



Prescription-Strength Pain Relief Right at Home



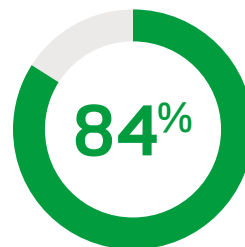
Non-surgical, non-drug pain treatment at your fingertips, whenever you need it



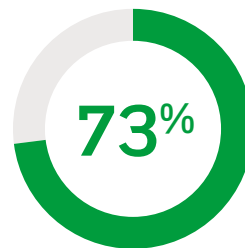
When it comes to chronic pain relief, risky surgery or questionably effective drugs with negative side effects are not your only options.

The RS-4i® Plus Sequential Stimulator with Intersperse® provides life-enhancing pain relief for the thousands of the patients who use it.

Surveys with these patients show:



experience a significant reduction in pain



get relief lasting more than 2 hours

Break out of the cycle of spasms and pain with safe, effective relief that's self-administered in the comfort of your home.



HERE'S WHAT PATIENTS HAVE TO SAY ABOUT THE RS-4i PLUS:

“I’m so thankful I got this device because it works. I haven’t found anything that works as well as it does.”

“It’s taken my pain levels to 0 and increased my mobility tenfold.”

“I used to take pain medication every night before bed, now I no longer have to.”

“This device is my life saver! This is the first time in 3 years that I can do normal activities.”

“It’s like having preventative care at home.”

READY TO ORDER?

The last page of this Discussion Guide contains the form your practitioner can use to easily prescribe the RS-4i Plus.

Twice the therapy: advanced pain relief plus muscle rehabilitation

Unlike other devices that only offer a single type of therapy, the RS-4i Plus features a powerful combination of high-frequency Interferential therapy (INF) and neuromuscular electrical stimulation (NMES).

Why are two therapies better?

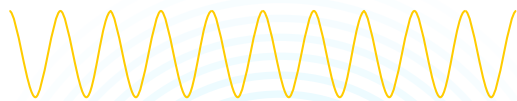
Because INF and NMES act on different nerve groups. Interferential treatment targets the nerves responsible for sending pain signals, while NMES targets motor nerves in the muscle tissue. With both, the RS-4i Plus delivers the dynamic duo of pain relief and muscle rehabilitation that less sophisticated devices can't provide.

Intersperse® – therapies intermixed in one session promotes maximum benefits

The unique advantage that the RS-4i Plus provides is combining these potent therapies into one session. This patented technology is called Intersperse.

During an Intersperse session, pain relief treatment is inserted between muscle stimulation treatment. Combining two treatments in one session results in shorter treatments that patients find more comfortable and more impactful. In fact, a single 30-minute session can provide pain relief lasting 4-8 hours.

THE SCIENCE BEHIND THE RELIEF



Pain-relieving INF

penetrates deep into the tissue – targeting subcutaneous nerves to block pain signals and provide fast-acting relief.

This stimulation also works to trigger the body's release of endorphins, which results in long-lasting pain relief.



Rehabilitative NMES therapy

helps to increase circulation, reduce muscle spasms and re-educate muscle tissue.

The RS-4i Plus stimulates a broader range of muscle fibers than other devices, eliciting a more complete muscle contraction — which results in a greater therapeutic benefit.

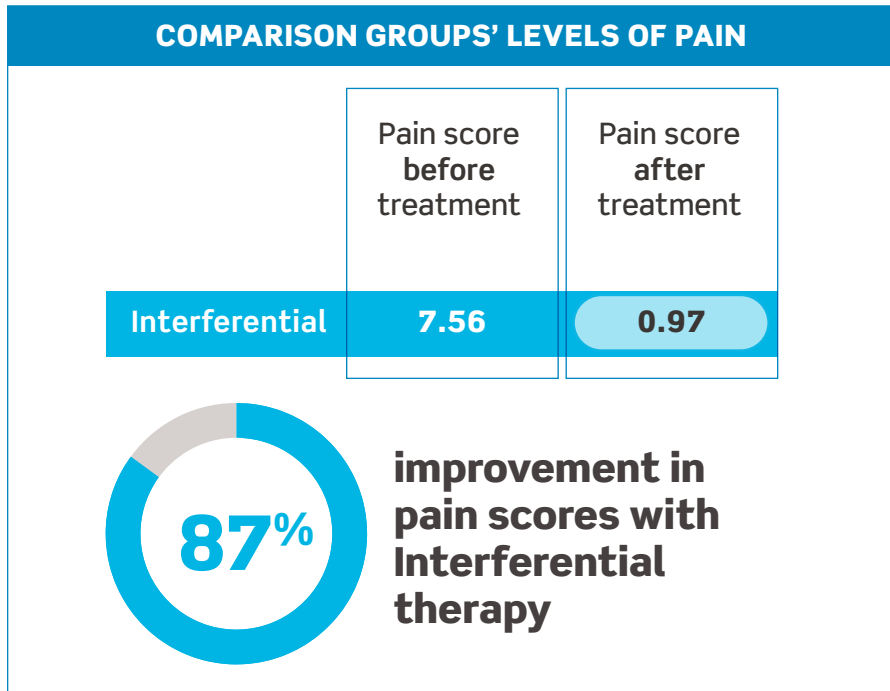
INTERPERSE COMBINES PAIN RELIEF AND MUSCLE REHAB

