

Buttocks Cushion for EMSZERO

USER MANUAL



This manual is a property of Rejuva Fresh.
It is not allowed to be copied, reproduced, distributed, published or modified in any way nor be distributed any part of this content over any network.

Welcome

to your **Buttocks Cushion for EMSZERO**



This manual is a property of Rejuva Fresh.
It is not allowed to be copied, reproduced, distributed, published or modified in any
way nor be distributed any part of this content over any network.

TABLE OF CONTENTS

PREFACE	
I. PRODUCT INFORMATION & SPECIFICATION	2-3
II. PRODUCT APPEARANCE	4
III. FREQUENTLY ASKED QUESTIONS	5-9
IV. PRECAUTIONS AND RECOMMENDATIONS	10-11
V. MACHINE OPERATION	
V.1 Machine Assembly	12
V.2 Software Operation	
I. Function and Mode Selection	13
II. AUTO Mode	14
III. MANUAL Mode	15
VI. MAINTENANCE	16

This manual is a property of Rejuva Fresh.
It is not allowed to be copied, reproduced, distributed, published or modified in any
way nor be distributed any part of this content over any network.



PREFACE

Thank you for choosing **REJUVA FRESH** Buttocks Cushion for EMSZERO. This is a non-invasive personal beauty tool that uses the most advanced vibration technology to directly stimulate motor neurons and control the pelvic floor muscles. This machine will help achieve 100% extreme training without pain, just like doing more than 10,000 muscle exercises!

Use this tool to deeply train and strengthen the muscles thereby restoring the muscles' thickness and elasticity and enhance pelvic floor muscle strength and flexibility.

It is easy to install and easy to use. Just install & plug it in, and select the program. Then the system does the work.

*This cushion is designed to work perfectly with the EMSZERO Neo Body Contouring Machine sold by Rejuva Fresh. We cannot guarantee the compatibility of this accessory if your machine was purchased from another company.

Please read this User Manual carefully in order to use the machine properly and to protect the machine from unnecessary damages.

Should you encounter any issues during operation of the machine or any related questions, you can contact us at our website: rejuvafresh.com or email us at hello@rejuvafresh.com.

Thank you again, and please enjoy your Rejuva Fresh Buttocks Cushion for EMSZERO!

I. PRODUCT INFORMATION & SPECIFICATION

I.1 Product Information

As with the other handles of your EMSZERO Neo, the applicator simultaneously emits synchronized energies of RF (radio frequency) and active high voltage pulse. These pulses stimulate motor neurons to control the pelvic floor muscles for extreme training and produce repeated hyper-contractions to activate the pelvic floor muscle tissue. This will then result to enhanced muscle control ability and promote blood circulation.





Stimulation of deep pelvic floor muscles by using HIFEM

I.2 Product Specification

Product Size	42*44*8cm
Product Weight	4 kg
Package Size	50*50*20cm
Package Weight	6 kg

I. PRODUCT INFORMATION & SPECIFICATION

I.3 List of Accessories

Description	Quantity	Image
Cushion	1	
Attachment Cable	1	

➔ EMSZERO main host is NOT included.

II. PRODUCT APPEARANCE

II.1 Top view



III. FREQUENTLY ASKED QUESTIONS

III.1 What are the clinical applications for Pelvic Floor Cushion?

1. Postpartum rehabilitation;
2. Potential injury of pelvic floor muscles (childbirth, exercise, illness).
3. Urinary dysfunction: urinary incontinence (stressful urinary incontinence, urgent urinary incontinence, mixed urinary incontinence, frequency of urination, urgency of urination), overactive bladder;
4. Defecation dysfunction: constipation, fecal incontinence;
5. Sexual dysfunction: male erectile dysfunction, female lack of sexual pleasure;
6. Chronic pelvic pain: interstitial cystitis, vaginismus, male proctalgia.

III.2 What are the effects of Pelvic Floor Cushion?

