MARC PRO PLUS+

USER MANUAL

User Manual

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Indications For Use:

The Marc Pro Plus is intended for muscle conditioning by stimulating muscle in order to improve or facilitate muscle performance.

The Marc Pro Plus is to be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise and normal household and work activities.

Read this User Manual carefully before you start using your Marc Pro Plus. It is imperative that you carefully read the "Warning and Cautions" and "Safety Guide" sections of the User Manual.

Contraindications:

Do not use Marc Pro Plus if you have one or more of the following medical conditions:

1. This device must not be used on persons with cardiac pacemakers, defibrillators; or other implanted metallic electronic devices.
2. Epilepsy
3. Following acute trauma or fracture
4. Following recent surgical procedures
5. Critical ischemia of lower limbs
6. Abdominal or inguinal hernia
7. Stimulation should not be applied over, or in proximity to, cancer or cancerous lesions

Precautions:

1. Some persons may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
2. This device should be kept out of the reach of children.
3. This device should be used only with the leads, electrodes, and accessories recommended for use by the manufacturer.
4. Caution should be used when there is a tendency to hemorrhage following acute trauma or fracture
5. Transcutaneous Electrical Nerve Stimulation is not effective for pain of central origin, including headache.
6. Transcutaneous Electrical Nerve Stimulation is not a substitute for pain medications and other pain management therapies.
7. Transcutaneous Electrical Nerve Stimulation devices have no curative value.
8. Transcutaneous Electrical Nerve Stimulation is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
9. This Marc Pro Plus should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

Warnings:

1. The long term effects of prolonged use of electrical stimulation are unknown.
2. Stimulation should not be applied over the neck. Severe spasm of the muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation over the neck could also have adverse effects on the heart rhythm or blood pressure.
3. Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus nerve.
4. Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
5. The effects of stimulation of the brain are unknown. Therefore, stimulation should not be applied across the head and electrodes should not be placed on opposite sides of the head.
6. Stimulation should not be applied transcerebrally.
7. Electrodes should be applied only to normal, intact, clean skin. Electrodes should not be applied over open wounds or over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
8. Electrodes should not be shared with other persons. Each person should have their own set of electrodes; otherwise, undesirable skin reactions may occur.
9. Self-adhesive electrodes should be replaced if they no longer stick firmly to the skin.
10. Stimulation should not be applied when in the bath or shower.
11. Safety of powered muscle stimulators for use during pregnancy has not been established.
12. Marc Pro Plus should not be used while driving, operating machinery, or during an activity in which involuntary muscle contractions may put the user at undue risk of injury.
13. Do not use the device in humid atmosphere (sauna, hydrotherapy, etc)
14. Persons with suspected heart problems or epilepsy should obtain apposite medical advice.
15. Caution should be used when applying the device over a menstruating uterus.
16. Caution should be used when applying the device over areas of skin that lack normal sensation.
17. Operation in close proximity to shortwave or microwave therapy may produce instability in the output of the device.
18. Simultaneous connection to h.f. surgical equipment may result in burns at the site of stimulator electrodes and possible damage to the device.
19. To ensure proper use and to mitigate the possibility of interference, avoid placing in close proximity to other electromagnetic devices.
20. Never use the Marc Pro Plus while sleeping.
21. Never immerse the Marc Pro Plus in any liquid.

Adverse Reactions:

1. Skin irritation and burns beneath the electrodes have been reported with the use of stimulation electrodes applied to the skin
2. Headache and other painful sensations have been reported during or following the application of electrical stimulation applied to the head, face and near the eyes.
3. You should stop using the Marc Pro Plus and should consult with your physician if you experience adverse reactions from the unit.

Marc Pro Plus is intended for use on healthy muscles.

- It is to be used by adults only
- Keep out of the reach of children
- We recommend that pregnant women not utilize muscle stimulators

The Marc Pro Plus uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment. If any nearby electronic equipment shows any signs of malfunctioning stop using the Marc Pro Plus immediately.

Never Apply Electrodes:

On both sides of the thorax | On the head or any area of the face | On the neck or any area of the throat | On or near the vicinity of skin lesions or eruptions of any kind

Marc Pro Plus is not intended for adjunctive therapy in the treatment of medical diseases and conditions of any kind.

• Marc Pro Plus is not designed for disease afflicted muscles and its use on such muscles is contraindicated.

Never use the Marc Pro Plus on:

- Atrophied muscles
- Muscles with spasms

Do not use the Marc Pro Plus:

- For muscle reeducation
- To prevent or retard disuse atrophy
- To prevent venous thrombosis
- To maintain or increase range of motion
- For muscle spasms
- For blood flow deficiencies

Who should not use the Marc Pro Plus!

Read and answer the following 9 Questions:

Questions	YES / NO
1. Are you equipped with a cardiac pacemaker, defibrillator, or other implanted metallic or electronic devices?	
2. Are you epileptic?	
3. Have you recently been subject to a surgical procedure (less than 6 months)?	
4. Do you have blood flow deficiency in your lower limbs?	
5. Do you have an abdominal or inguinal hernia?	

Questions	YES / NO
6. Do you suffer from cancer?	
7. Are you pregnant?	
8. Do you suffer from cardiac problems or diseases?	
9. Is the region you want to stimulate suffering from any type of medical condition and or being monitored by a doctor or therapist?	

If you answered “Yes”, “maybe” or “I don’t know” to any one or more questions, do not use the device and contact Marc Pro for more information.

*

If you answered “No” to all 9 questions, you can use the Marc Pro Plus.

Contents:

Included Supplies:

Your Marc Pro Plus is supplied with the following unique accessories developed for optimal results.

• Marc Pro Plus device	P/N MPP
• 6 packages of electrodes	P/N 70011
• 2 lead wires	P/N 51010 / 51011
• 1 recharger	P/N 51018
• This user manual	P/N 70022
• A carrying case	P/N 70020

Replacement electrodes and accessories can be purchased at www.marcpro.com/store. If there are any discrepancies please contact us.

Controls:

Power Button
To power on or off device; push the “POWER” button at the top of the device

Frequency Control
Frequency buttons are located in the section above the word ‘FREQUENCY;’ each button is equipped with its’ own LED to light up when pressed as an aesthetic feature.

Each channel has its own frequency control. From here you can adjust frequency by pushing “LOW” to lower and “HIGH” to raise your frequency.

Knobs
Once desired frequency is reached output is controlled by 1 1/4” knob per channel. Each knob is individually marked with diagrams stating “INTENSITY” at the top and a semi-circle reducing in thickness to “OFF;” thus indicating the direction in which to spin the knob to reach desired level. To raise intensity which has a maximum of “9.0” spin to right, to lower and turn off spin to left.

Timer
Timer buttons are located under display in an outlined section labeled “TIMER.” To use time; press “SET” until desired treatment time is shown on display, then you may press “START STOP” to start or stop your timer.

Output Jacks
Output Jacks are located at front of device; directly above channel A’s jack is labeled “A” and directly above channel B’s jack is labeled “B.”

Custom connector on device has a shape similar to a sideways 8 or infinity symbol; which is ¾” end to end, simply insert plug into device’s jack when desired. (There is no up/down or polarity to achieve)

For more information on use and or recommendations for device, electrodes or other accessories please see “Instructions” or “Care of your Marc Pro Plus” sections

Care of your Marc Pro Plus

Electrode Use and Care:

- When electrodes (pads) are not in use always place on plastic sheet and seal in Ziploc bag.
- We recommend that you change pads after 20 uses because conductivity will decrease due to body oils accumulated on electrodes.
- Old or worn electrodes can also reduce the comfort of stimulation.
- Only use the electrodes supplied by Marc Pro. Other electrodes may present a risk of unsuitable electrical characteristics with your stimulator.
- Do not use the same electrodes on several different people.
- Do not plunge the electrodes into water.
- Do no apply a solvent of any kind onto the electrodes
- Always stop the stimulator before removing or moving the electrodes.
- Always place electrodes on dry, clean, oil and lotion free skin.
- If you're using an optional aloe based skin gel: use a small amount (about the size of a pea) under each electrode. Rub completely into the skin before placing electrode. This can help ensure the most comfortable and strongest signal.

Recharging the Battery:

- Before use, be sure that the battery is charged. After powering on the device a battery indicator on the LCD screen will give the current level. If the battery icon is fully or partially shaded then the device can be used.
- If the battery icon is empty or flashing, the device should be charged.
- To charge, plug the recharger into the back of the unit and into the wall outlet. Charge for 8-12 hours, or overnight.
- When done recharging always remember to unplug the recharger from the back of the machine, if it is left in, the unit will not work.
- A fully charged battery should last for 10 or more hours of use.

NOTE: Electrode is 2 inch round with conductive hydrogel w/.08" round female connector; not to exceed 0.1 Watt/cm2.

Physical Characteristics:

Length	7 inches
Width	4 inches
Height	2 inches
Weight	1 lb 6 oz

Instructions:

Step 1 Before the unit is used you must make sure that the battery is charged. Take the unit out of the case and hit the power button. The battery icon on the screen should be partially or fully shaded dark to indicate battery life. If the battery icon is empty of flashing then recharge the unit (see: charging instructions)

Step 2 Make sure all knobs are in the off position and that the recharger is unplugged from the back of the machine. Take the gray lead wires out and plug the plastic end into the channel A output jack. Take the black lead wires out and plug the plastic end into the channel B output jack.

Step 3 Take out a package of electrodes, and remove from Ziploc bag. Next connect the 4 pins on the end of the lead wires to each of the four electrodes. Place the electrodes on the skin according to the diagrams on the following pages. Note: Skin should be clean and dry.

Step 4 Get into a relaxed and still position (laying down, sitting in a chair or on a couch). You should be comfortable and the muscles being worked should be **free to contract without resistance**.

(If you are tense and resist the contractions or if you're in a position that causes significant resistance you will not benefit from the Marc Pro Plus)

Step 5 Once the pads are in place, hit the power button at the top of the interface. Next select the frequency for each channel according to the instructions on the following pages.

Next click on the Channel A and B Intensity knobs and slowly turn up each knob according to your tolerance. The session protocols on the following pages will give you an ideal setting range for each channel.

