

# QUICK-START GUIDE

Simply surround your pain, power up and go!



This Quick-Start guide is provided as a reference only. This guide is not intended to take the place of the REBOUND® manual which contains important WARNINGS and CAUTIONS. Please read the entire instruction manual provided with the REBOUND® device before using the REBOUND® device.

## BioMEDICAL® LIFE • SYSTEMS

Makers of leading Pain Relief Devices for Medical Professionals – for over 30 years.

Manufactured for and Distributed by:  
BioMedical Life Systems, Inc.  
Vista, CA 92085 USA

Questions? Call us at: 1-800-726-8367  
www.ReboundPainRelief.com

REBOUND® is an FDA Registered Class II Medical Device.

Please do not return the REBOUND to place of purchase. For technical questions or customer service, please call  
**800-726-8367 or 760-727-5600.**

SCAN THIS CODE with your mobile device to learn how TENS works. Download a QR reader at scan.mobi



## BEFORE THERAPY

### STEP 1. Attach the Lanyard



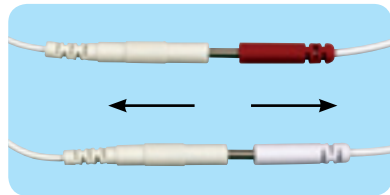
### STEP 2. Insert the Batteries



## AFTER THERAPY

### STEP 8. Turn REBOUND® off

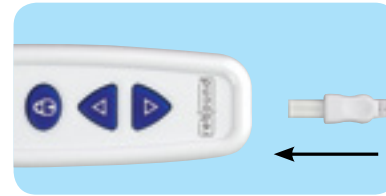
### STEP 9. Disconnect the Pads



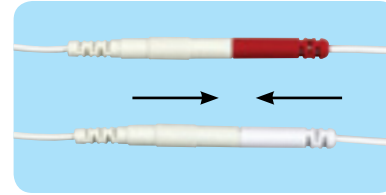
### STEP 10. Remove and Store Pads

Place the pads back on the original plastic sheet – ensuring the words printed on the opposite side of the sheet are facing up and readable. Place the plastic sheet back in the plastic bag and seal the bag to store.

### STEP 3. Connect the Cable to REBOUND®



### STEP 4. Connect Pads to the Cable



### STEP 5. Remove pads from the plastic sheet backing. Apply the pads to your body following the Pad Placement Instructions in the manual pgs. 20-21 and 32-38.

### STEP 11. Disconnect Cable (optional)



### STEP 12. Remove the Batteries (long-term storage)



### STEP 6. Turn on and Adjust Power



### STEP 7. Lock the REBOUND® at the Optimal Setting. Lock the Rebound if desired by pressing the Lock Key quickly (do not hold). All of the amplitude bars will blink. The lock prevents the device from being turned up accidentally when in use. To unlock, press and hold the lock key for 2 seconds.

## PERSONALIZE YOUR THERAPY

### Choose the intensity level

The output of the device is specially designed to encompass the two theories of TENS in one simple mode, eliminating the needs for many modes.

You can expect to feel shifts in the stimulation as the waveform changes slightly over a few seconds, to incorporate both theories:

**1. Endorphin Theory:** Releases the body's own natural, long lasting pain fighters called "Endorphins".

**2. Gate Theory:** Blocks pain by "interrupting" the electrical pain signal from the nerve ending to where it is perceived as pain by the brain.

### How Should it Feel When it is Working?

Expect variations of tapping, tingling, massage-like sensations. You should not see a visible muscle contraction. Always start with low intensity (power) and increase slowly. If the sensation feels uncomfortable or you see a "twitch" in the muscle, decrease the intensity. If the sensation becomes weaker or disappears, increase the intensity.

## PAD PLACEMENT

### IMPORTANT CONDUCTIVE PAD WARNING

Improper pad placement may cause bodily harm. Please read the entire instruction manual provided with the REBOUND® device before applying the REBOUND® pads to your body.

- Never place the pads on your head, neck or face.
- Never use on the throat (carotid artery) or neck. This could potentially close the airway, cause difficulty breathing, and/or affect heart rhythm or blood pressure.
- Never use pads close to the heart, across the chest, on both arms or hands at the same time. Doing so could change heartbeat pattern and could be potentially deadly.
- Never use on the groin area.

Only apply Conductive pads to normal, intact, clean, healthy skin

### NOTE

The Guide illustrates pad placement locations for some of the most common pain conditions.

Not all pad placement combinations will be listed. If you do not see your pain site [And it is NOT listed in the GENERAL WARNING AND CAUTIONS section of the Instruction booklet] then use the two pads to “bracket” or surround the pain area so your pain is in the center of the two pads. For best results, do not place the pads directly on the pain site. Do not place the pads on both legs or feet at the same time as this is ineffective.

## PAD PLACEMENT LOCATIONS

NEVER PLACE ANY OF THE PADS IN THE LOCATIONS INDICATED BELOW WITH A “NO” SYMBOL.

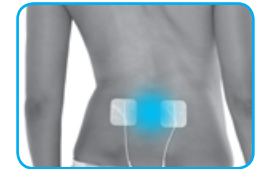


Do not place pads on both arms or hands at the same time as this may cause bodily harm.

## ACCEPTABLE PAD LOCATIONS



**Knee Pain.** Use both pads, either on either sides of the knee cap (right and left) OR one pad above the kneecap and one below the kneecap.

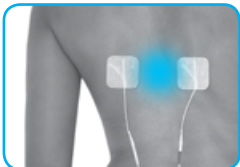


**Low Back Pain.** Place the pads on the right and left sides of the pain.

### ACCEPTABLE PAD LOCATIONS



**Hip Pain.** Surround the pain area by placing the pads above and below the pain site OR sides of the pain.

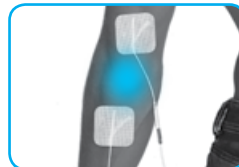


**Mid-Back Pain.** Place the pads on the right and left sides of the pain.

### ACCEPTABLE PAD LOCATIONS

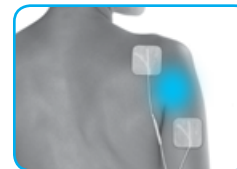


**Wrist Pain.** Place the pads above and below the pain site.



**Elbow Pain.** Place pads above and below the pain site OR to the left and right of the pain.

### ACCEPTABLE PAD LOCATIONS



**Shoulder and/or Arm Pain.** Choose one placement set-up from images above.

### ACCEPTABLE PAD LOCATIONS



**Ankle Pain.** Surround the area of pain with the pads, either to the right and left of the ankle, or above and below the pain site.

### How Long Should You Use It?

Use as needed for pain. Some people utilize the REBOUND® device for short periods of time, and some for longer periods of time. Since the REBOUND® blocks pain, there is no limit to how long or how often to use the REBOUND® and individual use times will vary. **Stop therapy session if pain has reduced or stopped.**

**Read complete instruction manual carefully to safely and correctly use this pain management device.**