

# ReBuilder® 2407



**Rx Only**

*ReBuilder  
Medical Inc.*

📍 636 Treeline Drive,  
Charles Town, WV 25414

☎ (304) 725-2202

📠 (304) 725-4915



# ReBuilder® 2407 Indications for Use

## *...FDA Cleared Uses*

The ReBuilder® EMS/TENS was cleared under **K882980** as a prescription device for the following uses:

- ◇ Relaxation of muscle spasms.
- ◇ Prevention or retardation of disuse muscle atrophy.
- ◇ Increasing local blood circulation.
- ◇ Muscle re-education.
- ◇ Maintaining or increasing range of motion.
- ◇ Symptomatic relief of chronic intractable pain.
- ◇ Post-traumatic and post-surgical pain relief.

# Precautions & Information

## Contraindications

- ◇ EMS/TENS devices should not be used on patients with cardiac demand pacemakers or any other implanted electrical medical device without written consent given by cardiologist or implanted electrical device manufacturer.

## Warnings

- ◇ The long-term effects of chronic electrical stimulation are unknown.
- ◇ Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.
- ◇ Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty breathing.
- ◇ Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
- ◇ Stimulation should not be applied trans-cerebrally.
- ◇ Stimulation should not be applied over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.

## **Precautions**

- ◇ Caution should be used for patients with suspected or diagnosed epilepsy.
- ◇ Safety of TENS devices for use during pregnancy has not been established. We do not recommend use during pregnancy.
- ◇ Caution should be used when there is a tendency to hemorrhage following acute trauma or fracture.
- ◇ Caution should be used following recent surgical procedures when muscle contraction may disrupt the healing process.
- ◇ Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternate conductive medium, or alternate electrode placement.
- ◇ Electrode placement and stimulation settings should be based on the guidance of the prescribing practitioner.
- ◇ TENS devices should be kept out of the reach of children.
- ◇ TENS devices should be used only with the leads and electrodes recommended for use by the manufacturer.
- ◇ TENS devices should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

# ReBuilder® How-To Instructional Videos

**VISIT OUR WEBSITE FOR HOW-TO AND INSTRUCTIONAL VIDEOS AVAILABLE FOR OPERATION OF YOUR REBUILDER AND OTHER ACCESSORIES.**



ReBuilder Medical



Learn how the ReBuilder 2407 operates and it's features



ReBuilder Medical

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Conductive Socks



ReBuilder Adhesive Pads



Conductive Gloves

[www.ReBuilderMedical.com/How-To](http://www.ReBuilderMedical.com/How-To)

If you have a smartphone, scan the QR Code here to be directed to our website with all our videos. If not, please visit our website [www.ReBuilderMedical.com](http://www.ReBuilderMedical.com) and find our **How To** link in our menu under **Info -> ReBuilder Information**.



# ReBuilder® 2407 Kit

Please confirm all the following items are included\*:

A.



- A. ReBuilder® 2407 Unit
- B. Two lead wires
- C. 2 Sets of adhesive stimulating pads (Color and style may vary)
- D. Protective travel case

\* Please call 877-717-5487 if missing any items.

B.



C.



D.



## Get to Know your ReBuilder®

### *...Operating your ReBuilder®*

Your ReBuilder® can operate two sets of lead wires and two pairs of pads simultaneously. You can use 1 pair of adhesive pads to treat your feet, while simultaneously using the other pair of pads to treat your hands, back or shoulders. Do not use both sets of pads (*i.e.* 4 pads), to treat the same area, such as the feet.

Your ReBuilder can also be used with other ReBuilder accessories such as the FootPads, Knee Straps, or other methods advised by your healthcare provider. Please see their included instructions for use if you received any additional treatment accessory.

