



# XPDS 4 | 24

## User manual

EN

## User Manual

English

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## Foreword

Before operation, please read carefully this user's manual and be clear about the instructions.

Do you suffer from **PAIN, MUSCLE TENSION or STRESS?**

The HiDow XPDS 4|24 can quickly relax tense muscles and relieve pain. It is modern day home therapy device using the latest bio-electrical technology.

The HiDow XPDS 4|24 is designed to provide endless amounts of relaxing, deep, soothing sensations in the areas you need relief. Relax, feel good and rejuvenate your body and mind. Don't live with unhealthy physical and mental tension anymore.

Enjoy the XPDS 4|24 and live life to the fullest, whether you're at home, at work or on vacation. You'll love how good it feels!

**Please read the instructions carefully before using this instrument.**

The XPDS 4|24 is a four-channel battery operated muscle stimulation module that helps to relieve minor muscular aches and pains. It comprises of two main components: an electronic stimulatory module which generates the required stimulation signals and 4 sets of pro-neo neonatal ECG electrode pads with lead wires.

To be used for temporary pain relief associated with sore and aching muscles in the lower back, upper extremities (arms), lower extremities (legs) and joints due to strain from exercise or normal household work activities. It is intended to be used to stimulate healthy muscles in order to improve and facilitate muscle performance.

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## General information

### Included in this package:

- XPDS 4|24 unit
- 2 sets of LARGE single sided adhesive electrode pads (2.4 inches - round shape)
- 2 sets of EXTRA-LARGE single sided adhesive electrode pads (3 1/4 inches - rectangular shape)
- 4 Electrode Wires
- 1 set of Ear clips
- USB Cable
- AC Adapter
- User Manual
- Pad Holder

### Structure:

- Control unit
- LCD screen
- USB port
- Power switch
- Outputs
- AC adapter
- USB cable
- Electrode wires
- Pad Holder
- Electrode pads
- Ear clips

\*In case of any discrepancy between the physical and picture, refer to the actual product.

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## Overview: control unit and accessories



**USB cable:** use to charge the XPDS 4|24 battery

**AC adapter:** use with USB cable to charge battery

**Electrodes:** use to attach to your bare skin to perform stimulation

**Ear clips:** use to stimulate ears

**Electrode wires:** use to make the connection between the device and the electrodes

**Pad holder:** use to store electrode pads and wires after use

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## Charging the XPDS 4|24 battery

### \* Via a standard wall outlet

- Connect the AC adapter to any standard wall outlet.
- Connect the small end of the USB cable to the unit and the bigger end to the AC adapter.
- The unit is finished charging when the battery icon indicates full.

### FDA approved Class II Medical Device

- An extra large, easy to read LCD display
- Backlight for increased readability
- Adjustable timer (10-60 minutes)
- 2 year warranty

### \* Notes:

- The lithium battery can be recharged through both AC adapter and USB cable.
- While charging, the screen in ON position indicates the charge, while in OFF position the screen is blank. However the battery will charge in either one of the power positions (ON or OFF).

## Features

- 24 modes
- 4 output channels
- Rechargeable internal lithium battery
- 20 intensity level settings per channel

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## Mode description

We suggest that you initially experiment using each of the 24 modes. The mode or combination of modes that gives you the most desirable sensations and comfort is the most appropriate one to use for your current condition.

Intensity should be set at a level where you will experience some muscular vibration and involuntary muscle movements. It should be set to give a "comfortable" intensity and should not be painful.

Timing of application should be at least 10 to 20 minutes.

Frequency of application should be at one to three times per day.

## Directions for use

### Three key points for operation:

- Find the exact pain point:** The points which the electrode pads are attached to should be the most painful in normal time.
- Intensity:** The intensity must be gradually increased, and it's better to reach the highest intensity you can stand.
- Application duration:** 2-3 times/day, 40-60 minutes/time, over 10 days for one course.
  - Connect the electrode wires to the output ports at the top of the unit labelled as "A", "B", "C" and "D". You can connect wires to all of the 4 outputs and attach up to 8 pads at once.
  - Connect the pads to the wires by snapping them on.
  - Remove the protective film and place the pads on the pain points, making sure that both the pads are on the skin and not overlapping.