-For Low Frequencies:
You will start to feel a gentle rhythmic pulsating sensation that will get stronger and stronger as you turn the dial up. A strong visible contraction is possible and desirable in most areas of the body. An intensity level between 6-9 is commonly reached, but it is OK to turn the intensity up slowly. In general the higher the intensity the better the results will be; however, it is very important that the signal level stay within your tolerance.

(Remember: As long as the intensity is not raised above your tolerance and you don't resist the contractions, even extremely strong and visible contractions will not fatigue your muscles. This is ideal for conditioning and is what makes the Marc Pro Plus technology so unique)

-For High Frequencies
You will start to feel a gentle buzzing/vibration that will get stronger as you turn up the dial. An intensity level between 4-9 is commonly reached, but it is OK to turn the intensity up slowly. In general the buzzing sensation should be felt over your pain level and typically the higher the intensity the better the results will be. However, it is very important that the signal level stay within your tolerance.

Step 6 A typical session should last 30-60 minutes. If being used for pain or recovery, sessions are typically performed 1-2 times per day as needed until recovered or pain free. For conditioning and enhanced performance the only difference is consistency. Using the Marc Pro Plus proactively (e.g., 1-2 times per day 3 or more days per week) creates the conditioning benefits that will not only help muscles recovery better, but also help them perform better.

Note: In Low Frequency mode longer sessions (1-4 hours) can be used if needed to obtain desired benefits. Fatigue should not be a concern, but watch for skin irritation during extended session times.

Step 7 When the session is over, turn the two intensity knobs to the off position. Unplug the electrodes and leads and place them back in their storage container. It is important that the electrodes are placed and sealed back in their Ziploc bag to ensure that they last to their full potential. (See electrode care with any additional questions.)

Additional Notes:

During your treatment you may use the built in timer. Press down on the "select" button until your desired treatment time comes up on the screen and then press "start" to begin the count down.

If at any time during your treatment you feel the output interrupted and get a notification saying "check leads and pads" followed by the "Select Freq" notification above the channel display, this means the connection has been compromised. Please turn knob to "off position" on affected channel and check electrode and lead wire connections; once corrected you may reselect frequency and click on the knob and turn back to desired intensity.

Pad Placement:

Never place pads in the following locations:

- Anywhere on or through the head
- Across the heart (on the front of the chest)
- On the front or sides of the neck
- From the front to the back of the chest (transthoracic)

The Marc Pro Plus electronic muscle conditioning and pain device is comfortable and designed to be very easy to use. There are two completely independent channels (A and B) and two self adhesive electrodes that stick to the skin per channel. The two electrodes connected to channel A can be used on one muscle or group of muscles; while the two electrodes connected to channel B can be used on another muscle or group of muscles.

It's important to realize that electrode placement is not an exact science. Don't be overly concerned with pin point accuracy or matching any diagram exactly. The Marc Pro Plus was designed to be simple to use; you don't need to know about motor points, trigger points, or any significant anatomy or physiology. How your body feels and responds is most important to choosing the best electrode placement.

To start, identify the muscle that you would like to condition, help recover or address pain after activity. Think about a potential weak link (what gets tired first and recovers last). If it's a single muscle place an electrode at either end of the muscle or above and below the muscle belly (the most dense central part of the muscle). If you want to activate more than one muscle with a single channel then place one electrode on the belly of each muscle and apply low frequency stimulation (e.g., one electrode on the most dense part of your left trap and one electrode on the most dense part of your right trap). If you are experiencing pain in your joint, take two electrodes and sandwich that joint and apply high frequency stimulation through it. "Low frequency" stimulation includes all frequencies under 20Hz, "high frequency" is all frequencies 20Hz and above.

Connect the two electrodes to channel A and slowly turn up the channel A intensity dial. As the muscle starts to contract and relax you will be the best judge of electrode placement. If the target muscle is contracting well; then your placement is good. If the muscle is not contracting well or at all then simply repeat the process moving the electrodes until you get the target muscle to contract. Even very small adjustments (as little as an inch) in electrode placement can make a significant difference in the strength of the contractions. These small adjustments can also have a significant effect on which muscles are being activated.

Next you can follow this same procedure with the two electrodes attached to channel B.

Note that depending on electrode locations you may contract additional muscles beyond your target; this will only improve the results. The benefits will be regional, but focused on the muscles that are actually contracting the most.

The following diagrams show some common and popular pad placement locations. You'll notice that sometimes one of the Marc Pro Plus channels is used to focus intensely on just one muscle, and in other cases one of the Marc Pro Plus channels is used to activate numerous muscles at the same time. For some focusing on small specific areas is needed to obtain the desired results; while other times excellent results and efficiency can be obtained by stimulating multiple muscle areas at the same time.

Remember that these diagrams are just examples and general guidelines for electrode placement. The ideal electrode placement will take into account exactly what muscles you are trying to help and how you feel when the device is used.

In the default Pre-Set mode the Low Frequency button will deliver a frequency of 2Hz and the High frequency button will deliver a frequency of 60 Hz.

When and How to use Low:

Low frequency will create relaxing rhythmic muscle contractions. Though they can get very strong they should remain comfortable and are completely non-fatiguing; this makes them ideal for moving nourishment and waste the keys to conditioning and recovery (but remember Marc Pro Plus's unique low frequency technology can also really help soreness as well).

It's hard to go wrong with Low Frequency as it can benefit all major muscle groups, but use common sense. No need to try to pump low frequency through a knee or ankle joint; there's just not much muscle to contract. Instead contract the largest muscles around your target to bring nourishment in and get waste out. The stronger the contractions the better as long as it remains comfortable and within your tolerance.

A 30-60 minute session is great, but there's not much of a time limit on low frequency as it won't fatigue your muscles and just keeps helping more the more you use it.

Low and High Frequency Together

As you'll see in the following examples it is common to combine settings. For example Channel A will use low frequency on the quad to recover (moving nourishment and waste) while at the same time Channel B is sandwhiching the knee shutting down any residual extremity pain.

When and How to use High:

High frequency will create a strong, but soothing and constant buzzing sensation (no contractions). This is ideal for shutting down more nagging soreness and pain not responsive to low frequency.

You must take more care in choosing electrode placement with high frequency.

High frequency is typically not recommended for many major muscle groups such as (quads, calves, hamstrings, traps, biceps, triceps, forearms). On these muscles when the intensity is turned up the muscle is likely to tetanize (fully contract and hold tight). Allowing the muscles to tetanize for any duration of time will likely cause muscle fatigue. **When using high frequency we advise to never allow the muscle to tetanize; which may require avoiding high frequency in that location or lowering the intensity level.**

High frequency is very effective at shutting down soreness of the joints and muscle groups that are very resistant to tetanization and fatigue such as the low back muscles. Examples include (ankle, knee, hip, shoulder, wrist, low back, mid back, neck).

When you use high frequency you want to feel the buzzing right where the pain is; if that's not the case move the electrodes (if the pain is in a muscle that will tetanzie like the quads or calves use low frequency). Once it's buzzing right where the pain is turn the intensity strong enough to block the pain signals, but always stay within your tolerance.

A 30 minute high frequency session is great and will typically provide lasting relief. To avoid skin irritation we recommend not performing high frequency for more than 60 minutes at one time.

Optimizing Results

Positioning:

Be sure that there is no resistance against the Marc Pro muscle contractions. Get into a comfortable and relaxed position where the muscle can contract as freely as possible. For the legs a recliner type position is ideal. For the traps and shoulders try to lean or lay back so you're not having to support those muscles in an upright position.

When to Use:

A short 10-20 min session before activity can be a great warm-up. For the best recovery you'll start Marc Pro shortly after activity completion or before the end of the day. With that said, using Marc Pro the next day or any time after soreness has set in will still be effective. For improved conditioning and to proactively address issues, use Marc Pro on the target muscles at least three times per week for at least 30 minutes each session.

How Long and How Often:

The best way to see more results is to use the Marc Pro longer and or more often. Remember that recovery is not one size fits all. Sometimes 20-30 minutes will do the trick, other times you can see a world of difference by using low frequency for hours. Marc Pro low frequency won't fatigue your muscles regardless of duration, but keep it convenient (e.g., if you're watching a two-hour movie no need to stop Marc Pro after 30 min; keep it going and if needed turn down the intensity a bit to prevent it from getting annoying).

Electrode Placement:

Use the book and online examples as much as possible, but don't get caught up in following those exactly. Just make sure that your target muscles are contracting. Or that high frequency is buzzing right where the pain is without causing any muscle tetanization. If they're not, adjust and try different placements until you find what provides the best results.

Electrode-Skin Interface and Comfort:

Place electrodes on clean, dry, unbroken skin. Removal of hair isn't typically necessary, but can help if you're having a problem with adhesiveness, comfort, or signal strength. Though the device should often feel strong and even very intense it should not feel sharp or biting in any way. If this occurs first check the condition of electrodes and replace if overly worn. Next try a slightly different electrode position. A slight movement of electrodes (even just an inch or two) can sometimes eliminate an uncomfortable skin sensation. You can also use a small amount of aloe based gel rubbed into the skin completely beneath the electrodes to aid comfort.

Treatment Modes – Pre-Set (default) or Manual (advanced users only)

The Marc Pro Plus comes in a simple to use and recommended “pre-set mode”. The Low frequency button will deliver the rhythmic non-fatiguing muscle contractions used for conditioning and recovery. The High frequency button will deliver a very strong, but soothing buzzing sensation. This can provide additional pain control sometimes needed in trouble spots like the back and joints.

Though it’s not necessarily recommended advanced users can put the Marc Pro Plus device into “manual mode” and choose between over 70 frequency options and experiment with the results. If you find a frequency you like best you can even program those to be your personalized pre-sets. This gives the advanced user or experimenter total flexibility and control over the stimulation they receive.

When the Marc Pro Plus device is powered on the LCD prompts the user to select a frequency for each channel. The device is delivered in Pre-Set mode; which we highly recommend. Selecting Low will put that channel at 2 Hz. Selecting High will put that channel at 60Hz

How to Toggle between Standard and Pre-Set Mode:
To switch modes simply hold down the two inner frequency buttons while powering on the device. Repeating this process will toggle between the two modes. The LCD screen will identify which mode you are in.

In manual mode the frequency selection buttons at the bottom of the interface can be used to select any frequency from 1Hz to 70Hz.

