



RS-2m[®] Muscle Stimulator



Easy to use, advanced option for treating muscle conditions

The RS-2m[®] Muscle Stimulator is a two-channel electrotherapy device that uses advanced digital technology to treat muscle conditions. Unlike a TENS device, which alters the perception of pain, the RS-2m contracts muscle.

Indications for use of the RS-2m:

- ❑ prevents or retards disuse atrophy
- ❑ relaxes muscle spasms
- ❑ maintains or increases range of motion
- ❑ re-educates muscle
- ❑ increases local blood circulation
- ❑ prevents venous thrombosis through post-surgical stimulation of calf muscles

Physicians have prescribed RS Medical stimulators to treat musculoskeletal conditions for many years. The RS-2m is known in the industry for strong, comfortable muscle contractions.

Treatments conform to patients' conditions

Treatment settings for the RS-2m can be adjusted according to the patient's condition. Which treatment plan a patient uses depends on his or her muscle indications and body area being treated.

Two independently-controlled channels support up to four pads, enabling the RS-2m to treat a wide variety of common muscle conditions.

The device is a cost effective, non-invasive and non-habit forming modality for the treatment of muscle conditions.

Choose efficient, convenient therapy

The RS-2m is designed specifically for home use, so patients can take multiple daily treatments in a convenient setting. Because home treatments easily fit into the patient's daily schedule, the patient may be more likely to comply with prescribed treatments between clinic visits.

RS Medical provides the RS-2m to patients and processes the insurance paperwork. Patients in most cases receive personalized fitting instructions in the physician office. A patient-oriented instructional manual and DVD in both English and Spanish make the RS-2m easy to learn to use.

The RS-2m can be used with the RS-LB Low Back or RS-FBG Full Back Conductive Garments to help patients place the stimulator's pads on difficult-to-reach treatment sites on the back.



RS-2m Features

- Muscle stimulation contracts muscles
- Comprehensive muscle stimulation indications
- Preset treatment plans
- Two independent, programmable channels operating four pads
- Advanced digital technology
- Large, push button controls
- LED lights display operation status
- Hand-held (3"W x 6"H x 1.2"D),
- Powered by rechargeable battery
- Personal stimulator designed for patient use at home
- RS Medical provides patient support
 - Personal how-to-use instruction
 - On-going support via toll-free Customer Service number
 - At-home instruction with Operation Manual, demonstration DVD
- Muscle stimulation waveform produces alternating bi-phasic, symmetrical, and balanced pulses
- RS Medical processes patient insurance paperwork

Benefits

- Treats a variety of muscle conditions (see indications below)
- Different than a TENS device, which alters the perception of pain without treating underlying condition
- Offers rehabilitative treatment at a lower cost than alternative therapies
- Non-invasive and non-narcotic alternative to drugs
- Relaxes muscle spasms
- Prevents or retards disuse atrophy
- Increases local blood circulation
- Maintains or increases range of motion
- Re-educates muscles
- Prevents venous thrombosis through immediate post-surgical stimulation of calf muscles
- Enables RS Medical representative or clinician to set up individualized patient treatment plans
- Flexible settings for a wide range of protocols
- Adjustable muscle treatment settings: relax and contract cycles
- Produces very comfortable waveform
- Accommodates wide range of protocols
- Digital design provides reliable operation
- Easy to use
- User can quickly and easily verify treatment status
- Convenient portability; designed for home use
- Low operating cost; no batteries to buy; red light reminder to recharge battery
- Patient fits treatments into daily schedule
- May increase the amount of therapy the patient receives
- Can be used in conjunction with physical therapy
- No physician staff time required for patient support
- Instruction provided in physician office where practical
- Easy for patients to learn to use
- Patients get additional assistance with free phone support
- Full patient support may increase patient confidence and use
- Pulse width: variable 0-415 microseconds (+/-10%)
- Interpulse interval 7.04 milliseconds
- Cycle frequency: 71 cycles per second (+/-5%)
- 115 milliamperes peak (+/- 10%) into a 500 Ohm load with a fully charged battery
- Patient and physician office do not process paperwork
- Qualifies for most insurance plans, including Medicare

WARNING: FEDERAL LAW RESTRICTS THE SALE OF THIS DEVICE ON THE ORDER OF A LICENSED DOCTOR OR PHYSICIAN, UNDER THE LAWS OF THE STATE WHERE LICENSED TO PRACTICE. CONTRAINDICATIONS: These are the conditions under which an electrical stimulator should not be used: Do not use the device if you use a cardiac demand pacemaker. Do not use the device if you have any form of cancer. **WARNINGS:** These are the warnings involved with the use of an electrical stimulator: Adequate precautions should be taken in the case of patients or persons with suspected heart problems or persons diagnosed or suspected as epileptics. Do not stimulate over the carotid sinus (neck) nerves, especially in patients with a known sensitivity to the carotid sinus reflex. Severe spasm of the laryngeal and pharyngeal (throat) muscles may occur when pads are positioned over the neck or mouth. The contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation should not be applied transcranially (through the head). The long term effects of chronic electronic stimulation are unknown. The safety of electrical stimulation during pregnancy or birth has not been established. Electronic muscle stimulation should not be used over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins. Stimulation should not be applied transthoracically (through the chest) in that the introduction of electrical current into the heart may cause cardiac arrhythmias (abnormally fast heartbeats). Do not use a muscle stimulator while driving, operating machinery, or doing any activity in which involuntary muscle contraction may put a person at undue risk. Do not use a muscle stimulator in an environment where flammable gases may be present. Operation of the device may be affected by shortwave, or diathermy therapy, or high frequency surgical equipment and x-rays from computed tomography (CT) scanning. Simultaneous connection of a patient to a high frequency surgical device may result in burns at the site of the pads and possible damage to the device. **PRECAUTIONS:** Precautions should be observed in the presence of the following: When there is a tendency to hemorrhage following acute trauma or fracture. Following recent surgical procedures when muscle contraction may disrupt the healing process. Over the menstruating uterus. Where sensory nerve damage is present by a loss of normal skin sensation. Patients may experience skin irritation or hypersensitivity (rashes or allergic reactions) due to the electrical stimulation or pad/gel material. The irritation can usually be reduced by the use of an alternate type of pad or alternate pad placement. Pad placement and stimulation settings should be based on the guidance of the prescribing doctor. The device should be used only under the continued supervision of your doctor. Contact your prescribing doctor if there is any change in an existing condition or if any new condition develops. Electronic monitoring equipment (such as ECG monitors and ECG alarms) may not operate properly when stimulation is in use. Do not submerge the device in liquids or expose it to large amounts of water. Keep this device out of the reach of children. The device is provided under a doctor's prescription and should not be shared with others. Do not use if the device appears to be damaged from shipping or the device enclosure is opened or damaged; if this occurs, call Customer Service. Do not substitute or use any other components other than those supplied with the device. Components include: pads, connecting cables and an A/C adapter. Removing or repositioning the pads while the RS-2m is operating can result in the sensation of increased treatment intensity. **ADVERSE EFFECTS:** Possible adverse effects include skin irritation, allergic reaction, rash, skin damage, localized discomfort, electrical shock and electrode burns under the electrode pads. Covered by one or more of U.S. Pat. No. (s) 5,755,745; 5,836,995; 6,393,328; 6,988,005; RE36,690; RE39,359. Additional application(s) pending.