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- Turn on the unit via the on/off switch at the bottom of the unit.
- When you have turned on the unit, the default channel is "A+B", the default mode is "1", the initial intensity level is "0" and the default time is 30 minutes. Note: The backlight will be off after 10 seconds, press any key to turn on the backlight.
- To select channels "A+B" and "C+D" by pressing "C" button, pads connected to ports "A+B" and ports "C+D" can be controlled independently. Note: For two channels' stimulation, it is suggested to select one of the ports "A+B" and one of ports "C+D".
- To change the modes by pressing "M+" and "M-" buttons. Once you have selected the modes, gradually increase the intensity by pressing the "+" button; to decrease the intensity by pressing the "-" button. Notes: 1. The XPDS 4|24 unit has the MC mode (mode 13), displayed on the screen as "MC". Please note that there is no feeling when using MC stimulation, but it does work. 2. When the intensity level is increased to 1 or more, there will be the MC output, but the intensity can not be adjusted by pressing "+/-" button.
- To set the time of use, press the "T" button.
- Sit back and enjoy the deep soothing sensations!

### \* Notes:

The XPDS 4|24 unit is very safe, the output intensity increases only by the "+" key. Even if the intensity is increased to the maximum level, it is within the safe range. When user switches the mode, the intensity will automatically go down to the minimum level.

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## Electrode guidelines

- Use only the electrodes supplied by the manufacturer, other electrodes may present a risk of unsuitable electrical characteristics with your stimulator.
- Do not use the electrodes on different people. Each user must have their own set, otherwise, skin reaction or cross contamination may occur.
- Always turn power off before removing or repositioning the electrode.
- Wash skin thoroughly, and then dry it before applying the electrodes.
- Apply the whole surface of the electrodes firmly to the skin. Do not use electrodes that do not stick properly to the skin or only partially stick to the skin.
- In case of skin redness under the electrodes after a stimulation session, do not start a new session in the same place if skin redness is still evident.
- Using electrode pads that are too small or incorrectly applied could result in discomfort or skin burns.

## Electrode recommendations

- The adhesive electrodes that are supplied as a standard accessory with your XPDS 4|24 unit. These are long lasting and reusable electrodes.
- The recommended electrode pads sizes are bigger rectangular pads for large areas, e.g shoulder, waist, abdomen and leg muscles; large round shape pads for smaller areas, such as forearm muscles, joints etc.

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### Ear clip guidelines

- Only use the ear clips supplied by the manufacturer, others may present a risk of unsuitable electrical characteristics with your stimulator.
- The ear clips are only applied for the stimulation of ears.

### Usage of ear clips

- With our special designed ear clips, you can stimulate the 360 pressure points in the ears.
- Insert the lead plug of the ear clips in the output part of the XPD5 4|24 unit. Turn on the XPD5 4|24 unit.
- Clip the ear clips to your ear lobes and select the mode and intensity level which fits your preference. (mode 10 is recommended)

### Maintenance and care

- Make sure your skin is free from any dirt, oil or lotions.
- Before applying the electrodes, put a few drops of water (HiDow conductor is recommended) on your fingers and rub them on both pads. This will help the electrodes maintain their adhesiveness.
- When you finish using the device, turn it off.
- Take off the electrodes.

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- Place the protective films back on the electrodes or place the electrodes on the pad holder.
- Take the wire out from the device and place back in the box until next use.
- Store the XPD5 4|24 unit in a cool, dry place until next use.

### Environmental specifications

#### Operating conditions:

Temperature: 5°C to 40°C (41°F to 104°F)  
Humidity (non-condensing) : 30% to 75%  
Atmospheric pressure: 700 to 1,060 HPa

#### Storage and transportation conditions:

Temperature: -10°C to 55°C (14°F to 131°F)  
Humidity (non-condensing) : 10% to 90%  
Atmospheric pressure: 700 to 1,060 HPa

### Technical specifications

Dimensions: 147mm x 69mm x 12mm  
Net weight: 123g  
Power supply: DC 3.7V

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### Pulse parameters

XPDS 4 24		TABLE: PULSE parameters		
Rated Supply Voltage (V)	DC 3.7 V			
Load Resistance (Ω)	1000 Ω			
PULSE DURATION(μs)	PULSE repetition frequencies(Hz)	PULSE repetition amplitudes(V)	DC component (V)	Remarks
100	54.3	45-70	--	Mode 1
100	6	55-80	--	Mode 2
100	1.28	55-80	--	Mode 3
100	54.3	45-70	--	Mode 4
100	64.2	45-70	--	Mode 5
100	55.7	45-70	--	Mode 6
100	100	35-55	--	Mode 7
100	54.3	45-70	--	Mode 8
100	11.9-46.9	50-75	--	Mode 9 1:9.2;
100	8.6	50-75	--	Mode 10
100	54.3	45-70	--	Mode 11 1.1; 1.2;

