

# SaeboStim Pro

## Sensory Electrical Stimulation (SES) Accessory Kit



[www.saebo.com](http://www.saebo.com)

## Instructions for Use:

1. The Electrode Wires provided with the *Saebostim Pro* connect to the Output Ports (OUT A / OUT B) located at the top of the Stimulator. The wire connectors were designed so they will insert and connect firmly into place. Since only one Electrode Wire is needed, it is recommended that you plug it into Outlet A. **See Figure 1.**



Figure 1

2. Connect the *Saebostim Pro* Electrode Wire to the Garment Snap Connectors by inserting the pin ends into the Connector. **See Figure 2.**



Figure 2

3. With the Garments on a flat surface, attach the Garment Snap Connectors to the Glove and Arm Sleeve by pressing it firmly until you hear an audible click. **See Figures 3 and 4.**



Figure 3



Figure 4

- Remove all jewelry and clean the skin thoroughly. Conductive Electrode Garments do not work well if any lotion, oil, or dirt is on the skin.
- Apply the conductive TheraCream over the treatment area (arm and hand). Please be sure to cover the entire treatment area thoroughly to avoid an uncomfortable, stinging sensation. **See Figure 5.**



Figure 5

- Apply the Arm Sleeve onto the arm and position it over the elbow region with the Connector on top, where easily visible. Make sure the Sleeve conforms snugly over the entire treatment area. **See Figure 6.**



Figure 6

- Apply the Glove onto the hand. Be sure the Glove conforms snugly to the entire hand so stimulation can be provided evenly across the entire treatment area. Be sure the Connector is positioned on the top portion of the hand, where easily visible. **See Figure 7.**



Figure 7

Note – If you are having trouble applying the Glove, rest your arm on a table with the hand off the edge. Bend your wrist downward to help straighten your fingers. This should ease the donning process.

8. Once the Garments are in place and the Electrode Wires are connected to the *SaeboStim Pro*, treatment can begin.
  - a. Turn on the *SaeboStim Pro* (refer to the *SaeboStim Pro* instruction manual).
  - b. Press the Channel Key (CH) once, and icon A will flash. Then, continuously press the Program Key (P) until you reach Program 14. **See Figure 8.**



Figure 8

- c. While the Channel A icon is still flashing, press the (+) Intensity Key until you feel a light tingling sensation. It is not uncommon to primarily feel the stimulation in the glove and not the elbow sleeve.

Next, reduce the sensation by pressing the (-) Intensity Key until you no longer feel the tingling.

**NOTE:** According to research, the optimum therapeutic level of stimulation should be just below the “sensory” level. In other words, try to reduce the stimulation to the exact intensity level where you no longer feel the electricity or tingling sensation.

## Cleaning Instructions

Garments should be hand washed with mild detergent in lukewarm water and rinse thoroughly. Allow to air dry; **DO NOT** place in dryer.

For information pertaining to contraindications, warnings or adverse reactions, please refer to the *SaeboStim Pro* instruction manual or contact Saebo directly.