

Your Warranty

If a product purchased from Pneumex does not operate properly, Pneumex will repair or replace it at no charge, for up to one year from the date shipped. In the course of repair or replacement, Pneumex may send you written recommendations on how to prevent a problem from occurring again. Pneumex reserves the right to withdraw this warranty if recommendations are not followed. The customer is responsible for freight charges both to and from Pneumex in all cases.

This warranty does not apply to compressors which are covered by the compressor manufacturers.

This warranty is exclusive and is in lieu of all other warranties whether written, oral or implied, including the warranty of fitness for any particular purpose. Pneumex liability is in all cases limited to the replacement price of its product. Pneumex shall not be liable for any other damages, whether indirect, consequential, or incidental arising from the sale or use of its products.

Pneumex sales personnel may modify this warranty, but only by signing a specific written description of any modifications.



Pneumex Equipment



treat. restore. thrive.

PneuThera Treatment Protocols

PneuVibe™

Assembly Manual



PneuVibe™ Pro



PneuVibe™ Club

Key Benefits

- ◆ Increase in resting metabolic rate
- ◆ Improved bone density
- ◆ Improved balance
- ◆ Improve muscle strength and performance
- ◆ Increase flexibility and range of motion
- ◆ Enhance critical blood flow



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Pneumex, Inc.

Rev 014

Revised Feb 26, 2014

Genuine Pneumex Equipment

Protocol Recommendations

Trigger point release/mobilization recumbent position with head stabilized off vibration. Some individuals may tolerate 30 Hz. low amplitude without the central nervous system guarding. Circulatory system response may be better at 30 Hz.

Type	Frequency	Amplitude	Duration
MEDICAL - Spinal, Lumbar/Cervical/Thoracic			
Beginning	20	Low	5 min max initially up to 15 min
Advanced	30	Low	15 Min Max
STRENGTHENING – Free Weights, Bands Resistance Training			
Beginning	30	High (80+%)	Workout
	40-50	Low (20%)	Workout
Intermediate	40-50	Low (80%)	Workout
	30-	High (20%)	Workout
Advanced	Variable	Max	½ Intensity of Intermediate
PLYOMETRIC – Double Leg, Single Leg, Boxes, Etc...			
Beginning	40-50	High	Workout
Advanced	40-50	Low	½ Intensity Max
CIRCULATORY/RANGE OF MOTION – Non-to partial weight bearing			
Beginning	20-30	Low	10-30 Sec to teach correct posture
Intermediate	30-40	Low	2 Min
Advanced	30-40	High	2 Min
GENERAL TONING - Health Club / Fitness			
Beginning	30-40	Low (80%)	30-60 Sec
	40-50	Low (20%)	30-60 Sec
Advanced	30-40	High (40%)	60 Sec
	40-50	High (60%)	60 Sec
MASSAGE – Extremity			
All	40-50	High	2 Min

Contraindications to Vibration

If one of the conditions listed below applies to you we strongly advise that you consult with your physician before using a vibration platform. Research on vibration is ongoing. The above list is likely to change in the near future, if it already hasn't. Experience tells us that vibration when integrated with your fitness program may help in ways never thought possible. As always, consult your physician before starting any exercise program.

- ◆ Acute, recent or possible thrombosis
- ◆ Acute hernia, discopathy, spondylolysis
- ◆ Advanced arthrosis, acute RA arthropathy
- ◆ Fresh fractures
- ◆ Gallstones
- ◆ Foot, knee and hip implants
- ◆ Patients who are pregnant
- ◆ Recently placed IUDs, metal pins or plates metal/ synthetic implants, e.g. pacemakers
- ◆ Pre-existing conditions such as varicose veins, spinal fractures, bone spurs, spinal stenosis, spondylosis or spinal tumors should check with their physician before any vibration therapy.
- ◆ Acute inflammations or infections
- ◆ Lumbar disc problems
- ◆ Recent sutures, scars and fresh wounds
- ◆ Severe diabetes
- ◆ Severe heart and/or artery problems
- ◆ Severe migraine
- ◆ Tumors / epilepsy

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Preface

This manual contains the operating instructions and service requirements for the PneuVibe. The manual is designed for clinical use. It is expected that the clinicians will instruct their patients and clients in the proper use of the system and its accessories. Please read the manual carefully, noting the Safety Requirements, before using the PneuVibe system.