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100	0.85-71.6	45-75	--	Mode 12.1;12.2;12.3;12.4;
N/A	High Levels	0.96	1.5-3.0	--
	Zero Levels	0.2		
100	5.1-62	55-80	--	Mode 14.1;14.2;14.3;14.4;
200	100	25-45	--	Mode 15
100	7.8-60.7	45-75	--	Mode 16.1;16.2;16.3;
100	34-115	35-55	--	Mode 17
100	51.8	45-75	--	Mode 18
100	3.4-23.9	45-75	--	Mode 19
100	4.2	40-65	--	Mode 20
100	4	60-85	--	Mode 21
100	1.67-17.9	60-85	--	Mode 22
300	51.3	30-45	--	Mode 23
200	3.5-23.9	35-55	--	Mode 24

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### Indications for use

#### TENS:

To be used for temporary relief of pain associated with sore and aching muscles in the shoulders, waist, back, neck, upper extremities (arms) and lower extremities (legs) due to strain from exercise or normal household work activities.

#### Powered Muscle Stimulator (EMS):

It is intended to stimulate healthy muscles including abdomen muscles to improve or facilitate muscle performance.

#### Great for:

- Stiff neck
- Muscular performance
- Sore and tight muscles
- Aching joints
- Back pain
- Pain relief

#### Recommended usage points:

Shoulders, neck, shoulder blades, along spine, middle back, lower back, abdomen, Arms: biceps, triceps, forearms, Legs: calves, thighs, Feet: toes, heel, midfoot, Joints: shoulder, elbow, wrist, hip, knee, ankle etc.

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### Unique benefits

**Quick acting-** Although the rate and degree of response varies for individuals, many users report experiencing positive results after 10 (ten) to 20 (twenty) minutes of use.

**No side effects-** Since there are no drugs or chemicals involved, HiDow muscle stimulators are safe for long-term use. It is also safe to use while on medications.

**Portable-** Its pocket travel size enables you to receive treatment anywhere at your convenience.

**Cost effective-** The device will save you time and money as well as improve your function and enjoyment of life.

**Simple to use-** High-tech components automate and program most functions. Highly simplified in its functional application.

**Be responsible -** With the HiDow muscle stimulators, you can take control of your health and well being.

**Help others -** Everyone suffers from muscle tension in some form. Now you can help others help themselves. Muscle aches and pains may result from working or playing. The problem may be chronic or acute. Everyone, whether they are young or old needs relief from muscle tension and will surely appreciate your gift of health.

**Always available -** It's always there when you need it; 24 hours a day, every day. You can use it as often as needed.

**Extremely effective -** The advanced microchip sends out multiple preset electrical, therapeutic, electronic waves through the electrodes. These therapeutic, electronic waves use deep tissue pain relief techniques and various muscle movements. The result is less muscle tension.

Amazingly effective!

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### Regular application principles

- Find the exact pain point. The points which the electrode pads are attached to should be the most painful in normal time.
- Intensity - the intensity must be gradually increased and it's better to reach the highest intensity you can stand.
- Application duration: 2-3 times/day, 40-60 minutes/time, over 10 days for one course.
- There are two ways to place the pads, in twin and opposed modes.

Figure 1: **Twin mode**

Fix the two pads at the top and bottom or both ends on the same side of the human body

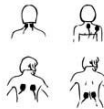
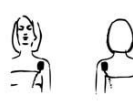


Figure 2: **Opposed mode**

Fix the two pads respectively on the opposite sides of the application position, as shown below



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### Regular application methods

#### → Pain in the trunk

1. Probably main points in the trunk

According to traditional chinese medicine (TCM), the most sensible pressure pain point is the key point, the most proper position to be applied. Find the pressure pain point with reference to Fig.1. Apply one pad onto it. Apply the other pad onto a proper point symmetrical to the chosen pressure pain point or near to it, but the two pads should not be overlapping. If there are several separated pressure pain points, apply them one by one.

2. Recommended positions of pads for application on the neck, shoulder and back (See Fig.3)

Figure 3



Mode 1 for 30 minutes, mode 2 or Mode 3 for 30 minutes by turns for A, B and C. Longer time is needed for those parts of great pain. It is advisable to use fairly large intensity.

3. Recommended positions of pads for application of the waist (See Fig.4)

Figure 4



Mode 1 for 30 minutes, Mode 3 for 20 minutes or mode 6 for 30 minutes. It is advisable to do some waist exercise after the application.

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#### → Pain in the Joints and limbs

Pain in the joints, sport injuries, soft tissue injuries, may cause joint aches, which often occur in the joints of shoulder, elbow, knee, wrist, ankle, etc.



