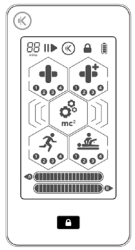
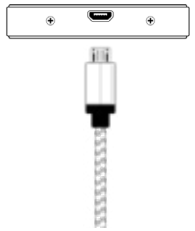
mitouch
QUICK START GUIDE

Lifetech NuroKor



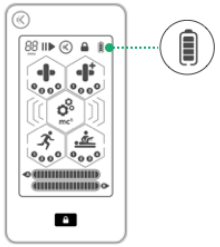
1 Getting started

Remove the mitouch device from the packaging.



2 Charging

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

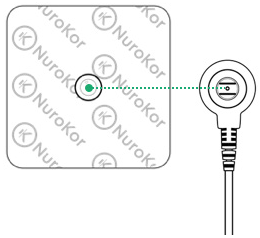


3 Charging indicator

Connect the charging cable to a USB charging source. Charge until the battery indicator shows full.

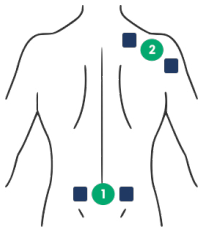
4 Attaching the leads

Insert treatment lead into Port **A** when using 2 electrode pads.
Insert treatment leads into Port **A** and Port **B** when using 4 electrode pads.



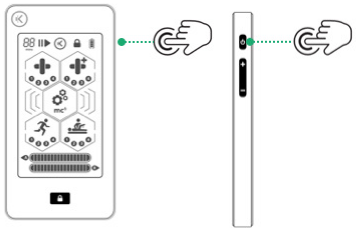
5 Attaching the pads

Attach the adhesive electrode pads to the press stud connectors on the treatment lead (x2).



6 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 (2.3") apart, either side of the affected area. (Examples 1 & 2).



7 Turning ON

Press and hold ON/OFF button until device turns on.

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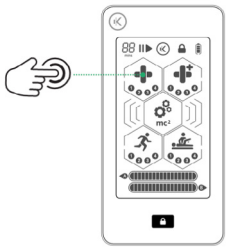
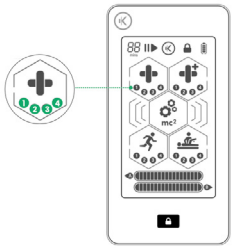


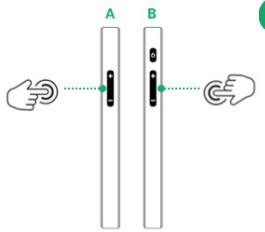
8 Selecting a mode

Using the touchscreen press an icon to select the desired mode.



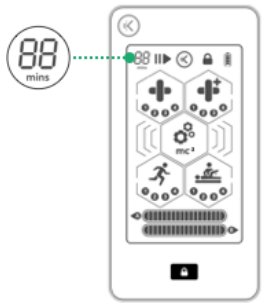
9 Selecting a treatment

Press the mode icon again to move through treatment options 1, 2, 3 & 4. When using mc² mode there is no need to select a treatment option.



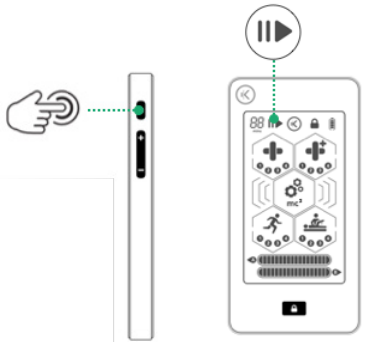
10 Adjust intensity

If using Port **A**, use the A intensity button on the left hand side of the device to increase or decrease the intensity of the treatment.
If using Port **B**, use the B intensity button on the right.
There are 10 intensity levels.
Intensity defaults to zero at the start of each treatment and will not increase unless pads are connected.