In Pre-Set mode the “low” button defaults to a recommended 2Hz and the “high” button defaults to recommended 60Hz. However if experimentation with manual mode results in your preference for particular frequencies you can choose any frequency to be your “pre-set”

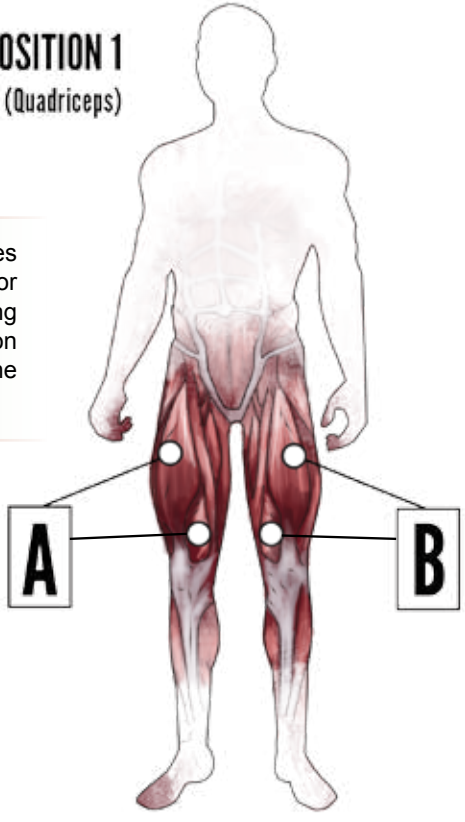
Setting the frequency for Pre-Set Mode:
Holding down the two frequency buttons on the left side of the device while powering up will put the device into set mode. Use the Channel A frequency selection buttons to choose the pre-set frequency that you would like for the low button and use the Channel B frequency selection buttons to choose the pre-set frequency that you would like for the high button. (Default is 2Hz for low button and 60Hz for high button). Once you have chosen your presets; power off the device. The device will remember these pre-sets until they are changed following the same procedure.

COMMON ELECTRODE PLACEMENTS FOR RECOVERY, CONDITIONING and PERFORMANCE

To see Marc Pro in use and for electrode placement examples, please visit www.marcpro.com/placements

Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

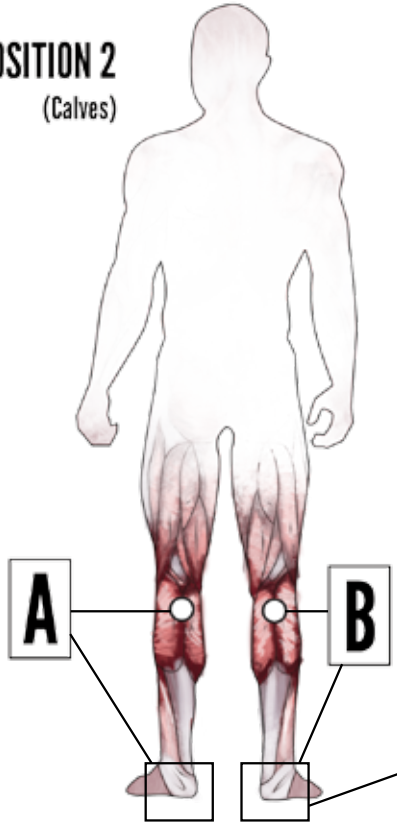
POSITION 1
(Quadriceps)



SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	6+
B	LOW	6+

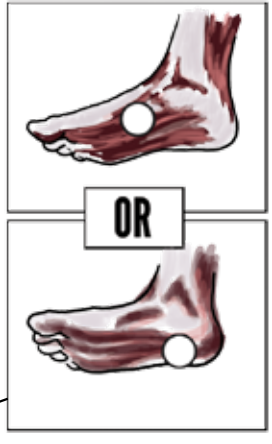
POSITION 2
(Calves)



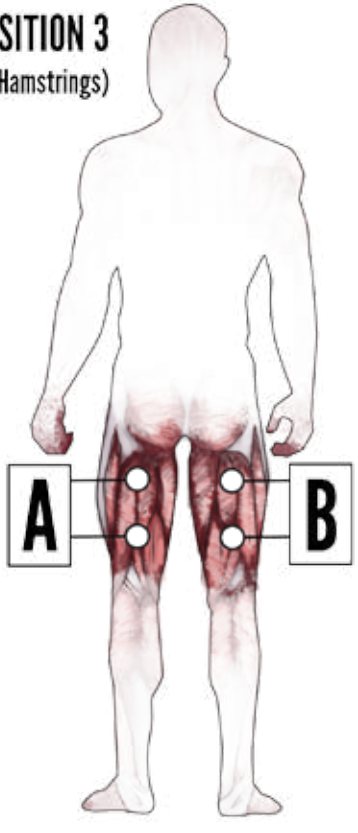
SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	7+
B	LOW	7+

* Under side of each foot, either arch or heel



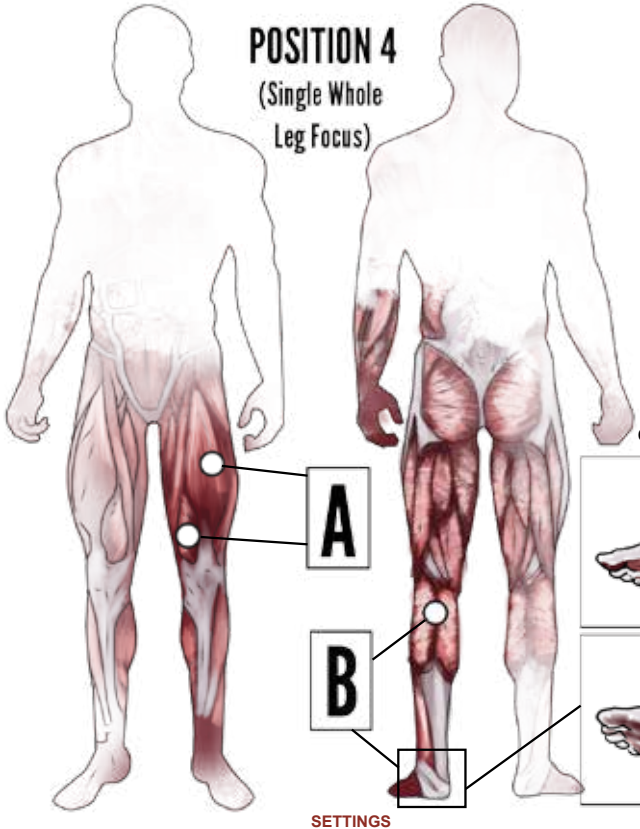
POSITION 3
(Hamstrings)



SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	5+
B	LOW	5+

POSITION 4
(Single Whole Leg Focus)



* Under side of each foot, either arch or heel

SETTINGS

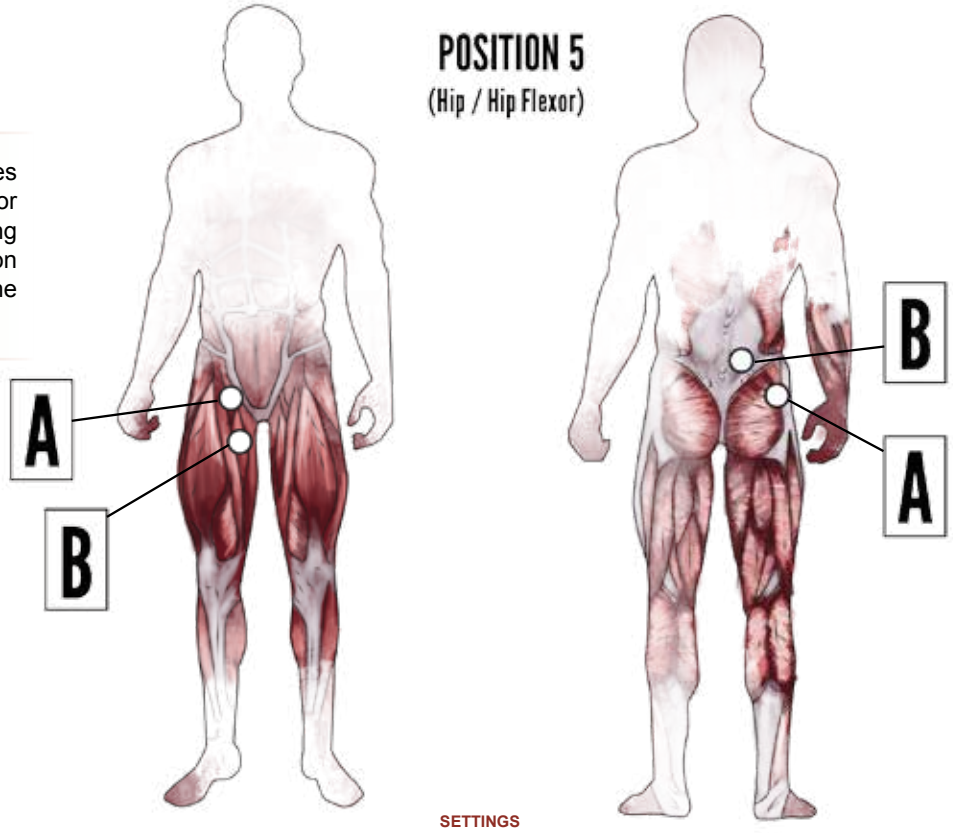
Channels:	Frequency:	Intensity:
A	LOW	5+
B	LOW	7+

Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

POSITION 5

(Hip / Hip Flexor)

