



## THE REBUILDER® SYSTEM



ReBuilder® Model 300

ReBuilder Medical Inc.

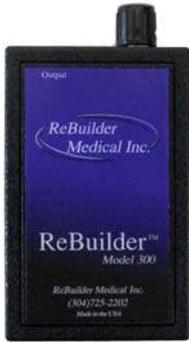
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## GET TO KNOW YOUR REBUILDER®

Confirm all the following items are included with your ReBuilder® kit.

A



B



A. ReBuilder® 300 Electronic Unit

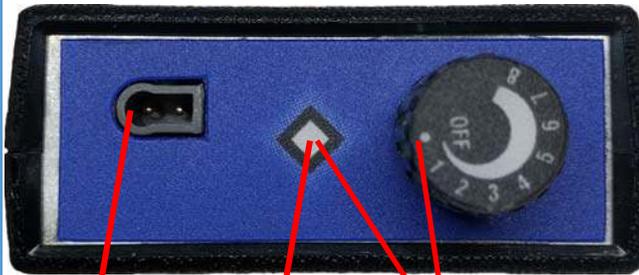
B. One lead wire

C



C. Set of adhesive stimulating pads

### TOP VIEW OF REBUILDER® 300 UNIT

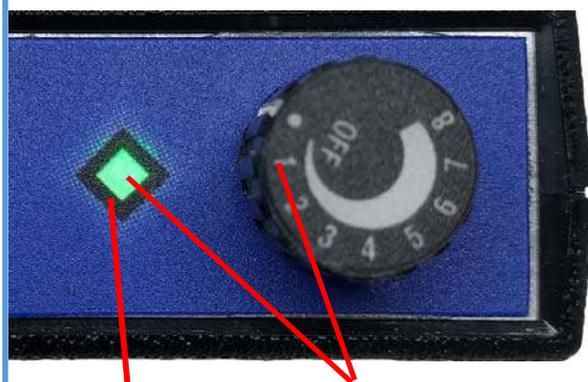


Note: In the "OFF" position, the white dot on the intensity control knob will be facing the right corner of the diamond-shaped power indicator.

LEAD WIRE  
INPUT JACK

POWER  
INDICATOR

OFF  
POSITION



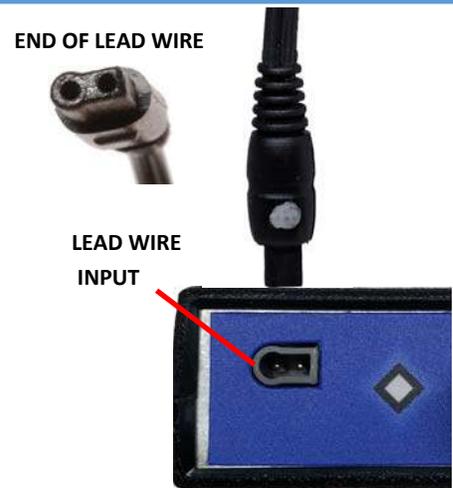
Note: In the "ON" position, the number "1" is facing the right corner of the power indicator and the power indicator flashes green.

POWER  
INDICATOR

"ON" POSITION  
INTENSITY "1"

## Unplugging the Lead Wire

Should you need to unplug the lead wire from the unit, please note the irregular shape of the input jack on the unit. When inserting the lead wire, the indicator is facing towards you with the correct direction to plug the wire back



## Battery Replacement

A



B



Your ReBuilder<sup>®</sup> is powered by a pre-installed 9 volt battery. The battery is located in the back of the ReBuilder<sup>®</sup> unit. To open, press down with thumb on the ridged section and slide from the bottom of the unit. (figure A)

The battery should be replaced once every 30 days, (figure B) depending on usage. Do not use rechargeable batteries as this will void warranty. Remove the battery if you are not using your ReBuilder<sup>®</sup> for an extended period of time.

## Standard Treatment Protocol

Turn the ReBuilder® on and slowly turn up the intensity setting until you feel a fairly strong tingling sensation and a small amount of calf muscle activity, then turn the intensity down slightly until it is gentle enough that you could fall asleep. Use your ReBuilder® twice per day for 30 minutes.

