

Introduction

Thank you for purchasing your Kneease pain relief device. The Kneease is a breakthrough in treating knee pain and has been tested extensively on many types of knee conditions, including osteoarthritis. Kneease allows you to manage your pain and reduce or eliminate the need for pain relieving medications which often have significant side effects.

Before use, please read all of the instructions in this user manual carefully and retain for future reference.

How Does Kneease Work?

The Kneease vibration device generates high-frequency, mechanical vibration as opposed to electromagnetism, electrical current or shockwaves. It is understood that pain is transmitted as impulses in the large sensory fibres of the body. By applying a vibration to the area of pain, it interacts with the pain impulse transmissions, causing disruption. The vibration is effectively 'scrambling' the sensory impulses to the extent that they cannot be interpreted as pain signals by the brain.







Several studies have investigated the use of vibration therapy to treat acute and chronic musculoskeletal pain in various parts of the body. The published study 'Pain Alleviation by Vibratory Stimulation', by Lundburg, Nordemar and Ottoson from Karolinska Hospital in Stockholm, shows that vibration therapy is an effective treatment for both chronic and acute pain.

Troubleshooting/ Warranty

If the unit does not function, ensure that the batteries are not spent and are inserted in the correct orientation. If the unit still does not function when the start/stop button is depressed, the unit should be returned for replacement.

The product is guaranteed for a period of 1 year from the date of purchase against manufacturing defects. The unit is designed to be used for a maximum of 3 treatments a day. Excessive use of the unit beyond the recommended treatment cycle can result in damage to the mechanical parts and render the manufacturers warranty invalid. The unit does not contain any serviceable parts, and any attempted repair or modification to the unit will invalidate the warranty. This does not affect your statutory rights.

Symbol Descriptions

-  Address of Manufacturer
-  Caution, Consult Accompanying Documents.
-  Type B Applied Part
-  Upper and Lower Storage Conditions
-  Consult Instructions for Use
-  On/Off Button

Specification

- **Power Source:** DC 3.0V (x2 AAA batteries)
- **Frequency:** 150Hz nominal
- **Approximate Dimensions:** 92mm x 32mm x 32mm
- **Weight (incl batteries):** 60g
- **Operating Conditions:** 5°C to 40°C; <90% RH
- **Storage/Transport Conditions:** 0°C to 45°C; <90% RH
- **Auto Time Setting:** 10 minutes

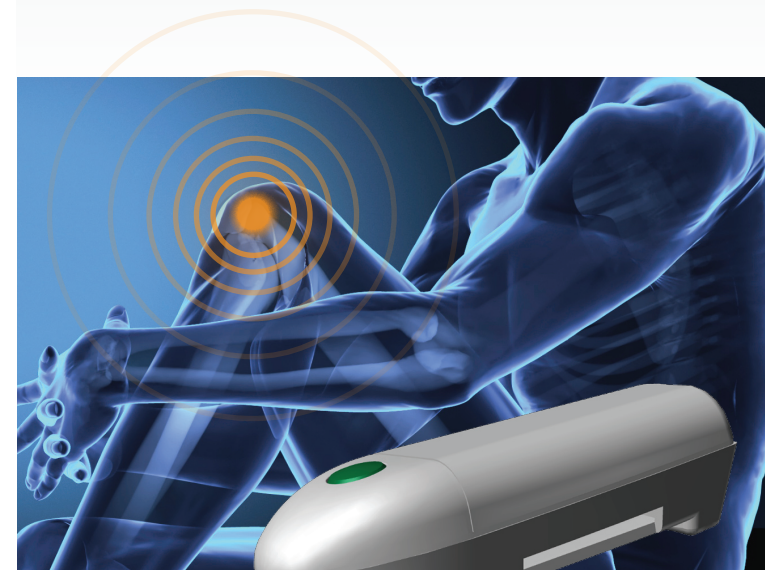
Battery Information

The unit uses 2 x AAA batteries (supplied with the unit). *Remove the batteries if the product is not in use for prolonged periods. *Remove spent batteries from the unit. *Do not mix different types of batteries or old and new. *Dispose of batteries safely. *Batteries should be handled by an adult, keep out of the reach of children.