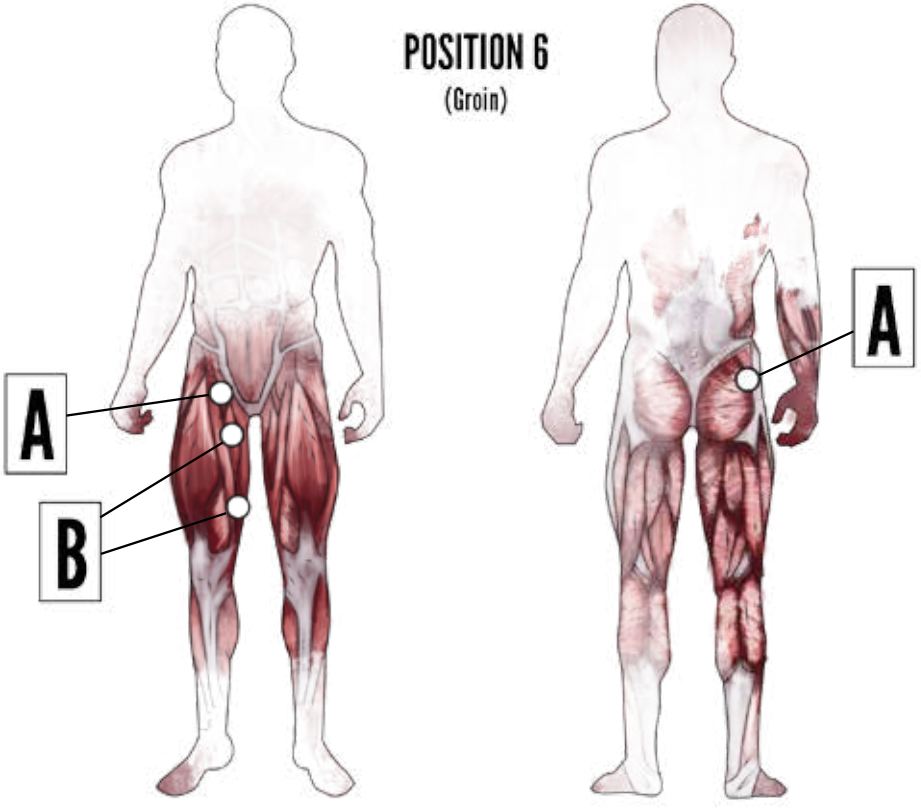


SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	4+
B	LOW	4+

POSITION 6

(Groin)

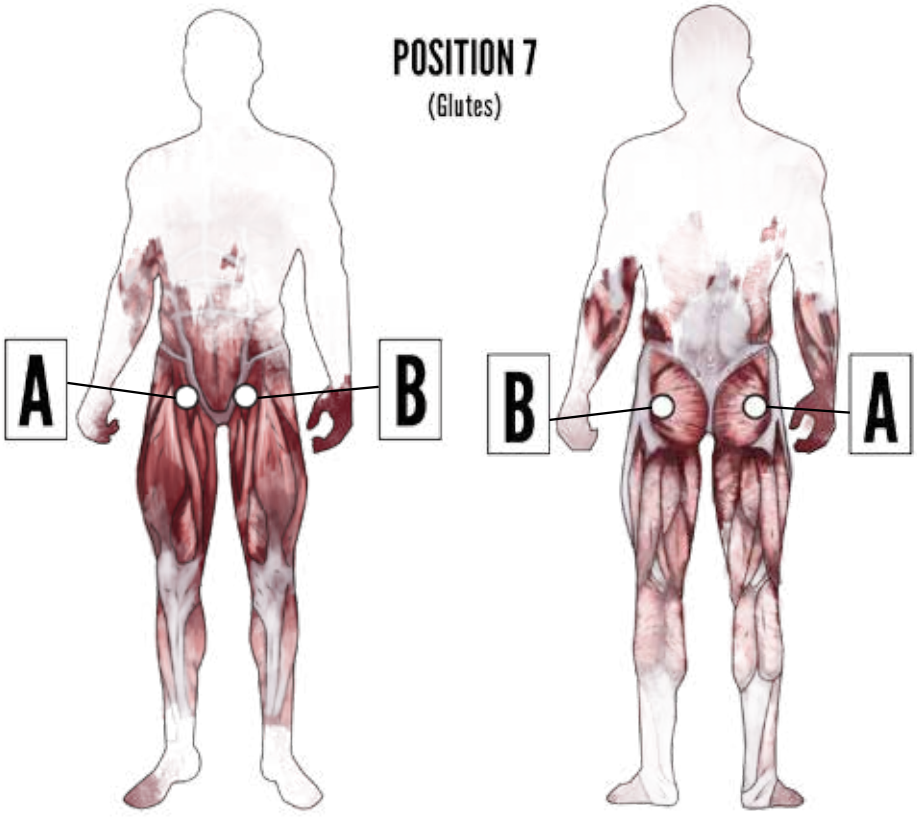


Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

SETTINGS

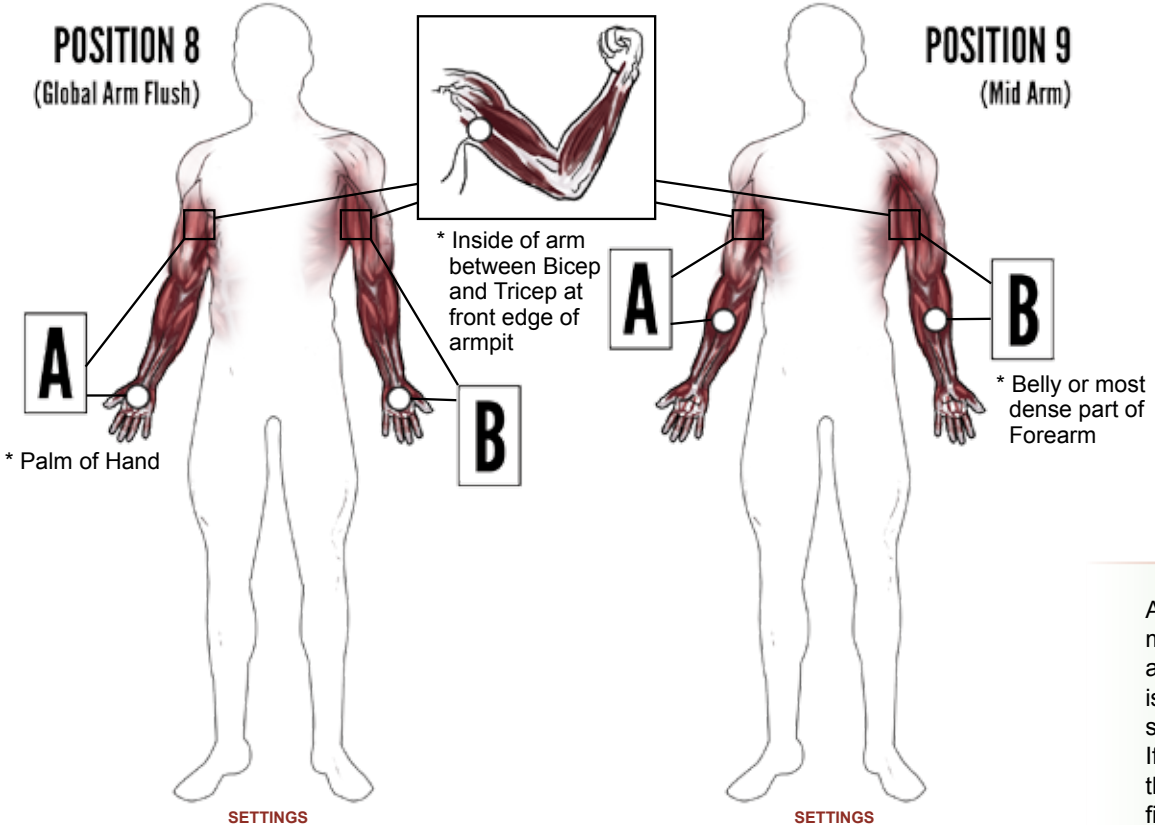
Channels:	Frequency:	Intensity:
A	LOW	4+
B	LOW	4+

Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.



SETTINGS

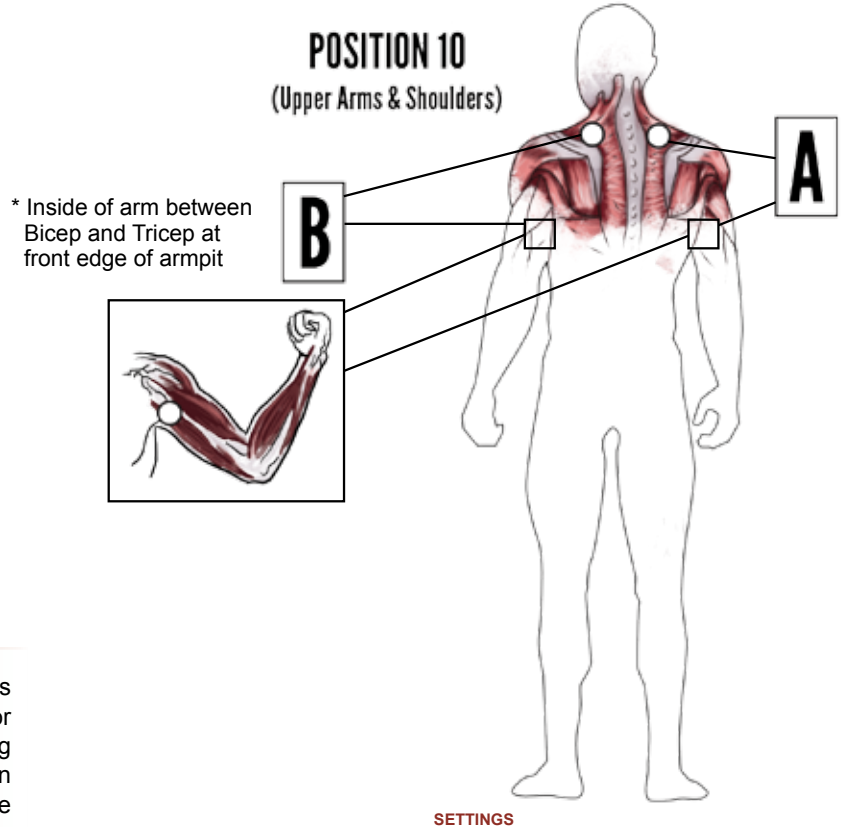
Channels:	Frequency:	Intensity:
A	LOW	5+
B	LOW	5+



Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

POSITION 10

(Upper Arms & Shoulders)



* Inside of arm between Bicep and Tricep at front edge of armpit

SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	4+
B	LOW	4+

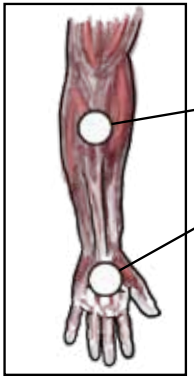
Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

POSITION 11

(Single Whole Arm Focus)

