

ELECTRO FLEX



A comfortable and relaxing micro current stimulation treatment designed to help alleviate pain and soreness associated with a variety of conditions

USER MANUAL

Please read before use

IMPORTANT SAFETY INFORMATION

1. Please read these instructions thoroughly before use.
2. Please check that you have all of the component parts as detailed in this user manual.
3. Take all parts out of the plastic bags and examine them to familiarise yourself with the components.

PRODUCT SAFETY

ElectroFlex is an extremely safe and simple to use device designed to assist with increased circulation and blood flow. The benefits of this type of treatment are wide spread and well documented. Increased blood circulation helps to optimise health. ElectroFlex is not sold as a medical device. This home use unit is designed for general physical conditioning. No medical claims are implied or warranted.

1. Long term effects of chronic electrical stimulation are unknown so please do not 'over-use' your ElectroFlex. A maximum of one treatment per day is recommended.

2. DO NOT USE

- If you have a pace maker fitted.
- If you have a cardiac condition.
- If you suffer from epilepsy.
- If you are under 10 years of age.
- After recent surgical procedures.
- If you have sensory nerve damage.
- If you suffer with Multiple Sclerosis.
- If you suffer with extreme varicose veins.
- If you are pregnant or immediately after child birth.

DO NOT PUT YOUR HANDS ON THE FOOT TREATMENT AREA WHILST THE ELECTROFLEX IS OPERATIONAL.
If in doubt please consult your medical practitioner.

WHAT IS FOOT REFLEXOLOGY

Foot Reflexology is a "pressure therapy" and involves applying focused pressure to certain known reflex points located in the foot that correspond to certain other areas in the body so as to cure or prevent disease. It is based on the premise that our nerve zones or reflex points go from the bottom of our feet to the top of our head, encompassing all vital organs on the way. A trained reflexologist could put pressure on different reflex points or energy lines on the sole and side of the feet to determine the cause of illness.

The Benefits of Foot Reflexology:

1. Reduces the level of stress.
2. Increases blood circulation.
3. Rejuvenates tired and aching feet and legs.
4. Assists the body in returning to a state of balance.
5. Works with all other modalities, traditional and conventional.
6. Works with the whole body affecting mind, body, and spirit.
7. Beneficial for post operative recovery and pain reduction.
8. Adjunct to mental health care (e.g. depression, anxiety, post traumatic stress disorder).

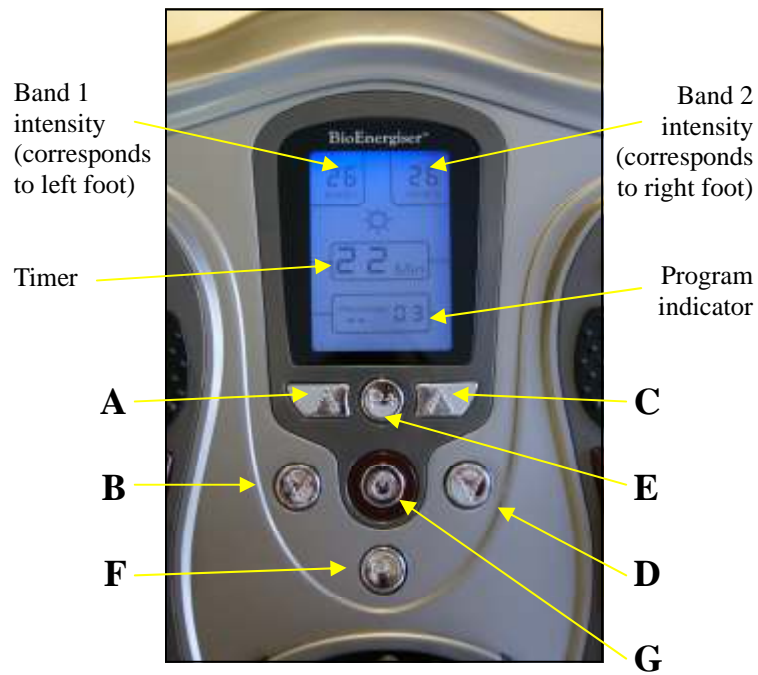


MACHINE OVERVIEW/PART NAMES



- A Electrode silicone area for foot treatment
- B Far infra red light
- C LCD display screen
- D Sole massage roller
- E Far infra red light
- F Carrying handle

