



PAIN RELIEF ESSENTIALS™

rhythm touch™

_____ Instruction Manual _____

Low frequency acu-therapy massager
and electrical muscle stimulator



Therapeutic Hand and Food Massage Charts

Available in printed version from Pain Relief Essentials



rhythm touch™

Low frequency acu-therapy massager and electrical muscle stimulator

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What is a Low-Frequency Massager?



Rhythm Touch has been designed to stimulate and help massage, relax, and strengthen muscles. The Rhythm Touch is a safe electronic muscle stimulator meant for massaging, conditioning, relaxation, and tension relief for use at home, in the office, while traveling, and for use in exercise and therapy facilities. It will also help intensify your workout and can help diminish stress by stimulating your endorphins.

Rhythm Touch can be used with gel pads, a roller, a pressure point pen, and a flexible rubber pad for a number of therapeutic methods.

Rhythm Touch uses specially modified electrical impulses to stimulate the skin's acupunctherapy points. It provides you with the stimulation of acupuncture and an effect quite similar to a massage. It can stimulate the whole body's function and help improve blood circulation. It is also recommended to help maintain muscle tone and decrease fatigue. By stimulating your muscles with the Rhythm Touch, they naturally contract and release, thus increasing blood circulation. Rhythm Touch is similar to a TENS unit (Transcutaneous Electrical Nerve Stimulation) and offers similar benefits. It is safe, portable, non-invasive, and drug-free.

It has also been found to help aid in muscle gratification, facial and body toning, relieving tension, pressure point therapy, and stress relief.

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 guide, or have a success story to share, please connect with us at info@painreliefessentials.com.

DISCLAIMER: This product and literature is not intended to diagnose, treat, cure or prevent any disease.



The FDA mandates that manuals prominently display contraindication, warnings, precautions and adverse reactions, including: no use for wearer of pacemaker; no use on vital parts, such as carotid sinus nerves, across the chest, or across the brain; caution in the use during pregnancy, menstruation, and other particular conditions that may be affected by muscle contractions; potential adverse effects include skin irritations and burns.



A Note on Consistent Usage

For the first few years we were involved with the Rhythm Touch a common question from customers 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. It turned out that this wasn’t always the right answer... users were waiting for the effects of their condition to show and then treating their symptoms. If they suffered with migraines they would wait until the migraine showed up before using the unit.

After working with several thousand people a customer emailed us telling of the results using the Rhythm Touch for her migraine headaches. She told us that instead of using it during a migraine; she was using it every day on headache pressure points 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 during the morning and evening.

The results have been incredible! Our customers report back that they sleep better and their conditions seem to be improving. This was very exciting news to us so we decided to research a little further. We approached several medical professionals about our customer’s discoveries and 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. This method is very similar to how the Rhythm Touch works, it exercises the muscles and we begin to see cumulative benefits.

We recommend using the Rhythm Touch 3-7 times a week. Many customers place their Rhythm Touch next to their television remote control to remind them to use their unit every day. If you work in an office, drive a truck or large machinery, or travel by air you’ll find that the Rhythm Touch is easy to use because it is small, lightweight, portable, and battery operated. For air travel it is especially nice to be get up from your small seating area with no muscle cramps and to feel refreshed. One of our first customers purchased his Rhythm Touch to use 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 so we really encourage you to consistently use your Rhythm Touch!

Best regards,
Your friends from Pain Relief Essentials



Product Description

The Rhythm Touch is a *low-frequency* electrical muscle stimulator and massager that offers the highest quality and performance, is easy to use, has no side effects, offers a fully automatic computerized control system.

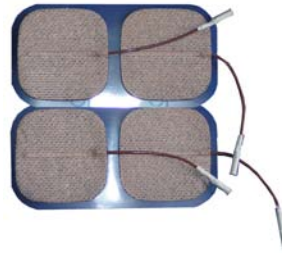
Product Specification – Rhythm Touch Standard Unit

A: Massager Main Unit (1 pcs)



Figure 1 Rhythm Touch Q 2-Way Massager

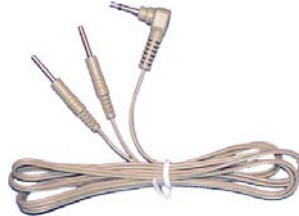
B: Adhesive Gel Pads (4 pcs)



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.
- b. Start by setting the output level (Strength) on “0” or “off”.**
- c. Set the conversion switch to I or II, according to the number of leads used.
(Set to “I” mode for 1 lead with 2 pads, set to “II” mode for 2 leads with 4 pads)
- d. Insert a lead wire cord into the correct plug socket of the massager.
- e. Insert the opposite ends of the lead wire cord into each adhesive gel pad socket.
- f. Take the adhesive gel pads off the protective holder.
- g. Place the gel pads at desired areas of the body.
- h. Turn “on” the unit by turning the Power-on/off level dial.
- i. Select desired massage type key
- j. Select desired strength level.
- k. 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. Turn the device off before installing or changing batteries.