* Inside of arm between Bicep and Tricep at front edge of armpit

A



B

* Belly or most dense part of Forearm

* Palm of Hand

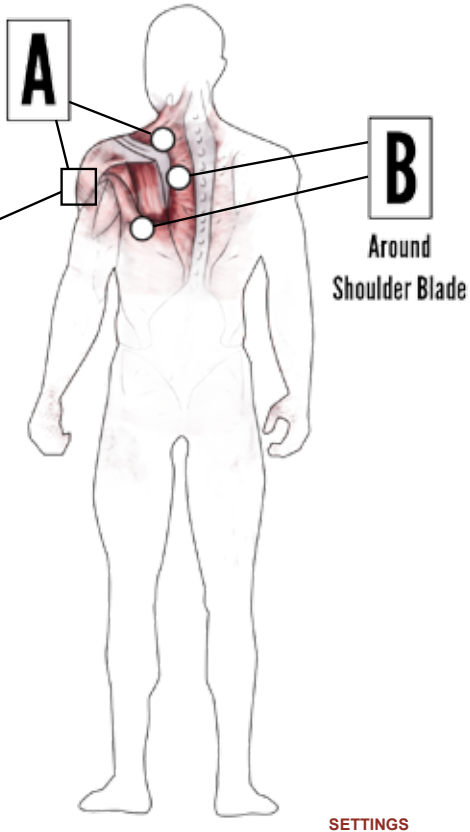
SETTINGS

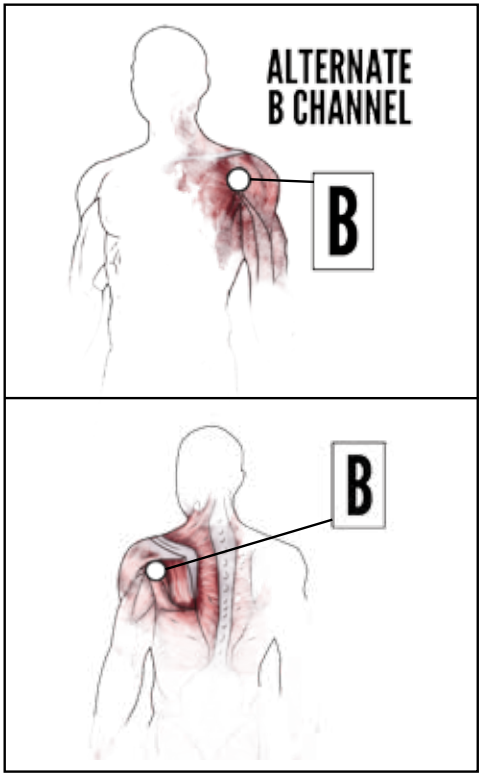
Channels:	Frequency:	Intensity:
A	LOW	4+
B	LOW	4+

Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

POSITION 12

(Focused Shoulder)



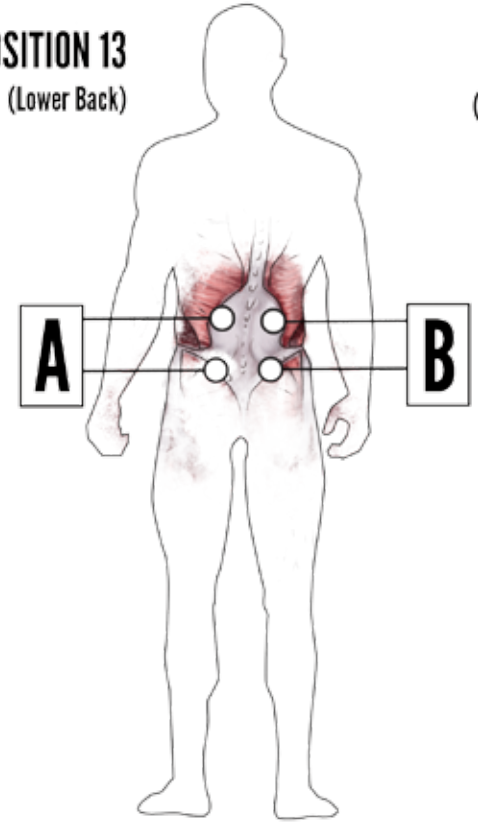


Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	4+
B	LOW	4+

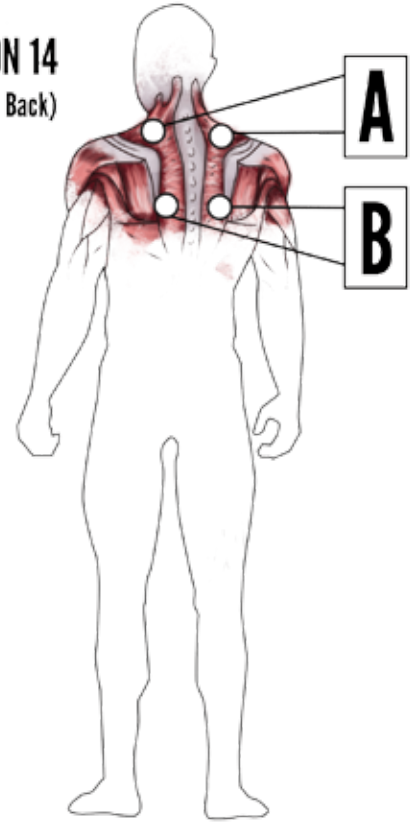
POSITION 13
(Lower Back)



SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	6+
B	LOW	6+

POSITION 14
(Traps and Mid Back)



SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	4+
B	LOW	5+

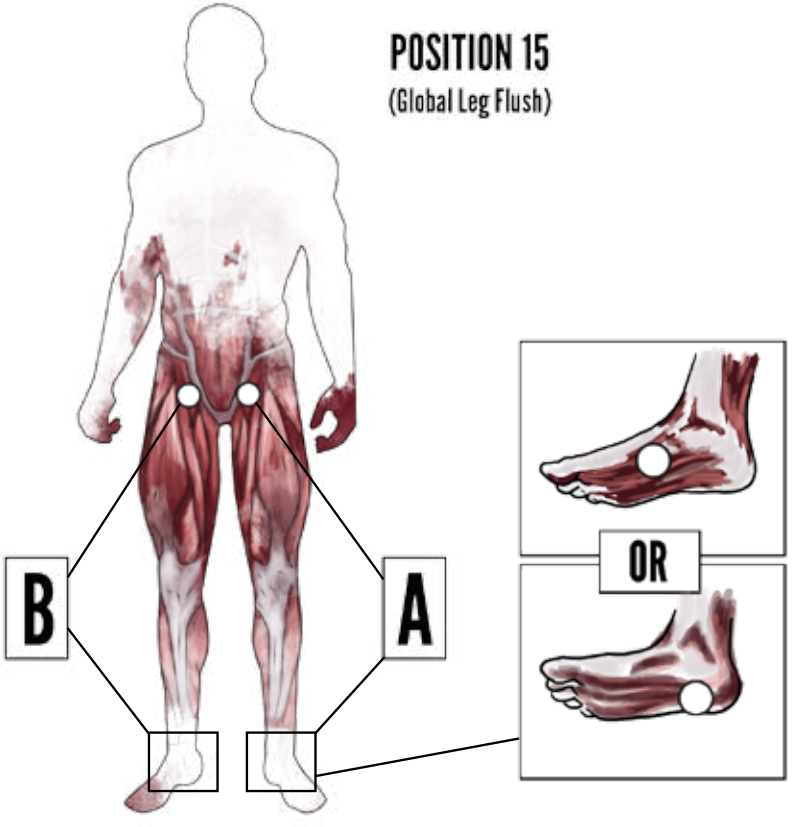
Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

(For Several Target Areas at Once)

The following examples show how you can activate more muscle groups at the same time, which can be helpful for those with numerous target areas for improvement. The compromise is that each muscle group is stimulated less than in the previous “Focused Target Area” examples. This may (or may not) slow or lesson the benefits to some degree; however every user is different and only a trial will determine the answer for you.

POSITION 15

(Global Leg Flush)



SETTINGS

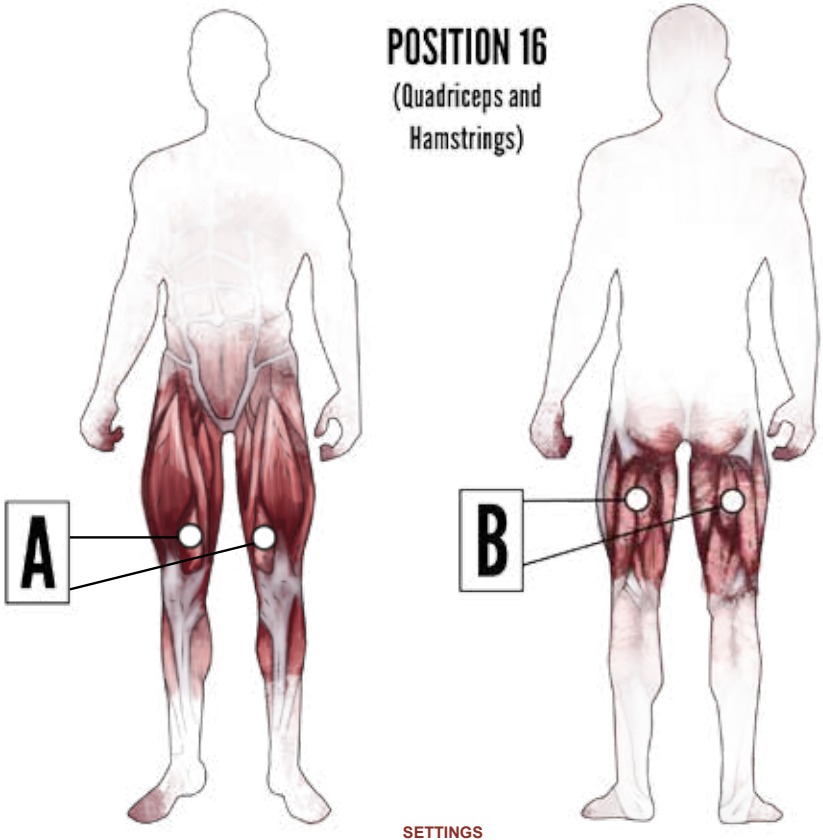
Channels:	Frequency:	Intensity:
A	LOW	6+
B	LOW	6+

Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

POSITION 16

(Quadriceps and Hamstrings)