Liability Notice

Failure to follow the conditions set forth below shall absolve Pneumex, Inc. from any responsibility for the safety, reliability, and performance of this equipment. It is suggested that each operator read the operator manual in full before using the product for the first time. Each independent user must be instructed in the proper use of the system and its accessories. The electrical wiring within the system's settings must comply with the applicable local or provincial requirements. The equipment must be used in accordance with the instructions for use. Please call Pneumex at 800-447-5792 to find out more about our training and certification programs.

Patients who have pre-existing conditions such as spinal fractures, bone spurs, spondylosis, spinal stenosis, spinal tumors or are pregnant should check with their physician before vibration therapy. See Page 14

How Vibration Works

We already know that the body adapts to the stress we put on it, and vibration adds more variables for our bodies to adapt to. Because of involuntary muscle contractions, we are actually exercising without doing anything when placing part of our body on a vibration platform. If we exercise while on that platform, our result will increase tremendously.

When you place any part of your body on a vibration platform, the muscles, which are vibrating, react to this stimulus and produce an involuntary muscle contraction. These contractions set into play a series of events.

This mechanical stimulus produces a stretch reflex which, depending on the selected frequency, results in muscles contracting 10 to 60 times per second or 1000 to 3600 times per minute.

Vibration training increases the production of regenerative and repair hormones, improves blood circulation, strengthens bone tissue, improves lymph drainage and increases basal metabolic rate.

This results in more strength, more speed, more stamina, rapid recovery of muscles and tissue, increased flexibility, mobility and coordination, improved collagen production, and fat reduction. Many of the leading experts in the health and fitness industry feel that vibration training is going to change everything we do in rehabilitation and performance training.

Vibration

Vibration is changing rehabilitation and performance training. Since the early days in space programs, vibration has filtered into all walks of health and fitness. Many leading experts in the health industry agree that once you understand the science behind vibration, you realize that vibration will enhance all areas of fitness, from osteoporosis to weight loss. Vibration is now being used by many of our top athletes for training purposes and also as a recovery tool after strenuous competition. The more you look at vibration, the more you understand the benefits. These physiological reactions are unique to vibration training and will soon separate it from all other fitness methods.

Not All Vibration is the Same

Pneumex is the only vibration company in the world that has the PneuVibe Pro platform that allows for Olympic lifts and Plyometric training.

- The PneuVibe Pro has a load limit of 1200 lbs. (others have 350 lb. limits)
- Pneumex vibration frequency range is between 10-60-hertz (others 30-50 hertz)
- Pneumex has the only High / Low vibration table
- Pneumex has adjustable amplitudes

Description and Use

The PneuVibe facilitates a pain free, low impact program that people who are unsteady or overweight not only can do, but also look forward to doing.

Exercise - You can perform the exercises both in a static (without moving) or in a dynamic way (while moving) on the vibration unit.

Massage - The vibration unit offers more efficient massage with less exertion than conventional methods.

Metabolism - Training on the vibration unit will heighten the basic metabolism.

Joint Mobility - Less strain put on the joints, ligaments and tendons during vibration training.

Rehabilitation - By using unweighting combined with vibration we are finding that range of motion exercises can improve chronic problems.

Initial Use

First time users may wish to feel the vibration with one foot prior to stepping onto the vibration platform. A slight bend in the knees while standing will keep the vibration out of the head area and in the core and extremities.