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.

To use the pads connect the pads to the Rhythm Touch base unit, as described in the Setup Procedures in this manual. Adjust the power level dial to the weakest setting (MIN or "0"). 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. Turn the strength dial to "0" before moving pads to another location. Turn the strength dial to "0" before selecting different massage key.



Please refer to the Chart of Reflex Points and Safety Instructions 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

Tap Key (Chopping massage) and Vibrating Key (Vibrating Massage)

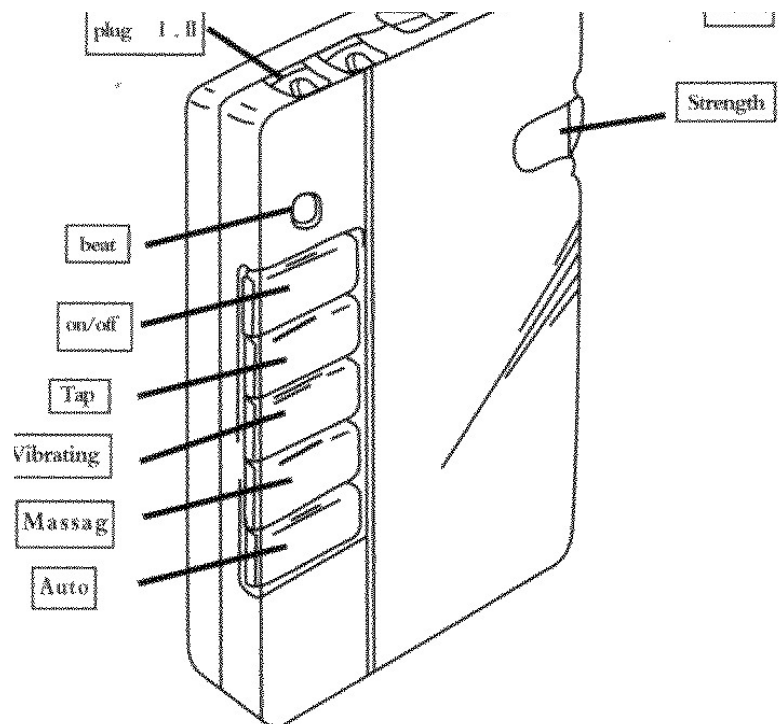
- Tap and Vibrating are good for neck and shoulders, muscle cramps, deep knotted areas, and to help increase your range of motion (rotator cuff).
- Tap mode is also ideal for relieving acute pain. It promotes the release of endorphins which interact with the opiate receptors in the brain to reduce our perception of pain and act similarly to drugs such as morphine and codeine. In contrast to the opiate drugs, however, activation of the opiate receptors by the body's endorphins does not lead to addiction or dependence. It's the body's natural pain reliever!

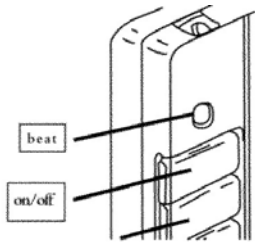
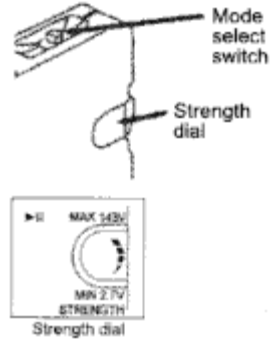
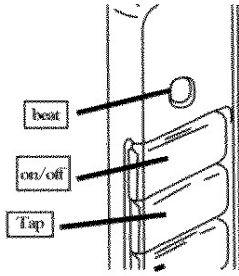
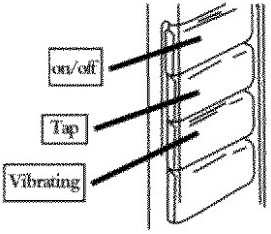
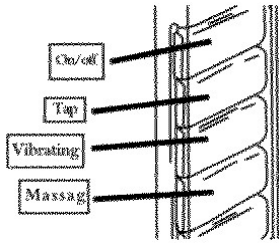
Massage Key (Kneading massage) This mode can be used on almost all areas of your body.