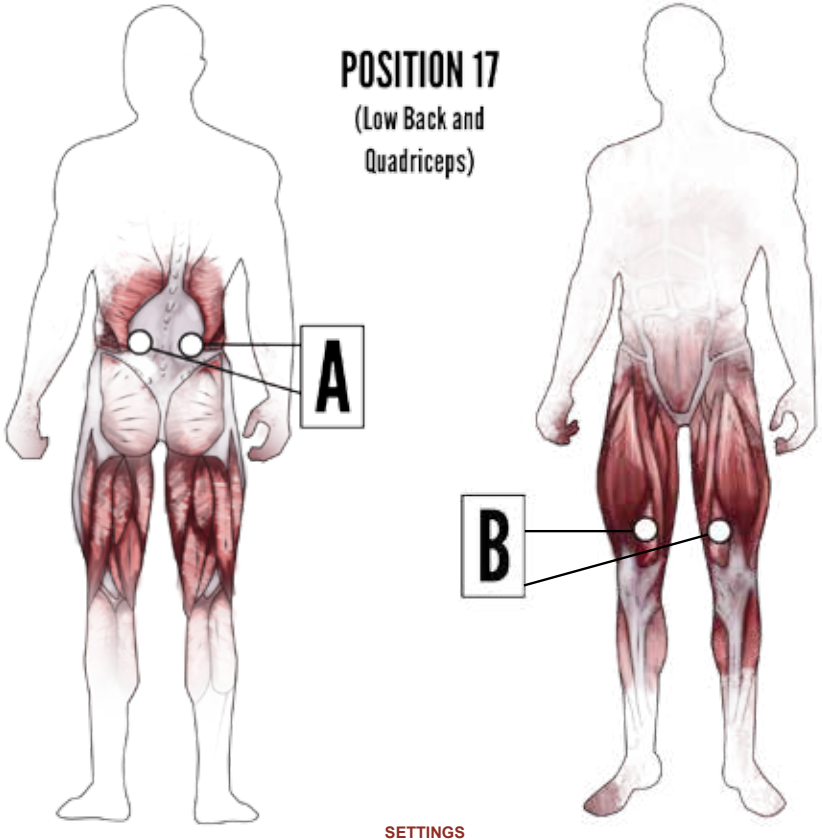


SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	6+
B	LOW	6+

POSITION 17

(Low Back and Quadriceps)



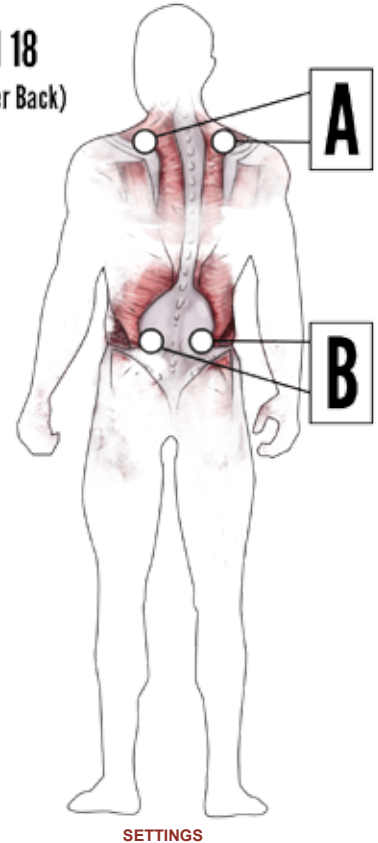
SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	6+
B	LOW	6+

Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

POSITION 18

(Traps and Lower Back)



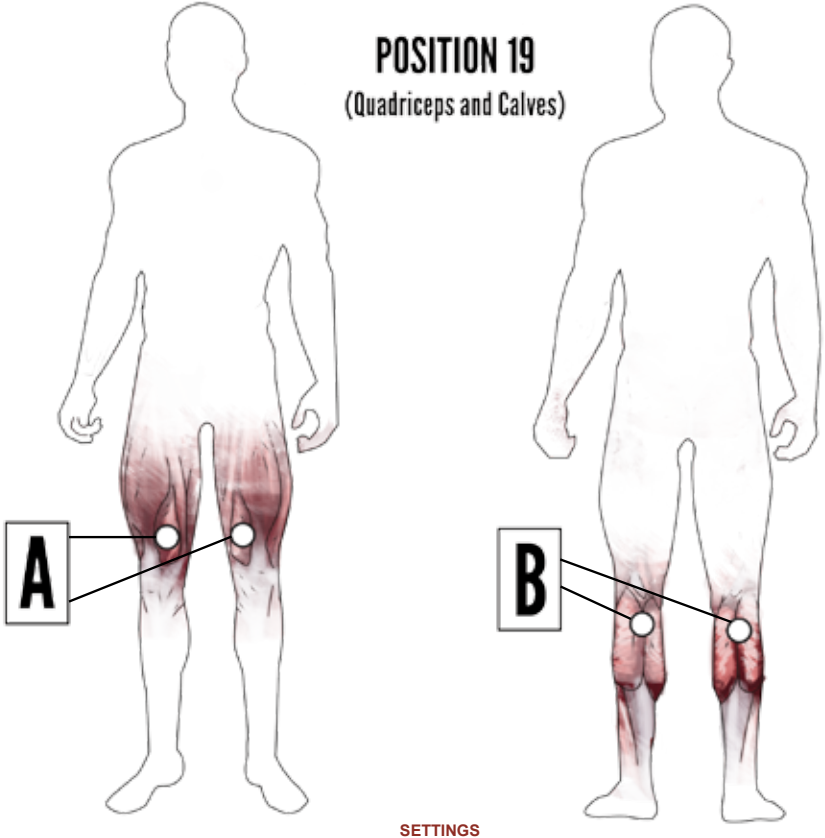
Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	4+
B	LOW	6+

POSITION 19

(Quadriceps and Calves)



SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	6+
B	LOW	7+

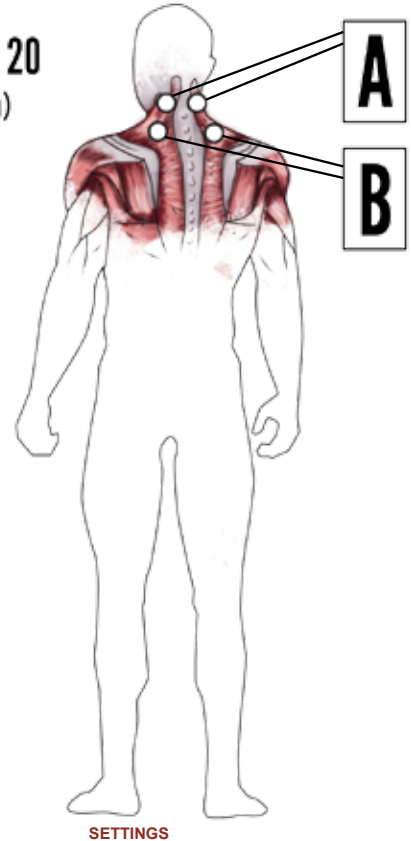
Are the target muscles being activated and/or is the activation strong enough? If not re-position the electrodes to find the optimal placement.

COMMON ELECTRODE PLACEMENTS FOR PAIN UNRESPONSIVE TO LOW FREQUENCY

Please read the Low vs High frequency Section on Pages 12-13

POSITION 20

(Neck Pain)



SETTINGS

Channels:	Frequency:	Intensity:
A	HIGH*	2 - 5
B	LOW	3 - 6

NOTES

- The higher the intensity the better the results will be. The units should feel strong (with low frequency a good visible contraction) but within your tolerance level.

- When treating in high frequency be sure it is "buzzing" directly over the pain and bring the intensity high enough to desensitize any pain signals. Never cause cramping or muscle tetanization (that's a signal to lower the intensity or that you should be using low frequency in that area)

*If congestion is primary concern use Low Frequency. If pain is primary and caused by other factors use High Frequency. Or use half and half.

Especially for back pain, reaching the target intensity level of 8-9 will help produce much more significant and much more lasting relief. It may take some time to slowly reach these target levels.

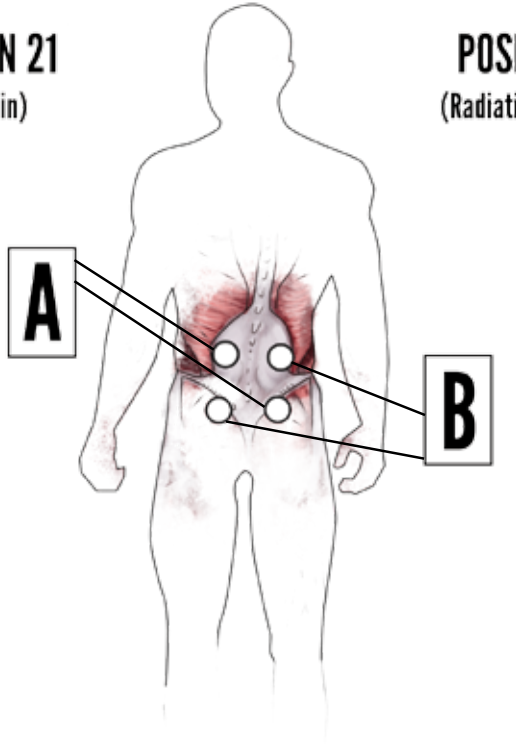
Turn the intensity levels up slowly until the “buzzing” feels very strong and intense, but not above your tolerance (this will be different for everyone, but is commonly an intensity level of around 4).

Wait 1-2 minutes and as your body acclimates the signal will not feel as strong. At this time turn the intensity level up slowly again until it feels very strong and intense, but not above your tolerance.

Wait a few minutes for your body to acclimate and repeat the process until you eventually reach the target intensity range or as high as possible.

The signal should feel very strong and intense, but never continue if there is discomfort. If you need to get up and move during treatment we recommend turning down the intensity then back up once relaxing again.

