

# BEST-RSI® Device Protocol: Ankle Pain



## Safety Precautions

Read all safety instructions in the owner's manual before use to prevent injury or death from improper use.

### Intended Population: Is it for me?

- Read and understand English
- Have chronic (long-term) pain
- Have acute pain
- Have intractable (difficult to manage) pain
- Have post-surgical pain
- Have post-traumatic pain
- 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)

### Stop using the device 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

### Avazzia Device Contraindications

- Do not use on persons with an implanted pacemaker or other implanted electronic device.
- Do not use if pregnant or nursing.

### 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 transcranially (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

### Consult with your physician and use 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

# BEST-RSI® Device

## Protocol: Ankle Pain



### 1. PLACE THE PADS

Attach the pads to the lead wire. Place one electrode pad on the lower leg (above each side of the ankle).



### 2. TURN ON THE DEVICE

Move the button (on the left side) to the "up" position.



### 3. SELECT THE "MODE"

Press the "mode" key in the center to select "Deep Stimulate".



### 4. INCREASE POWER LEVEL AND TREAT

Increase the power level by pressing the "+" key. Treat for 60 minutes.



### 5. TURN OFF THE DEVICE

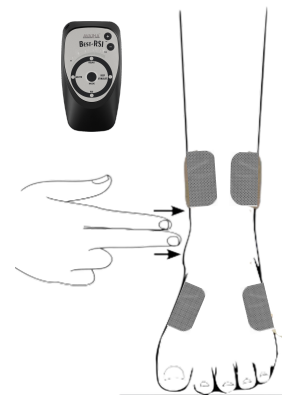
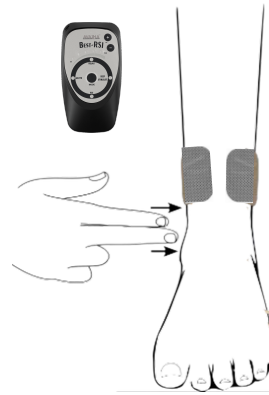
REMOVE THE PADS

RECORD TREATMENT NOTES IN PATIENT DIARY (HOME USE)

2 Pads

OR

4 Pads



- Please remember to bring your device with you to clinic appointments.
- If you don't feel an output, increase power level. If you do feel an output and it is uncomfortable, decrease the power level.
- If you have redness on the skin or a burning sensation, stop treatment and report to your physician.



REMAIN SEATED OR LYING DOWN DURING TREATMENT. DO NOT STAND OR WALK.



KEEP DEVICE DRY