#### ① Position of electrode pads

For joint pain, two electrode pads should be applied to the two symmetrical sides of the painful point, see Fig.2 (opposed mode).

#### ② Mode and length of operation time

Mode 1 for 30 minutes, then Mode 2 for 30 minutes, 2-3 times a day.

Pain in the muscles and tendons of the limbs, it is often caused by sport injury, overstrain or some other factors. The common signs are muscular pain, swelling and spasm.

#### ① Position of electrode pads

Apply the pads to each end of the painful muscle or apply one pad to the muscle and the other to the tendon. The position can be slightly regulated according to sensation.

#### ② Mode and length of time

Mode 2 for 20 minutes, then Mode 3 for 20 minutes. Consult the doctor if the injury has laceration of muscle or tendon.

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### Electrode placement variations

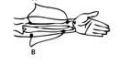
#### → Shoulders



#### → Hands



#### → Forearm



#### → Waist and leg



#### → Feet



#### → Knees



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### Troubleshooting

#### Problem

The unit is not turning on or I cannot see anything on the screen.

The unit does not seem to be charging.

Unit does not turn on or the screen is dim.

Unit is ON, but no sensation is felt from the pads.

One pad feels stronger than the other.

#### Cause

Battery is depleted.

Charging cable not plugged in fully.

Battery is low.

Both pads are not firmly on the skin/ There is a loose connection / The intensity level needs to be increased.

This is normal. Different areas will react differently.

Nothing needs to be done. Make sure the pads are moist and are making good contact.

#### Solution

Make sure the unit has been fully charged.

Ensure the USB cable is firmly in the unit on one side and plugged into the AC adapter into the electrical socket on the other side.

Recharge the battery.

Ensure you are using 2 pads per lead and they are in close proximity to each other, i.e. not on different limbs or too far apart - Make sure both pads are firmly pressed to the skin - Make sure all connections are secure from the unit to the wires and the wires to the pads. Increase the intensity level.

Nothing needs to be done. Make sure the pads are moist and are making good contact.

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#### Problem

Adhesive electrode pads do not stick to skin even after cleaning and moistening their surface.

Independent intensity control does not work well.

During use the skin feels a painful burning sensation or the stimulation becomes weakened.

Did not provide adequate relief.

Only 1 port on the unit works.

The screen doesn't work or there is no reaction by pressing any button.

#### Cause

Adhesive gel pads need to be replaced.

This is normal. There will be a circuit to make mutual interference when the two channels' outputs perform on one person.

Adhesive gel pads are not adhering firmly to the skin. Or the gel pads are too dry.

Not using it long enough or frequently enough.

Damaged port or poorly conducting pads or lead wire.

The problem seldom occurs and the reason is not determined.

#### Solution

Replace the set of adhesive gel pads. Pads can be purchased from your local distributor or from [www.hidow.com](http://www.hidow.com)

Apply water or HiDOW "Perfect Conductor" on the pads before use; Turn the intensity level to zero (0) or turn the unit off and back on to reset the channels.

Put a few drops of water on your fingers and rub them on both pads, which will help the electrodes maintain their adhesiveness. And make sure the pads are pressed firmly to the skin during application.

Use your XPD5 4|24 20-60 minutes at a time, 3-6 times per day. Recommended: lying down.

Isolate the problem by trying another lead and set of pads that you know that work in the troublesome port.

Turn off the device and then restart it.

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## Contraindications

- DO NOT use this device if you have any of the following medical conditions:
  1. An implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device
  2. Undiagnosed pain syndromes
  3. Have been diagnosed with cancer
  4. Are pregnant
  5. Have suffered acute trauma or surgical procedure in the past six months
  6. Have cardiac problems or cardiac disease
  7. Have epilepsy
  8. Have painful and/or atrophied muscles
  9. Have abdominal or inguinal hernia
  10. Have limited range of motion in skeletal joints
  11. Have blood circulatory problems
- The XPDS 4j24 unit is intended for use by ADULT and ONLY on healthy muscles. NEVER use this device on muscles that are atrophied, painful, suffer spasms, on a limb with painful or otherwise afflicted joints.
- The XPDS 4j24 unit is not intended for the application of any medical condition or disease nor is it intended for physiotherapy or muscle rehabilitation. It is contraindicated for use on any muscle that is injured or diseased.

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- Do not attempt to use XPDS 4j24 unit for muscle reeducation, to prevent muscle atrophy or spasms, improving range of motion, blood flow deficiencies/venous thrombosis.