**NOTE:** The power intensity switch #1 controls output #1. The power intensity switch #2 controls output #2.

# Get to Know Your ReBuilder®

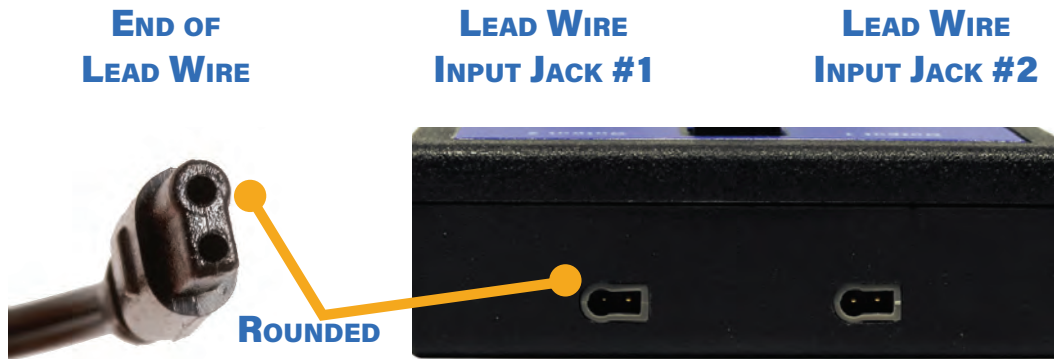
## ...Front View of the ReBuilder® 2407





### ***...Inserting the Lead Wires***

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



### ***...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 60 days depending on usage. Do not use rechargeable batteries.



## Before your First Use

Before using your ReBuilder® the first time it is important to fully understand the settings and features.

1. Turn on the left power intensity switch just until it clicks on to the #1 intensity setting. Note the three diamond-shaped lights on the top row.

**DIAMOND-SHAPED  
FREQUENCY LIGHTS**

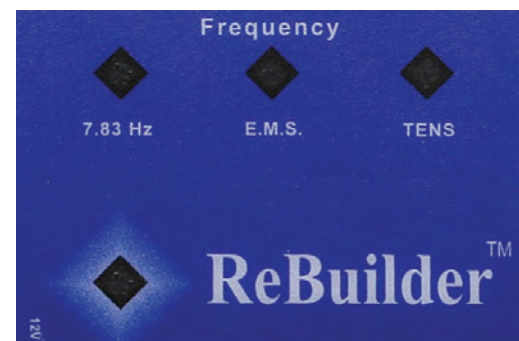
**LEFT POWER  
INTENSITY SWITCH**



2. The first one should be lit above where it says 7.83 Hz and the light next to the ReBuilder® logo is flashing rapidly. This is the correct setting for your ReBuilder® treatment. The EMS and TENS settings will be discussed later.



3. You may now turn off the ReBuilder® by turning the left power intensity switch counter-clockwise until it clicks to the off position and the lights go out.



## Using the ReBuilder®

You can use either the Standard or Gentle Start Treatment Protocols for all treatment methods.

### *...Standard Treatment Protocol*

Turn the ReBuilder on and slowly turn up the intensity dial until you feel a fairly strong tingling sensation along with a small amount of muscle activity. Next, turn the intensity down slightly and continue the thirty-minute treatment at this intensity level. The impulses should be gentle enough to allow you to fall asleep during the treatment session. Use twice per day with a minimum of six hours between treatments to allow for nerve and muscle recovery.

**NOTE:** At higher intensity, 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.

### *...Gentle Start Treatment 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 still at a level where you could fall asleep during the treatment. Treat yourself twice per day with minimum of 6 hours between treatments. 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.

# Treatment Frequency Settings

Your ReBuilder® has three separate therapies it can perform.



**7.83 HZ** | The primary one for your symptoms. When this first setting is selected, the 7.83 Hz light will remain lit, while the light next to the word “ReBuilder®” will flash rapidly.



**E.M.S.** | This signal is a muscle exercise. To switch therapies to E.M.S., 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.



**TENS** | Used for spot pain relief after injury or surgery, but is not the primary setting to be used for your symptoms. The TENS indicator will light up, and the “ReBuilder®” indicator will flash rapidly.

To return to the main setting for your therapy of 7.83 Hz, press the frequency button once again. It is important to understand the frequency button operation in case the setting accidentally gets changed from the primary setting of 7.83 Hz.

