(((sciaticalm

Quick Start Instructions

Congratulations on purchasing Sciaticalm, the most effective treatment for Sciatica.

Charging your Sciaticalm

Insert the charging cable firmly through the centre of the green rubber pad and plug into any USB port.

When charging your device will light up red until fully charged. It will then light up green to let you know charging is complete.

How to use your device

Thread the strap through the slots

Press and hold the button to turn off.

Press and hold to turn on

Device flashes green 4 times

Strap to the back or leg with the applicator nozzle on the point of pain

Press green button to cycle through the modes

Pulse modes

1	Low frequency	**6**	Maximum power pulse
2	Mid range frequency	**7**	Short pulse, fast pulse, repeating
3	High frequency	**8**	Slow pulse
4	Standard repeating pulse	**9**	Fast pulse
5	Fast pulse alternating with 1,2 & 3	**10**	Long pulse, alternating

Which modes to use

Day 1 & 2: Start with setting one, a low frequency non-pulsed setting. Use this three times a day for 10 minutes each time to start.

Day 3 - 5: Increase the mode to 2 or 3 if necessary, keeping the same frequency.

Day 7+: Use each of the modes to see which provides the greatest level of pain relief. You can reduce usage frequency to twice a day using modes 4 and upwards.

Ongoing: Use modes 8, 9 and 10 for occasional use after the 4th week.

Need more help or advice on using your device?

Scan this QR code or visit
www.sciaticalm.com/fitting

Send us an email at
support@sciaticalm.com or
message us on facebook

Specification: Frequency: 150Hz nominal | Weight (incl battery): 60g
Operating Conditions: 5°C to 40°C; <90% RH | Storage/Transport Conditions: 0°C to 45°C; <90% RH

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