

ReBuilder® 300



Rx only



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ReBuilder® 300 Indications for Use

...FDA Cleared Uses

The ReBuilder® was cleared under **K8744580** as a prescription device for the following uses:

- ◇ Symptomatic relief of chronic intractable pain.
- ◇ Post-traumatic and post-surgical pain relief.
- ◇ Maintaining or increasing range of motion.

Precautions & Information

Contraindications

- ◇ 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 300 operates and it's features



ReBuilder Medical

Subscribe



Conductive Socks



ReBuilder Adhesive Pads



Conductive Gloves

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 and find our **How To** link in our menu under **Info -> ReBuilder Information**.



ReBuilder® 300 Kit

Please confirm all the following items are included*:

A.



- A. ReBuilder® 300 Unit
- B. One lead wire
- C. Set 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®

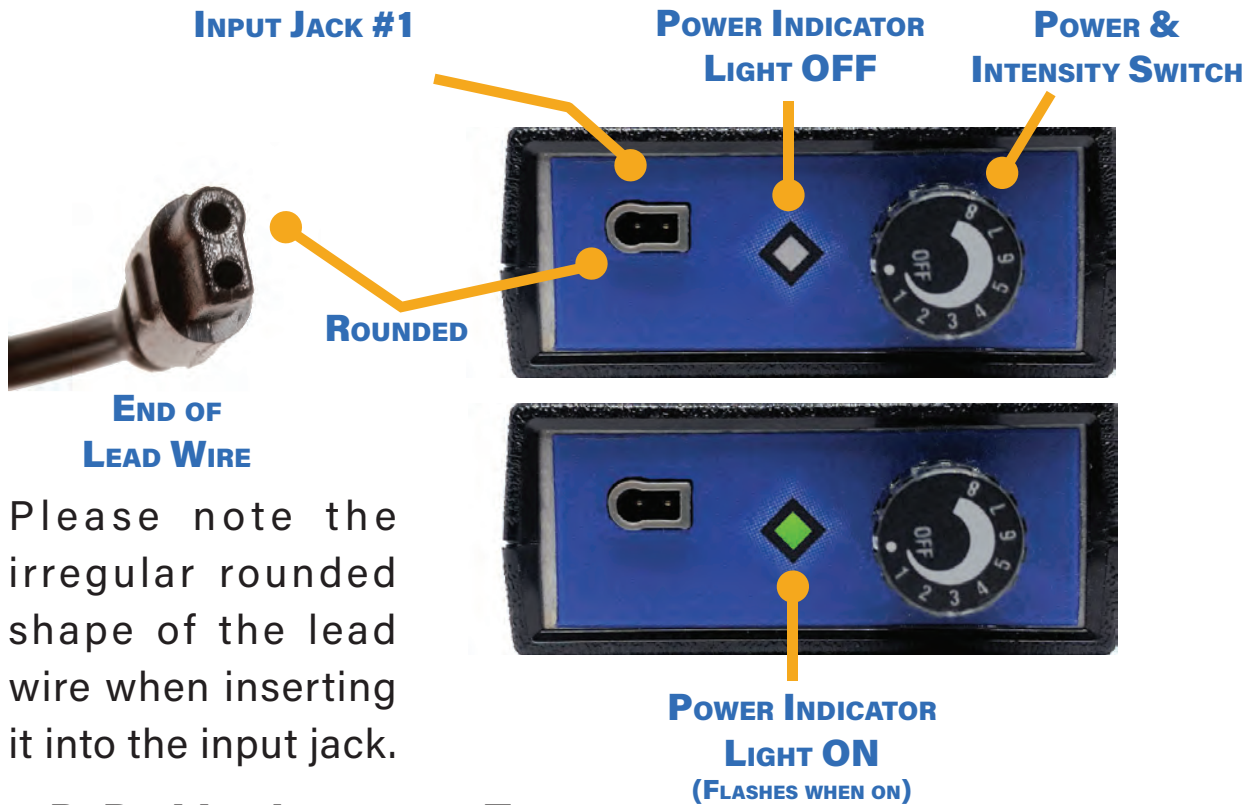
Your ReBuilder unit can operate with one lead wire and one pair of pads attached. Connect 2 adhesive pads to the lead wire. Place one adhesive pad on the ball of each foot. You can also treat your hands, back, knees, hips or shoulders using the adhesive pads. For more specific instructions on this, refer to pages 8 and 9.

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: You can only treat one area at a time such as both feet, hands or shoulders.

Get to Know your ReBuilder®

...Top View of the ReBuilder® 300



Please note the irregular rounded shape of the lead wire when inserting it into the input jack.

...ReBuilder Automatic Timer

Your ReBuilder® has an automatic timer that turns off stimulation between 28 and 32 minutes. Make sure to turn the intensity knob 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.

...Powered by a 9-Volt Battery

Your ReBuilder® has come with a 9-volt battery 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. For battery replacement, see page 11.

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.

INTENSITY 1



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 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.

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.



...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 pads have to be used in order for the ReBuilder® signal to work.

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.

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.



**PLASTIC END OF
ADHESIVE PAD**

**PLASTIC END OF
LEAD WIRE**



...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.

Replacing the 9-Volt Battery

...How to open battery compartment to replace battery

First, turn the unit upside down and identify the location of the battery door on the back of the unit. The door is marked by raised ridges and an arrow pointing up. Place both thumbs on the raised ridges in the middle of the battery door and press firmly. This firm pressure will release the battery compartment latch and enable you to slide the door up and remove it.



Your ReBuilder 300 battery connector is one of two options listed below.



Option 1 (Wire Connector)

Unsnap the battery from the connector. Be sure not to pull the battery wires when removing. Replace with a new battery and replace the battery door.

Option 2 (Slide in Connector)

Release battery by pulling on ribbon inside compartment. Identify positive (+) and negative (-) terminals on new battery and match up with the (+) and (-) indicator inside the compartment. Place ribbon under new battery. Slide new battery onto connectors. This may require you to push the battery upwards slightly. Re-install battery door by sliding door back into place, making sure that the door snaps closed securely.



Do not use rechargeable batteries.

For video instructions on how to replace the battery, please scan the QR code at the beginning of the instruction manual or visit our website.

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 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 the conductive FootPads, (*depending, of course, upon 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.



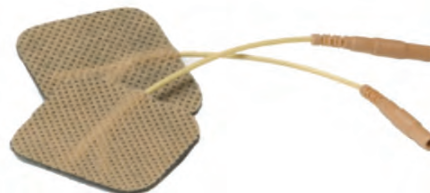
CONDUCTIVE GLOVES



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

◇ Calling toll free [877-717-5487](tel:877-717-5487)

◇ Or by email at 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.

If your ReBuilder® unit gets wet, do not use - contact us.

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® 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



Email us at
help@ReBuildermedical.com

