



Rhythm Touch Q

Low-Frequency Massager and Electrical Muscle Stimulator

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What is a Low-Frequency Massager?

Rhythm Touch has been designed to stimulate muscles and help massage, relax, and build muscles. Rhythm Touch is a safe electronic muscle stimulator meant for massaging, conditioning, relaxation, workouts, use at home, and for use in exercise salons.

It will also help in making your workout more comfortable. Rhythm Touch can be used with a roller and pressure point pen which may help to diminish the appearance of fine lines, wrinkles, and also relieve stress. We hope you will enjoy all of the benefits of using Rhythm Touch.

Please find further information for specific conditions and links to research information at www.painreliefessentials.com.

If you have questions that aren't answered in this manual, or have a success story to share, please post to the Support Forum on www.painreliefessentials.com.

<p>* DISCLAIMER: This product is not intended to diagnose, treat, cure or prevent any disease. ** Warning: Do not use this product if you are using a pacemaker.</p>
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A Note on Consistent Usage

The first couple of years we were involved with the Rhythm Touch a common questions was “how do I use it for my condition?” Our response would be taken from the instruction book that said where to place the pads and for how long. This turned out to be a wrong answer as people were waiting for the effects of their condition to show. So if they suffered with migraines they would wait until the migraine showed up before using the unit.

It was a couple of years selling and talking to several thousand people, always responding the same way to questions of when and where to use it when a customer emailed us telling of the results using the Rhythm Touch for her migraine headaches. She said instead of using it during a migraine, she was using it every day in the pressure points for headaches and had not had her regular occurring headache in quite a while. She also reported sleeping much better. After reading her letter we started working with people to encourage them to use the Rhythm Touch on a regular basis: once a day at a minimum and for more serious conditions, twice a day, morning and night. The results have been incredible! People are reporting back that they sleep better; their condition seems to be improving... This was very exciting. When we approached several medical professionals about our discoveries they responded with an analogy about exercise: exercise once month and you will see no gains, but exercise a little every day and see great improvement over time. Very similar to how the Rhythm Touch works, it exercises the muscles. So we are seeing accumulative benefits.

We encourage all who use the Rhythm Touch to use it 3-7 times a week. For many men, placing their Rhythm Touch next to their T.V. remote control works well for reminding them to use their unit every day. Many of our customers use it at work, whether in an office, driving truck or large machinery there is no restrictions because it so small, lightweight, portable and battery operated. A common favorite is to use it during travel, particularly plane travel. To be able to get up from those cramped seats with no muscle cramps and feeling refreshed is incredible. One of our first customers purchased it for Bells Palsy and immediately was an advocate of using it for travel. He traveled from Anchorage Alaska to Australia and took his Rhythm Touch to use on the 12 hour plane ride.

For those with serious conditions using the Rhythm Touch constantly is very important. For some conditions that seem to get worse every day, customers have reported that with consistent use they do not get worse and in a many cases they are reporting feeling much better. Most will say they really notice when they do not use their unit for a period of time.

Product Description

The Rhythm Touch Q is a *low-frequency* electrical muscle stimulator that offers the following characteristics:

- a. Highest quality and performance
- b. Easy to use
- c. No side effects
- d. Fully automatic computerized control system
- e. After service guarantee



1. Do not stimulate near the heart or the head.
2. Always start the strength level from “0” or “MIN” Strength.
Reset to “MIN” strength when changing massage modes.

Product Specification – Rhythm Touch Standard Unit

A: Massager Main Unit (1 pcs)



Figure 1 Rhythm Touch Q 2-Way Massager

B: Adhesive Gel Pads (4 pcs)



C: Protective Holder for Pads (2 ea.)



D: Lead Wire Cords (2 ea.)



E: Batteries: DC 1.5V x 2 (AAA size)

Set Up the Rhythm Touch For Use.

Set Up Procedures

- a. Take out the equipment from the case.



Start by setting the output level (Strength) on “0” or “off”.

- b. Set the conversion switch to I or II, according to the Mode.
(Set to “I” mode for 2 pads, set to “II” mode for 4 pads)
- c. Insert a lead wire cord into the correct plug socket of the massager.
- d. Insert the opposite ends of the lead wire cord into each adhesive gel pad socket.
- e. Take the adhesive gel pads off the protective holder.
- f. Place the gel pads at desired areas of the body.
- g. Turn “on” the unit by turning the Power-on/off level dial.
- h. Select desired strength dial.
- i. Select desired massage type key
- j. The Unit will shut off automatically after 15 minutes. Repeat if desired.

Assembly of Rhythm Touch

Power the unit by inserting 2 AAA batteries (included) in the battery compartment. This is located at the back bottom of the Rhythm Touch. Connect the lead wire cords to gel pads by inserting the thin metal end of the lead wire into the gel pad slots. Connect the lead wire cords to the base unit by inserting the thick plug end of the lead wire into the base unit sockets.

Please Note:

If the unit does not operate, consult the troubleshooting section of this instruction manual. Always turn the unit off before replacing the batteries.

How to Use the Pads

The Rhythm Touch pads are designed to stimulate muscles of large body areas. Pads are ideal for use on the shoulders, back stomach, legs, arms and other areas of the body.

DO NOT USE NEAR THE HEART OR SCALP

To use the pads connect the pads to the Rhythm Touch base unit, as described in the Assembly and Basic Operation page of this manual. Adjust the power level dial to the weakest setting (MIN). This dial is located on the right-hand side of the base unit. Remove the vinyl pad protectors, and stick the pads to the protective plastic holder during operation. *Do not stick the pads together or on paper.* Before attaching pads, wipe off all sweat, oil and dirt from the location on the body where they will be placed. Place the pads in the desired location. Always attach two pads on the body, but do not overlap them. Please refer to the Chart of Reflex Points and Safety Precautions information in this manual.