Studies prove greater effectiveness with INF

Clinical studies have shown INF to be more effective in treating low back pain than TENS.¹

After completion of differing therapies, comparison groups' levels of pain were measured using a Visual Analogue Scale, which uses visual representations to suggest differing levels of pain, to which numerical values are then assigned.²

The results show significantly greater reduction in low back pain with INF versus TENS.



“The research showed that using electrical stimulation with interferential current penetrating deeper into the tissues results in a significant and more efficient elimination of pain, and an improvement of functional ability of patients suffering from low back pain...”³

¹ Efficacy of Selected Electrical Therapies on Chronic Low Back Pain: A Comparative Clinical Pilot Study” - www.ncbi.nlm.nih.gov/pmc/articles/PMC5240899/

² “TENS is not recommended for the treatment of chronic low back pain due to lack of proven efficacy.” - Richard M. Dubinsky, MD, Janis Miyasaki, MD, American Academy of Neurology

³ Ibid.



Research also confirms NMES effectiveness

“Neuromuscular electrical stimulation (NMES) can be an effective component of a rehabilitation program for muscle weakness.”⁴

“NMES has been shown to accelerate functional recovery after surgery, prevent disuse atrophy, reduce range of motion (ROM) deficits, and improve motor control in patients with strength deficits.”⁵

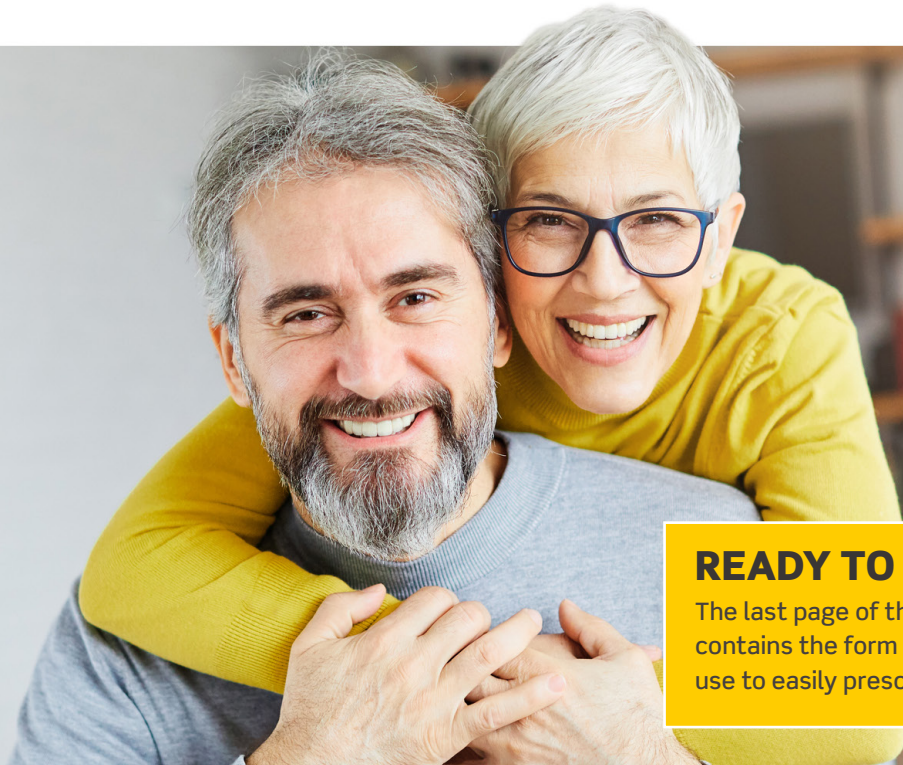
**This is not a
TENS device**

“TENS is not recommended for the treatment of chronic low back pain due to lack of proven efficacy.”