## Warnings

- 1 Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.
- 2 Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
- 3 Stimulation should not be applied transcerebrally.
- 4 Apply electrode ONLY to normal, intact, clean skin. Do not apply electrodes over open wounds or over swollen, infected or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
- 5 DO NOT APPLY STIMULATION:
  - Over frontal area of the neck (near site of carotid sinus nerves)
  - Over the neck or mouth. Severe spasms of the laryngeal and pharyngeal muscles may occur with contractions strong enough to and/or cause difficulty in breathing. Stimulation over the neck could also have adverse effects on the heart rhythm or blood pressure.
  - Transcerebrally.
  - Over the swollen, infected or inflamed areas of skin eruptions (e.g. phlebitis, thrombophlebitis, varicose veins, etc.).

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- Across the chest. Consult your physician before using this device because it may be possible to cause lethal rhythm disturbances to the heart in susceptible individuals.
- Over, or in proximity to cancerous lesion.
- If you are epileptic
- After experiencing acute trauma or fracture
- Following recent surgery
- If you have a hernia (abdominal or lingual)
- To the frontal, laryngeal and temporal region of the neck.
- 6 Never use the XPDS 4j24 unit while driving, operating machinery or during activities in which involuntary muscle contractions may endanger the user or others.
- 7 The effects of stimulation of the brain are unknown. Therefore, do not apply stimulation across the head and do not place electrodes opposite sides of the head.
- 8 Do not use the XPDS 4j24 unit in the bath or shower.
- 9 Persons with suspected heart problems or epilepsy should obtain appropriate medical advice.
- 10 Never use the XPDS 4j24 unit while sleeping.
- 11 Never immerse the XPDS 4j24 unit in any liquid.

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## Precautions

- This XPDS 4j24 unit should be used only with the leads, electrodes and accessories provided by the manufacturer.
- This XPDS 4j24 unit 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.

## Adverse reactions

- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin;
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face; and
- You should stop using the XPDS 4j24 unit and should consult with your physician if you experience adverse reactions from the unit.

## Location of stimulation

- Stimulation near metal:** Do not use the stimulator when close to metal. This increases the potential for discomfort and burns. Remove jewelry, piercings, belt clips or any other removable metal objects in the area of stimulation.
- Stimulation of eyes:** Do not use the stimulator directly to the eyes.

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- Stimulation of the neck or mouth:** Do not use the stimulator on the neck (particularly the carotid sinus or mouth). This could cause severe muscular spasms causing airways to close, breathing difficulties, or side effects to heart rhythm or blood pressure.
- Stimulation of healthy skin:** Only use the stimulator on healthy skin. Stimulation can worsen disorders caused by lesions or skin diseases.
- Stimulation across the torso:** Do not use the stimulator across the torso (one electrode placed on the torso and one electrode placed on the back). The electrical current passing through the torso can cause potentially fatal heart rhythm disruptions.
- Cranial stimulation:** The effects of stimulation on the brain are not known. For this reason stimulation should not occur to the head, and electrodes must not be placed either side of the head.

## Conformity to safety standards

Statement of EMC  
IEC 60601-1-2:2014

### Conformity to MDD Requirements

IEC 60601-1:2005+AMD1:2012/ANSI/AAMI ES60601-1:2005+A1:2012, IEC 60601-1-11:2015, IEC 60601-2-10:2012

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## Warranty information

- Warranty covers defects in materials and workmanship under normal use for a period of 2 years from the date of retail purchase by the original end-user purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period Hi-Dow will either repair the defective unit or exchange the product with a product that is new or which has been manufactured from new or serviceable used parts.
- To register your product warranty please visit [www.hidow.com](http://www.hidow.com), click on the warranties menu and select the warranty that refers to your product: standard 2-year or lifetime VIP.

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# Manual del Usuario

## Español

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## Prefacio

Antes comenzar a utilizar su dispositivo, lea atentamente este manual de usuario y entérese de las instrucciones.

### ¿Sufre de DOLOR, TENSIÓN MUSCULAR o ESTRÉS?

El HiDow XPDS 4j24 puede relajar rápidamente músculos tensos y aliviar el dolor. Son dispositivos modernos muy útiles en terapia domiciliar que utilizan lo último en tecnología bio-eléctrica. El HiDow XPDS 4j24 está diseñado para proporcionar sensaciones relajantes profundas, de manera suave en áreas que necesitan alivio. Relájese, siéntase bien y rejuvenezca su cuerpo. No conviva más con la tensión física y mental malsana. Disfrute el XPDS 4j24 y viva al máximo, si está en casa, en el trabajo o durante vacaciones. Le encantará lo bien que se siente!

