

RS-4M[®]

Muscle Stimulator



Four independent channels, tracks patient usage, comfortable waveform

Prescribe muscle stimulation with confidence

The RS-4M[®] muscle stimulator is a four-channel electrotherapy device that contracts muscles, unlike a TENS device which is intended to alter the perception of pain. The medical value of muscle stimulation therapy has earned the RS-4M six cleared indications:

- Prevents or retards disuse atrophy
- Relaxes muscle spasm
- Increases local blood circulation
- Maintains or increases range of motion

- Re-educates muscles
- Prevents venous thrombosis through immediate postsurgical stimulation of calf muscles

Physicians for years have integrated RS Medical muscle stimulators into treatment plans for musculoskeletal disorders and conditions. More than 250,000 patients have been treated by RS Medical muscle stimulators either solely or in conjunction with other therapies.

Choose capability and patient convenience

The RS-4M provides four independently programmable channels operating up to eight pads—a significant advantage over two channel devices. The RS-4M's four independent channels enable physicians to treat more conditions, cover larger muscle areas, and shorten treatment times.

The RS-4M is a personal muscle stimulator

designed specifically for at-home use. It is small, lightweight, and powered by a rechargeable battery.

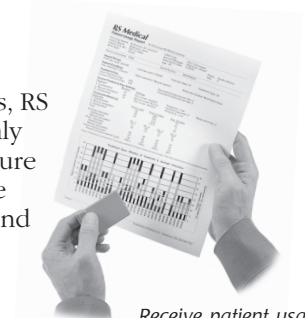
The patient-oriented manual and instructional videotape make it easy to learn to use. Large push buttons make it easy to operate. Eight safety features ensure correct operation.

Monitor patient compliance, track patient recovery

Knowing how a patient complies is highly beneficial in today's cost-aware environment. The RS-4M's patented Data Card technology automatically captures extensive patient usage data. RS Medical's exclusive Patient Usage Reports detail treatment dates, durations, intensities and more.

Patient compliance is supported by virtually every aspect of the RS-4M. Patients prefer the waveform's unmatched comfort. They appreciate the convenience of fitting treatments into their daily schedule at home.

Recognizing the importance of outcomes, RS Medical conducts monthly patient surveys to measure health status. Results are reported to physicians and payors to assist in evaluating patient recovery.



Receive patient usage and health survey reports

Impact overall therapy costs

Prescribing the RS-4M may reduce overall recovery costs. At-home muscle stimulation can be a positive adjunct or alternative to more costly clinical therapies.

Patients rent the device from RS Medical on a monthly basis, paying only for the period the device is used. And patient compliance is verified with the Usage Report.

RS-4M Features

Benefits

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| <ul style="list-style-type: none">• Muscle stimulator that contracts muscles | <ul style="list-style-type: none">• Treats the muscle condition, unlike a TENS device which is intended to alter the perception of pain• Effective alternative to drugs; non-invasive and non-narcotic |
| <ul style="list-style-type: none">• Six cleared indications for use | <ul style="list-style-type: none">• Relaxes muscle spasm• Prevents or retards disuse atrophy• Increases local blood circulation• Re-educates muscles• Maintains or increases range of motion• Prevents venous thrombosis through immediate post-surgical stimulation of calf muscles |
| <ul style="list-style-type: none">• Four independent, programmable channels operating eight pads | <ul style="list-style-type: none">• Accommodates a wide range of protocols• Covers large muscle areas• Treatments take less time• Not bifurcated, a potentially hazardous practice of simulating four channels in a two-channel device by splitting the cables |
| <ul style="list-style-type: none">• Personal muscle stimulator designed for unsupervised patient use at home | <ul style="list-style-type: none">• Patient fits treatments into daily schedule• May increase the amount of therapy patient receives• Can be used in conjunction with physical therapy |
| <ul style="list-style-type: none">• Patented “smart” Data Card | <ul style="list-style-type: none">• Captures patient usage data for exclusive Patient Usage Report |
| <ul style="list-style-type: none">• 8 built-in safety features | <ul style="list-style-type: none">• Operates safely by preventing user error and accidental use |
| <ul style="list-style-type: none">• Large, push button controls• LCD displays settings, operations, status | <ul style="list-style-type: none">• Easy to use functions• By reading display, user can confirm proper operation |
| <ul style="list-style-type: none">• RS Medical provides all patient support• Toll-free Customer Service• Personal instruction and initial fitting• User manual, demonstration videotape | <ul style="list-style-type: none">• Easy for patients to learn to use• Patients get information and assistance with a free phone call• No physician staff time required for patient support |
| <ul style="list-style-type: none">• RS Medical rents device to patient• RS Medical handles insurance paperwork | <ul style="list-style-type: none">• Lower cost relative to alternative sources of therapy• Charges accrue monthly only for period of usage• Qualifies for most insurance plans |
| <ul style="list-style-type: none">• Waveform produces alternating bi-phasic asymmetrical balanced pulses• Cycle frequency: 71 Hz. | <ul style="list-style-type: none">• Unmatched user comfort• Phase duration: variable 0-415 μSec; pulse interval, 6.6 mSec. |
| <ul style="list-style-type: none">• Programmable settings<ul style="list-style-type: none">• Relax & Contract: 2, 5 or 10 sec.• 2 modes: Normal or Alternating• Treatment times: 10-60 min. | <ul style="list-style-type: none">• Flexible settings for a broad range of protocols• Relax and contract cycles, mode, and treatment time settings can be individualized to each patient’s condition |
| <ul style="list-style-type: none">• Hand held size: 4W x 7.5D x 2.09H inches, about the size of a VHS videotape | <ul style="list-style-type: none">• Convenient portability• Designed for home use |
| <ul style="list-style-type: none">• Battery powered (NiCad rechargeable batteries providing 6 volts) | <ul style="list-style-type: none">• Low operating cost, no batteries to buy• 2 hours of treatment on four channels at maximum settings |

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 muscle 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:** 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 nerves, especially in patients with a known sensitivity to the carotid sinus reflex. Severe spasm of the laryngeal and pharyngeal muscles may occur when electrodes 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. The long term effects of chronic electronic muscle stimulation are unknown. The safety of electrical muscle stimulation during pregnancy 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. Caution should be used in the transthoracic application of electronic muscle stimulation. The introduction of electrical current into the heart may cause arrhythmias. Keep this device out of the reach of children. 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. **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 due to the electrical stimulation or electrical conductive medium. The irritation can usually be reduced by the use of an alternate conductive medium, or alternate electrode placement. **Adverse effects:** Skin irritation and burns beneath the electrodes have been reported with the use of electronic muscle stimulation.