Assembly Continued:

Turn the base unit on by pressing the on/off button, the top left front panel. The Rhythm Touch will automatically shut off after 15 minutes. Adjust the strength level dial to the strength you prefer, from weak to strong. Select the mode of operation you prefer. Choices are located on the front panel and include:

1. Tap, 2. Vibrating, 3. Massage, 4. Auto Mode.

Turn the strength dial to “0” or “MIN” before moving pads to another location of the body.

Please Note:

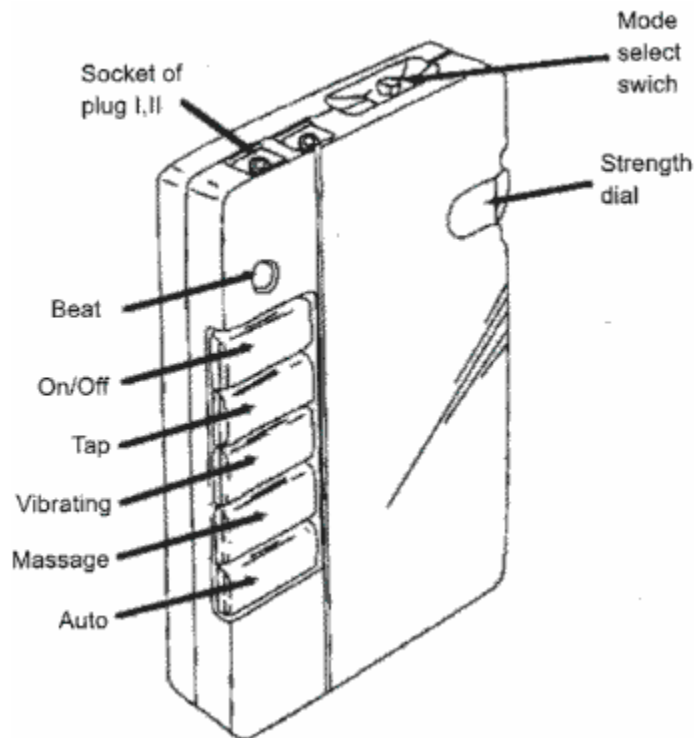
Do not put the pads in water.

Do not use the pads if they are wet.

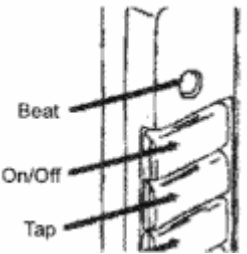
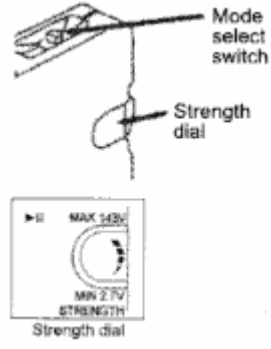
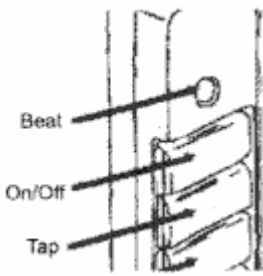
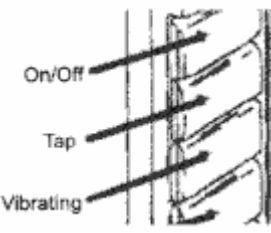

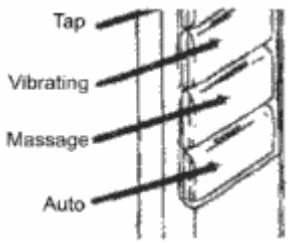
The durability of the pads depends on how they are cared for and how often they are used.

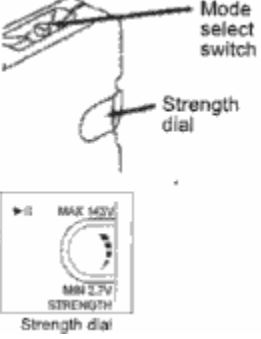

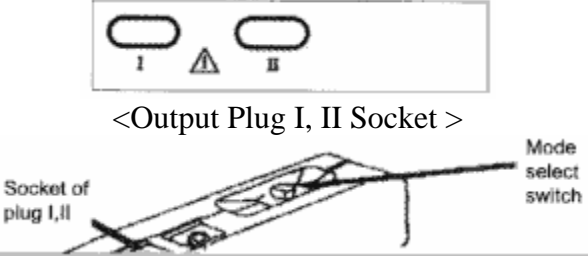
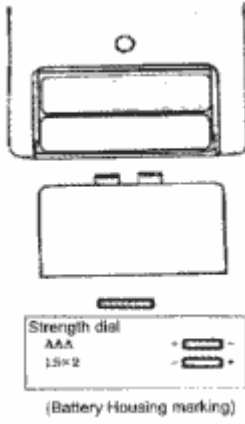

Operation of Rhythm Touch

Read Power, On/Off Dial, Level Dial



- | | |
|---------------|---------------------|
| Tap Key | (Chopping massage) |
| Vibrating Key | (Vibrating Massage) |
| Massage Key | (Kneading massage) |
| Auto Mode Key | (Various massage) |