## Gentle Start Protocol



Turn the ReBuilder® unit on just until it “clicks” on to the number “1” intensity setting. Continue increasing the intensity until you can just barely notice the impulses. Use this setting for the first 2 or 3 days to let your nerves acclimate to the treatment. After the first few days, gently increase the intensity to the level where you can feel the impulses but the intensity is still at a level where you could fall asleep during the treatment. Treat yourself 2 times per day. As your body adjusts, adapts, and improves, the sensitivity level may change and that is perfectly normal. Your ReBuilder® is working even at very low settings.

## Using the Adhesive Pads

Make sure your ReBuilder<sup>®</sup> is turned off. Plug the lead wire into the output jack. Place one self-adhesive pad on the bottom of each foot for affected area. Position the self-adhesive pads on the ball of the foot. Placing lead wires between the toes will help hold the electrodes in place.



Once you have tried the electrodes on the balls of the feet, feel free to experiment with different areas on the feet and ankles to see what position will give you the most relief. Position the electrodes to see what is most effective for you.



Everyone's experience with the ReBuilder® treatment can be different. Even if you have used the ReBuilder® before in a clinic setting, using the treatment daily at home results in the best outcome. The *Standard Treatment Protocol* is designed to meet the needs and use ability for the vast majority of ReBuilder® users. If this protocol is causing any negative reactions, change to the *Gentle Start Protocol* mentioned in this booklet.

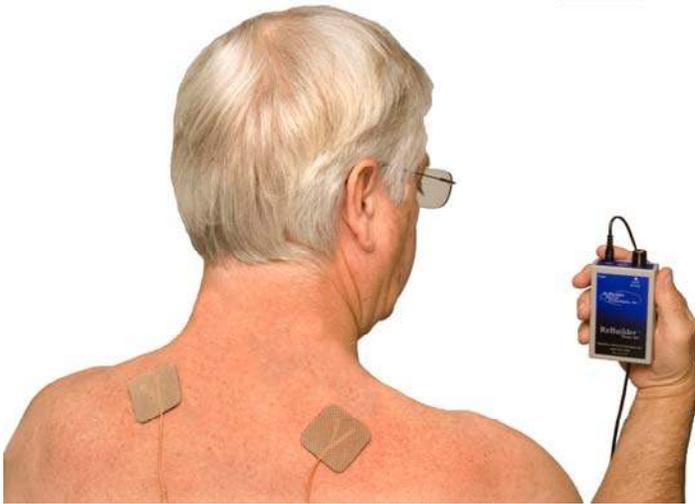
Any negative reactions indicate your nerves are very receptive to the ReBuilder's impulse and will repair by using a lower intensity setting. The *Standard Treatment Protocol* and the *Gentle Start Protocol* are fundamental guidelines and your use may vary. If you have questions about any changes in your symptoms, refer to the Troubleshooting Guide & Treatment Questions section, or call us for assistance.

If you are sensitive to medications, if your neuropathy symptoms are hypersensitive (i.e. bed sheets bother your toes or small things are overly annoying to your symptoms), or develop an adverse reaction to the treatment, then you should call us for a program designed specifically for you. Our toll free number is 877-717-5487.

## Adhesive Pads on other parts of the body

The self adhesive pads can also be used on other areas of the body. Such as the back or shoulders. Cleanse the skin of body oil or lotion with rubbing alcohol before applying the adhesive pads to the skin.

Adhesive pads placed on shoulders



Adhesive pads placed on lower back



**NOTE!** Use of the ReBuilder® for areas other than that for which it was prescribed should be done in consultation with your physician.

**NOTE!** When using the adhesive pads on other parts of the body two pads have to be used in order for the ReBuilder® signal to work.

**NOTE!**

If you experience any worsening symptoms or new symptoms after treatment, refer to the troubleshooting guide for assistance.

**NOTE!**

At higher intensity on the dial you may feel pulsations in your calf muscle. This is normal. If this results in sore or tired legs, refer to the troubleshooting guide for assistance.

## Troubleshooting Guide & Treatment Questions

Q: Why are my symptoms worse after I use the treatment?

A: The ReBuilder<sup>®</sup> causes activity in your nerves. For some, the amount of activity is more than their body is ready for, even if you do not feel the stimulation. If you experienced heightened symptoms after use, discontinue use for a day or two until your symptoms return to baseline (your normal level). Then you can return to the treatment, but at a bit lower intensity than you used before. If you were only on intensity #1, then reduce the time by 5 or 10 minutes. After a couple of days at the lower use, you should be able to increase again and continue.