### Por favor, lea atentamente las instrucciones antes de utilizar este dispositivo.

El XPDS 4j24 es un sistema de estimulación muscular de dos canales, funciona con una batería recargable y sirve para aliviar dolores musculares y molestias menores. Tiene dos componentes principales: un módulo electrónico que genera las señales de estimulación requeridas, dos cables conductores y 4 pares de electrodos tipo Pro-Neo ECG. Se utiliza para el alivio temporal del dolor asociado con músculos, como el dolor en la zona lumbar, extremidades superiores (brazos), extremidades inferiores (piernas) y las articulaciones, debido al esfuerzo físico del ejercicio o a las actividades normales del trabajo. También se utiliza para estimular músculos sanos con el fin de mejorar y facilitar su rendimiento.

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## Información general

### Incluido en este paquete:

- Dispositivo XPDS 4j24
- 2 Pares de electrodos GRANDES (2.4" - circular)
- 2 Pares de electrodos EXTRA GRANDES (3 1/4" - rectangular)
- 4 Cables para electrodos
- 1 Set de clips auriculares
- Cable USB
- Adaptador AC
- Manual de Usuario
- Porta Electrodo

### Estructura:

- |                         |                       |
|-------------------------|-----------------------|
| 1. Unidad de control    | 7. Cable USB          |
| 2. Pantalla LCD         | 8. Cables Electrodo   |
| 3. Puerto USB           | 9. Porta electrodos   |
| 4. Interruptor de Poder | 10. Electrodo         |
| 5. Salidas              | 11. Clips auriculares |
| 6. Adaptador AC         |                       |

\* En caso de alguna discrepancia entre el equipo y la foto, reférase al producto actual.

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### Visión de Conjunto: Unidad de Control y Accesorios



**Cable USB:** Se utiliza para cargar la batería del XPDS 4j24



**Cargador de CA:** Funciona con el cable USB para cargar la batería



**Electrodos:** Se adhieren a la piel desnuda para realizar la estimulación



**Clips Auriculares:** Se usa para estimular las orejas



**Cables para electrodos:** Se usan para hacer la conexión entre el dispositivo y los electrodos



**Plaqueta porta electrodos:** Se usan para almacenar los electrodos después del uso

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--> **Dolor en las articulaciones y extremidades**

Las lesiones deportivas, entre ellas las lesiones de tejidos blandos, pueden causar dolor agudo en las articulaciones, que a menudo ocurren en la zona del hombro, codo, rodilla, muñeca, tobillo, etc.

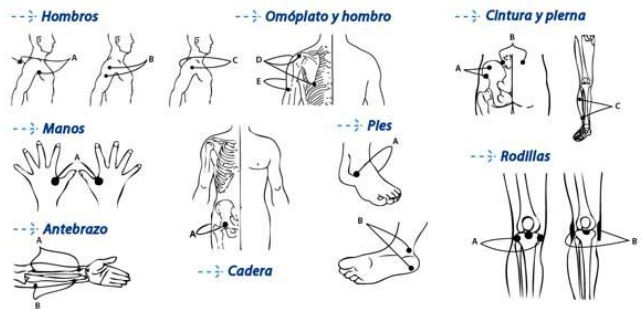


- 1 Posición de los electrodos  
Para el dolor de las articulaciones, dos electrodos deben aplicarse sobre dos puntos simétricos del área dolorosa, ver fig. 2 (modo opuesto).
- 2 Modo y duración del tiempo de operación  
Modo 1 por 30 minutos, Modo 3 por 30 minutos, 2-3 veces al día.

Dolor en músculos y tendones de las extremidades generalmente son causadas por lesiones deportivas, sobreesfuerzo o algunos otros factores. Los síntomas comunes son dolor muscular, hinchazón y espasmos.

- 1 Posición de los electrodos  
Aplique los electrodos a cada extremo del músculo adolorido. Ubique uno en el músculo y el otro en el tendón. La posición puede ser regulada ligeramente en función de la sensibilidad.
- 2 Modo y duración del tiempo de operación  
Modo 2 por 20 minutos, luego Modo 3 por 20 minutos. Consulte con su médico si la lesión tiene una laceración de músculo o tendón.