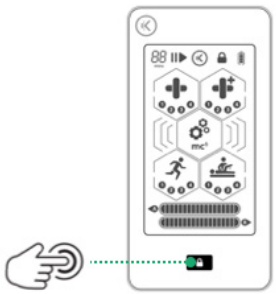
11 Treatment time

Press the timer icon on the touchscreen to set desired treatment time (10 mins increments up to 60 mins).



12 Pausing treatment

Briefly press the On/Off button to pause the treatment.
Press again to resume.



13 Screen lock

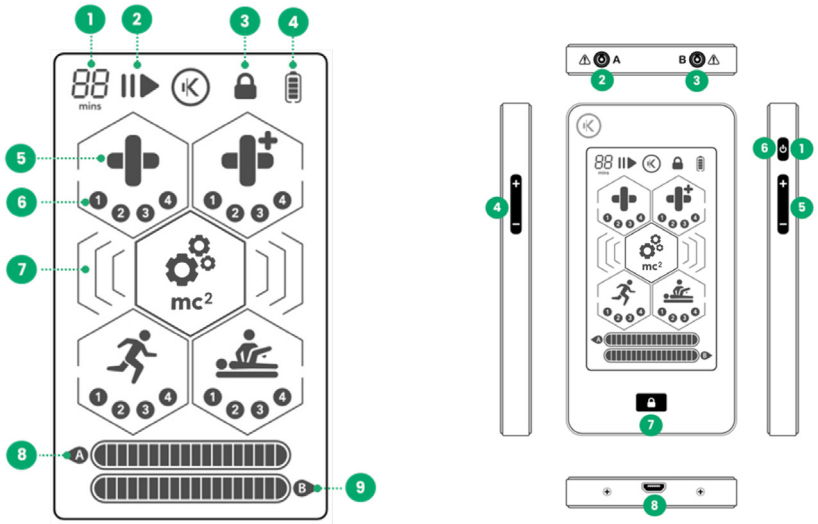
To lock the screen during treatment, press the 🔒 button to lock and unlock.

14 Turning OFF

Press ⏻ button to manually turn OFF the mitouch.

1. Treatment Time
2. Pause Indicator
3. Screen Lock Indicator
4. Battery Level Indicator
5. Treatment Mode (Pain, Pain+, MC² , Perform & Recovery)
6. Settings (1) (2) (3) (4)
7. Connectivity Indicator (mc² only)
8. **A** Intensity Indicator
9. **B** Intensity Indicator

1. ON/OFF Button
2. **A** Port
3. **B** Port
4. **A** Intensity Button
5. **B** Intensity Button
6. Pause Button
7. Lock/Unlock Button
8. Charging Port Micro USB



mitouch TREATMENT MODES EXPLAINED

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

MODES	PAIN	PAIN+	RECOVER	PERFORM	MICROCURRENT (mc²)
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 and body activation designed to relax muscles, improve circulation, speed up recovery & rehabilitation processes and improve muscle strength & condition.	Stimulate and strengthen muscles, maximise muscle fibre activation during exercise. Stimulate nerves and tissue around joints, and warm-up specific muscle groups before activity.	mc² microcurrent helps the body's repair process by restoring and normalising cell current, which can be negatively affected by injury or inflammation.
Uses	Chronic and acute pain, aches, back pain, neck pain, muscle pain, sports injuries, sprains, strains and post-operative pain.	Pain symptoms of neck, back, joints, muscle groups etc. Symptoms of arthritis, fibromyalgia, sciatica. Muscle spasm.	Massage, relaxation, post exercise to reduce effects of DOMS (Delayed Onset Muscle Soreness), recovery and rehabilitation.	Getting the most from your workout - gain strength, speed, power and range of motion. Prevention of muscle wastage from aging or inactivity. Rehabilitation and coordination retraining.	Musculoskeletal injuries, inflammation, wound healing and soft tissue injuries, post exercise relief of DOMS (Delayed Onset Muscle Soreness). Complimentary or stand alone treatment to the other mitouch modes.
Treatments	4	4	4	4	1

Lifetech NuroKor

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