



Quick Start Guide

Empi Select™

Device Set Up



- 1 Connect lead wires to the electrodes and to TENS device.
- 2 Clean skin in the treatment area. Dry thoroughly.
- 3 Apply electrodes around area of pain as instructed by your health care provider.
- 4 After placing the electrodes, turn TENS device on by pressing "on/off" button.
- 5 Select the appropriate body specific program.
- 6 Increase both channels on "ch1 and ch2" to a strong but comfortable level.
- 7 To unlock device press "down arrow."

* Please see user manual for detailed instructions.

General Joint and Spine Pain-Electrode Placement

Shoulder Pain

Setting/Mode

Quick Shoulder Setting, Burst or SMP

Treatment Time

30-60 minutes
3-4 times per day
or as prescribed

Electrode Placement

Place electrodes surrounding the painful site using a bracketed method.



Upper Back Pain

Setting/Mode

Quick Back Setting or Burst

Treatment Time

30-60 minutes
3-4 times per day
or as prescribed

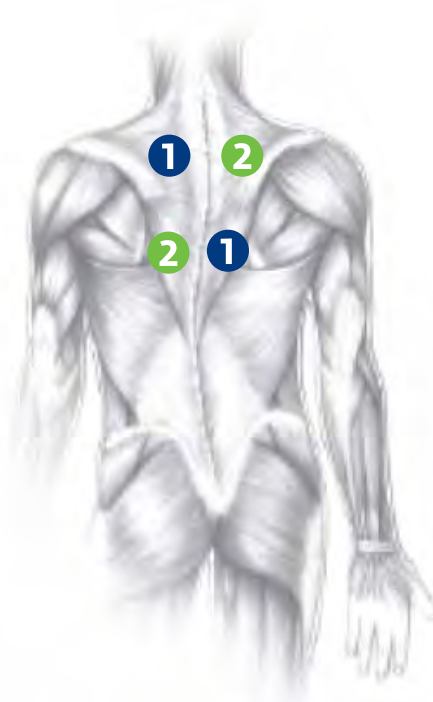
Electrode Placement

Single Channel

Place electrodes unilaterally on paraspinals at proximal and distal pain limits.

Dual Channel

Place electrodes at paraspinals, at proximal and distal pain limits, in a crossed pattern.



* These electrode placements serve only as a guide and will vary by indication and individual patient needs. Specific electrode placement or treatment plans should be determined by the physician.

Lower Back Pain

Setting/Mode

Quick Low Back/Hip Setting or Modulation

Treatment Time

30-60 minutes
3-4 times per day
or as prescribed

Electrode Placement

Single Channel

Place electrodes unilaterally on paraspinals at proximal and distal pain limits.

Dual Channel

Place electrodes at paraspinals, at proximal and distal pain limits, in a crossed pattern.



Single Channel



Dual Channel

Hip Pain

Setting/Mode

Quick Low Back/Hip Setting or Modulation

Treatment Time

30-60 minutes
3-4 times per day
or as prescribed

Electrode Placement

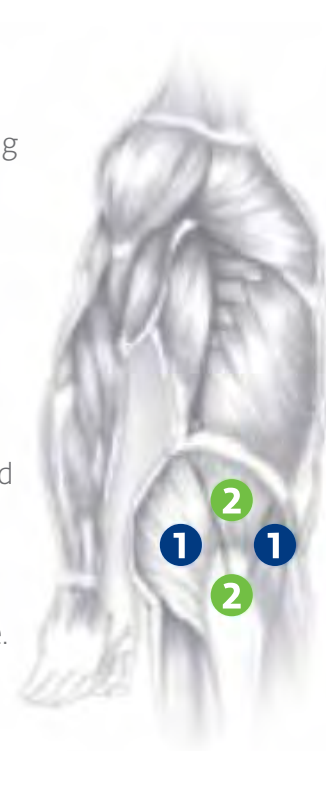
Channel 1

Place electrodes medial and lateral to the pain site.

Channel 2

Place electrodes superior and inferior to the pain site.

