



The RS-4i® Plus Sequential Stimulator with Intersperse® treats a wide range of painful muscle conditions

1 Acute Pain

Relieves acute pain with high-frequency, low-intensity interferential current for pain relief.

Benefit: Relieves pain and allows muscle therapy.

2 Chronic Pain

Relieves and manages chronic pain with low-frequency, high-intensity interferential current for long-duration pain relief.

Benefit: Relieves pain and allows muscle therapy.

3 Muscle Spasms

Reduce muscle spasms by repeated contraction and relaxation of the muscle.

Benefit: Interrupt the pain-spasm-pain cycle.



4 Disuse Atrophy

Prevent or retard disuse atrophy by repeatedly contracting muscles.

Benefit: Maintains and restores muscle condition.



5 Blood Circulation

Increase local blood circulation by contracting muscles.

Benefit: Supplies nutrients to muscles and carries away metabolic waste.

6 Range of Motion

Maintain or increase range of motion by contracting muscles to move a joint through its normal range.

Benefit: Maintains or improves muscle function and flexibility.



7 Muscle Re-education

Re-educate muscles by stimulating motor nerves and repeatedly contracting muscles.

Benefit: Mimics normal muscle movement to help restore muscle function and control.

RS-4i Plus Prescribing Information

Indications For Use

Interferential Stimulation (all Pain Relief modes)

- » Relieve acute pain
- » Relieve and manage chronic pain

Muscle Stimulation (all Muscle Therapy modes)

- » Relax muscle spasm
- » Prevention or retardation of disuse atrophy
- » Maintain or increase range of motion
- » Increase local blood circulation
- » Re-educate muscle
- » Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis

Contraindications

These are the conditions under which this electrical stimulator should not be used:

- » Do not use this device on patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device because this may cause electric shock, burns, electrical interference, or death.
- » Do not use this device whenever pain syndromes are undiagnosed, until etiology (cause) is established.

Warnings

- » Do not apply stimulation over the neck because this type of application could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- » Do not apply stimulation across the chest, because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal.
- » Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins.) Apply stimulation only to normal, intact, clean, healthy skin.
- » Do not apply stimulation over, or in proximity to, cancerous lesions.
- » Do not apply stimulation in the presence of electronic monitoring equipment (such as ECG monitors and ECG alarms) which may not operate properly when stimulation is in use.
- » Do not apply stimulation when in the bath or shower.
- » Do not apply stimulation while sleeping.
- » Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- » Consult your physician before using this device because the device may cause lethal rhythm disturbances to the heart in susceptible individuals.
- » Electrical nerve stimulation is a symptomatic treatment intended to suppress or lessen the sensation of pain, which would otherwise serve as a protective mechanism.
- » Operation of the device may be affected by shortwave or diathermy therapy, high-frequency surgical equipment, x-rays from computed tomography (CT) scanning, magnetic resonance imaging (MRI), and other ionizing radiation sources.
- » Do not use the device in an environment where flammable gases may be present.
- » Simultaneous connection of a patient to a high frequency surgical device may result in burns at the site of the electrode pads and possible damage to the device.
- » Keep the stimulator and all other items in a cool, dry place, away from liquids, chemicals, cosmetics, direct heat, freezing conditions, and bright sunlight.
- » Do not submerge the device in liquids or expose it to large amounts of water; do not use in the bath or shower.
- » The size, shape, type and electrical performance characteristics of the electrode pads may affect the safety and effectiveness of electrical stimulation.
- » Using electrodes that are too small, incorrectly applied or partially adhering to the skin could result in discomfort or skin burns. Electrodes should be no smaller than 2 inches round or have a minimum 3.14 square inches of surface area.
- » You should contact RS Medical if you do not know if the electrode pads can be used with the stimulation device.

- » Patients should not share electrode pads with other persons because of the risks of adverse skin reactions and disease transmission.
- » Do not modify this equipment without authorization of the manufacturer. Unauthorized modification of any part may result in injury.

Precautions

- » CAUTION: Device can get hot during use. Do not place stimulator directly on skin during treatment.
- » The long-term effects of electrical stimulation are unknown.
- » Since the effects of stimulation of the brain are unknown, stimulation should not be applied across the head, and electrodes should not be placed on opposite sides of the head.
- » The safety of electrical stimulation during pregnancy or birth has not been established.
- » Some patients may experience skin irritation or hyper-sensitivity due to the electrical stimulation or electrical conductive medium.
- » Patients with suspected or diagnosed heart disease should follow precautions recommended by their physician.
- » Patients with suspected or diagnosed epilepsy should follow precautions recommended by their physician.
- » Use caution when there is a tendency to bleed internally, such as following injury or fracture.
- » Use caution following recent surgical procedures when stimulation may disrupt the healing process.
- » Use caution when applying electrical stimulation over a menstruating or pregnant uterus.
- » Use caution if stimulation is applied over areas of skin that lack normal sensation.
- » Keep this device out of the reach of children.
- » Use this device only with the cables, battery, electrode pads, and accessories recommended by RS Medical. Do not substitute or use any other components other than those supplied with the device. Components include: electrode pads, connecting cables, lithium-ion battery, AC adapter, and battery charging dock.
- » Use this device only under the continued supervision of a licensed practitioner.
- » Treatment outcome will be influenced by the patient's psychological state and use of drugs.
- » Stimulation near or over metallic structures or implants may cause discomfort.
- » Interferential stimulation (all Pain Relief modes) has no curative value.
- » Interferential stimulation (all Pain Relief modes) is not effective for pain of central origin (including headache).
- » Do not remove or reposition the electrode pads when the stimulator is on. Touching the conductive gel of the electrodes during treatment may cause an unpleasant transfer of all stimulation directly to your fingertip.
- » Isolated cases of skin irritation may occur at the site of electrode pad placement following long-term application (beyond the prescribed treatment time).
- » Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.
- » Electrode pad placement and stimulation settings should be based on the guidance of the prescribing physician. The device should be used only under the continued supervision of your physician. Contact your prescribing physician if there is any change in an existing condition or if any new condition develops.
- » Do not use if the device appears to be damaged from shipping or the carrying case is opened or damaged; if this occurs, call RS Medical Customer Service at 800-935-7763.

Adverse Effects

- » Patients may experience skin irritation and burns beneath the electrode pads applied to the skin.
- » Patients may experience headache and other painful sensations during or following the application of electrical stimulation near the eyes and to the head and face.
- » Patients should stop using the device and should consult with their physician if they experience adverse reactions from the device.



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