** Warning: If batteries leak, avoid contact with skin. In the event of contact, wash immediately with copious amounts of water. If irritation persists, seek medical assistance.*

Disposal

This device is covered by the WEEE regulations that require manufacturers to collect waste electrical equipment for recycling/disposal. To arrange free of charge collection/disposal of this product, please call +44 (0) 1481 240627 or visit our website www.kneease.com.



User Manual

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Manufactured in UK by MLE Ltd. Company registration no. 51663

Instructions for Use

1. Parts

The product consists of a vibration unit, Airprene™ knee strap and 2 x AAA batteries.

2. Inserting the batteries

The unit requires 2 x AAA batteries (included). To insert the batteries, push down on the battery cover while applying pressure to the rear of the unit. The battery cover should easily unclip so it can be removed.

Insert the batteries provided, taking care to insert in the correct orientation. At the back of the battery compartment the terminals are identified with a '+' and '-'.

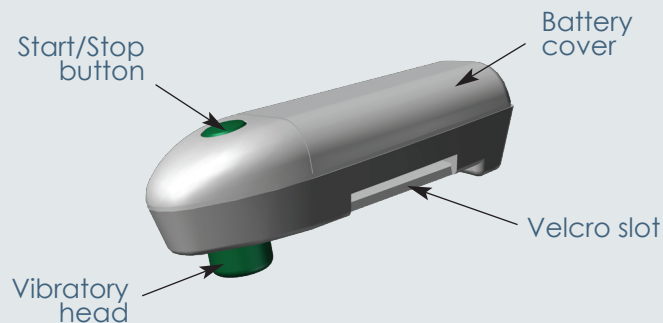
4. Using the unit

In order to optimize the performance of the device, the green nozzle on the lower side needs to be placed under the kneecap and over the area where pain is being experienced.

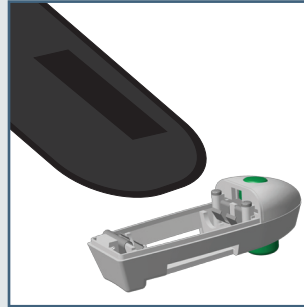
The green start/stop button on the upper front surface can then be pressed in order to activate the unit for a 10-minute cycle.

The vibration unit can be stopped or started manually at any time by depressing the start/stop button.

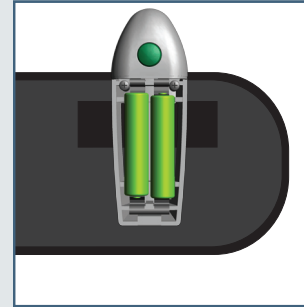
The unit can be used whenever pain relief is required. It is best to extend and rest the leg while the unit is in use.



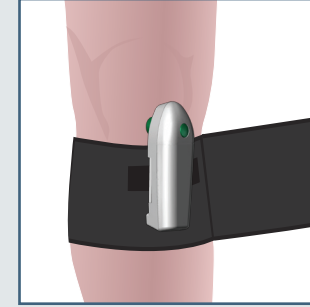
3. Fitting the unit



After removing the battery compartment lid, secure the device to the strap using the velcro tab.



Place the batteries in the vibration unit and replace the battery lid.



Place the device onto the point of the pain and wrap the strap around the knee and over the device.



The strap is then secured in order to hold the device in place. Avoid over-tightening the strap.

Warnings and Safety

Before using the device, please read and understand the following warnings to ensure the safe and correct use of the device and to prevent any injury.

- Ensure that there is no leakage from batteries. If batteries show any evidence of leakage, see section 'Battery Information'.
- Ensure that batteries are installed correctly.
- The device is designed for use on the knee; do not use on any other part of the body.
- If you feel unwell or experience any discomfort at any time, stop using the device immediately.
- If you notice any reddening of the skin, stop using the device immediately.
- Only apply the device to normal skin. If suffering from a skin condition or new scar tissue is present in the area of application, seek medical advice before use.
- Do not disassemble, repair or modify the device in any way, as this will invalidate the warranty and may lead to malfunction of the device or an injury.
- Do not use the device while sleeping.
- Do not immerse the device in water or any other fluid.
- Do not throw or drop the device from a height. The unit should not be used if any physical damage is evident.
- Do not use any chemicals to clean any part of the unit.
- Only to be used by persons over the age of 16 years old.

Medical electrical equipment requires special precautions regarding electromagnetic compatibility (EMC) and must be installed and used according to the instructions contained in this manual. Portable or mobile radio communication equipment may affect medical electrical equipment.