



Instructions for Using the AcuKnee System by Pain Therapy Innovations

1. The AcuKnee is shipped pre-programmed with electrodes connected and ready to use. You should periodically check connections prior to use and refer to the instruction manual to resolve any issues with connections, programming or adjusting to a different knee. Remember to remove plastic electrode cover plates before treatment and replace them after treatment.
2. Confirm that the unit is set to the "COM" program. The PRG button only scrolls forward, in one direction. Remove electrode covers and apply a pea sized drop of gel to each electrode and cover the electrode completely. Center the knee cap cut-out hole over the knee cap and firmly wrap and secure the upper and lower Velcro closures.
3. Slowly adjust left and right mA (+) by pressing the (+) positive buttons. This starts the high frequency program and you will begin to feel the stimulation. Increase this slightly above sensory perception. The stimulation should never be painful.
4. The Pain Warrior® is equipped with a mA lockout and after one minute the stimulator will lock. To make any adjustment, you must press the negative (-) button before you increase positive (+) the mA.
5. Slowly adjust the left and the right current by selecting (+) or (-) buttons (both sides) to increase or decrease the current to the knee. This is a high frequency program and you may notice your muscle gently contracting. This is normal and harmless. The current should be increased to slightly above perception and feel approximately equal on both the left and right side (numbers may be different.) The stimulation should never be painful.
6. After fifteen minutes the program will automatically change to a low frequency and you should readjust the mA output to slightly above sensory perception.
7. You may notice some muscle contraction of the thigh muscles. This is normal.
8. After an additional fifteen minutes the Pain Warrior® will turn itself off. You can track treatment time in the upper right hand corner of the Pain Warrior® screen. The total treatment takes 30 minutes.
9. When the program is complete, gently remove the wrap and replace the plastic electrode covers. Never ice the knee within 24 hours of using the AcuKnee™ system. Ice abolishes the positive effects.
10. Generally, treat once a day. You may treat twice if your knee is sore from over-use or you are planning on an increased level of exercise.