**Variaciones de colocación de electrodos**



**Solución de problemas**

Problema	Causa	Solución
El dispositivo no enciende o no puedo ver nada en la pantalla	La batería está agotada. El cable no está conectado	Asegúrese de que la batería está completamente cargada. Use el cable USB o el cargador de pared
La batería no parece que se Carga	Cable de carga no está	Asegúrese de que el cable USB esté firmemente conectado al dispositivo de un lado y conectado al cargador y a la toma de corriente del otro lado.
La unidad no enciende o la pantalla se ve muy tenue	La batería está baja de carga	Recarga la batería
La unidad está encendida pero no se percibe ninguna sensación de los electrodos	Ambos electrodos no están firmemente fijados a la piel/ Hay una pérdida de conexión/ El nivel de intensidad debe incrementarse	Asegúrese de que ambos electrodos estén bien fijados a la piel. Asegúrese de que todas las conexiones estén firmemente conectadas al dispositivo y a los electrodos. Aumente el nivel de intensidad
Un electrodo se siente más fuerte que el otro	Esto es normal. Diferentes áreas reaccionarán diferente	No necesita hacer nada. Asegúrese de que los electrodos están humedecidos y están haciendo buen contacto

Problema	Causa	Solución
Los electrodos adhesivos no se adhieren a la piel incluso después de limpiarlos y humedecerlos	Los electrodos necesitan ser reemplazados	Reemplace los electrodos adhesivos. Los puede comprar a su distribuidor local y por internet en el sitio oficial <a href="http://www.hidrow.com">www.hidrow.com</a>
Durante el uso, hay una sensación dolorosa y de ardor en la piel, o la sensación se debilita	Los electrodos adhesivos de gel no se adhieren firmemente a la piel, o puede que estén demasiado secos	Aplique unas gotas de agua sobre la superficie de cada electrodo y asegúrese de que están presionados firmemente sobre la piel
No proporcionó un alivio adecuado	La duración de uso o la frecuencia no son suficientes	Utilice su XPDS 4 24 por 20-60 minutos a la vez, 3 - 6 veces al día. Recomendación: Recostarse
Sólo un canal del dispositivo está funcionando	Puerto dañado, electrodos o cable en mal estado	Pruebe con otro cable, luego, pruebe otro par de electrodos que usted sepa que funcionan en el puerto/canal problemático

**Contraindicaciones**

- > NO use este dispositivo si usted tiene alguno de las siguientes condiciones médicas:
  1. Un marcapasos cardíaco implantado, desfibrilador o dispositivo electrónico metálico
  2. Un síndrome diagnosticado de dolor
  3. Haber sido diagnosticado con cáncer
  4. Estar embarazada
  5. Haber sufrido trauma agudo o un procedimiento quirúrgico en los pasados seis (6) meses
  6. Tener problemas cardíacos o alguna enfermedad cardíaca
  7. Tener epilepsia
  8. Tener músculos dolorosos o atrofiados
  9. Tener hernia abdominal o inguinal
  10. Tener un rango limitado de movimiento en las articulaciones esqueléticas
  11. Tener problemas de circulación sanguínea
- > La unidad XPDS 4|24 está diseñada para ser usada por ADULTOS y SOLO en músculos sanos. NUNCA use este dispositivo en músculos que estén atrofiados, doloridos, sufran espasmos, en una extremidad con articulaciones dolorosas o afligidas.
- > El XPDS 4|24 no está diseñado para el tratamiento de ninguna condición médica o enfermedad, ni está destinado a la fisioterapia o rehabilitación muscular. Está contraindicado para su uso en cualquier músculo que esté lesionado o enfermo.

- > No intente usar la unidad XPDS 4|24 para la reeducación muscular, para prevenir la atrofia o los espasmos musculares, mejorar el rango de movimiento, las deficiencias de flujo sanguíneo / trombosis venosa.

**Advertencias**

- 1 La estimulación no debe aplicarse sobre los nervios del seno carotideo (parte anterior del cuello), particularmente en pacientes con sensibilidad conocida al reflejo del seno carotideo.
- 2 La estimulación no debe aplicarse transtorácicamente. La introducción de la corriente eléctrica en el corazón puede provocar arritmias cardíacas
- 3 La estimulación no debe aplicarse a través del cerebro.
- 4 Aplique los electrodos SOLAMENTE a la piel normal, intacta y limpia. No aplique los electrodos sobre heridas abiertas o sobre áreas hinchadas, infectadas o inflamadas o sobre erupciones cutáneas, por ejemplo, flebitis, tromboflebitis, varices, entre otras condiciones de la piel
- 5 NO APLIQUE LA ESTIMULACIÓN:
  - > En la parte delantera del cuello, cerca de la ubicación de los nervios del seno carotideo.
  - > En la boca y garganta. Espasmos severos de los músculos laringeos y faríngeos pueden ocurrir con contracciones fuertes que pueden ocasionar dificultad para respirar. La estimulación sobre el cuello también podría tener efectos adversos sobre el ritmo cardíaco o la presión arterial.
  - > A través del cerebro.
  - > En las áreas hinchadas, infectadas o inflamadas o con erupciones de la piel (por ejemplo, flebitis, tromboflebitis, varices, etc.).