<p>1. On/Off</p>  <p>Beat light/ power indicator light will light up when power is on.</p>	<p>2. Strength dial</p>  <p>Starting at the lowest strength level slowly increase the strength to desired level by turning the level dial. Remember: Always reset the strength to lowest level before selecting different message key, then Increase to desired strength.</p>
<p>3. Tap (Chopping Massage) Key</p>  <p>When the Tap mode is selected, the light will flash coinciding with the sensation of the pads creating a chopping massage</p>	<p>4. Vibrating (Vibrating Massage) Key</p>  <p>When the Vibrating mode is selected, the indicator light will flash at a faster pace, also coinciding with the sensation of the pads, and you will feel an invigorating vibrating massage</p>
<p>5. Massage (Kneading Massage) Key</p>  <p>When the Massage mode is selected, the indicator light will go on for a few seconds and then go off, repeating the cycle. This mode produces a strong finger pressure effect and you will feel a strong rubbing and pulling sensation similar to kneading by the hand.</p>	<p>6. Auto Mode Key</p>  <p>When the Auto mode is selected, you will feel the effects of Tap, Vibration, and Massage in sequential order. The cycle is repeated automatically.</p>

<p>7. Strength Dial Detail</p>  <p>When adjusting the strength level dial to “MAX” like the figure, the output value can be up to the maximum “5x26v”.</p> <p>When adjusting the Strength level dial to “MIN”, it can go as low as “0x26v” or “0”.</p>	 <ul style="list-style-type: none"> ○ Each massage session stops automatically after 15 minutes of operation. Repeat if desired. ○ Each mode can be detected by the indicator light. ○ Confirm the strength level dial is set on “0” or “MIN” before starting the massager. Always increase the strength dial gradually until it feels comfortable.
<p>8. Plug and Conversion Switch</p> <ul style="list-style-type: none"> ○ Output mode select switch can be set on either “I” or “II”. ○ When using only one output (2 pads), set the mode select switch to “I”. ○ When using two output (4 pads), set the mode select switch to “II”.  <p><Output Plug I, II Socket ></p>	<p>9. Battery Housing</p>  <p>1.5 volt x 2 batteries Size standard “AAA”</p> <p>When replacing the battery, push the cover downward to open and insert battery as indicated. Verify that the battery polarity (+/-) is properly aligned.</p>
 <ul style="list-style-type: none"> ○ Never use while doing strenuous activity. ○ Keep out of reach of children. ○ Take out the batteries from the unit when it’s not used for a long period of time. ○ Do not keep the unit near fire or flame. 	

Use of the adhesive gel pads

- Always wash the area of your body where you intend to use the adhesive gel pads.
- Pull the pads off the vinyl cover by gripping the pads and not the wire.
- Place the pads on enclosed plastic pad holder, one on each side.
- When ready to use, place the pads securely on the skin.
- When not in use, store pads on protective pad holder, one on each side.

The pads purchased through Pain Relief Essentials are the best quality we can find. Replacement pads for any kind of electrical muscle stimulator will last for 1-3 months. The effectiveness of the unit diminishes when the pads start to wear. It is not the adhesive part as much as the transfer of electricity through the pad. This is where the quality of pad plays a large role. Pads with low quality gel will change the effectiveness of the device very quickly, sometimes within the first couple of uses. We recommend changing the good quality pads every 3 months, and changing lower quality pads every 20-30 days. Pads are moisture sensitive so for a longer effective life wipe them off after every use with “wet ones” a moist toilette available in individual packets or in containers of up 100 toilettes. Pads are intended for single patient use.

Instructions for use:

1. Clean and dry application area. Apply electrodes to unbroken skin only.
2. Open and save pouch. Remove electrodes from package. Peel electrodes away from release sheet by lifting the edge of the electrode, not by pulling the wires.
3. If electrode seems dry, add a few drops water to moisten gel and wait a few minutes to allow water to re-hydrate the gel
4. Place electrodes on treatment area
5. Apply finger pressure to electrode edge and press entire electrode to assure adequate contact with skin.
6. Wipe off electrode with a non-alcohol wipe- baby wipe or wet one.

Note:

The life of an electrode varies depending on skin condition and care, skin preparation type of stimulation, storage and climate. Your electrodes need to be replaced when you notice any change in effectiveness of your unit or any change in the way the stimulation feels. Waiting too long to replace your electrodes will reduce the effectiveness of your unit.

Rhythm Touch replacement pads may be ordered direct from Pain Relief Essentials at www.painreliefessentials.com.

Basic Therapy Points

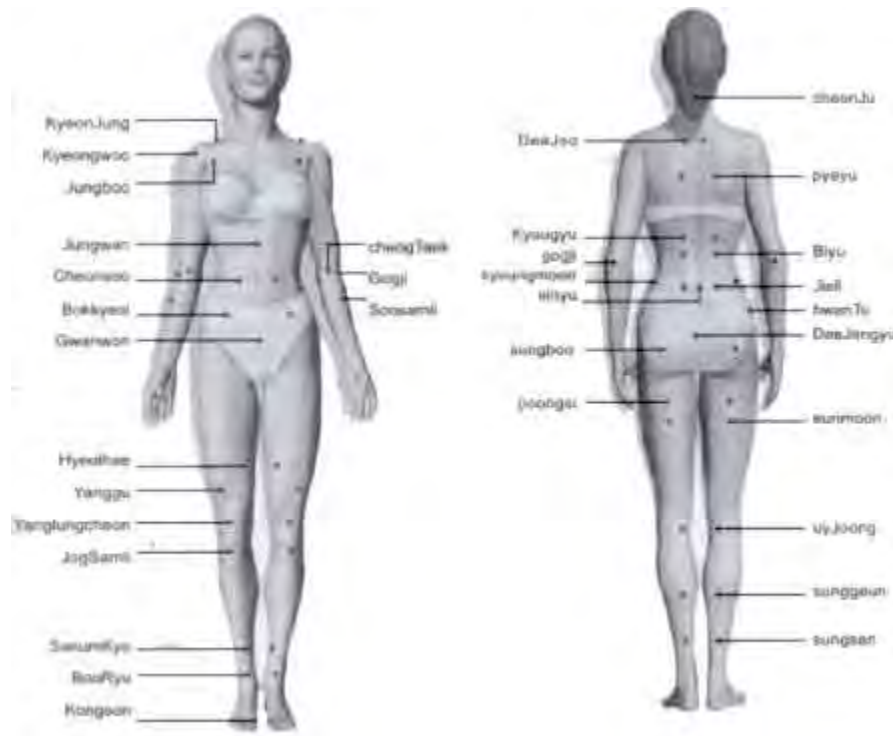
The Upper Body

- Attach one adhesive gel pad near the third joint from the upside of the backbone.
- Attach the other adhesive gel pad to a desired part of the body. (Arms, shoulders, etc.)