Q: Why are my arms/hands or legs/feet tired after treatment?

A: This is normal. But if it is a problem, stop treatment for one or two days, then return to a lower intensity.

Q: I do not feel any sensation from the treatment. Should I turn it up?

A: Most people are not going to feel any sensation from the treatment until higher intensity settings. Those with a lot of numbness may not feel much of anything until very high intensity settings. The ReBuilder<sup>®</sup> is still working to repair your nerves even if you are too numb to feel the impulse.

Q: Why does the sensation I feel from the treatment decrease during the treatment session?

A: It is perfectly normal for your nerves to become acclimated to the sensation and you feel less sensation during the treatment. This is normal and no need to keep turning the intensity up.

Q: Am I supposed to reach the highest intensity?

A: There is no goal to reach the highest setting. Unless you are very numb, you probably will not be comfortable at high intensity settings. Your comfort will determine how high you can eventually reach.

Q: Why does the light flash but I can no longer feel any stimulation?

A: Replace the battery and try again. The lead wire may have worn out and need replaced. If using the Conductive Garments, they may have worn out and need replaced. If this does not solve the problem, call for service.

Q: Can I use the treatment more than twice a day?

A: To avoid irritating your symptoms or tiring your legs or arms we generally do not suggest more than two treatments per day.

Q: How long will it take to see results?

A: Everyone is different. Some see results begin almost immediately, while others it can take a few weeks to start to notice a difference.

Q: The ReBuilder® will not turn on. What do I do?

A: Make sure the intensity knob has been turned off and remains off for at least 5 minutes. If it does not turn back on, then replace the battery. If the battery is replaced and does not solve the problem, call for service.

Q: Why did the ReBuilder® stop working during my treatment session?

A: There is an internal timer designed to turn off the stimulation automatically after about 30 minutes. This is to prevent over stimulation, as some people fall asleep during treatment. The timer may vary between 28 and 32 minutes. If the treatment is turning off before 28 minutes, double check with a clock and call for service.

Q: My ReBuilder® still works, but why do I have to turn it up higher and higher to get the same stimulation?

A: Check the battery. Usually the 9 volt battery will last approximately 30 to 45 days depending on use before needing to be replaced. The power indicator can still flash even if the battery is weakening to the point of reduced stimulation.

Q: Why does the stimulation fluctuate from none to a lot during the treatment session?

A: There may be a short in the lead wire that allows for only occasional complete connection. You can call us to order a replacement lead wire or order online for your ReBuilder®.

Q: Why do I feel the ReBuilder® more in one foot or hand than the other?

A: You may feel stimulation stronger in one foot or hand than the other. This is normal even with healthy nerves. For those with neuropathy, there can be differences in nerve function from one foot or hand to the other, increasing this difference.

## Precautions and Information

- Do not place the electrodes on your neck because muscle contractions there could reduce blood flow temporarily to your brain.
- ReBuilder Medical does not provide medical advice. Please consult your physician for a medical diagnosis.
- Many people have severe numbness and may not feel the stimulation of the ReBuilder® initially, but will over time.
- Allow 30 days for results. Most symptoms came on gradually and may take time to resolve.
- Even if you are not feeling a pulse during your session, the ReBuilder® is still affecting the nerves and muscles.

## ReBuilder Unit Care

Your ReBuilder<sup>®</sup> has an automatic timer that turns off stimulation between 28 and 32 minutes. Make sure to turn the intensity knob completely “off” after each use. If you have difficulty turning on the ReBuilder<sup>®</sup>, make sure to turn the knob off and remains off for 5 minutes to allow the timer to reset.

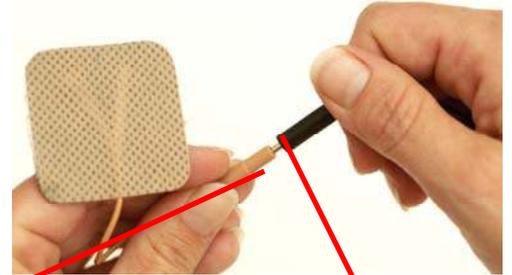
## Battery Care

Your ReBuilder<sup>®</sup> has come with a heavy duty 9-volt battery already installed and ready to use. The battery generally lasts 30 days before needing to be changed. This is based on two 30-minute treatments per day at medium intensity settings. How long your battery will last will depend on your particular use.