- Lower back or sciatica - for sciatica treat both your lower back and your sciatica.
- Neck and shoulders - neck pain generally stems from your shoulders so we recommend you treat both.
- Rotator cuff or frozen shoulders - place 4 pads surrounding the entire shoulder. Also massage the shoulder and your neck.
- Knee (front or back) - use 4 pads on one knee at a time. It is best to massage both the front and back of the knee.
- Hand or wrist - arthritis, tendonitis, carpal tunnel, or other injuries. Check the neck area as well as sometimes hand and wrist pain begins from neck compression.
- Foot and ankle - Plantar fasciitis, heel spur, arch pain, gout, sprain, old injury, circulation. Check the lower back area as well as sometimes foot, ankle, and knee pain starts from lower back compression.
- Headaches and Migraines - Place the pads around the neck and shoulder. At first, operate the unit on a gentle lower setting for 15 minutes only. Drink water. Rest and see how you feel. Don't overdo it!. A sudden rush or significantly large amount of blood flow will sometimes make you dizzy or queasy.

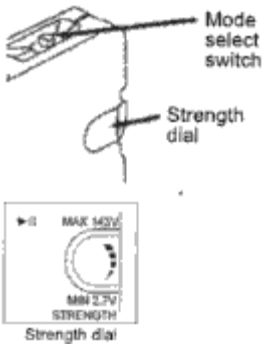

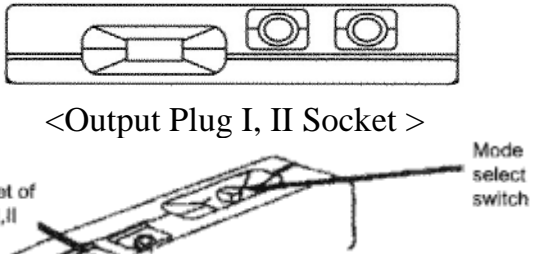
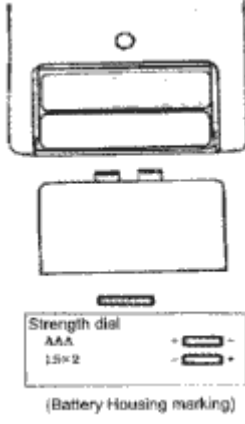

Auto Mode Key (Various massage)

- Auto cycles through the other modes and helps reduce muscle memory.



<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 massage 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” or "5" 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, left socket), set the mode select switch to “I”. ○ When using two output (4 pads, both sockets), set the mode select switch to “II”.  <p><Output Plug I, II Socket ></p> <p>Socket of plug I, II</p> <p>Mode select switch</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.</p> <p>Verify that the battery polarity (+/-) is properly aligned.</p>
<p></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 manufactured with stringent controls and offer superior quality and better electrical dispersal compared to cheaper pads. Replacement pads for any kind of electrical muscle stimulator will last for 1-2 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 2 months, and changing lower quality pads every 10-20 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. This happens as body oils and skin cells work their way into the gel. Waiting too long to replace your electrodes will reduce the effectiveness of your unit.



Rhythm Touch pads should only be applied to normal, intact, clean skin. make sure you drink lots of water when using Rhythm Touch for extended time periods.

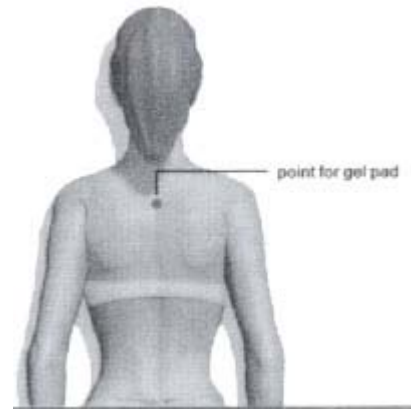
Rhythm Touch replacement pads and cords may be ordered direct from Pain Relief Essentials at www.painreliefessentials.com.