The Lower Back

- Attach one adhesive gel pad near the third joint from the bottom on the backbone.
- Attach the other adhesive gel pad to the desired parts of the body. (upper thigh/ groin area)



Accu-Roller Instructions

1. Rub enough gel or lotion (Aloe Vera) on the area that you will be using the roller.
2. Take the cord and put 1 outlet (prong) in the bottom of the roller and 1 on the adhesive pads.
3. Place the pad on your body and then the roller.
4. Important, both the pad and roller need to be on your body to work.
5. Start off with the strength at 0 and increase to your comfort.
6. Avoid using by the eye.

Accu-Pen Instructions

1. Plug in the pen to the machine.
2. Start at 0 strength and work your way up until you feel it.
3. You can only feel this on certain pressure points (neck, fingers, ear...).
4. Use of a conductor like a body lotion or Aloe Vera gel for positive contact is necessary.
5. Some will feel the effects more than others. (Note: Place a pad, plugged in of course, in a location near where you are going to use the pen, and this will create a better ground.)

Accu-Mouse Instructions

1. The Accu-Mouse is a non adhesive version of the pads.
2. Use a gel or lotion (Aloe Vera).
3. Simply insert the thin metal prong into small holes.
4. This attachment must be held in place with slight pressure.

Chart of Reflex Points

The illustrations on the next pages are the front and back of a skeletal figure, which marks the body's reflex points in numbered circles. Use the skeletal figure and the chart of symptoms (the following two pages) to located areas on your body.

The Rhythm Touch uses low-power electrical current via two AAA batteries. Without needles, it operates along the theory of ancient Chinese exercise by stimulating the body's natural electrical signals, activating massage. The illustrations identify the body's reflex points. Using the accompanying charts, place the appropriate Rhythm Touch attachment on the desired reflex point to stimulate muscles in helping to relax, relieve and massage body area.

Do not use near heart or on your scalp.
Do not use this product if you are using a pace maker.

