

OSKA Pulse – Things to Know

Thank you for purchasing our Oska Pulse pain relief device. To help familiarize you with it, kindly allow us to share a few things:

While Using Oska Pulse:

- It can, but does not need to be in contact with skin (it will work just fine within 8 inches of the area of injury)
- It does not vibrate, tingle, cause pain or create any sensation (occasionally, it will cause slight area warming as circulation improves) and
- It is common for people to be confused about what to “feel.” You won’t feel anything as Oska Pulse was designed to operate that way!

What to Expect:

- Our suggestions about how best to use Oska Pulse are not hard and fast rules. Over time, you will modify use to receive best personal results that fit with your lifestyle. Oska Pulse is not an instant fix, but it is real science supported by a large body of third-party clinical evidence.
- Dr. Joseph Shurman, Chairman, Scripps Pain Clinic, La Jolla, California, states over 70% of his patients obtained good results when using Oska Pulse (our customer satisfaction rate is much higher). For comfort, our money-back guarantee allows you **90 days** to make up your own mind!
- **It is important that you allow sufficient time for Oska Pulse to help, even if you think things are not improving.**

Basic guidance:

- a) Short-term pain usually responds quickly. Expect reductions in inflammation and pain levels (e.g. muscle strains, swollen ankles, etc.)
- b) Longer-term and chronic pain requires more time and greater discipline. Typically, inflammation and pain levels will subside first, followed by increased range of motion later. Often people stop “thinking” about their pain because they are able to resume normal activities (e.g. getting out of a chair, reaching into a cupboard, being able to walk further, sleeping more peacefully, etc.).
- c) If you are uncertain whether Oska Pulse is helping, please stop using the device for three to four days and determine if your pain levels elevate again. If so, it is a positive sign that longer term improvement is already underway. If not, persist and keep using the device!

Guidance for Use



People suffer different kinds of pain and each will respond differently when using Oska Pulse. Our customer satisfaction rate is 90% so the odds heavily favor **YOUR** pain will be relieved too. Please be patient, don't expect instant results and follow this guide for best results. If your pain is years old, do not hesitate to use Oska Pulse more frequently. If the pain is stubborn, be assured that Oska Pulse is more stubborn and 9 out of 10 times it will deliver relief!

If You Have Long Term Injury or Pain (in existence 3+ months):

For the first week:	Use the device about 4 to 6 times a day
For the next three weeks:	You may find that you can reduce usage to 2 to 4 times a day
After about a month of consistent usage:	You may find that using the device 2 to 4 times a week is all you need to maintain comfort

Comments: Using Oska Pulse as described, will usually "kick-start" the body's own natural healing processes.

If You Have Short Term Injury or Pain (in existence less than 3 months):

For the first few days:	Use the device about 4 to 6 times a day
For the next few days:	You may find that you can reduce usage to 2 to 3 times a day
If necessary, in following days:	If pain persists, continue to use the device 1 to 2 times a day until you are comfortable

Comments: Using Oska Pulse as described, many users are surprised about the rapid response. If you respond more slowly, do not be discouraged!

Recommendation:

It is advisable to drink additional water when you are using Oska Pulse to assist in the recovery process.

If you have questions:

If you have any questions, or if there is anything you do not understand, please call 844-630-9932 between 8AM - 4PM PST Monday through Friday to speak with an Oska Wellness customer service representative. If you prefer, you can e-mail us instead: admin@oskawellness.com