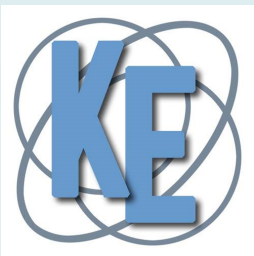


MADE IN FRANCE



MY CONNECTED THERAPY

actiTENS clinical practice
recommendations



SUBLIMED

ENDOMETRIOSIS

Posterior tibial nerve stimulation

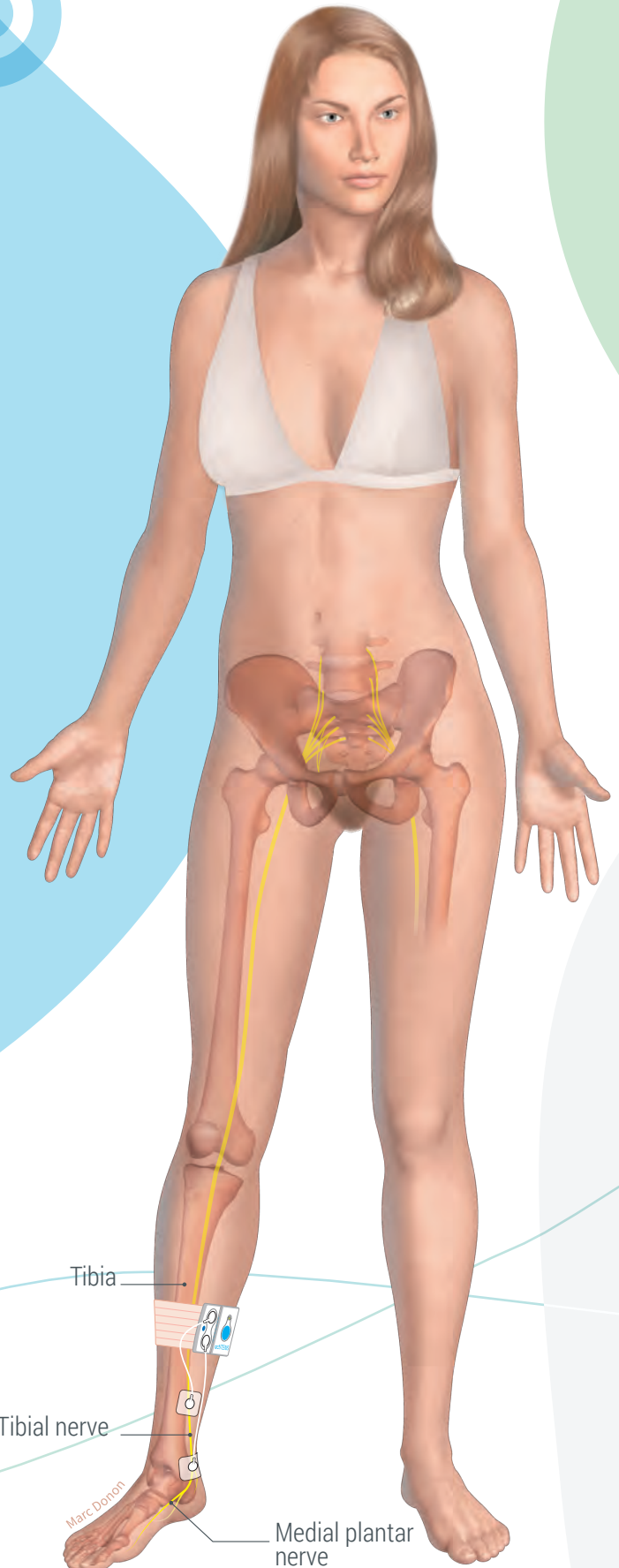
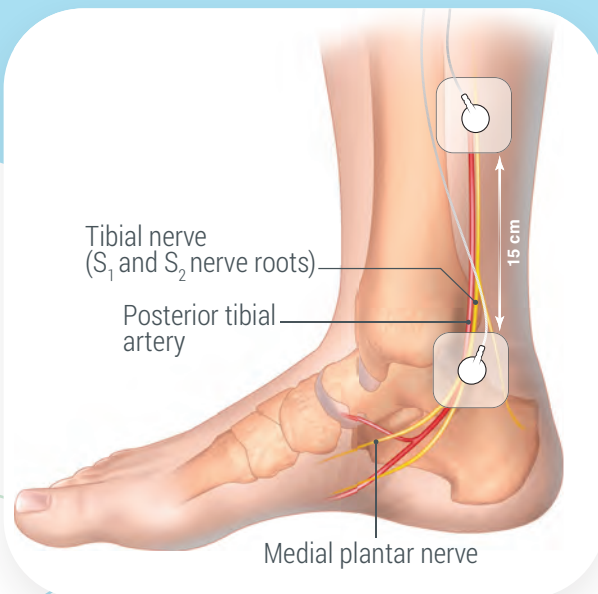
My prescription

