For questions concerning warranty or mechanical or operational problems with your ReBuilder® unit or accessories, please call toll free 866-725-2202.

ReBuilder Medical Inc.
636 Treeline Drive Suite A
Charles Town, WV 25414
304-725-2202
Fax: 304-699-0055

Neuropathy pain and symptoms can be vastly different for each person, and not all ReBuilder® users will have the same experience during use or experience the same results after use.

Your use of the ReBuilder® will be based on your comfort and experience and may not exactly match the daily outline in this booklet. It is normal to need to take a day or two break from treatment occasionally. It is normal to experience changes in symptoms or experience new or different sensations from time to time. It is normal for symptoms to fluctuate during the weeks of treatment. There are tens of thousands of happy ReBuilder® users, all of them unique, but with one thing in common: Relief.

If you need assistance with use, have technical questions or just need more information, you may contact us on our website www.ReBuilderMedical.com or by calling toll free 866-725-2202.

v04162016TM

THE REBUILDER® SYSTEM

ReBuilder® Model 2407

ReBuilder Medical Inc.
636 Treeline Drive, Suite A Charles Town, WV 25414
Phone: 304-725-2202 Fax: 304-699-0055

GET TO KNOW YOUR REBUILDER®

Confirm all the following items are included with your ReBuilder® kit.

A

B

A. ReBuilder® 2407 Electronic Unit
B. Set of lead wires
C. 2 sets of adhesive stimulating pads
D. A/C Adapter

C

D

Your ReBuilder® can operate two sets of lead wires and two sets of pads simultaneously. You can use the 1 set of adhesive stimulating pads on your feet while simultaneously using another set of adhesive stimulating pads on your hands, back or shoulders. Do not use both output one and output two on your feet at the same time.

NOTE!

The power and intensity switch #1 only controls output #1. The power and intensity switch #2 only controls output #2.

This device is part of a complete treatment system that is designed to function in harmony. Do not use with any accessories or attachments that are not recommended by the manufacturer. Do not use in any way other than recommended by the manufacturer. Doing so may result in altered electrical emissions from the device (malfunction) and patient injury or damage to the ReBuilder may occur.

The rest of this page has been intentionally left blank for your notes.

Other Products

Call to order from the manufacturer toll free at 866-725-2202

Conductive Socks

Conductive Gloves

Replacement Self-Adhesive Stimulating Pads

Replacement Lead Wire

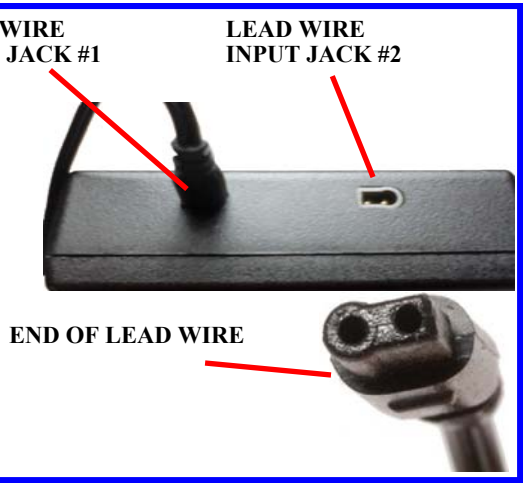
Non-Adhesive Pads

9-Volt Battery

SignaSpray

Front View of REBUILDER® 2407 Unit

Please note the irregular shape of the input jack and the end of the lead wire so that you insert the wire correctly.