Basic Therapy Points

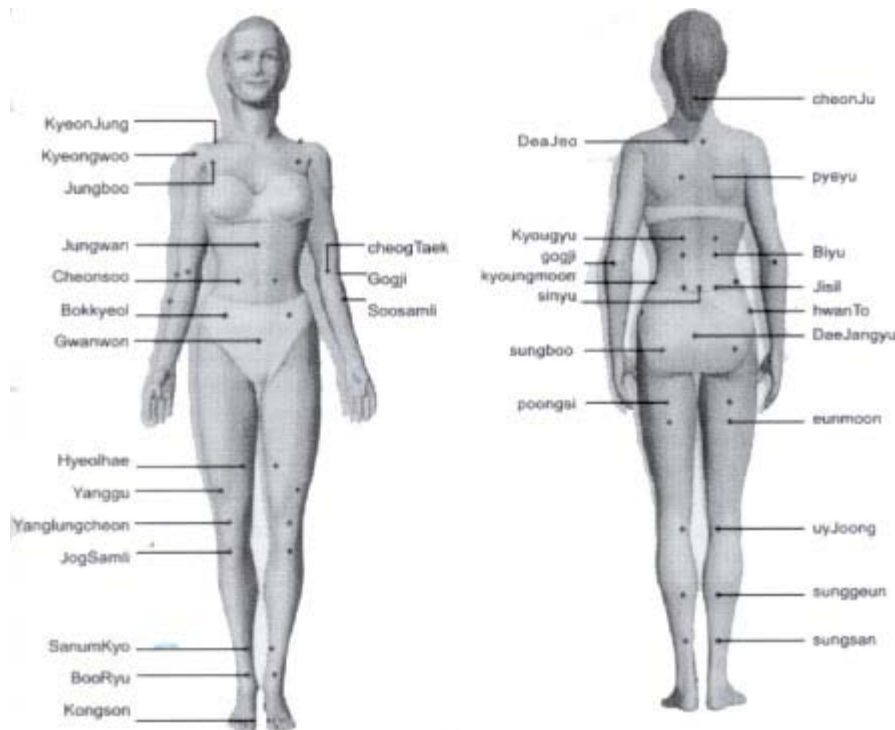
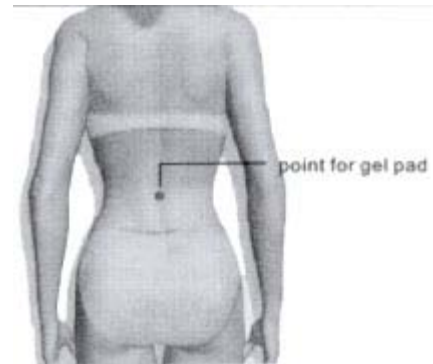
The Upper Body

- Attach one adhesive gel pad near (not directly over) 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 (not directly over) 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)



Acu-Roller Instructions

Connect the Acu Roller by inserting the thick metal plug of the lead wire cable into the top end of the unit (slot 1). Plug 1 lead wire (the thin metal plug) into the bottom of the handle of the roller. Plug the other thin metal plug into one of your gel pads. Apply the pad anywhere on your body. Apply gel or lotion (we like Spectra[®] 360 Electrode Gel or Aloe Vera gel) to your skin where you wish to use the Acu Roller. Set Mode to 1. Start off with the strength at 0 and increase to your comfort. Remember that both the pad and roller need to be on your body to work.



Acu-Pen Instructions

Connect the Acu Pen by inserting the thick metal plug of the lead wire cable into the top end of the unit (slot 1). Apply gel or lotion (we like Spectra[®] 360 Electrode Gel or Aloe Vera gel) to your skin. Set Mode to 1. Switch the unit on and press the metal top of the pen on the desired area and choose motion key. Start at 0 strength and work your way up until you feel sensation. You can only feel this on certain pressure points (neck, fingers, ear...). Some will feel the effects more than others. (Note: plug in and place a pad in a location near where you are going to use the pen to create a ground.)



Please see hand and foot charts on the inside front cover.

Acu-Flex Pad Instructions (formerly *Acu_Mouse / Facial Pad*)

Connect the Acu Flex pad by inserting the thick metal plug of the lead wire cable into the top end of the unit (slot 1). Plug both lead wires (the thin metal plugs) into the 2 holes located on the side of the Acu Flex pad. Apply lotion or gel (we like Spectra[®] 360 Electrode Gel or Aloe Vera gel) to the application point on your skin and press the Acu Flex pad against your skin and choose the motion key.



Acu-Feet Therapy Slipper Instructions

Acu-Feet Therapy Slippers make the Rhythm Touch so much easier and convenient to use on your feet. Just drop a little water based jell (we like Spectra[®] 360 Electrode Gel or Aloe Vera gel) on the five contact points inside the slipper, slide your feet in and adjust the straps for good contact, connect the Rhythm Touch to the lead wires that come with the slippers, turn on the Rhythm Touch, adjust strength to comfortable level and sit back and enjoy.



The bottoms of your feet are like a fuse box. There are several pressure points on the bottom of our feet and these pressure points are associated with other parts of our body. By stimulating the pressure points the body part associated with the pressure point is also stimulated. The Acu-Feet Therapy Slippers stimulate these pressure points and activate circulation.