- 1 actiTENS
- 2 electrodes 50x50 mm
- 2 cables 14 cm
- 1 adhesive support or actiTENS armband standard size

My connected therapy

- My programs: P1/P2 Gate Control, P13 Nausea
- Stimulation duration: 20/30 min
- Number of sessions per day: 3, depending on patient's need and post-effect duration

Electrodes' positioning



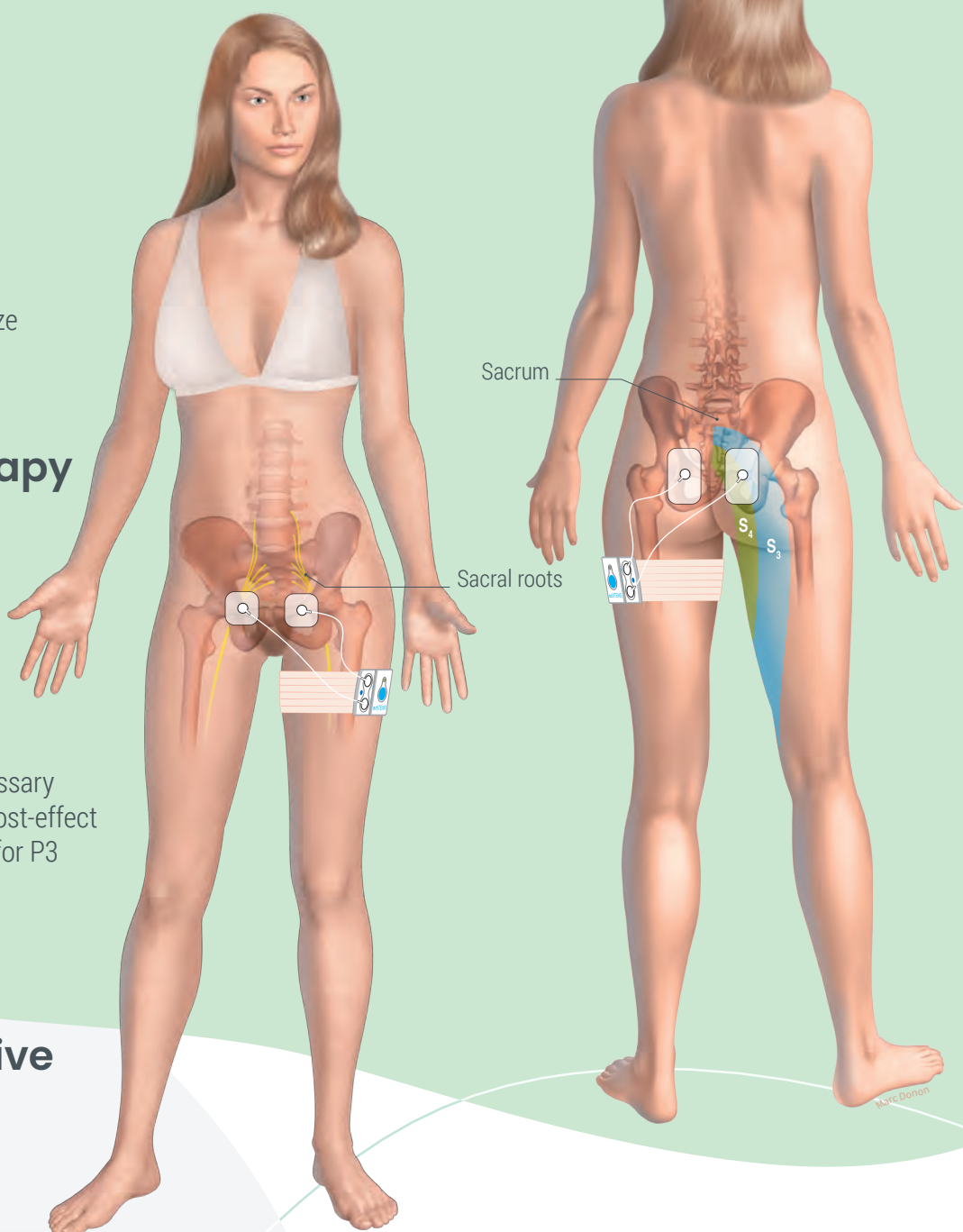
Pelvic pain

My prescription

- 1 actiTENS
- 2x2 electrodes 50x50mm
- 2x2 electrodes 50x90mm
- 2 cables 40 cm
- 2 cables 1m
- 1 actiTENS armband standard size

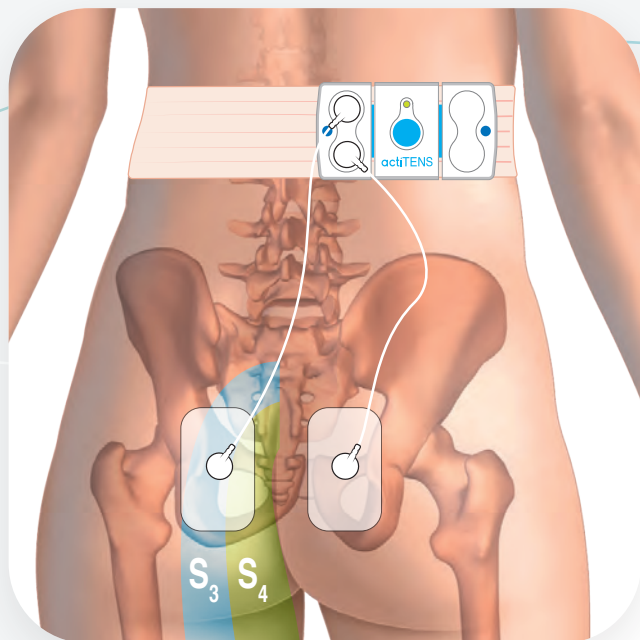
My connected therapy

- My programs: P1 /P2 Gate Control analgesic action, P3 Endorphin, P9 to P12 muscle stimulation
- Stimulation duration: P1/P2; P9 to P12 >30min, P3 30 min minimum to 2 hrs
- Number of sessions per day: P1/P2; P9 to P12 as many as necessary depending on patient's need and post-effect duration and 1 to 3 times per day for P3



actiTENS 's alternative positioning