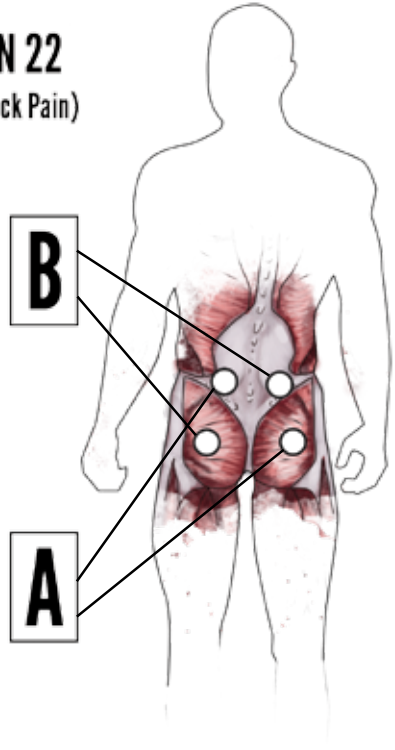
POSITION 21
(Back Pain)



SETTINGS

Channels:	Frequency:	Intensity:
A	HIGH*	8 - 9
B	HIGH*	8 - 9

POSITION 22
(Radiating Back Pain)



SETTINGS

Channels:	Frequency:	Intensity:
A	HIGH*	8 - 9
B	HIGH*	8 - 9

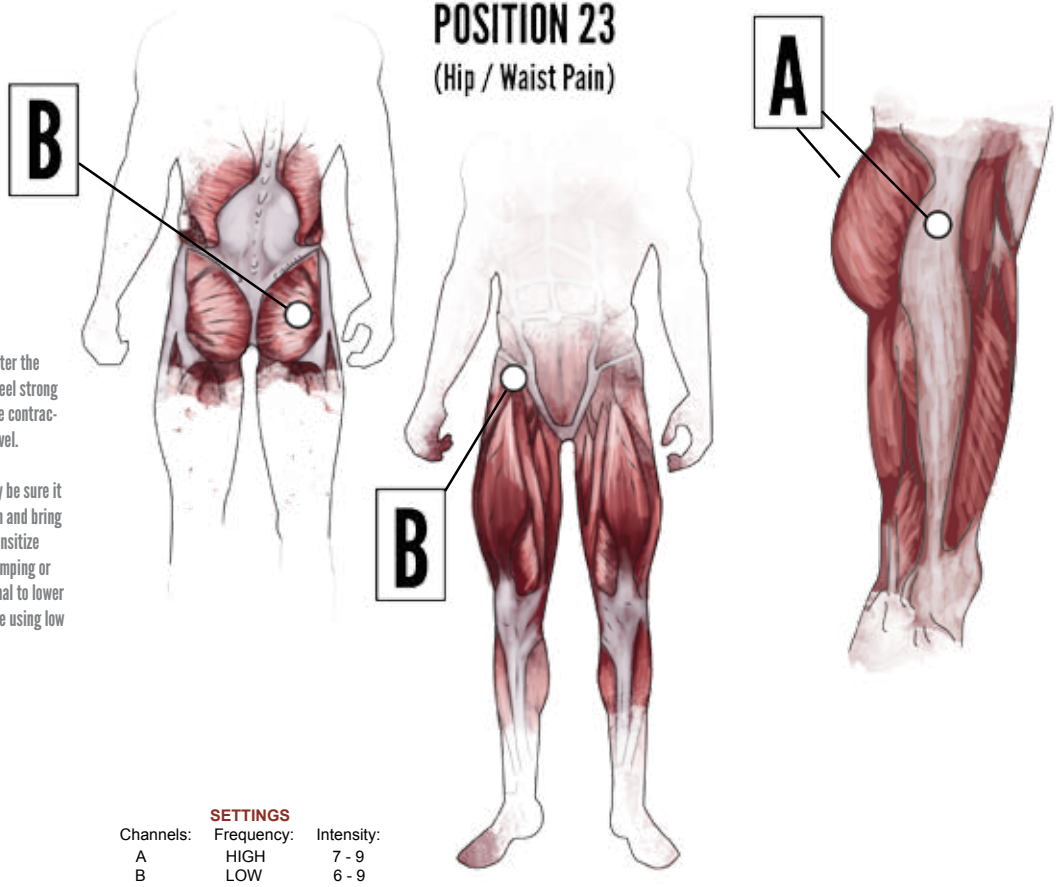
NOTES

- The higher the intensity the better the results will be. The units should feel strong (with low frequency a good visible contraction) but within your tolerance level.
- When treating in high frequency be sure it is "buzzing" directly over the pain and bring the intensity high enough to desensitize any pain signals. Never cause cramping or muscle tetanization (that's a signal to lower the intensity or that you should be using low frequency in that area)

*If congestion is primary concern use Low Frequency. If pain is primary and caused by other factors use High Frequency. Or use half and half.
**Once pain has been substantially reduced use low frequency for half of treatment.

POSITION 23

(Hip / Waist Pain)



NOTES

• The higher the intensity the better the results will be. The units should feel strong (with low frequency a good visible contraction) but within your tolerance level.

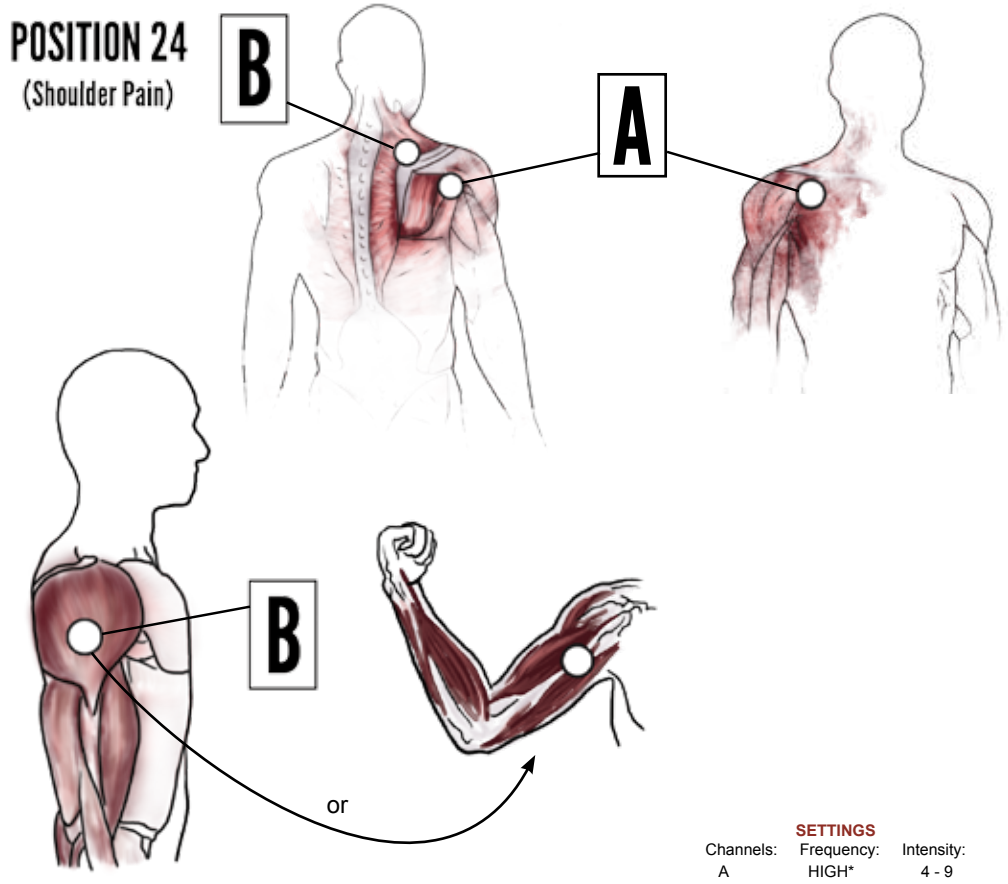
• When treating in high frequency be sure it is "buzzing" directly over the pain and bring the intensity high enough to desensitize any pain signals. Never cause cramping or muscle tetanization (that's a signal to lower the intensity or that you should be using low frequency in that area)

Channel A electrodes are on medial and lateral hip (sandwiching hips)

SETTINGS

Channels:	Frequency:	Intensity:
A	HIGH	7 - 9
B	LOW	6 - 9

POSITION 24
(Shoulder Pain)



SETTINGS

Channels:	Frequency:	Intensity:
A	HIGH*	4 - 9
B	LOW	4 - 9

NOTES

• The higher the intensity the better the results will be. The units should feel strong (with low frequency a good visible contraction) but within your tolerance level.

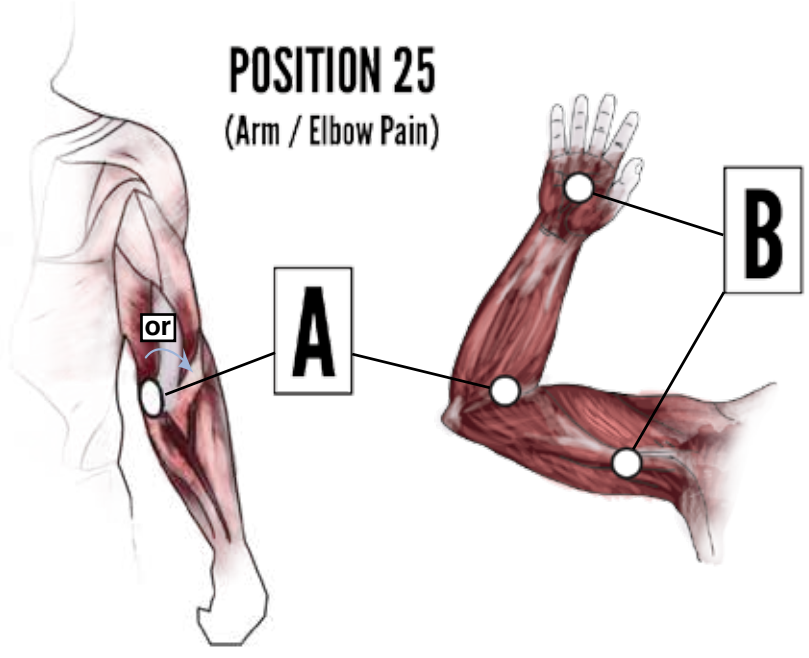
• When treating in high frequency be sure it is "buzzing" directly over the pain and bring the intensity high enough to desensitize any pain signals. Never cause cramping or muscle tetanization (that's a signal to lower the intensity or that you should be using low frequency in that area)

*If congestion is primary concern use Low Frequency. If pain is primary and caused by other factors use High Frequency. Or use half and half.

NOTES

• The higher the intensity the better the results will be. The units should feel strong (with low frequency a good visible contraction) but within your tolerance level.