1. Men have the same pelvic floor muscles as women. Whether the pelvic floor muscles are strong or not will affect men's urinary health, such as the frequency of urination, urine drops, etc., and even the overall sexual function, affecting the blood circulation system to enhance erectile function. Therefore, men are also suitable for pelvic muscle repair.

III. FREQUENTLY ASKED QUESTIONS

III.3 What are the common types of urinary incontinence?



Stressful urinary incontinence

(SUI) is related to exercise and increased intra-abdominal pressure (coughing, sneezing, laughing)



Urgent urinary incontinence

It refers to the unconscious incontinence when a person has a strong, sudden desire to urinate



Mixed urinary incontinence

It involves stressful urinary incontinence and urgent urinary incontinence.

III.4 Is the treatment safe?

Pelvic floor cushion is non-invasive and is safe to use.

III.5 How long is the single treatment? How many times in a course of treatment?

A single treatment is 30 minutes. It's generally recommended that intensive treatment be conducted 2-3 times a week regularly, one course of treatment/6-8 times.

The severity of the problem may be different for each person, so the number of treatment may be slightly different for each person.

III. FREQUENTLY ASKED QUESTIONS

III.6 When will it work?

Most people have feel the results after 1-2 times of treatment (the difference after pelvic floor muscle strengthening), and will continue to improve in the next few weeks. It is suggested that the course of treatment should be completed continuously to make the pelvic floor muscle strengthening effect more stable, and the interval is noy too long or interruption will affect the treatment effect.

III.7 How long can it last after the treatment?

Clinical studies have shown that after about 6 months of follow-up treatment, 75% of patients still maintain a good pelvic floor muscle effect. As the pelvic floor muscle is the same as other muscles, the muscles will gradually become soft and weak without exercise, especially if the pelvic floor muscle does not go to special training daily. Therefore, it's recommended to complete the treatment and it can be used for prevention and regular maintenance, so that the pelvic floor muscles can maintain health and toughness.

III. FREQUENTLY ASKED QUESTIONS

III.8 How does the treatment feel?

The whole process is comfortable and painless. There is no need to take off clothes during treatment. The treatment time is 30 minutes and the treatment experience is as follows:

1. Feeling bounce and slight shock in the perineum area.
2. Feeling the contraction of pelvic floor muscles and numbness.

According to the physical and mental condition of each person and the strength of the pelvic floor muscle, the effect of the treatment will be different, which is a normal phenomena.

III.9 Is there any radiation damage?

It adopts the latest technology in magnetic wave vibration to trigger the muscle contraction of the pelvic floor muscles, which does not cause radiation damage.

III.10 Is there any effect on internal organs, such as the large intestine and stomach?

The depth of the magnetic vibration wave is 10cm, which will stimulate the pelvic floor muscles within the range. This will not affect the internal organs, and only focuses on the skeletal muscle. Muscles such as internal organs will not be stimulated.

III. FREQUENTLY ASKED QUESTIONS

III.11 Is there a recovery period?

After each treatment, you can go to work normally without affecting your daily routine. A small percentage of people will have soreness and stuffiness in the pelvic floor muscles, which will disappear in about 1-2 days.

III.12 How long can the treatment be carried out after delivery?

Regardless of normal delivery or cesarean section, the treatment can only be carried out until the body is fully recovered. Generally, wait at least 3-6 months later or consult your doctor.