## Adhesive Pad Care

The adhesive pads can last for many uses. Make sure the skin surface is clean and dry, and make sure to replace the pads onto the protective plastic sheet after each use and store in a cool, dry location.

Properly cared for, the self-adhesive stimulating pads can last for many uses. When the pads become worn and do not stick as effectively, you can lengthen the life by lightly moistening the skin before placing the pad. This will help rejuvenate the adhesive a bit for better contact with the skin.

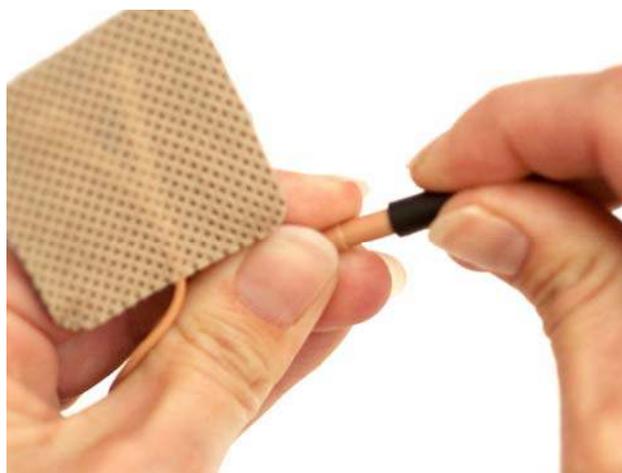


Plastic end of adhesive pad

Plastic end of black lead wire



To replace the adhesive pads, grip the plastic end of the black lead wire and the plastic end of the adhesive pad and pull apart with a slight twisting motion.



Insert the metal probe from the black lead wire into the plastic connection on the end of the new adhesive pad. Make sure to push all the way in.

## Other Products

Call to order from the manufacturer toll free at 877-717-5487

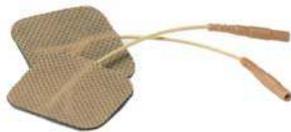
Conductive Socks



Conductive Gloves



Replacement Self-



Replacement



Non-Adhesive



9-Volt Battery



SignaSpray



This device is part of a complete treatment system that is designed to function in harmony. Do not use with any accessories or attachments that are not recommended by the manufacturer. Do not use in any way other than recommended by the manufacturer. Doing so may result in altered electrical emissions from the device (malfunction) and patient injury or damage to the ReBuilder may occur.

## Summary Glossary



Serial Number



Non-sterile



Not for general waste



Caution: Federal (USA) law restricts this device to sale by or on the order of a Licensed



Healthcare Provider



Keep dry



Consult instructions



Warning: electricity



Manufacturer

Contraindications: Use of the ReBuilder is contraindicated for: individuals with pacemakers or any other implanted medical devices, for pregnant women, and for children under 18 years of age. Use only under direct supervision of your physician or health care provider if any of the above conditions apply. Do not use directly over an open wound. Follow your physician's advice for specific instructions.

All warranty claims are to be processed by the manufacturer directly and must be accompanied by a receipt for purchase or copy of a dated order to dispense by a certified physician's office.

DO NOT RETURN THIS ITEM TO YOUR DOCTOR FOR  
WARRANTY RELATED ISSUES.

For questions concerning warranty or mechanical or operational problems with your ReBuilder<sup>®</sup> unit or accessories, please call toll free 877-717-5487.

Neuropathy pain and symptoms can be vastly different for each person, and not all ReBuilder<sup>®</sup> users will have the same experience during use or experience the same results after use.

Your use of the ReBuilder<sup>®</sup> will be based on your comfort and experience and may not exactly match the daily outline in this booklet. It is normal to need to take a day or two break from treatment occasionally. It is normal to experience changes in symptoms or experience new or different sensations from time to time. It is normal for symptoms to fluctuate during the weeks of treatment. There are tens of thousands of happy ReBuilder<sup>®</sup> users, all of them unique, but with one thing in common: Relief.

If you need assistance with use, have technical questions or just need more information, you may contact us on our website [www.ReBuilderMedical.com](http://www.ReBuilderMedical.com) or by calling toll free 877-717-5487.