Operating Instructions

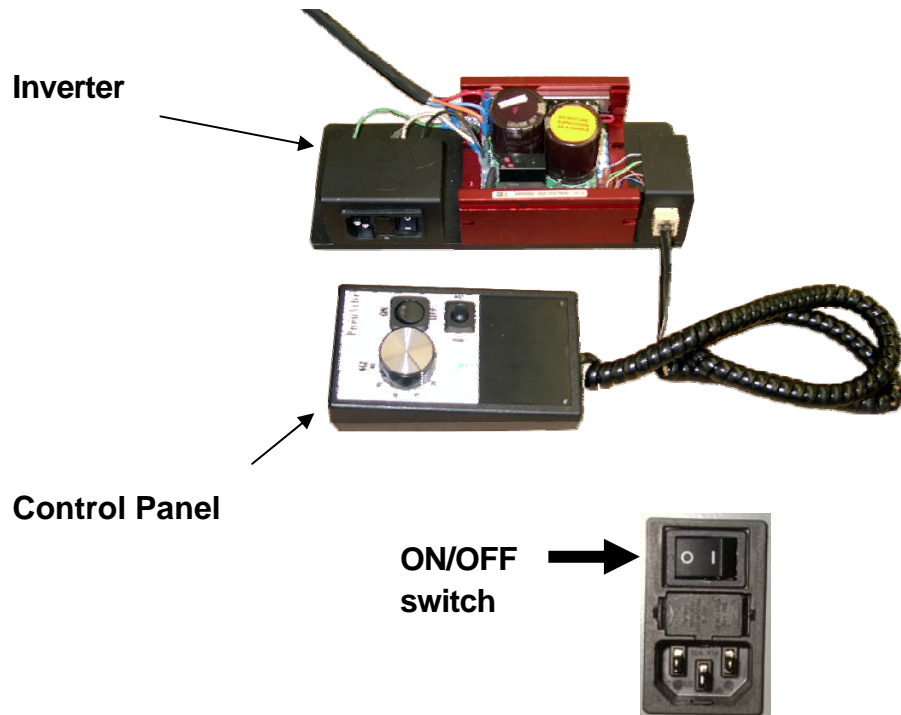
Unpack the PneuVibe unit. Retain all packing material until you are certain you have all the components.

Components

The PneuVibe™ components include the vibration unit, an electric control panel, operator/service manual and, on some models, a set of handles.

Installation

If problems occur, refer to the troubleshooting guide in this manual. If problems persist, call Pneumex, Inc. at 800-447-5792.



TURN UNIT OFF WHEN NOT IN USE

Safety Requirements

- Read this manual before using the PneuVibe™ System.
- Do not start the PneuVibe™ System until it is set on a **level surface** and all components are plugged in.
- To avoid potential safety problems, use parts and accessories that meet specifications given in this manual.
- Before each use, inspect all electrical plugs and **make sure unit is level**. Do not use if the integrity of these items is questionable.

Patients who have pre-existing conditions such as spinal fractures, bone spurs, spondylosis, spinal stenosis, spinal tumors or are pregnant should check with their physician before vibration therapy.

	PneuVibe Pro	PneuVibe Club
Weight	280 lbs.	200 lbs.
Shipping wt.	300 lbs.	220 lbs.
Maximum capacity	1200 lbs.	800 lbs.
Equip height	9" (w/ handle 42")	11" (w/ handle 42")
Equip width	40.5 x 32"	32.5 x 18"
Electrical	110 Volt	110 Volt
Hz	20 to 60 Hz	20 to 60 Hz
Amplitude	1 - 4 mm preset	1 - 4 mm preset

Maintenance and Troubleshooting

Cleaning

Use a soft cloth rinsed in warm water to clean the exterior surfaces.

Disinfection

Use procedures established for your facility.

Schedule Service

No scheduled service is required. See *Preventive Maintenance* below. For service, call Pneumex:

USA & Canada: 800-447-5792

International: 208-265-4105

Troubleshooting

Problem	Possible	Solution
System will not start	Not plugged in	Make sure unit is plugged in
	Not turned on	Make sure unit is turned on
	Fuse	Call Pneumex for location of fuse box: 800-447-5792
System vibrates erratically	Not on level surface	Make sure unit is on level surface.
	Not on firm surface	We recommend a cement or ground floor

MX Control Panel Use

Power ON/ OFF



Set your Pro Vibe switch to ON position.

Frequency

Set intensity with knob.

20-60



Amplitude

Use paddle switch to select Hi or Low.



PneuVibe Pro MX

Caution:

These units are heavy and require two people to lift and move.



Locate the rubber foot covers in with the control panel. Put one on each foot of the PneuVibe™. Make sure the PneuVibe™ System unit is set up on a **level surface**.

Find the control panel and connect to inverter unit on base of Pro Vibe. Also locate power cord and plug into inverter unit, then into 110 wall socket. To get power to the inverter and control panel, flip switch on power mount unit.

PneuVibe Club MX

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