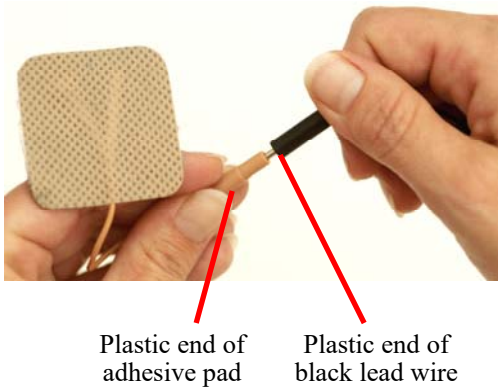


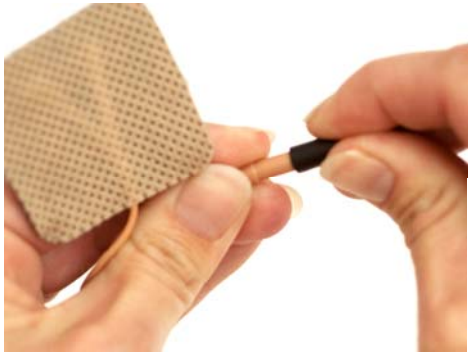
Before your first use

Before using your ReBuilder® the first time it is important to fully understand the settings and features. First, turn on the left intensity control knob just until it clicks on to the #1 intensity setting. Note the three diamond-shaped lights on the top row. The first one should be lit above where it says 7.83Hz and the light next to the ReBuilder® Medical logo is flashing rapidly. This is the correct setting for your ReBuilder® treatment. The EMS and TENS settings will be discussed later. You may now turn off the ReBuilder® by turning the left intensity knob counter-clockwise until it clicks to the off position and the lights go out.

Properly cared for, the self-adhesive stimulating pads can last for many uses. When the pads become worn and do not stick as effectively, you can lengthen the life by lightly moistening the skin before placing the pad. This will help rejuvenate the adhesive a bit for better contact with the skin.

To replace the adhesive pads, grip the plastic end of the black lead wire and the plastic end of the tan adhesive pad and pull apart.





Insert the metal probe from the black lead wire into the plastic connection on the end of the new adhesive pad. Make sure to push all the way in.

ReBuilder Unit Care

Your ReBuilder® has an automatic timer that turns off stimulation between 28 and 32 minutes. If only using one output, make sure to turn the intensity knob being used completely "off". If using both outputs, make sure to turn both intensity knobs completely "off" after each use. If you have difficulty turning on the ReBuilder®, make sure to turn both knobs off and remain off for 5 minutes to allow the timer to reset.

Battery Care

Your ReBuilder® has come with a heavy duty 9-volt battery already installed and ready to use. The battery generally lasts 30 days before needing to be changed. This is based on two 30-minute treatments per day at medium intensity settings. How long your battery will last will depend on your particular use.

Adhesive Pad Care

The adhesive pads can last for many uses. Make sure the skin surface is clean and dry, and make sure to replace the pads onto the protective plastic sheet after each use and store in a cool, dry location.

Battery Replacement

Your ReBuilder® is powered by a pre-installed 9 volt battery. The battery is located in the back of the ReBuilder® unit. To open, press down with your thumb on the ridged section and push away from the bottom of the unit. The battery should be replaced once every 30 days depending on usage.

The A/C adapter plugs into the left side of the ReBuilder® unit.

Using the A/C adaptor bypasses the battery and makes the ReBuilder® signal 30% stronger. The A/C adapter eliminates the need to change batteries so that there is a consistent power level throughout your use of the treatment.

NOTE! It is not recommended to use the A/C adapter during your first couple of weeks of treatment while you are getting used to the ReBuilder®

Standard Treatment Protocol

Turn the ReBuilder® on and slowly turn up the intensity setting until you feel a fairly strong sensation, then turn the intensity slightly down until it is a very gentle sensation that is comfortable enough that you could fall asleep. Use your ReBuilder® twice per day for 30 minutes.

Gentle Start Protocol

Turn the ReBuilder® unit on just until it "clicks" on to the number "1" intensity setting. Continue increasing the intensity until you can just barely notice the impulses. Use this setting for the first 2 or 3 days to let your nerves acclimate to the treatment. After the first few days, gently increase the intensity to the level where you can feel the impulses but the intensity is at a level where you could fall asleep during the treatment. Treat yourself 2 times per day. As your body adjusts, adapts, and improves, the sensitivity level may change and that is perfectly normal. Your ReBuilder® is working even at very low settings.