If you have neuropathy you may not feel the stimulation right away, even at full strength. Customers report either feeling the stimulation immediately to up to two weeks before feeling the sensation with consistent use. Take it at your pace but use it at least once a day for at least 15 minutes. Consistent use is the key; don't expect to get the same results sitting down for two hours once a week as you would if you used the slippers 15 minutes every day.

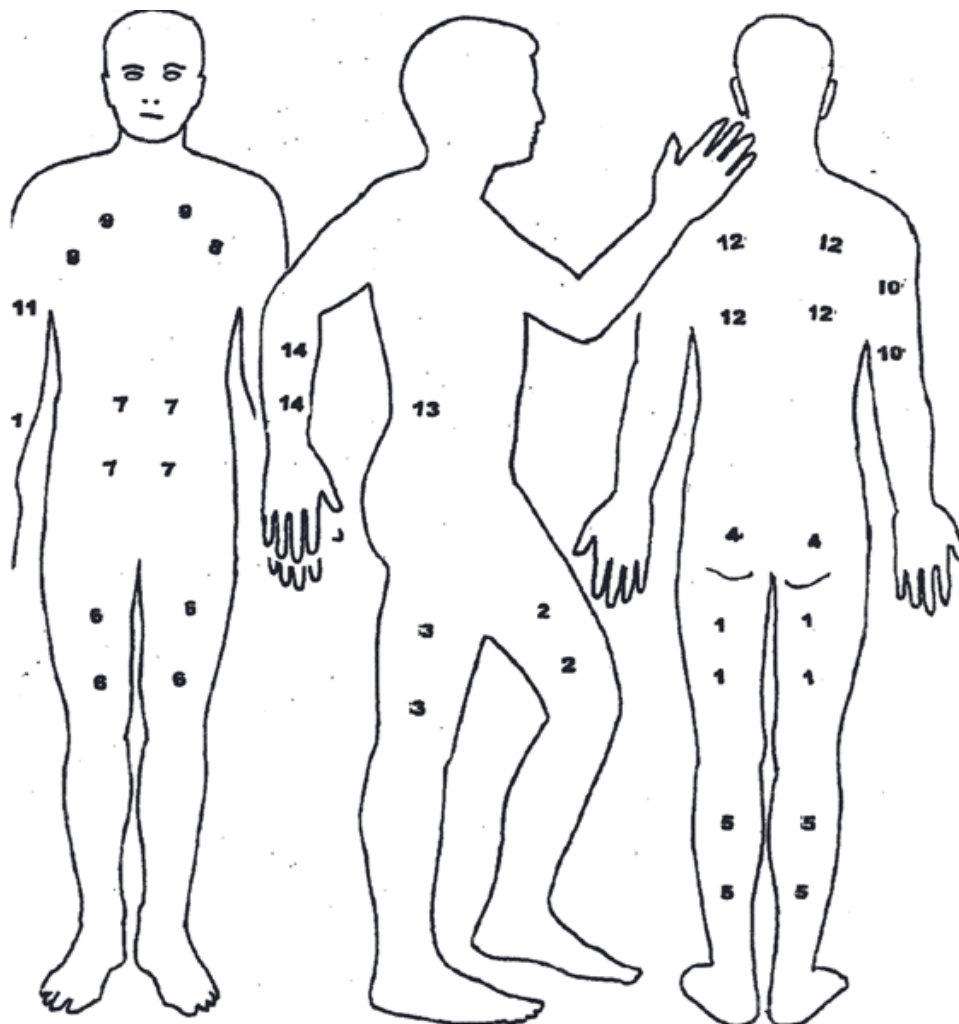
1. The Acu-Feet Therapy Slippers are a non adhesive version of the pads.
2. Use a gel or lotion on each of the 5 pressure point knobs (Aloe Vera or Spectra[®] 360 Electrode Gel).
3. Simply insert the thin metal prong into small holes on the inner side top layer of the slipper where the arch of your foot will go.
4. This attachment should be held in place with straps over the feet.



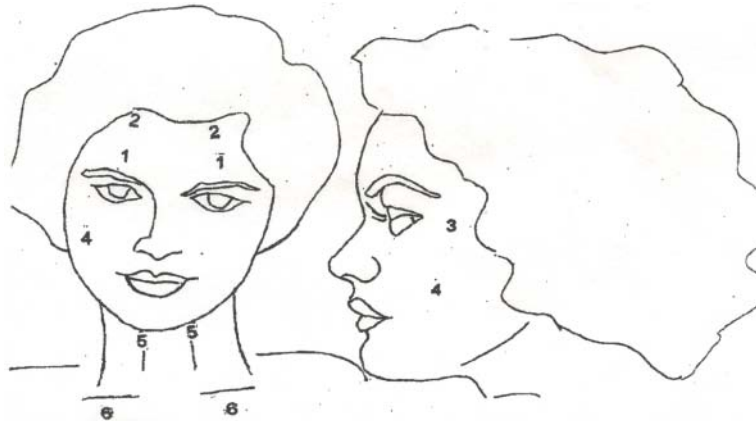
Muscle Workout Instructions

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 Acu-Flex pad or Acu-Roller 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 optical 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 - 3-4 times per day.



