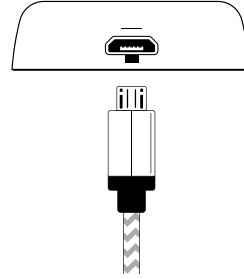


1

Getting started

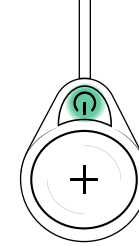
Remove the mibody device from the packaging



2

Charging

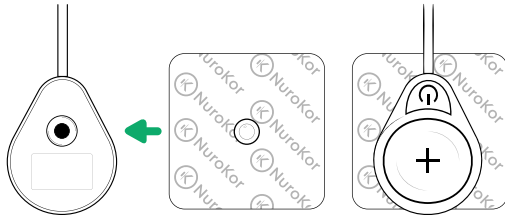
Plug the USB charging cable into the charging port of the device.



3

Charging indications

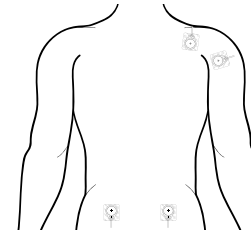
Connect the charging cable to a USB charging source.
LED flashing = charging
LED steady = fully charged



4

Attaching the pads

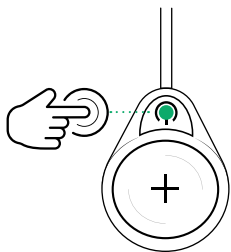
Attach the adhesive electrode pads to the press stud connectors on the back of the mibody device (x2)



5


Placement of the pads

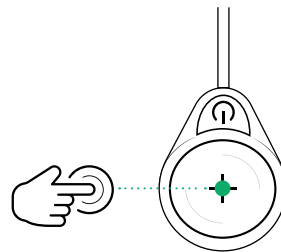
Remove the plastic protectors from the electrode pads and place pads onto the skin, spanning the desired treatment area. Pads should be placed at least 6cm apart, either side of the affected area.



6

Turning ON

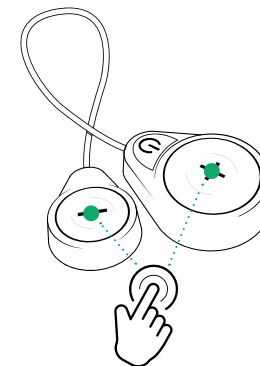
Press  Power button to turn ON the mibody. LED will be steady.



7

Selecting Treatment mode (1-6)

mibody by default will start on mode 1. Press, hold (+) button and release after 2 beeps for mode 2. then, press, hold (+) button and release after 3 beeps for mode 3. The number of audible beeps correspond to the desired treatment programme. Repeat the same steps for modes 4, 5 and 6.



8

Adjusting the intensity

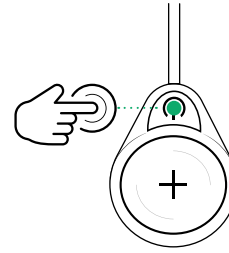
Press (and release) (+) or (-) to increase or decrease the intensity until you reach the desired level. mibody has 10 intensity levels. Intensity defaults to zero at the start of each treatment.



9


Treatment time

Each treatment will last 20 minutes. mibody will beep and automatically turn off at the end of the treatment.



10

Turning OFF

Press  Power button to manually turn OFF the mibody

TREATMENT MODES EXPLAINED

For best results, explore each mode and experiment with what works best for you.

| | PAIN | PAIN+ | EASE & RECOVER |
|------------------|---|--|---|
| MODES | 2, 5, 6 | 1, 4 | 3 |
| WHAT DOES IT DO? | Manages pain signals and pain pathway intervention. | Pain mode with additional benefits for relief and management of painful inflammatory conditions or where deeper stimulation may be required. | Massage sensation designed to relax muscles, improve circulation, optimise recovery & support rehabilitation processes. |
| USES | <ul style="list-style-type: none"> Chronic and acute pain Muscle aches and pain Sports injuries, sprains, strains and musculoskeletal issues | <ul style="list-style-type: none"> Pain symptoms of neck, back, joints, muscle groups etc. Symptoms of arthritis, fibromyalgia, sciatica Muscle spasm | <ul style="list-style-type: none"> Recovery and rehabilitation Massage and relaxation After exercise to reduce effects of DOMS (Delayed Onset Muscle Soreness) Improving circulatory conditions |