CONTROL PANEL



- A intensity UP for band 1 (left side) 1 to 40
- B intensity DOWN for band 1 (left side) 1 to 40
- C intensity UP for band 2 (right side) 1 to 40
- D intensity DOWN for band 2 (right side) 1 to 40
- E program UP choose one of the 10 massage options
- F program DOWN choose one of the 10 massage options
- G ON/OFF SWITCH. HOLD DOWN FOR 3 SECONDS TO OPERATE.

KNOW YOUR MACHINE

The BioEnergiser Electroflex Circulation Massager is based on age old Chinese Reflexology the EMS (Micro Current Stimulation) stimulates the pressure points on the soles of your feet providing a relaxed treatment that reflexologist's believe can benefit the human bodies organ's and offer relief from pain.

With a large backlit LCD screen the settings are easy to operate. Features include: Far Infrared massage function and manual foot massager. 10 preset programs with 40 levels per program and 2 channels for various muscle types. Includes 4 gel pads which allow the user to enjoy the EMS treatment to relieve muscular pain on other parts of the body. LED control panel. Ergonomic and easy to use. Integrated carrying handle.

FOOT ELECTROTHERAPY MASSAGE: We will examine the operation in more detail later in your instructions but the principle is relatively easy to understand. There are two separate controls/channels, one for each foot. The reason for this is that you can adjust the intensity for the left and right foot individually. Place your feet on the electrode areas, turn on ElectroFlex with the central on/off switch (hold down for 3 seconds to activate), choose one of the 10 different treatment programmes and finally start to increase the intensity for each foot. There are 40 different levels. When you start to feel the mild electro-therapy will depend on your own nerve sensitivity. Certain individuals will feel nothing until the intensity is up at a high level, others will feel the stimulation at relatively low levels. This is completely normal.

BODY TONING: if you choose to tone muscle groups or target pain in other areas of your body the ElectroFlex comes with four gel pads. These can be used to tone arms, hips, thighs, abs or buttocks or target neck muscle or back pain.

PROGRAMME DESCRIPTION

There are 10 different programme settings which give the user different treatment patters. You can use each of the treatment selections with the foot massage function OR through the pads.

PROGRAMME	PATTERN
ONE <i>tapping massage</i>	-----
TWO <i>prickly massage</i>	~~~~~
THREE <i>combined massage</i>	----- ~~~~~
FOUR <i>pulsed prickly massage</i>	~~~~ ~~~ ~~~~~ ~~~ ~~~ ~~~~~
FIVE <i>tapping massage (2)</i>	-----
SIX <i>fast tapping massage</i>	-----
SEVERN <i>fast tapping/prickly massage</i>	----- ~~~~~
EIGHT <i>Vfast tapping/prickly massage</i> ~~~ ~~~ ~~~
NINE <i>pulse prickly massage (2)</i>	~~~~ ~~~ ~~~~~ ~~~ ~~~ ~~~~~
TEN <i>fast tapping with pulse massage</i>	----- -----

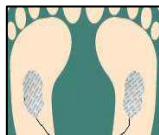
HOW TO OPERATE

1. Place your feet onto ElectroFlex
2. Press (and hold down for 3 seconds) the on/off button, the LCD screen will light up in blue.
3. Select the program you wish to use there are 10 different programs which are indicated on the LCD display.
4. The intensity automatically comes on at the lowest level. The intensity level is adjustable between 0 and 40.
5. Gently increase intensity setting by pushing the button “^”. Decrease intensity setting by pushing the button of “v”. (Left button for “Band 1”, right button for “Band 2”.) Left and right intensity levels are independently adjustable. LEFT being BAND 1 and RIGHT being BAND 2.
6. You can adjust the program anytime. Once re-adjusted the intensity will return to ‘0’. So you will have to increase the intensity to the desired level.
7. To terminate the massage period, user can turn off the unit anytime by pressing the on/off button for 3 seconds.