IV. PRECAUTIONS AND RECOMMENDATIONS

It is **not** recommended to use this treatment machine for:

1. Women who are in menstruation, pregnancy, or lactation.
2. Head and heart area.
3. Patients with open wounds in the treatment site, inflammation/severe infection.
4. Patients with acute pelvic infection and at risk of pelvic bleeding; patients with severe hemorrhoids.
5. Vascular embolism; pulmonary insufficiency; anticoagulant therapy; bleeding disorders.
6. For patients suffering from cancer; heart disease; hypertension; dementia; epilepsy; patients with malignant tumors.
7. For patients with metal implants or electronic implants in the body; Metal IUD ; Pacemaker / defibrillator; Nerve stimulator; electronic cochlea; drug pump; stent, etc.
8. For those having pelvic floor or pelvic surgery recently; (Pelvic floor rehabilitation is recommended after 3 to 6 months after surgery. You should wait until you have recovered before starting a course of treatment, or consult your doctor).
9. For those women after artificial abortion, it's suggested that the treatment course should be carried out after the menstruation is finished.

IV. PRECAUTIONS AND RECOMMENDATIONS

1. DO NOT put metal objects, electronic equipment, magnetic cards on the instrument and don't touch the energy output area when working.

2. Before treatment, take out the objects on customer's body (such as bank card, mobile phone, watch, metal jewelry, etc.)

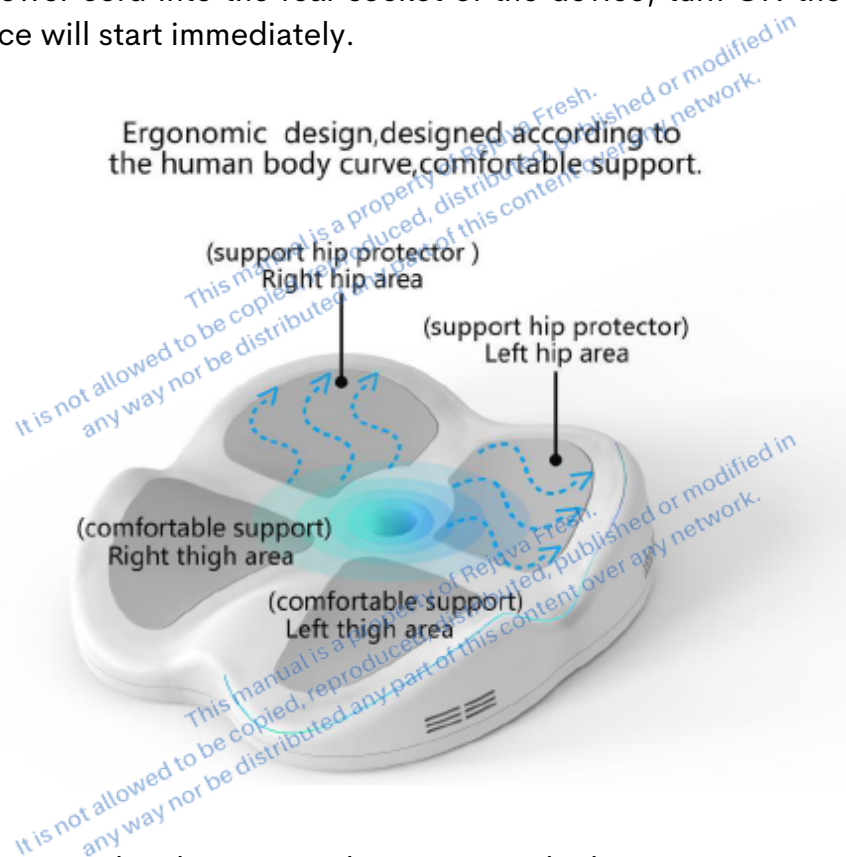
It is not allowed to be reproduced, distributed, published or transmitted in any way nor be disclosed to any third party without the prior written consent of Rejuva Fresh.

V. MACHINE OPERATION

V.1 Machine Assembly

1. Align the handle with the socket on the back of the instrument and insert it; Insert the power cord into the rear socket of the device, turn ON the power switch, and the device will start immediately.

Ergonomic design, designed according to the human body curve, comfortable support.