*– Richard M. Dubinsky, MD, Janis Miyasaki, MD,
American Academy of Neurology*

⁴ Robert C. Manske, Michael P. Reiman, “Neuromuscular Electrical Stimulation,” *Physical Rehabilitation*, 2007

⁵ Ibid.



READY TO ORDER?

The last page of this Discussion Guide contains the form your practitioner can use to easily prescribe the RS-4i Plus.

A documented record of patient success

Because this device is compact and designed for home use, you'll be able to fit treatments into your daily schedule whenever pain relief is needed. There's no travel time, no scheduling, no exposure risk. Just apply the electrode pads and start getting relief.

- » Results show **84%** of RS-4i Plus patients report a medically meaningful reduction in pain after one month of use.⁶
- » **50%** drop in pain for half of patients. On a pain scale of 0-10, this represents a reduction from 7.3 to 3.88
- » Patients also report a **35%** drop in pain interfering with activity
- » 6+ hours of pain relief for **35%** of patients. This corresponds with a **38%** drop in pain interfering with sleep

“I am 90% pain free most of the time. I’m no longer afraid to try out more physical activities.”

⁶ 2020 RS Medical, pre-publication data. Patient reported response to RS-4i Plus treatment; analysis of greater than 11,300 patient assessments from U.S. Veterans treated with the RS-4i Plus and followed for one month.



Resources and personalized instruction to ensure ease-of-use

ONE-ON-ONE INSTRUCTION



RS Medical provides one-on-one instruction to every patient who orders an RS-4i Plus.

This training ensures you are comfortable operating the device and that you adhere to your healthcare provider's treatment plan.

INTERACTIVE GUIDES



Our Interactive Pad Placement Guide also has easy-to-follow videos that show exactly where to place electrodes and which muscles are being targeted.

Treatment areas covered in the Guide include the upper back and lower back, as well as less obvious areas like the lower legs and feet. These videos will give you confidence that pads are placed in the right locations.

CONVENIENCE GARMENTS



Adding a garment to your back therapy sessions makes setting up for a treatment even quicker because you don't have to place the pads individually every time.

Simply position electrodes inside your garment once and you're ready to go for every subsequent session. Just remember to refresh the pads every 30 days.

RS Medical garments are adjustable, so getting the perfect fit is a snap. They're also designed with comfort in mind. Constructed of light, flexible fabric, they adjust to any sitting position, and can even be worn under clothing while you take a treatment.

Take the Next Step

Getting your own RS-4i Plus begins with a prescription from your healthcare provider, and the form below makes it simple for them to prescribe.



Print this guide, or download to your phone or tablet.



Take it with you to your next scheduled appointment.

You or your provider can return the prescription via fax to RS Medical at 800-929-1930 or email at customerservice@rsmedical.com.

For questions or assistance, please call 800-935-7763

Prescription <small>Physician section only, all changes <u>must</u> be initialed and dated.</small>	
Patient Name (First, Middle Initial, Last) _____ Patient D.O.B. ____ / ____ / ____	
Patient Phone (____) ____ - ____	
Physician Name _____ Physician NPI _____	
Clinic Address _____ City _____ State ____ Zip ____	
Clinic Phone (____) ____ - ____	
DIAGNOSIS (ICD-10 CODES): _____ , _____ , _____	
STIMULATOR: <input type="checkbox"/> RS-4i Plus® Sequential Stimulator with Intersperse® (4-Ch Interferential/Muscle Stimulator) (HCPC E1399) LENGTH OF USE: <input type="checkbox"/> Indefinite use of Device & Supplies as needed <input type="checkbox"/> Use _____ times per day, _____ days a week	WEARABLE GARMENTS: <input type="checkbox"/> RS-FBG™ Full Back Garment <input type="checkbox"/> RS-LBG™ Low Back Garment CERVICAL TRACTION: <input type="checkbox"/> Patient requires > 20 lbs of home traction <input type="checkbox"/> Pronex® Cervical Traction device for indefinite use Indicate Size: <input type="checkbox"/> 14-16" Regular <input type="checkbox"/> 16-18" Large <input type="checkbox"/> 18"+ Wide
PROVIDER NOTES: 	
By my signature, I am prescribing the item(s) listed above. In my opinion, in accordance with accepted medical practice standards, the above named patient requires the prescribed device, garment and/or electrode pads as provided by RS Medical, for the above diagnosis. If the patient's insurer chooses to purchase the device, I prescribe the device for indefinite use.	
Physician Signature: _____ Date of Signature: ____ / ____ / ____	