- 1 actiTENS armband XL size



3 options for stimulation:

- **Option 1:** 2 electrodes 50x90 mm placed on sacral roots on the lower back.
- **Option 2:** 2 electrodes 50x50 mm placed on the abdominal wall, either in supra-pubics at perineum level, either in inguinal, depending on the area of pain.
- **Option 3:** 4 electrodes with 2 electrodes 50x90 mm both placed on sacral roots and 2 electrodes 50x50 mm placed on the abdominal wall on the pain area.

LOW BACK PAIN

My prescription

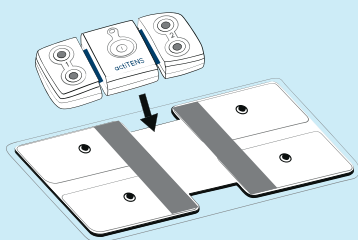
- 1 actiTENS
- 1 lumbar electrode actiTENS
- 2x2 cables 14 cm

My connected therapy

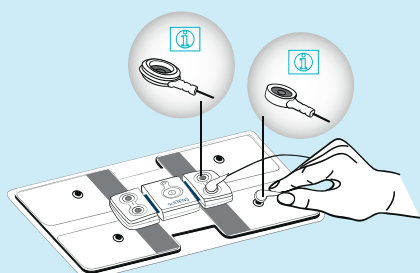
- My programs: P1/P2 Gate Control, P3 Endorphin, P10 Massage
- Stimulation duration: P1/P2 & P10 >30min, P3 30 min minimum up to 2 hrs
- Number of sessions per day: P1/P2; P10 as many as necessary depending on patient's need and post-effect duration and 1 to 3 times per day for P3