• When treating in high frequency be sure it is "buzzing" directly over the pain and bring the intensity high enough to desensitize any pain signals. Never cause cramping or muscle tetanization (that's a signal to lower the intensity or that you should be using low frequency in that area)



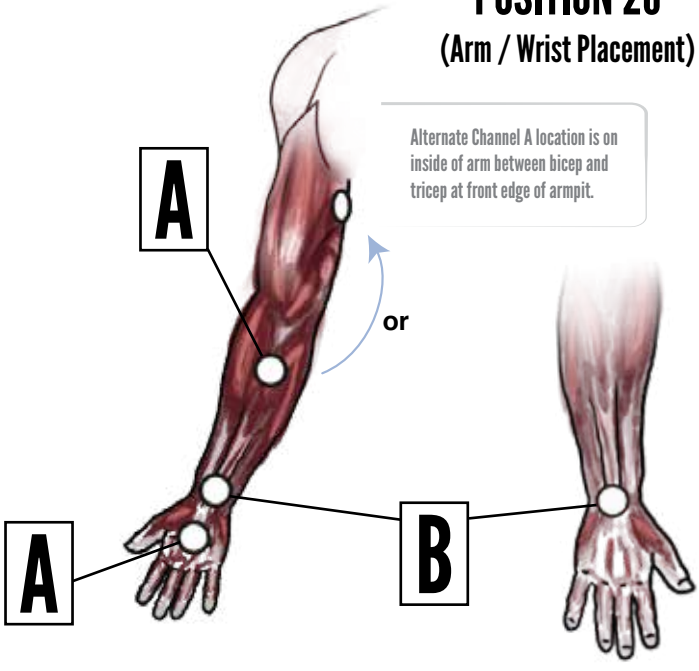
SETTINGS

Channels:	Frequency:	Intensity:
A	HIGH*	3 - 6
B	LOW	3 - 6

*If congestion is primary concern use Low Frequency. If pain is primary and caused by other factors use High Frequency. Or use half and half.

POSITION 26

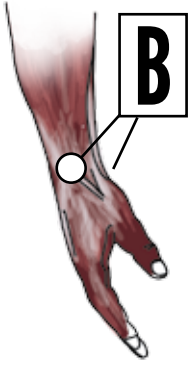
(Arm / Wrist Placement)



Alternate Channel A location is on inside of arm between bicep and tricep at front edge of armpit.

Alternate B Placement:

Medial &
Lateral Wrist



NOTES

- The higher the intensity the better the results will be. The units should feel strong (with low frequency a good visible contraction) but within your tolerance level.
- When treating in high frequency be sure it is "buzzing" directly over the pain and bring the intensity high enough to desensitize any pain signals. Never cause cramping or muscle tetanization (that's a signal to lower the intensity or that you should be using low frequency in that area)

SETTINGS

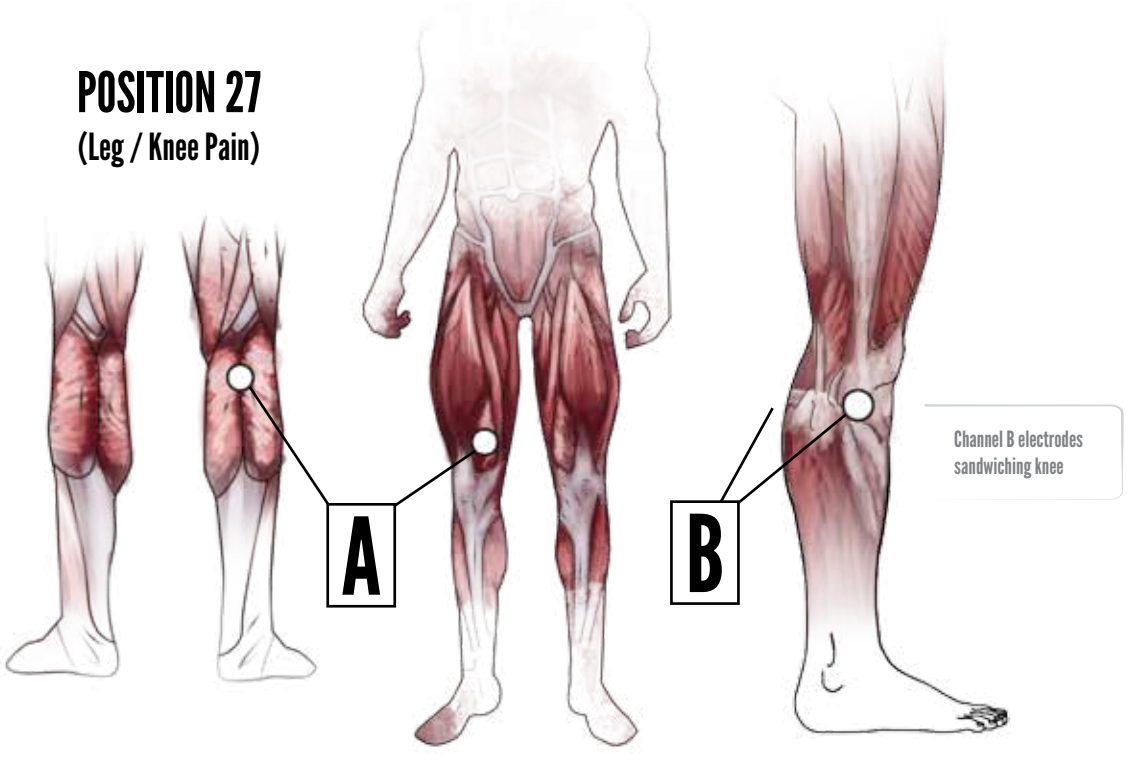
Channels:	Frequency:	Intensity:
A	LOW	3 - 6
B	HIGH	3 - 6

POSITION 27
(Leg / Knee Pain)

NOTES

• The higher the intensity the better the results will be. The units should feel strong (with low frequency a good visible contraction) but within your tolerance level.

• When treating in high frequency be sure it is "buzzing" directly over the pain and bring the intensity high enough to desensitize any pain signals. Never cause cramping or muscle tetanization (that's a signal to lower the intensity or that you should be using low frequency in that area)



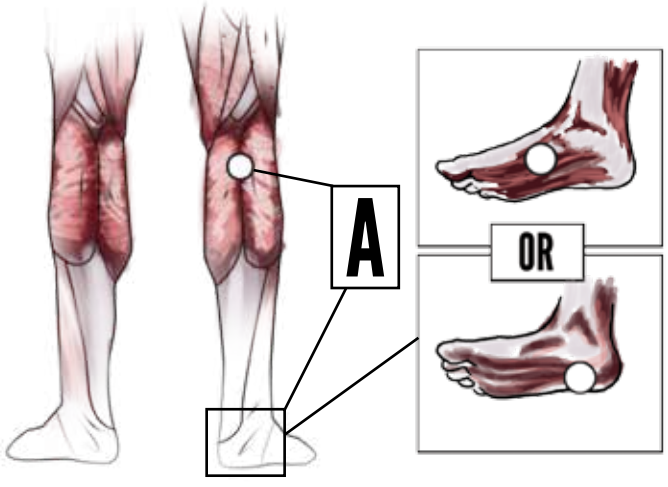
Channel B electrodes sandwiching knee

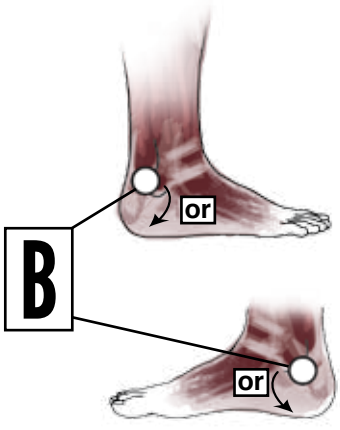
SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	7 - 9
B	HIGH	6 - 9

POSITION 28

(Leg / Ankle / Heel Pain)





Channel B electrodes sandwiching ankle or heel

NOTES

- The higher the intensity the better the results will be. The units should feel strong (with low frequency a good visible contraction) but within your tolerance level.
- When treating in high frequency be sure it is "buzzing" directly over the pain and bring the intensity high enough to desensitize any pain signals. Never cause cramping or muscle tetanization (that's a signal to lower the intensity or that you should be using low frequency in that area)

SETTINGS

Channels:	Frequency:	Intensity:
A	LOW	7 - 9
B	HIGH	6 - 9

MIXING AND MATCHING GUIDELINES

Your needs and your responses will decide and dictate the best electrode placements. Remember that Channels A and B are completely independent. Channel A can be used on one muscle or group of muscles, while Channel B can be used on another. For example Channel A might be used to address muscles in your left arm; while Channel B could be used to address muscles on your low back, or your right calf. Any mix and match is acceptable that helps you address your muscle conditioning goals.

Visit www.marcpro.com
for more info, tips, tricks and best practices

Troubleshooting:

- If the battery gauge starts flashing during the treatment, the charge level of the batteries is getting low. Stop the treatment session and recharge the device.
- If the signal feels week or intermittent and / or device says “Check Leads and Pads”
  - Check to make sure all pads have a good connection to the skin.
  - It may be time to change to a new set of electrodes. (*see electrode care*)
- If the unit is powered on and the LCD screen does not turn on, check that the charger is unplugged from the wall and the back of the device.
- If this had been done and there is no change or if the unit does not seem to be holding its 10 hour charge time between treatments; please contact Marc Pro. The battery may need to be replaced.

Cleaning Your Unit:

To clean your Marc Pro Plus, use a cloth and an alcohol-based cleaning product, which does not contain solvents.

Storage & Transport Conditions:

The Marc Pro Plus contains rechargeable batteries and so the storage conditions must not exceed the following figures:

Storage temperature:
from -4° F to 113° F, -20° C to 45° C
Max. relative humidity: 75%
Atmospheric pressure:
from 700 hPa to 1060 hPa

Technical Data:

- Voltage 0-35V
- Current 0-35mA
- Frequency 1-70Hz
- Bi-phasic waveform
- Pulse Duration 5ms; 1ms at 50% of max amplitude

** tests conducted under 1K load*

NOTE OPERATING INSTRUCTIONS 

Disposal: For environmental protection the device, the battery and its accessories have to be disposed of properly.

Type BF Applied Part 

www.marcpro.com

L12 Rev.A