2. Place a cushion on the chair, sit on the center, and relax.

V. MACHINE OPERATION

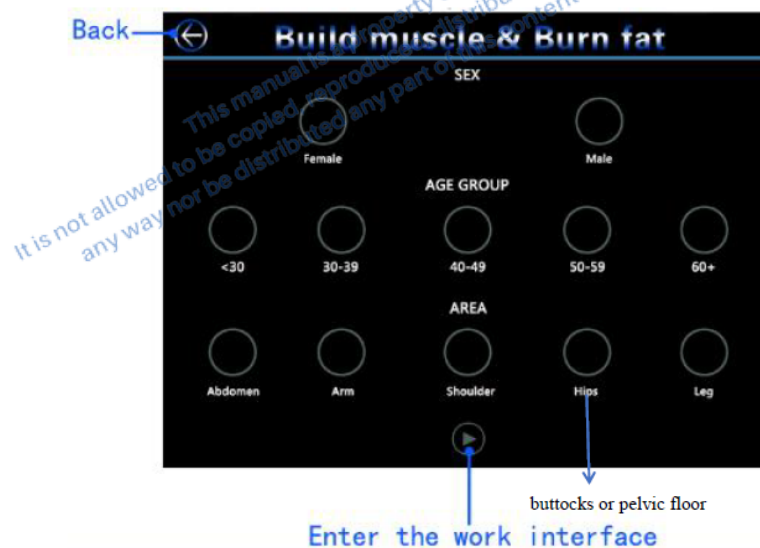
V.2 Software Operation

I. Function and Mode Selection

1. After turning on the machine, the mode selection interface will appear
2. There are two modes: AUTO and MANUAL mode. Select which mode to use.



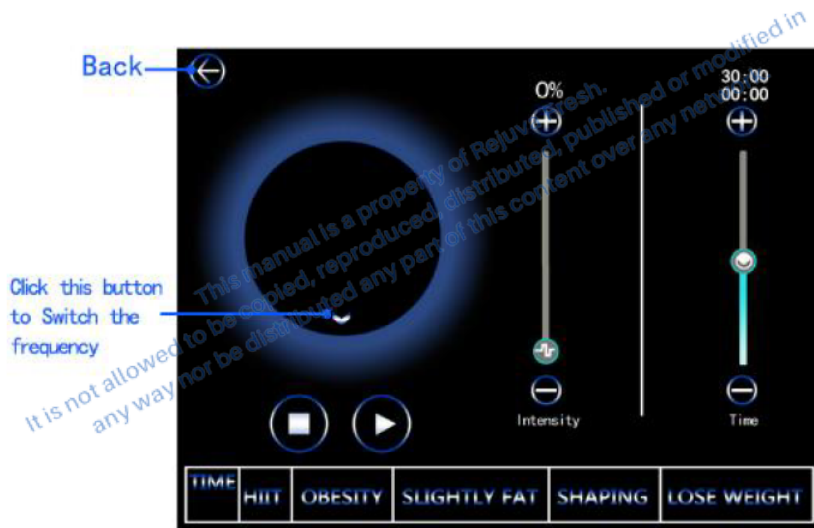
3. After choosing the mode, select the appropriate settings according to gender, age range, and fat thickness.
4. Click the icon shown below start working.



V. MACHINE OPERATION

V.2 Software Operation

II. AUTO Mode



1. Select the type of treatment. This is located at the bottom of the interface:

[HIIT] : Basic training for beginners

[OBESITY] : Adaptation training.

[SLIGHTLY FAT] : Preliminary training

[SHAPING] : Advanced training

[Lose Weight] : Professional training

NOTE: Each mode contains 6 different frequencies that automatically switch.

The first minute of each mode is warm-up.

2. Set the intensity from 8% (weak) to 100% (strong).

[Intensity] : Strength intensity, click [-] and [+] to adjust.

NOTE: Set the intensity before the start of treatment.

The treatment starts with low intensity, and the intensity should be gradually increased according to the patient's ability to withstand it.

3. Set the working time. The default working time of one treatment is 30 minutes.

This can be adjusted from 5 minutes to 60 minutes.