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 moisture 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.
 - i. Temperature: below +10 degrees C & above +40 degrees C.
 - ii. Relative Humidity: below 30% and above 80%.
 - iii. 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.
- b. When cleaning the adhesive gel pads, remove the moisture completely by shaking and air-drying.
- c. Store pads on included plastic holders. Place one pad on each side.
- d. Keep the gel pads stored only on the holder. Otherwise, the adhesive strength will diminish faster.
- e. The adhesive gel pads (electrodes) should be replaced with the same type and model.
- f. The related information on the adhesive gel pads (electrodes) is inserted with the unit.

Acu-Roller, Acu-Slippers, Acu-pen

Clean the accessories by using anti-bacterial hand wipes or rinse under warm water. be sure to wipe dry. For the Acu-Pen be sure to wipe or rinse the top inside of the pen to avoid clogging.

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. 	<ul style="list-style-type: none"> • Change the battery • Re-insert the battery
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. 	<ul style="list-style-type: none"> • Change the lead wire • Change the adhesive gel pads
There is no change in output	<ul style="list-style-type: none"> • Raise the power/strength level dial from weak to strong. 	<ul style="list-style-type: none"> • If it is functioning normally now, then it is OK.
Conversion switch isn't operating	<ul style="list-style-type: none"> • Raise the power/strength level dial from weak to strong. 	<ul style="list-style-type: none"> • If it is functioning normally now, then it is OK.
Power OFF during operation	<ul style="list-style-type: none"> • Check if the battery capacity is insufficient. 	<ul style="list-style-type: none"> • Put in new batteries

If your Rhythm Touch unit stops working even though the unit comes on, or if there seems to be a 'contact' problem with the pads plugged in but the unit will not function:

Please try these things before anything else:

1. Wet your pads with a small amount of water...over time and use the pads will completely stop the flow of electricity.
2. Change the batteries. We recommend purchasing batteries from a high volume store like Wal-Mart. Older or expired batteries may only have enough juice to power the light but nothing else.
3. Switch the cords around. Try different cords with different pads until all combinations have been exhausted. The problem could be the lead wires or the pads. Also try the different combinations of holes on top where the lead wires plug into the unit. The lead wires are a very specific gauge (very small) there are times when the lead wires break from folding or bending during storage.
4. There are springs holding the battery in. Pull them out a little (gently) with a pen knife to make better contact with the battery. These springs will compress over time and will not make good contact with the battery.



Safety Instructions

- Rhythm Touch pads should never be placed on or near the eyes, in the mouth, trans-cerebrally (on both temples), on or near the heart or across the chest because the introduction of an electrical current into the chest may cause rhythm disturbances to the heart. On the front of the neck (Due to the risk of acute hypotension through a vasovagal reflex). Directly on the groin such as, ie: on the penis or testicles. On areas of numb skin/decreased sensation. On areas of broken skin, or wounds. On or near the trigeminal nerve if you have a history of herpes zoster induced trigeminal neuralgia (Post herpetic neuralgia)

Contraindications

- The Rhythm Touch **MUST NOT** be used on patients or persons with cardiac pacemakers, defibrillators, or other electronic implants.
- The Rhythm Touch should not be used during pregnancy, because it may induce premature labor. (Do not use over the area of the uterus, as the effects of electrical stimulation over the developing fetus are not known).
- **DO NOT USE** if you have epilepsy, cancerous lesions, abdominal or inguinal hernias, critical ischemia of the lower limbs or blood flow deficiencies/venous thrombosis.
- The Rhythm Touch should not be applied over the carotid sinuses due to the risk of acute hypotension through a vasovagal reflex.
- **DO NOT USE** post acute trauma or recent surgical procedures.
- The Rhythm Touch should not be placed over the anterior neck, because laryngospasm due to laryngeal muscle contraction may occur.
- The Rhythm Touch should be used cautiously in patients with a spinal cord stimulator or an intrathecal pump.
- Keep out of the reach of children.