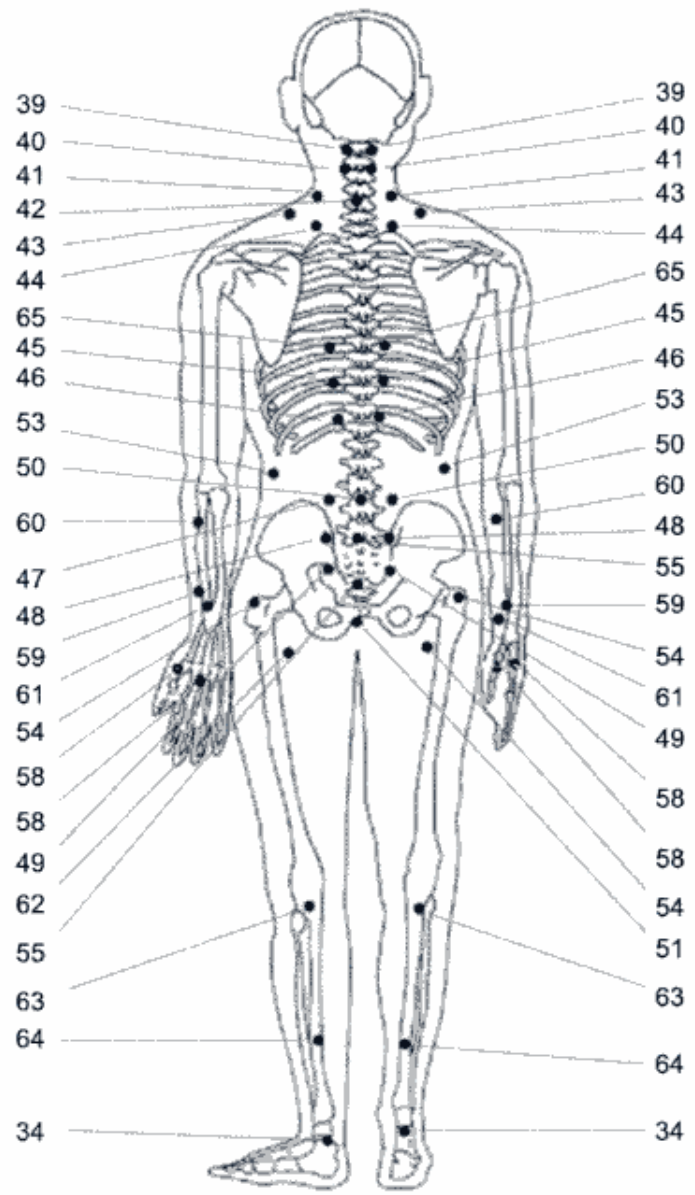
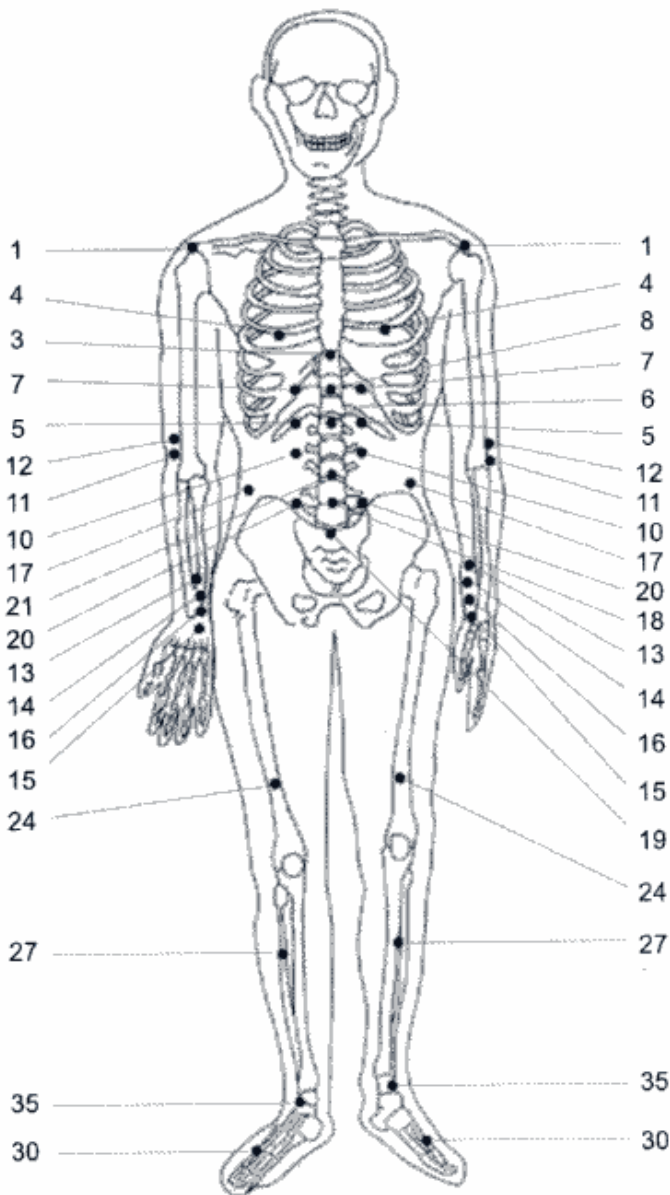
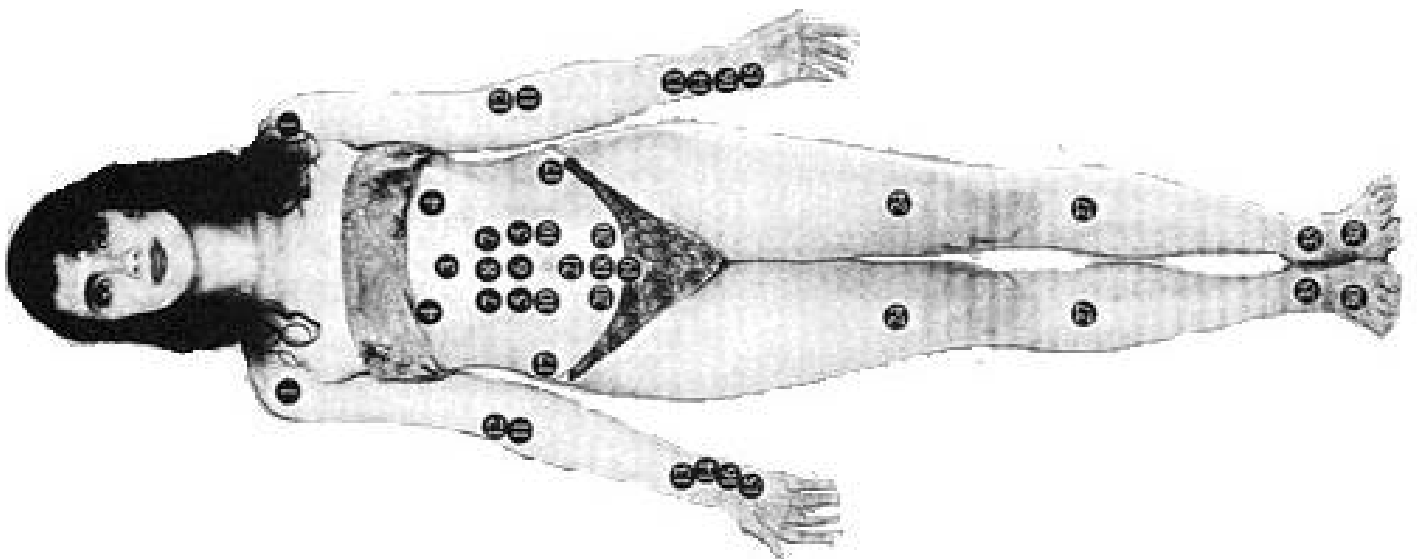