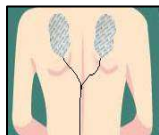
The unit has an auto timer, it will start to count down from 25 minutes of massage and switch off automatically.

USING THE GEL PADS

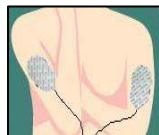
Connect the output wire to the Electrode Gel Pads. Connect the other end of the output wire to the output jack of the ElectroFlex. Remove the protecting film from the adhesive pads. Attach the Electrode Gel Pads to the skin. Press the on/off button for 3 seconds to turn on the unit and adjust the stimulating mode and output intensity to the desired level. (The display will show the mode and the level that you selected and start to count down).



foot massage



back massage



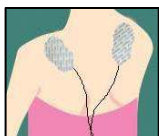
upper arm massage



tummy massager



thigh massage



shoulder massage



back waist massage



forearm massager

CARE OF YOUR GEL PADS



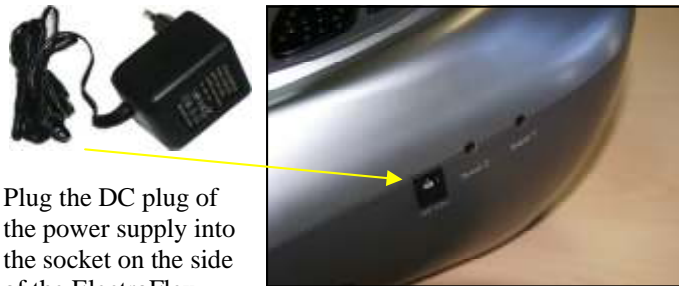
Never stick two adhesive pads to each other.

Keep the adhesive gel pads clean, never expose them to high temperature or direct sunshine. If the electrode gel pads are insufficiently adhesive or dirty, wipe with a wet cloth or change for new ones, replacement parts will be available directly from Bio-Energiser or your distributor.

Don not clean the electrode gel pads with any chemical.

ALWAYS try and protect the gel pads store the gel pads on the gel pad protector when not in use, as in the illustration.

CONNECT WITH SUPPLIED POWER ADAPTER



Plug the DC plug of the power supply into the socket on the side of the ElectroFlex.

Plug in the power adaptor to a suitable wall socket. (Make sure that the input voltage of the wall socket is suitable for the supplied adaptor.)

INSTALLING THE BATTERIES

If you want to use the ElectroFlex with battery power instead of the supplied main adapter, the battery compartment is located on the under side of the unit.

Remove the battery cover from the unit. Insert three new 1.5V size C batteries with the + and - marks correctly aligned.

Note on batteries:

Do not mix different types of batteries or an old battery with a new one. To prevent the risk of leakage or explosions, never recharge the batteries, apply heat or take them apart.

When not using batteries, remove them to prevent battery drain. If liquid leaks from the batteries, throw them away. Thoroughly clean the battery compartment with a dry cloth.

CHANGE THE SOLE MASSAGE ROLLER

The sole massage rollers are interchangeable.



The roller is fixed into position between the two locking locators. These push in to the main body of the ElectroFlex to hold the sole massage roller firmly in place.

To remove the locking locators you will need to squeeze the locator on the outside face this will push the locking locator out of its fixed position and allow you to remove and change the roller

TECHNICAL SPECIFICATION

Battery power supply: 3x C size batteries Or AC/DC adaptor:

Model No. R-G35179DT

Input : 230v ~ 50Hz or 120v ~50Hz

Output: 4.5V d.c. 100mA



Product Name	ELECTROFLEX
Model No	BE109
Power Input	3XC size battery or 230v ~ 50Hz
Power Output	4.5V d.c. 100mA
Power Consumption	0.45W