- > A través del pecho. Consulte a su médico antes de utilizar este dispositivo, ya que puede provocar alteraciones del ritmo cardíaco letales para personas susceptibles.
- > Sobre o cerca de una lesión cancerosa.
- > Si usted es epiléptico.
- > Después de experimentar un trauma agudo o una fractura.
- > Después de una cirugía reciente.
- > Si usted tiene una hernia (abdominal o inguinal)
- > Para la región frontal del cuello, laringe.
- 6 No utilice nunca el dispositivo XPDS 4|24 mientras conduce, opera maquinaria o durante actividades en las que las contracciones musculares involuntarias puedan poner en peligro al usuario o a otras personas.
- 7 Los efectos de la estimulación en el cerebro son desconocidos. Por lo tanto, no aplique la estimulación a través de la cabeza y nunca coloque electrodos a ambos lados de la cabeza.
- 8 No utilice el dispositivo XPDS 4|24 en la bañera o ducha.
- 9 Las personas con problemas del corazón o sospecha epilepsia deben consultar al médico apropiado.
- 10 No utilice nunca el dispositivo XPDS 4|24 mientras duerme.
- 11 NUNCA sumerja la unidad XPDS 4|24 en ningún líquido.

**Precauciones**

- > Este dispositivo XPDS 4|24 debe utilizarse sólo con los cables, electrodos y accesorios proporcionados por el fabricante.
- > Este dispositivo XPDS 4|24 no debe utilizarse durante la conducción, al operar maquinaria o durante cualquier actividad en la que las contracciones musculares involuntarias puedan poner al usuario en riesgo inminente de lesión.

**Reacciones adversas**

- > Puede experimentar irritación de la piel y quemaduras debajo de los electrodos de estimulación aplicados a su piel;
- > Puede experimentar dolor de cabeza y otras sensaciones dolorosas durante o después de la aplicación de estimulación eléctrica cerca de sus ojos y en su cabeza y cara; y
- > Debe dejar de usar la unidad XPDS 4|24 y debe consultar con su médico si experimenta reacciones adversas de la unidad.

**Ubicación de la estimulación**

**Estimulación cerca de metales:** No use el dispositivo cerca del metal. Esto es potencialmente incómodo y puede provocar quemaduras. Quite joyas, piercings, hebillas de cinturones o cualquier otro objeto de metal cerca del área de estimulación.

**Irritante para los ojos:** Por ningún motivo use el dispositivo directamente en sus ojos.

**Estimulación del cuello o la boca:** No use el dispositivo en el cuello (especialmente en el seno carotideo o en la boca). Esto podría causar espasmos musculares severos que causan que las vías respiratorias se cierren, dificultad para respirar, y/o efectos secundarios sobre el ritmo cardíaco o la presión arterial.

**Estimulación sobre la piel sana:** Utilice el dispositivo solamente sobre la piel sana. La estimulación puede empeorar los trastornos causados por lesiones o enfermedades de la piel.

**Estimulación a través del torso:** No active los electrodos a través del torso (por ejemplo, uno en el pecho y otro en la espalda). La corriente a través del torso puede conducir a trastornos del ritmo cardíaco potencialmente fatales.

**Estimulación craneal:** El efecto de la estimulación en el cerebro no se conoce. Por esta razón, la estimulación no debe ocurrir en la cabeza; los electrodos no deben ser colocados a ambos lados de la cabeza.

**Conformidad con las normas de seguridad**

Declaración de EMC  
IEC 60601-1-2:2014

Conformidad con los requisitos de MDD  
IEC 60601-1:2005+AMD1:2012/ANSI/AAMI ES60601-1:2005+A1:2012, IEC 60601-1-11:2015, IEC 60601-2-10:2012

**Información de garantía**

- > El período de garantía cubre defectos en materiales y mano de obra, que ocurran normalmente dentro de los 2 años a partir de la fecha de compra por parte del usuario final. En caso de un defecto y/o una reclamación válida durante el período de garantía, Hi-Dow reparará el producto defectuoso, de ser necesario, reemplazará el producto por uno nuevo.
- > Para registrar la garantía de su producto, visite [www.hidrow.com](http://www.hidrow.com), haga clic en el menú de garantías y seleccione la garantía que se refiere a su producto: Estándar de 2 años o VIP de por vida.