Precaution

Before using the Rhythm Touch please consult your physician if you have any of the following conditions:

- Malignant tumor, Heart/acute/infectious diseases, High fever, Abnormal blood pressure, Skin sensory disorders or skin problems, Hernias - Abdominal or Lingual.
- If you suffer from a serious medical condition, consult your physician before using the Rhythm Touch or any other electrical therapy device.
- Keep Rhythm Touch out of the reach of children.
- Pads should not come in contact with metal jewelry.
- For proper hygiene, the pads should not be shared between different users.

Always use the Rhythm Touch as instructed. never use the Rhythm Touch on muscles associated with impaired joints or limbs, or undiagnosed muscles with acute pain. **DO NOT USE** while sleeping, bathing, or driving. Using the Rhythm Touch for extended periods of time at too high a strength can fatigue muscles, and may cause soreness. If you feel discomfort, such as nausea or dizziness from using the Rhythm Touch, cease treatment immediately. The long term effects of prolonged use of electrical stimulation are unknown.



Customer Service

Product Specifications

Product Name	Rhythm Touch
Voltage	DC 3V : battery AAA * 2 (1.5V)
Mode	Tap, Vibrating, Massage, Auto mode
Mode of Frequency (Hz)	1. Mode I: 2.9Hz, 2. Mode II: 10Hz, 3. Mode III: 50Hz, 4. Mode IV: 2.9-50Hz
Out Power Pulse	123-135v, 10ma
Type Class	BF Type
Size	15 x 60 x 100 m/m
Lead wire	L:1200 m/m // W:15 * 2mm // In : 2.4// Out:2.0
Assembly	User manual 1, main body 1, lead wire 2, pads 4, Acu-pen 1 (power 1.5v2), Acu- roller (power 1.5v2)
Acrylic holder	2
Electrodes	Product Model: Multi-Stick MG-1500, 4ea manufactured in USA
Standards	EN 60601-1: 1990 & EN 60601-1-2: 1993 IEC 601-2-10 : 1999
Caution	Please read the user manual carefully before use.

Warranty and Service

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

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

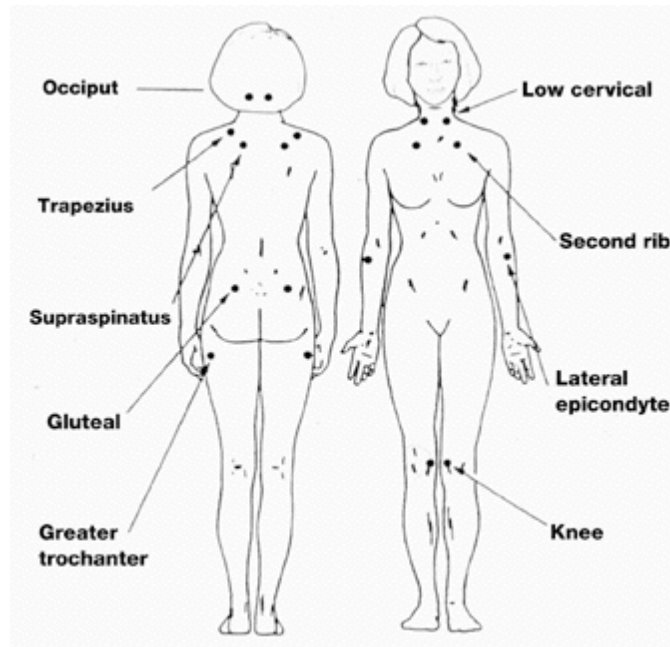
If you purchased your Rhythm Touch from another source, please contact us to make arrangements for low cost repair and/or replacement parts.

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



Fibromyalgia

Suggested use of the Rhythm Touch for relief of the symptoms of Fibromyalgia



Drink water before, during and after using the Rhythm Touch. This will increase the effectiveness of the electrical current.

1. Label each tender point from most painful to least painful.
2. Place pads on tender points you have labeled 1, start the RT unit on massage and gently increase strength, never going past a comfortable level. Massage on the area for 2 sessions or 30 minutes.
3. Move pads to tender points you have labeled 2, start the unit on massage, strength on 0, gently increase strength to a comfortable level. Massage the area for 1 session or 15 minutes.
4. Move pads to tender point you have labeled 4, start the unit on massage, strength on 0, gently increase strength to comfortable level. Massage the area for 1 session or 15 minutes.
5. Continue the same pattern as long as you like. The last pad placement for the day should be the Gluteal area (where a man wears his belt). Start the unit on massage, strength on 0, gently increase strength to a comfortable level. Massage the area for 2 sessions or 30 minutes, the last 15 minutes while in bed. At this point sleep should be very close. If during the night you are awakened, turn unit back on and press massage.