# Treatment Frequency Settings

## ***...E.M.S. (Electric Muscle Stimulation)***

You do not need to use the E.M.S. 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, or more.
- 2.** Turn on the ReBuilder® with the Intensity switch, then press the frequency button once until the E.M.S. indicator lights up. Do not increase the intensity setting until the light next to the word ReBuilder® lights up. This will take 6-7 seconds. When the ReBuilder® light is not flashing, no stimulation is being sent.
- 3.** Increase the intensity until you feel a mild pulling in the muscle. Only use the E.M.S. feature for any one muscle area for 5 minutes for the first couple of uses. Each week you can add 5 minutes to the E.M.S. routine for that muscle area up to a maximum of 15 to 20 minutes.

## Using the Adhesive Pads

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



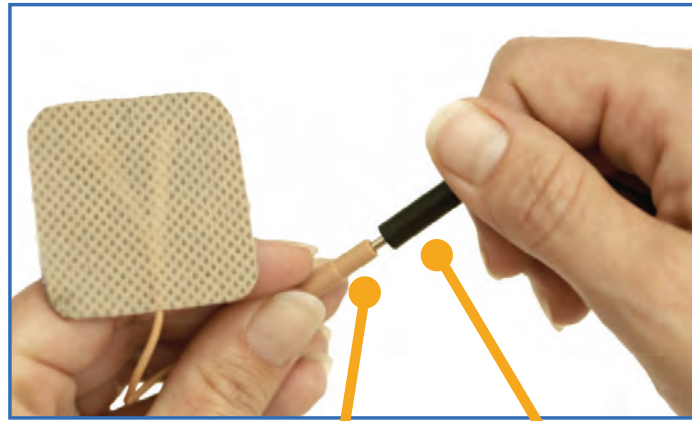
Once you have tried the electrodes on the balls of the feet, feel free to experiment with different areas on the feet and ankles to see what position will give you the most relief. Position the electrodes to see what is most effective for you.



**NOTE:** Color and style may vary for adhesive pads. Tan adhesive pads shown in photo demonstration for placement.

## Replacing the Adhesive Pads

To replace the adhesive pads, grip the plastic end of the black lead wire and the plastic end of the adhesive pad and pull apart with a slight twisting motion.



**PLASTIC END OF  
ADHESIVE PAD**

**PLASTIC END OF  
LEAD WIRE**

After disposing the worn adhesive pads, take a set of new ones and 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 the metal probe from the lead wire all the way in.



## 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, shoulders, and arms. When placing the pads on the skin, leave approximately 4-6 inches or more between them. Cleanse the skin of body oil or lotion with rubbing alcohol before applying the adhesive pads to the skin.



**ARMS...**



**LOWER BACK...**



**SHOULDERS...**

**...AND MORE, INCLUDING THIGHS, ELBOWS, & HIPS.**

*Some additional accessories may be required. If you are unsure about treating a certain area, call us and we can advise you on the best method for treatment.*

**NOTE:** When using the adhesive pads, two or four pads have to be used in order for the ReBuilder® signal to work.



## Care and Maintenance

### ***...ReBuilder Unit Care***

Your ReBuilder® has an automatic timer that turns off stimulation between 28 and 32 minutes. Make sure to turn the intensity switch completely “off” after each use. If you have difficulty turning on the ReBuilder®, make sure to turn the knob off and remains off for at least 1 minute to allow the timer to reset. If your ReBuilder® unit gets wet, do not use - contact us.

### ***...Battery Care***

Your ReBuilder® has come with a 9-volt battery (non-rechargeable) already installed and ready to use. The battery generally lasts 60 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. Always remember to turn your ReBuilder off manually with the knob after your session times out. Do not use rechargeable batteries.

### ***...Adhesive Pad Care***

Properly cared for, the self-adhesive stimulating pads can last for many uses. Make sure the skin surface is clean and dry. Cleaning the skin with an alcohol swab prior to sticking the pads on your skin helps the pads last longer. Make sure to replace the pads onto the protective plastic sheet after each use and store in a cool, dry location. 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.

## What to Expect Using the ReBuilder®

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 often 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.

**NOTE:** If you experience any worsening symptoms or new symptoms after treatment, refer to the troubleshooting guide for assistance. You can also call us or your healthcare provider who prescribed the ReBuilder.