This creates a crossed pattern over the hip joint.



Knee Pain

Setting/Mode

Quick Knee Setting, Burst, or SMP

Treatment Time

30-60 minutes
3-4 times per day
or as prescribed

Electrode Placement

Place electrodes in a crossed pattern surrounding the knee joint.

Note: Do not place electrodes over incision sites.



* These electrode placements serve only as a guide and will vary by indication and individual patient needs. Specific electrode placement or treatment plans should be determined by the physician.

Frequently Asked Questions

How does it work?

The Empi Select provides pain relief in two ways. In the Gate Control Method, the electrical impulses override the pain messages (gate) to the brain – much like cold water to a burnt finger. The second method of pain control, Endorphin Release, causes our body's natural painkillers called endorphins to be released, which acts similarly to pain medication without the negative side effects.

When do I use it?

As often as you need for pain control or as prescribed by your treating healthcare provider.

Do they contain any latex?

No.

What do I do if my insurance doesn't cover it?

In the unlikely event this happens, contact Empi to discuss our other flexible options. There is a pre-paid mail bag in the box if you chose to return it. Please DO NOT return the device to your healthcare provider.

Does Medicare cover it?

Yes, Medicare covers the TENS device, with some exclusions depending upon the patient's condition. Empi or your healthcare provider can help to identify if your condition(s) is within Medicare's guidelines for coverage. They require at least a 30-day trial and will purchase if you and your physician agree that it is providing you relief.

How strong should it be?

Strong but comfortable.

What do I do if it breaks or stops working?

Empi SELECT has a lifetime warranty, call Empi if you need repair assistance.

How long do gel pads or electrodes last?

Typically last 1-3 weeks or 12-15 uses depending on proper maintenance, most insurances will allow 2 packs per month.

How do I get more supplies?

Contact Empi at 800-328-2536.

If you have other questions, please call 800-328-2536 or contact your local representative.

Warnings

Skin reactions

On rare occasions, therapy can result in transient skin reactions such as rash, inflammation, irritation, or burns. These skin reactions may be the result of individual sensitivity to the condition of the skin at the onset of treatment, reaction to the materials in the electrodes, or a poor connection between the electrode and your skin. If a visible skin reaction does occur, discontinue the treatment and consult the prescribing physician or licensed practitioner. In addition, should you experience significant skin irritation, contact Empi to discuss different electrode options.

Electromagnetic compatibility

Care must be taken when operating this device adjacent to or stacked with other equipment. Potential electromagnetic or other interference could occur to this or other equipment. Try to minimize this interference by not using other equipment in conjunction with it. (i.e. cell phones, etc.)

Pregnancy

The safety of using electrical stimulation during pregnancy or birth has not been established.

Heart disease

Precaution should be taken prior to using electrical stimulation on patients suspected of having heart disease.

Throat stimulation

Severe spasm of the laryngeal and pharyngeal muscles may occur when the electrodes are placed across the throat or mouth. This may be strong enough to close off the airway or cause breathing difficulty.

Skin and vascular problems

Do not use this device over infected areas, skin eruptions, or areas of decreased sensation.

Transthoracic stimulation

Do not apply electrical stimulation transthoracically (through the chest area) in that the introduction of electrical current into the heart may cause cardiac arrhythmias.

Contraindications

TENS treatments should not be used if you have any of the following:

Cardiac pacemakers

Do not use this device if the patient has a *demand-type* cardiac pacemaker or any implanted defibrillator.

Transcerebral stimulation

Do not apply electrical stimulation transcerebrally (through the head).

Carotid sinus

Do not use electrical stimulation over the carotid sinus nerves (throat).

Unknown etiology

Do not use this device when pain syndromes are undiagnosed.

* Please see user manual for complete list of Indications, Contraindications, Warnings, Precautions, Dangers and Adverse Effects.



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Caution: Federal law restricts this device to sale by or on the order of a physician.

Your Healthcare Provider Recommends the Following Treatment Plan

_____ Minutes Per Session

_____ Times Per Day

_____ Mode



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Together in Motion™