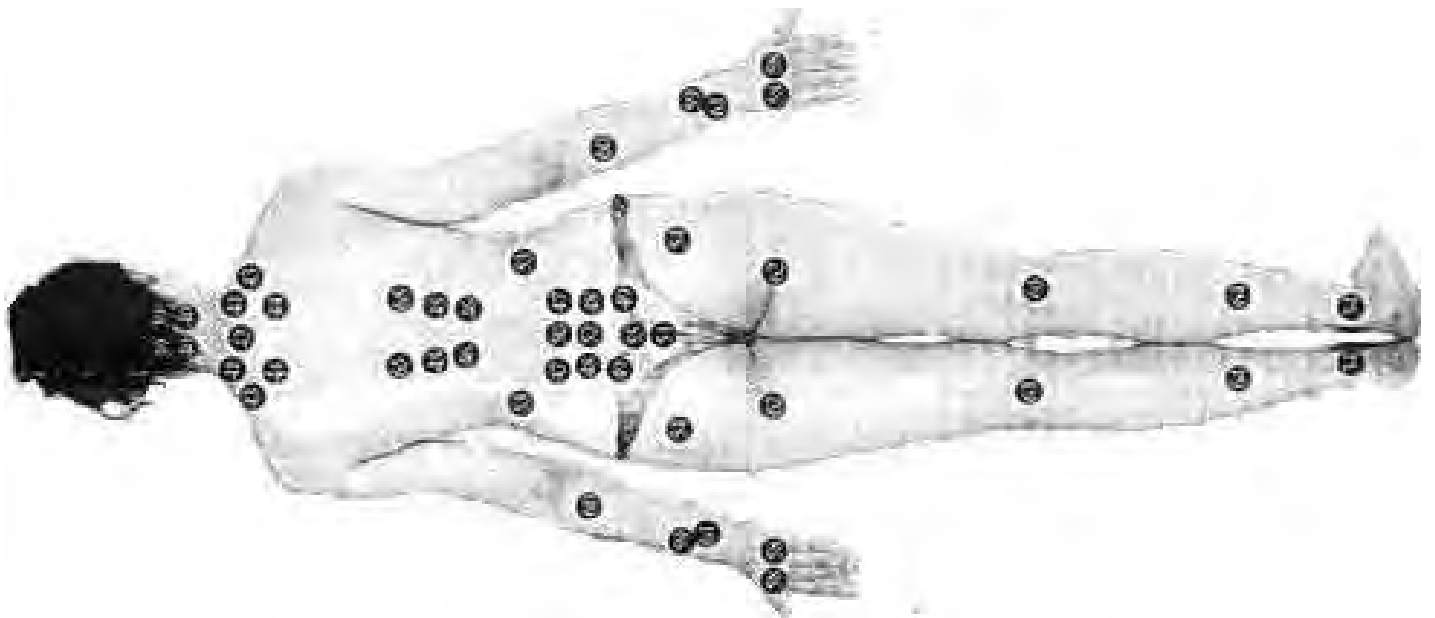
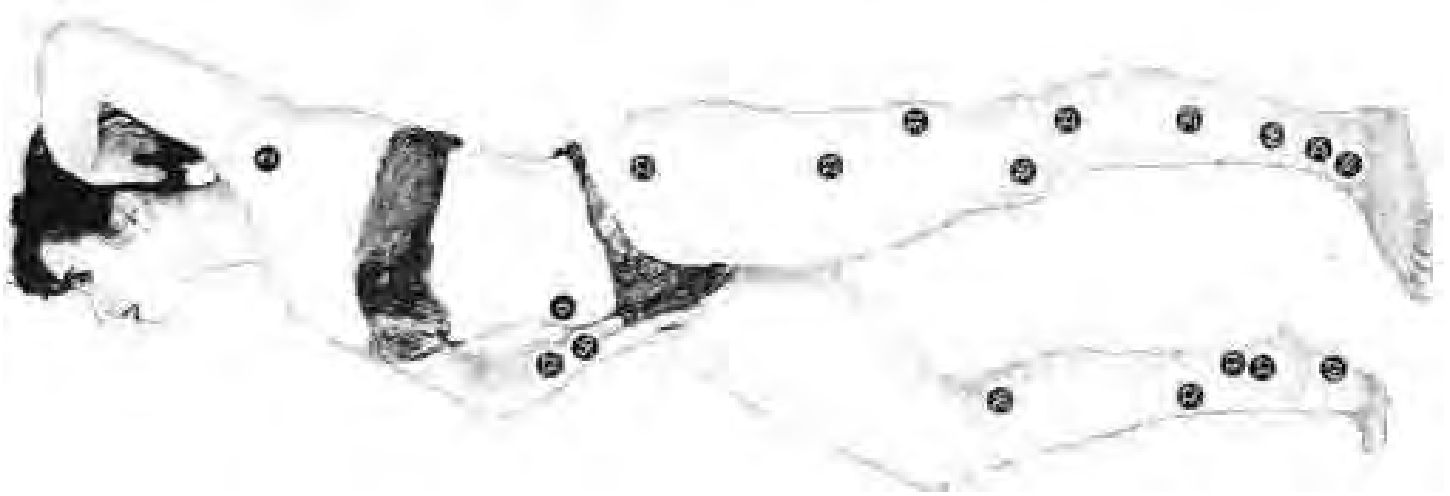