Any negative reactions indicate your nerves are very receptive to the ReBuilder® impulse and will be helped 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 at 877-717-5487.

If you are sensitive to medications, if your 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 877-717-5487.

## Troubleshooting Guide & Treatment Questions

**Q:** Why do my symptoms feel a little 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 prepared 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 treatment 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, because your muscles are being stimulated. But if it becomes 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 significant amount of numbness may not feel much of anything until very high intensity settings. The ReBuilder® is working even when not feeling much sensation.

**Q:** Why does the sensation I feel from the treatment decrease 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 to be replaced. If using the Conductive Garments or Straps, they may have worn out and need to be replaced. If this does not solve the problem, call us at 877-717-5487.

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

**A:** Yes, but to avoid irritating your symptoms or tiring your legs or arms we generally do not suggest more than two treatments per day. If you do try a third daily treatment start with only 15 minutes. You can work up to a full treatment if your body is responding well.

**Q:** How long will it take to see results?

**A:** Everyone is different. Some see results immediately, while others can take a few weeks before they notice a difference.

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

**A:** Replace the battery. We do not recommend using rechargeable batteries. If the battery is replaced and this does not solve the problem, call us at 877-717-5487.

**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 the session ends. This is to prevent over-stimulation, as some people fall asleep during treatment. This automatic timer turns the unit off in approximately 28 to 32 minutes.

**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 batteries will last approximately 30 to 60 days depending on use before needing to be replaced. **The power indicator light will continue to flash despite the battery being too weak to generate impulses.**

**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. There can be differences in nerve function from one foot or hand to the other, increasing this difference. The ReBuilder® device is designed to produce a stronger signal on one side. This provides better outcomes. Try reversing the adhesive pads, socks or conductive FootPads, (*depending of course on which accessory you are using*).

## Other Products

Call to order from the manufacturer toll-free (877) 717-5487, or order online at [www.ReBuilderMedical.com](http://www.ReBuilderMedical.com).



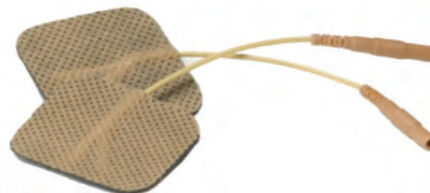
**CONDUCTIVE GLOVES**



**CONDUCTIVE SOCKS**



**REBUILDER FOOT PADS**



**ADHESIVE PADS**



**REPLACEMENT OVAL LEAD WIRE**



**REBUILDER® ELECTROLYTE SPRAY**

## Manufacturer Comments

Chronic or intractable 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 hundreds 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 by:

- ◇ Visiting our website at [ReBuilderMedical.com](https://ReBuilderMedical.com)
- ◇ Calling toll-free [877-717-5487](tel:877-717-5487)
- ◇ Emailing [help@ReBuilderMedical.com](mailto:help@ReBuilderMedical.com)

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 or your healthcare provider.

## Warranty Information

All warranty claims are to be processed by the manufacturer directly and must be accompanied by a receipt for purchase or copy of a dated order to dispense by a certified physician's office.

**FOR WARRANTY-RELATED ISSUES YOU MUST CALL BEFORE RETURNING TO REBUILDER® MEDICAL INC.**

For questions concerning warranty or mechanical or operational problems with your ReBuilder® unit or accessories, please call toll-free **877-717-5487**.



# Summary Glossary

**SN** Serial Number



**Non-sterile**



**Not for general waste**



**Caution: Federal (USA) law restricts this device to sale by or on the order of a Licensed Healthcare Provider.**



**Keep dry**



**Consult instructions**



**Warning: electricity**



**Manufacturer**



**Contraindications**

# ReBuilder<sup>®</sup> Medical Inc.

*Helping patients for over 30 years!*





# QUESTIONS

For questions about this product...



Call us toll-free at  
(877) 717-5487



Visit us online at  
[www.ReBuilderMedical.com](http://www.ReBuilderMedical.com)



Or email us at  
[help@ReBuildermedical.com](mailto:help@ReBuildermedical.com)

