



ADDENDUM
REVISION 1.3

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CAUTION: Federal Law (USA) restricts this device to sale by or on the order of a physician (or licensed practitioner).

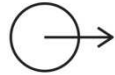
The following symbols may be located on the back of the Select stimulator:



Type BF Applied Part



Attention, consult accompanying documents



Lead wires comply with the Performance Standard forelectrode lead wires (21 CFR Part 898)



Council Directive 2002/96/EC concerning Waste Electrical and Electronic Equipment (WEEE): Indicates a requirement not to dispose of WEEE as municipal waste. Contact your local distributor for information regarding disposal of the device and accessories.

Introduction

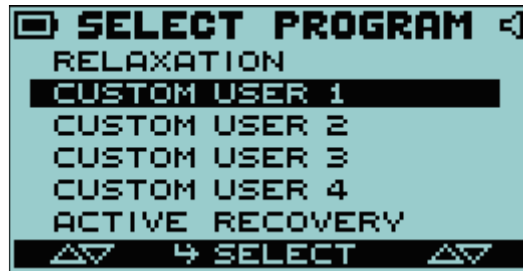
This document presents an addendum to the existing **SwissSTIM®** Physio and **SwissSTIM®** Trigger user manuals.

Custom User Programs

Programs 5 (RESISTANCE), 6 (STRENGTH), 7 (EXPLOSIVE STRENGTH) and 8 (ENDURANCE) are replaced with fully customizable programs.

PROGRAM	REVISION 1.0	REVISION 1.3
1	MULTI-TENS	MULTI-TENS
2	AGILITY&POWER	AGILITY&POWER
3	INTENSE POWER	INTENSE POWER
4	RELAXATION	RELAXATION
5	RESISTANCE	CUSTOM USER 1
6	STRENGTH	CUSTOM USER 2
7	EXPL. STRENGTH	CUSTOM USER 3
8	ENDURANCE	CUSTOM USER 4
9	ACTIVE RECOVERY	ACTIVE RECOVERY
10	POTENTIATION	POTENTIATION
11	1ms PULSE CONST	1ms PULSE CONST
12	1ms PULSE MODUL	1ms PULSE MODUL
13	ALTERNATED 1sec	ALTERNATED 1sec
14	ALTERNATED 2sec	ALTERNATED 2sec
15	REHABILITATION	REHABILITATION
16*	EXTERNAL TRIGGER	EXTERNAL TRIGGER

* Program 16 only available on Trigger device



Each program consists of a pattern that repeats itself for the whole duration of the program. The left and right channels can have different patterns. The pattern is divided in two parts: ON TIME and OFF TIME. The parameters can be adjusted after the program selection beginning with the ON TIME parameters:



- **DURATION [MIN]:** the total duration of the program in minutes (1 to 60 minutes).
- **RAMP [S]:** the duration of the intensity ramp in seconds (0 to 5 seconds, should be zero if no ramp wanted).
- **P. FREQ [HZ]:** the pulse rate in Hertz or pulse per second (1 to 120)
- **P. WIDTH[US]:** the pulse duration in microseconds (0 to 1000, should be zero if no pulse wanted)
- **DURATION [S]:** the duration of the ON time phase in seconds (0 to 60, should be zero if no ON time phase wanted)

The left buttons (UP and DOWN) allow the selection of the parameter to be adjusted. The right buttons (UP and DOWN) increase or decrease the value of the selected parameter. The SELECT button validates the parameters for the ON TIME phase and goes to the OFF TIME parameters selection:



The OFF TIME phase presents the same parameters as the ON TIME phase. Only the total duration of the program can not be set in this screen. The parameters can be selected and adjusted as described on the ON TIME screen. Once the OFF TIME parameters are validated by pressing the SELECT button, the program is ready to start:



Custom User Program – Example #1

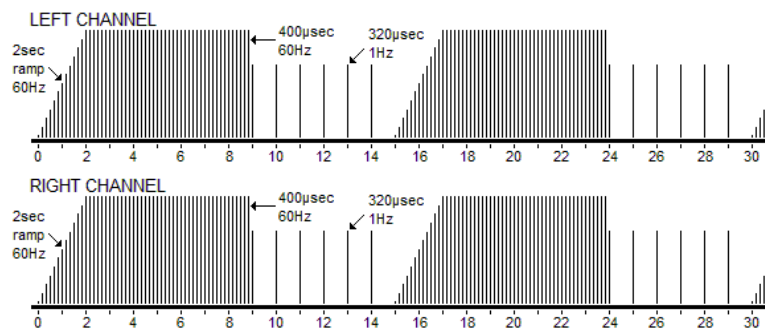
4 seconds contraction at 60Hz and 400 μ sec with a 2 seconds ramp up (ON TIME) followed by a 6 seconds relaxation at 1Hz and 100 μ sec (OFF TIME).

```

CUSTOM USER 1
DURATION [MIN]: 30
ON TIME      LEFT RIGHT
RAMP        [S]: 0002 0002
P.FREQ      [HZ]: 0060 0060
P.WIDTH     [US]: 0400 0400
DURATION [S]: 0007 0007
  