E.M.S. (Electric Muscle Stimulation)

You do not need to use the EMS setting to get benefits from the ReBuilder®. It is an additional feature that the ReBuilder® offers to strengthen muscles that may have atrophied from disuse.

1. To use for pain or for muscle spasms in shoulders, thighs, calves and back, use the self-adhesive pads and place over painful muscles or muscle groups about 4 inches apart.
2. Turn on the ReBuilder® intensity knob, then press the frequency button once until the EMS light lights up. Do not increase the intensity setting until the light next to the word ReBuilder® lights up. This will take 4-6 seconds. When the ReBuilder® light is off, no stimulation is being sent. Increase the intensity until you feel a mild pulling in the muscle. Only use the EMS feature for any one muscle area for 5 minutes for the first couple of uses. Each week you can add 5 minutes to the EMS routine for that muscle area up to a maximum of 15 minutes.

Your ReBuilder® has three separate therapies it can perform. The first one, 7.83Hz, is the primary one for your symptoms. When this first setting is selected, the 7.83Hz light will remain lit, while the light next to the word "ReBuilder®" will flash rapidly. To switch therapies to EMS, press the square frequency button once. The second light should come on and remain steady, and the light next to "ReBuilder®" will not immediately begin to flash. After approximately 6 seconds, the light next to "ReBuilder®" should flicker rapidly for about 6 seconds, then go off again. This light should repeat the 6 second on and 6 second off cycle continuously. The EMS signal is a muscle exercise. Consult your physician for proper use and placement for any muscle weakness or atrophy you may have. If you press the frequency button once again, the TENS light will light up, and the "ReBuilder®" light will light up almost steady. TENS can be used for spot pain relief after injury or surgery, but is not the primary setting to be used for your symptoms. To return to the main setting for your therapy of 7.83Hz, press the frequency button once again. It is important to understand the frequency button operation in case the setting accidentally gets changed from 7.83Hz.

Using the Adhesive Pads

Make sure your ReBuilder® is turned off. Plug the lead wire into the output jack. Place one self-adhesive pad on the bottom of each foot for affected area. Position the self-adhesive pads on the ball of the foot. Placing lead wires between the toes will help hold the electrodes in place.

Once you have tried the electrodes on the balls of the feet, feel free to experiment with different areas on the feet and ankles to see what position will give you the most relief. Position the electrodes to see what is most effective for you.

Everyone's experience with the ReBuilder® treatment can be different. Even if you have used the ReBuilder® before in a clinic setting, using the treatment daily at home results in the best outcome. The *Standard Treatment Protocol* is designed to meet the needs and use ability for the vast majority of ReBuilder® users. If this protocol is causing any negative reactions, change to the *Gentle Start Protocol* mentioned in this booklet.

Any negative reactions indicate your nerves are very receptive to the ReBuilder's impulse and will repair by using a lower intensity setting. The *Standard Treatment Protocol* and the *Gentle Start Protocol* are fundamental guidelines and your use may vary. If you have questions about any changes in your symptoms, refer to the Troubleshooting Guide & Treatment Questions section, or call us for assistance.

If you are sensitive to medications, if your neuropathy symptoms are hypersensitive (i.e. bed sheets bother your toes or small things are overly annoying to your symptoms), or develop an adverse reaction to the treatment, then you should call us for a program designed specifically for you. Our toll free number is 866-725-2202.

Q: Why do I feel the ReBuilder® more in one foot or hand than the other?

A: You may feel stimulation stronger in one foot or hand than the other. This is normal even with healthy nerves. For those with neuropathy, there can be differences in nerve function from one foot or hand to the other, increasing this difference.

Precautions and Information

- Do not place the electrodes on your neck because muscle contractions there could reduce blood flow temporarily to your brain.
- ReBuilder Medical does not provide medical advice. Please consult your physician for a medical diagnosis.
- Many people have severe numbness and may not feel the stimulation of the ReBuilder® initially, but will over time.
- Allow 30 days for results. Most symptoms came on gradually and may take time to resolve.
- Even if you are not feeling a pulse during your session, the ReBuilder® is still affecting the nerves and muscles.