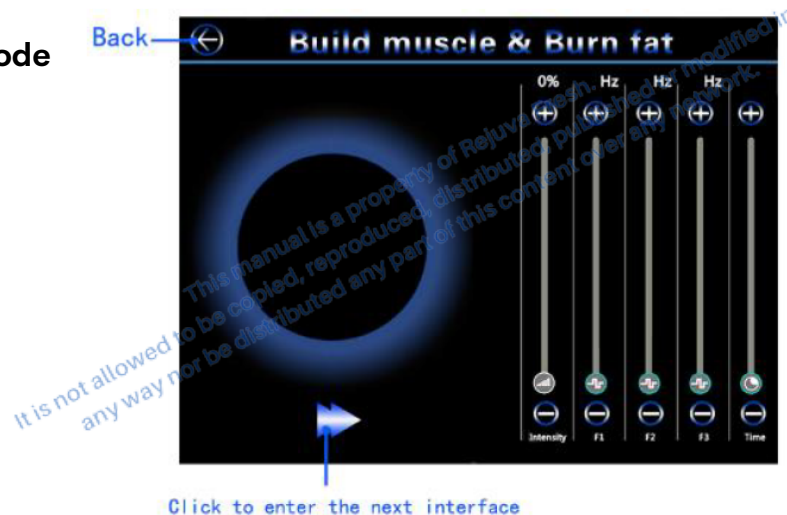
4. Click "▶" start. If need to pause, please click "■". Click "◀" return to the previous interface.

5. Note: Click [-] and [+] to adjust parameters when the device is in a paused state.

V. MACHINE OPERATION

V.2 Software Operation

III. MANUAL Mode



1. Manually adjust the frequency on the interface same as in the image above.

[F1] : Frequency 1, the intensity range is 3HZ (weak) to 200Hz (strong);

[F2] : Frequency 2, the intensity range is 3HZ (weak) to 200Hz (strong);

[F3] : Frequency 3, the intensity range is 3HZ (weak) to 200Hz (strong).

NOTE: Before the start of treatment, set the frequency parameters according to the required frequency. F1 frequency works for 5 minutes, F2 frequency works for 1 minute, F3 frequency works for 5 minutes, and F1, F2, and F3 frequencies are cycled in sequence.

NOTE: It's recommended that F1 be set to 120HZ, F2 is set to 5HZ, and F3 is set to 160HZ.

2. Set the intensity from 8% (weak) to 100% (strong).

[Intensity] : Strength intensity, click [-] and [+] to adjust.

NOTE: Set the intensity before the start of treatment.

The treatment starts with low intensity, and the intensity should be gradually increased according to the patient's ability to withstand it.

3. Set the working time. The default working time of one treatment is 30 minutes.

This can be adjusted from 5 minutes to 60 minutes.

4. Click "▶" start. If need to pause, please click "◻". Click "◀" return to the previous interface.

5. Note: Click [-] and [+] to adjust parameters when the device is in a paused state.

VI. MAINTENANCE

1. Ensure that the power supply is stable. If the local power supply voltage is unstable, it is recommended that the user add a regulated power supply with matching power.
2. The power cord of the socket is required to be more than 1.5 square meters.
3. When using this device, please keep away from the wall and keep a space of 30cm around the device for heat dissipation.
4. After each treatment, clean with mild disinfectant.
5. Please do not use alcohol or corrosive solvent to clean the host and handle to avoid damage.
6. During treatment, avoid the damage caused by pressing the handle line and bending the handle line.
7. DO NOT place the instrument in an environment with high temperature, humidity, dust, and direct sunlight. The instrument should be placed in a dry, cool, and ventilated room with a temperature of 5 to 40°C and a humidity of no more than 80%.



REJUVA FRESH, LLC
551 Red Bridge Road
Ellsworth,
Maine 04605
United States
rejuvafresh.com