```

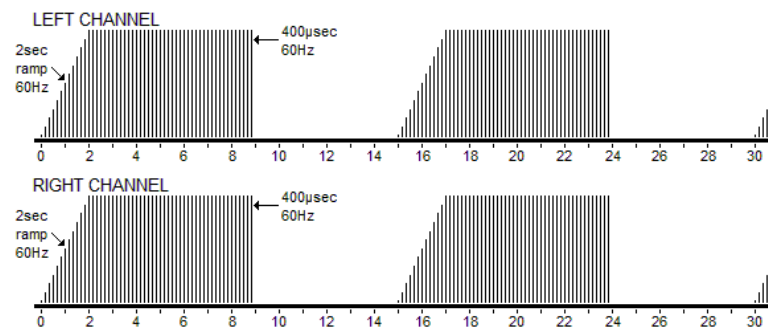
```

CUSTOM USER 1
DURATION [MIN]: 30
OFF TIME     LEFT RIGHT
RAMP        [S]: 0006 0006
P.FREQ      [HZ]: 0001 0001
P.WIDTH     [US]: 0320 0320
DURATION [S]: 0006 0006
  
```



Custom User Program – Example #2

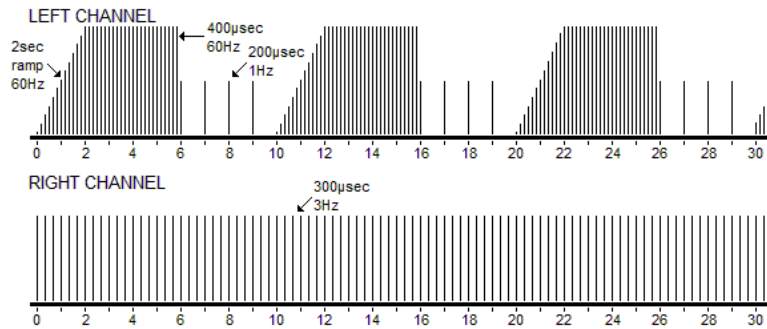
Same as example #1 but without any stimulation during OFF TIME. The pulse width parameter should be set to zero on the OFF TIME screen.



Custom User Program – Example #3

Left Channel: 4 seconds contraction at 60Hz and 400 μ sec with a 2 seconds ramp up (ON TIME) followed by a 4 seconds relaxation at 1Hz and 200 μ sec (OFF TIME).

Right Channel: constant low frequency stimulation at 3Hz and 300 μ sec. The ON TIME ramp and the OFF TIME should be set to zero.



Custom User Program – Example #4

3 seconds contraction at 60Hz and 400 μ sec with a 1 second ramp up. The stimulation is alternated between the left and right channels.

```

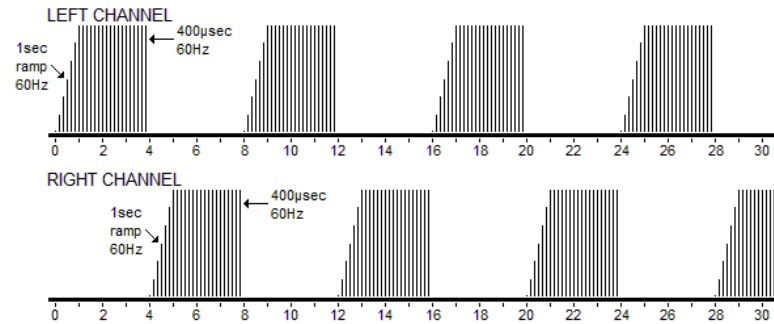
CUSTOM USER 1
DURATION [MIN]: 30
ON TIME      LEFT RIGHT
RAMP        [S]: 0001 0000
P.FREQ      [HZ]: 0060 0001
P.WIDTH     [US]: 0400 0000
DURATION    [S]: 0003 0004

```

```

CUSTOM USER 1
DURATION [MIN]: 30
OFF TIME   LEFT RIGHT
RAMP       [S]: 0000 0001
P.FREQ     [HZ]: 0001 0060
P.WIDTH    [US]: 0000 0400
DURATION   [S]: 0004 0003

```



Program #1 (duration Phase #4)

The duration of program #1 (Multi-TENS), Phase #4 (Burst) has been extended to 12 minutes (2 minutes on revision 1.0).