Chart of Reflex Points

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. 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.

Chart of Reflex Points and Chart of Symptoms

Symptom	Application Points	Minutes
High blood pressure	12, 25, 30, 13, 27, 39	30
Arthritis	11, 13, 14, 16	30
Lower back pain	47, 48, 49	30
Stomach ache	13, 27, 3, 8, 24	30
Headaches	39, 40, 41, 58	30
Gastroptosis (dropped stomach)	18, 21, 27, 3, 8	30
Insomnia	66, 25, 41, 39	30
Hand tremor	12, 61, 56	30
Diabetes	46, 27, 47, 33	30
Fatigue	42, 51, 67	30
Menstrual cramps	32, 18, 19	30
Stiff neck	40, 57, 28	30
Anemia	31, 21, 55, 65	30
Lethargy	13, 16, 32	30
Nervousness	13, 16, 27, 33	30
Sciatica	47, 52, 54	30
Hip workout recovery	54, 62	30
Waist workout recovery	10, 7, 17, 47	30
Abdomen workout recovery	18, 48, 8	30
Skin circulation	44, 45, 5	30
Acne	12, 56, 31, 32	30
Breast developing	4, 32	30
Asthenia	27	30
Constipation	37, 59	30
Driving fatigue	43, 42, 50	30
Motion sickness	13, 56	30
Weak wrist	61, 1	30
Leg clonus (shaking)	64, 25, 30	30
Ankle joint	38, 35	30
Calf / lower limb pain	32, 18, 19	30
Knee pain	36, 25	30
Seminal emission	18, 32, 47	30
Hemorrhoids	49, 51, 64, 11	30



Therapy Instruction Chart

Available in printed version from Pain Relief Essentials



Accessories for the Rhythm Touch

GEL-PADS



Adhesive gel-pads are the primary components for treatment, when using the Rhythm Touch 2 Way. They work as electrical conductors to stimulate your muscles and nerves.

Use by inserting the silver prong at the end of a Lead Wire Cord into one adhesive gel-pad, and do the

same for the second pad. Attach both gel-pads around the desired area of treatment. Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level.

ACU-ROLLER



The acu-roller is a great way to treat more than one area at a time. With its unique non-stick roller design, the acu-roller is free to move around, treating

larger or different areas consecutively.

Use by inserting one silver prong into the bottom of the acu-roller and insert the other into an adhesive gel-pad. Rub enough Aloe Vera gel or body lotion onto the area you will be using the acu-roller. Attach

the pad close to the intended treatment area and then apply the roller. Both the pad and the acu-roller must come in contact with the body for it to work. (It is a closed circuit.) Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working.

Set to your desired strength by increasing strength to your comfort level. Avoid using near your eyes.

ACU-PEN



The acu-pen is designed for treatment using the fundamental principles of acu-pressure. It can be considered a non-painful alternative to

acupuncture. **Plug** the acu-pen into your Rhythm Touch unit. Locate the acupressure point associated with your pain and/or symptoms and apply the point of the acu-pen. Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level.

You can only feel this on certain pressure points such as the neck, fingers, and ears.

You may feel the acu-pen more with a conductor like a KY Jelly, Spectra 360 Gel, or Aloe Vera gel. Some will feel the effects more and some less.

Note - If the first acupressure point does not work then try the next point or points until you find one that does. There may be more than one approach to your symptoms. When you find a point that helps, continue using that point. If the relief is temporary then re-stimulate the point. Sometimes the pain will go away and return three or four times, decreasing each time.

ACU-FLEX PAD



The acu-flex pad is a non-adhesive version of the gel-pads. It is an excellent component to use on sensitive areas. **Take** the lead wire and

insert the 2 silver prongs into the small holes on the side of the acu-flex pad. Apply body lotion or Aloe

Vera gel to the desired area. This attachment must be held in place with slight pressure. Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level.

ACU-SLIPPERS



The acu-slippers are designed to help relieve pain in your feet. They also improve blood circulation in your feet. The acu-slippers can also be excellent for helping people with diabetes who

have poor blood circulation in their feet. **Use** the 2 slipper like pads. Insert one prong into the left slipper and the other into the right slipper. The insertion points are located on the side near

the arch of the slippers. Both slippers must be worn at the same time to work. Slippers only work with bare feet, and must be touching the skin. Sensation will increase over time. Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level.

LEATHER CASE



Genuine Leather Case designed to clip onto your belt and hold the Rhythm Touch. Very useful in protecting the settings tabs from inadvertent adjustment

