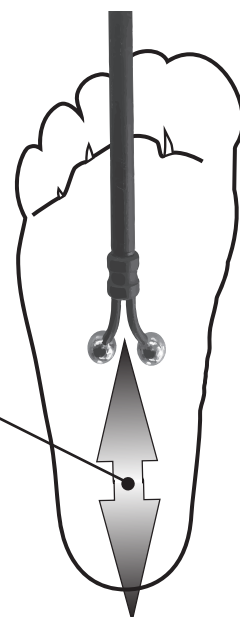
**Electrode:** Y-electrode

**Mode:** Relax

**Power:** Comfortably prickly

1. Check soles of feet and heels for locations of sticky spots (described on page 7).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn device power to off.
4. If sticky spots don't exist, move to step 2.

Location of  
Sticky Spot  
Being Treated



### Step 2 - Point of Pain Treatment

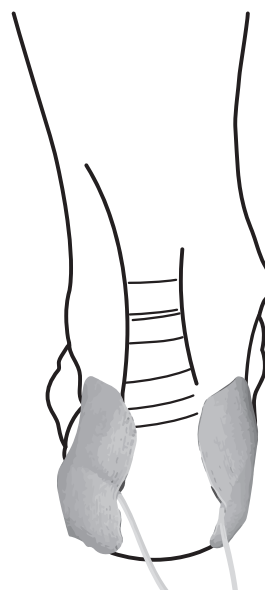


**Electrode:** Conductive Gel Pads

**Mode:** Deep Stimulate (Daily pain),  
RSI (Chronic pain) or  
Acute (Acute injury)

**Power:** Comfortably prickly

1. Attach gel pads to device with proper lead wire.
2. Place one gel pad on each side of the heel as shown.
3. Turn device power to on.
4. Select desired mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



## Three Pathways

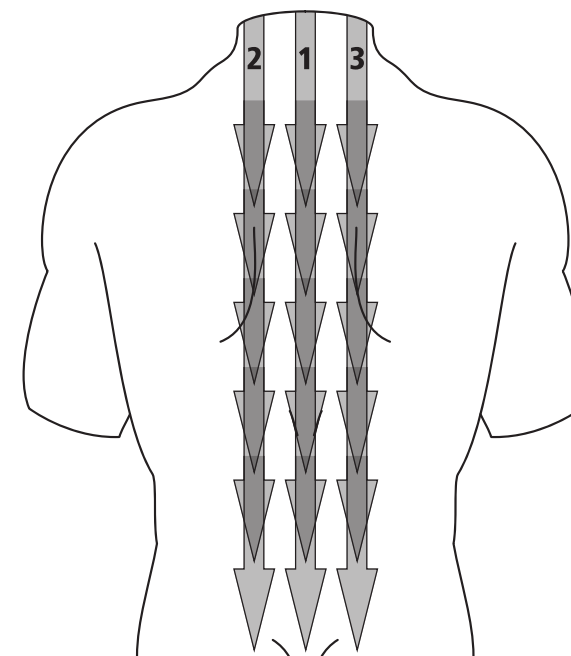


**Electrode:** Y-electrode

**Mode:** RSI

**Power:** Comfortably prickly

1. Begin by painting down the spine along area 1 in repeated, overlapping strokes of about 3 to 6 inches in length, like painting a wall, and always in the same downward direction. Then do the same on areas 2 and 3 as shown.
2. On sticky areas, change to Relax mode and hold the electrode on the spot until you hear a longer ring and the red LED turns solid. More painting may be required on sticky spots until friction subsides and the device glides across the skin easily.
3. Turn device power to off. Drink 8 oz. of water.





## Six Points On Face



**Electrode:** Y-electrode

**Mode:** Relax

**Power:** Comfortable sensation

1. Place the electrode in POSITION 1 for 2 minutes ignoring the device chirps or rings.
2. Then repeat for POSITIONS 2 through 6.
3. Turn device power to off. Drink 8 oz. of water.



Thank you for choosing

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