Chart of Reflex Points and Chart of Symptoms

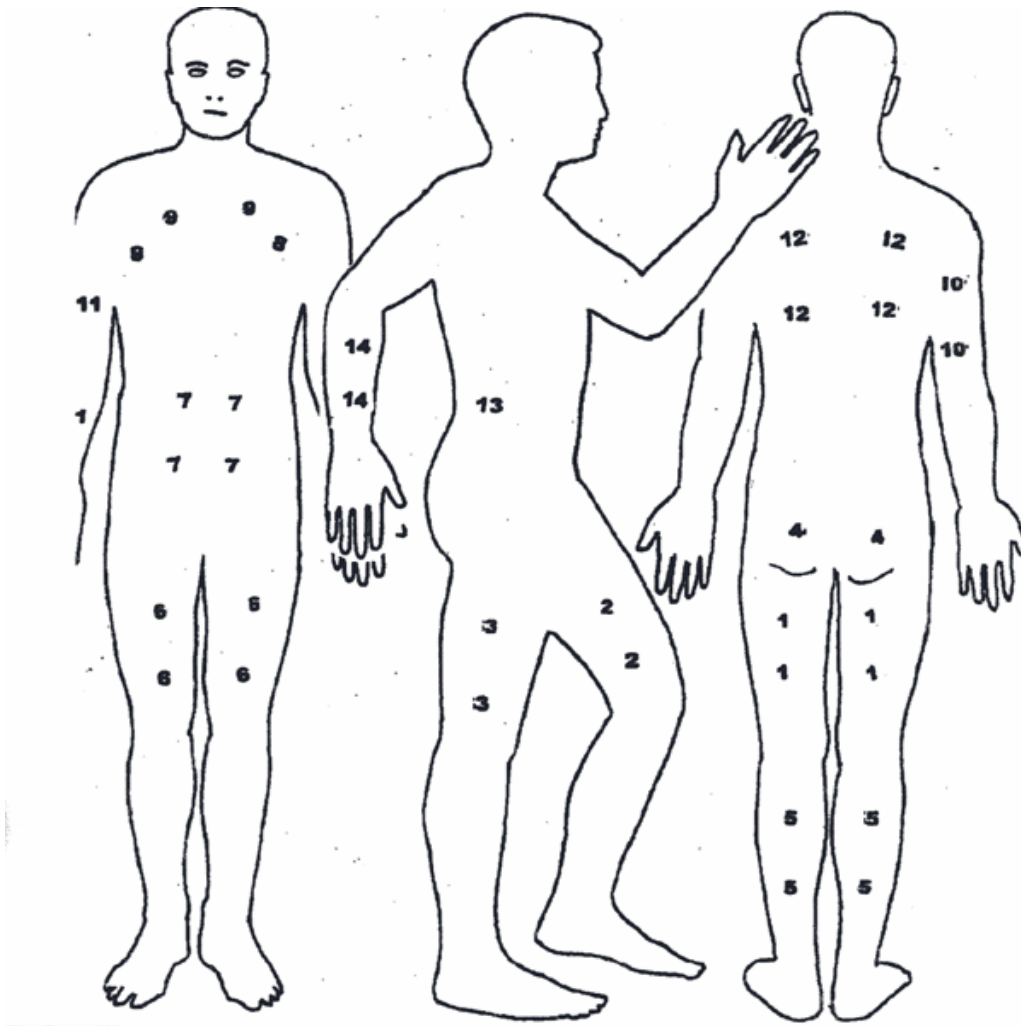
Symptom	Application Points	Minutes
High Blood Pressure	12,25,30,13,27,39	13-30
Arthritis	11,13,14,16	30
Lower Back Pain	47,48,49	30
Stomach Ache	13,27,3,8,24	30
Dropped stomach	18,21,27,3,8	30
Diabetes	46,27,47,33	30
Menstrual cramps	32,18,19	30
Anemia	13,21,55,65	30
Around the Waist Workout	10,7,17,47	30
Abdomen Workout	18,48,8	30
Skin Circulation	44,45,5	30
Acne	12,56,31,32	30
Breast Developing	4,32	30
Asthenia	27	15
Constipation	37,59	30
Headaches	39,40,41,58	30
Insomnia	66,25,41,39	30
Fatigue	42,51,67	30
Stiff Neck	40,57,28	30
Lethargy	13,16,32	30
Sciatica	47,52,54	30
Driving Fatigue	43,42,50	30
Motion Sickness	13,56	30
Weak Wrist	61,1	30
Leg Clonus	64,25,30	15
Ankle Joint	38,35	15
Calf Pain	32,18,19	15
Knee Cap Pain	36,25	15
Seminal Emission	18,32,47	30
Hemorrhoids	49,51,64,11	5-10



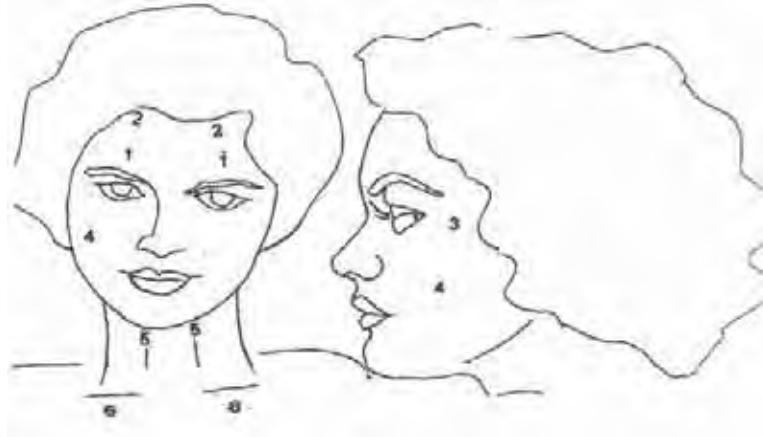
Muscle Workout Instructions

1. Daily to twice weekly
2. Hamstring Back of Thighs
3. Inner Thighs
4. Outer Thighs
5. Buttocks
6. Calves
7. Front of Thighs
8. Abs
9. Breast Development
10. Pecs
11. Triceps (Back of Arms)
12. Biceps (Front of Arms)
13. Back Muscles
14. Obliques (Waist)
15. Forearm

Use 10-20 minutes in each location depending on results desired. Lower workout time if muscle discomfort occurs.



Facial Muscle Workout



Instructions for accu-Mouse for facial workout

1. Place above eyebrows to lift eyelid and brow area
2. Place at the edge of the hairline to strengthen the forehead
3. Place on the outside of the orbital bone above “crow’s feet” to smooth the area.
4. Place between ear and corner of the mouth on the soft part of the cheek to strengthen facial muscles and tighten facial skin.
5. Below chin on the neck where right angle is formed, on the two parallel neck muscles to tighten neck skin.
6. Below collarbone to tighten bust line.