Q: How long will it take to see results?

A: Everyone is different. Some see results begin almost immediately, while others it can take a few weeks to start to notice a difference.

Q: The ReBuilder® will not turn on. What do I do?

A: Make sure both intensity knobs have been turned off and remain off for at least 5 minutes. If it does not turn back on, then replace the battery. If the battery is replaced and does not solve the problem, call for service.

Q: Why did the ReBuilder® stop working during my treatment session?

A: There is an internal timer designed to turn off the stimulation automatically after about 30 minutes. This is to prevent over stimulation, as some people fall asleep during treatment. The timer may vary between 28 and 32 minutes. If the treatment is turning off before 28 minutes, double check with a clock and call for service.

Q: My ReBuilder® still works, but why do I have to turn it up higher and higher to get the same stimulation?

A: Check the battery. Usually the 9 volt battery will last approximately 30 to 45 days depending on use before needing to be replaced. The power indicator can still flash even if the battery is weakening to the point of reduced stimulation.

Q: Why does the stimulation fluctuate from none to a lot during the treatment session?

A: There may be a short in the lead wire that allows for only occasional complete connection. You can call us to order a replacement lead wire or order online for your ReBuilder®.

Adhesive Pads on other parts of the body

The self adhesive pads can also be used on other areas of the body. Such as the back or shoulders. Cleanse the skin of body oil or lotion with rubbing alcohol before applying the adhesive pads to the skin.

Adhesive pads placed on shoulders

Adhesive pads placed on lower back

NOTE! Use of the ReBuilder® for areas other than that for which it was prescribed should be done in consultation with your physician.

NOTE! When using the adhesive pads on other parts of the body, two pads have to be used in order for the ReBuilder® signal to work.

NOTE! If you experience any worsening symptoms or new symptoms after treatment, refer to the troubleshooting guide for assistance.

NOTE! At higher intensity on the dial you may feel pulsations in your calf muscle. This is normal. If this results in sore or tired legs, refer to the troubleshooting guide for assistance.

Troubleshooting Guide & Treatment Questions

Q: Why are my symptoms worse after I use the treatment?

A: The ReBuilder® causes activity in your nerves. For some, the amount of activity is more than their body is ready for, even if you do not feel the stimulation. If you experienced heightened symptoms after use, discontinue use for a day or two until your symptoms return to baseline (your normal level). Then you can return to the treatment, but at a bit lower intensity than you used before. If you were only on intensity #1, then reduce the time by 5 or 10 minutes. After a couple of days at the lower use, you should be able to increase again and continue.

Q: Why are my arms/hands or legs/feet tired after treatment?

A: This is normal. But if it is a problem, stop treatment for one or two days, then return to a lower intensity.

Q: I do not feel any sensation from the treatment. Should I turn it up?

A: Most people are not going to feel any sensation from the treatment until higher intensity settings. Those with a lot of numbness may not feel much of anything until very high intensity settings. The ReBuilder is still working to repair your nerves even if you are too numb to feel the impulse.

Q: Why does the sensation I feel from the treatment decreases during the treatment session?

A: It is perfectly normal for your nerves to become acclimated to the sensation and you feel less sensation during the treatment. This is normal and no need to keep turning the intensity up.

Q: Am I supposed to reach the highest intensity?

A: There is no goal to reach the highest setting. Unless you are very numb, you probably will not be comfortable at high intensity settings. Your comfort will determine how high you can eventually reach.

Q: Why does the light flash but I can no longer feel any stimulation?

A: Replace the battery and try again. The lead wire may have worn out and need replaced. If using the Conductive Garments, they may have worn out and need replaced. If this does not solve the problem, call for service.

Q: Can I use the treatment more than twice a day?

A: To avoid irritating your symptoms or tiring your legs or arms we generally do not suggest more than two treatments per day.