Use massage mode on Rhythm Touch unit. Start very low setting and work upward if desired five to ten minutes.

Maintenance

Main Box

- a. If dirty, remove the dirt off the surface gel pads with wet cotton and a mild cleanser. Remove the pads from the unit before cleaning.



Never make the cotton so wet, that the excess flows into the openings of the machine

- b. Do not keep the unit in high or low temperatures or humid area when storing the unit.



1. Temperature: below +10 degrees C and above +40 degrees C.
2. Relative Humidity: below 30% and above 80%.
3. Take out the batteries when not in use for long periods.

Lead Wire

Keep the wire loosely rolled when not in use. Folding may break wire.



Then remove the adhesive gel pads from the main unit and store separately.

Adhesive Gel Pad

- a. when cleaning is necessary, use warm water, under 35 degrees C.



When cleaning the adhesive gel pads, remove the moisture completely by shaking and air-drying.

- b. Store pads on included plastic holders. Place one pad on each side.



Keep the gel pads stored only on the holder. Otherwise, the adhesive strength will diminish faster.

- c. The adhesive gel pads (electrodes) should be replaced with the same type and model.
- d. The related information on the adhesive gel pads (electrodes) is inserted with the unit.

Change the battery

Remove the cover by slightly pushing on it and pulling it down and out. Put the batteries in securely. They should be facing opposite direction. Replace the cover.

Turn on the on/off level dial and check if the LED lamp lights. If the lamp fails to light, check to see if the batteries are securely inserted and polarity, (+) and (-), of the batteries are correct. If the light is lit and goes out or the light is very dim, then the batteries may need to be replaced.

Troubleshooting

Trouble	Check Points	Solution
It Doesn't Operate	<ul style="list-style-type: none"> • Check if the battery capacity is less than 2.2 V. • Check if the polarity (+/-) of the battery is accurate. • The battery capacity and polarity is normal 	<ul style="list-style-type: none"> • Change the battery • Re-insert the battery • Consult with Service Center
Output Level Not Detected	<ul style="list-style-type: none"> • Check if the lead wire is disconnected. • Check if the adhesive gel pads are disconnected. • Lead wire and adhesive gel pads are normal 	<ul style="list-style-type: none"> • Change the lead wire • Change the adhesive gel pads • Consult with Service Center
There is no change in output	<ul style="list-style-type: none"> • Raise the power/strength level dial from weak to strong. • Though raising the power level dial, the output isn't detected 	<ul style="list-style-type: none"> • If it is functioning normally now, then it is OK. • Consult with Service Center
Conversion switch isn't operating	<ul style="list-style-type: none"> • Raise the power/strength level dial from weak to strong. • Though raising the power level dial, the output isn't detected 	<ul style="list-style-type: none"> • If it is functioning normally now, then it is OK. • Consult with Service Center
Power OFF during operation	<ul style="list-style-type: none"> • Check if the battery capacity is insufficient. • The battery capacity is normal. 	<ul style="list-style-type: none"> • Put in new batteries • Consult with Service Center

If your Rhythm Touch is not operating properly, please try these simple steps. If you are still unable to resolve the problem, please contact your local distributor or manufacturer.

Safety Instructions



Do not use if you are using a pace maker.
Do not use near heart or on the head.

- Do not use for extended period of time if you experience any pain.
- Never use while engaging in strenuous activity.
- If the unit will not be used for an extended period of time, remove the batteries and store separately.
- Keep out of the reach of children.
- Do not use different types or damaged gel pads with this unit.
- If using both channels at once, the consumption of the battery increases two-fold.
- The equipment is fragile, so do not throw it or put heavy things on it.
- Before attaching the adhesive gel pads to your body, be sure both are clean and dry.
- Do not attempt to fix this unit yourself. Do not open the unit. Opening the unit will void the warranty.
- Do not use the equipment near water and do not let water inside the unit.



Consult the designated service center for requesting repair.

Please read these precautions before operating the Rhythm Touch:

The Rhythm Touch is a low-frequency massage system. It operates on 2 AAA batteries. It is not intended for use by anyone with a pacemaker, heart disease, by pregnant women, or anyone with serious health problems.

- Please observe the following safety precautions:
- Pads are designed for large areas, but not near the heart, on the scalp, or on the face.
- Do not use the pads on an open wound, on diseased skin, in the mouth, eyes, or genitals.
- Pads should not come in contact with metal jewelry.
- For proper hygiene, the pads should not be shared between different users.
- Turn the device off before installing or changing batteries.
- Turn the strength dial to “0” before moving pads to another location.
- Turn the strength dial to “0” before selecting different massage key.
- Device automatically shuts off after 15 minutes of use. Repeat if desired.

Customer Service

Marking Plate of Rhythm Touch

Product Name	Rhythm Touch
Class Type	BF Type
Voltage	DC 3V :AAA*2(1.5V battery)
Out Power Pulse	123-135v, 10ma
Mode of Frequency (Hz)	I: 2.9Hz, II: 10Hz, III: 50Hz, IV: 0.9-50Hz
Lot/ Serial Number	Insert Machine Marking
Caution	Please read the user manual carefully before use.

Warranty and Service

At Pain Relief Essentials we are dedicated to helping all Rhythm Touch Q customers with service repair and supply needs.

If you purchased your Rhythm Touch Q through Pain Relief Essentials, and in case of malfunction, service is guaranteed during the warranty period of one year from the date of purchase. Please keep your receipt in a safe place.

If you purchased your Rhythm Touch Q from another source, please contact us to make arrangements for low cost repair and/or replacement parts.

Replacement pads and cords may be ordered online from www.painreliefessentials.com or by calling toll free 1-888-366-3257.