Electrode's Installation

1. Install the actiTENS on the lumbar electrode

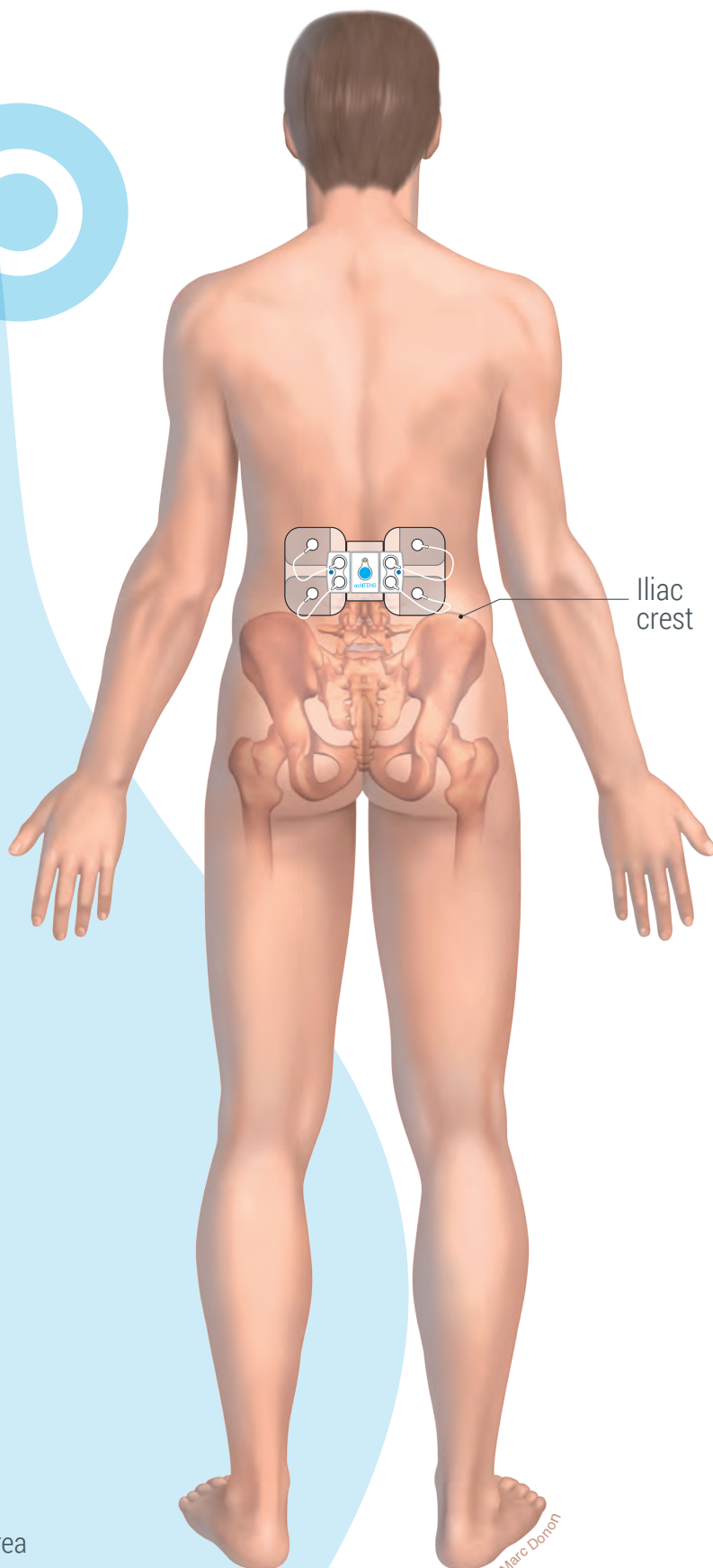


2. Clip the 4 cables onto the lumbar electrode and on the actiTENS



3. Place the equipped electrode on the upper back area

- 4 - My actiTENS connected therapy



NECK PAIN

My prescription

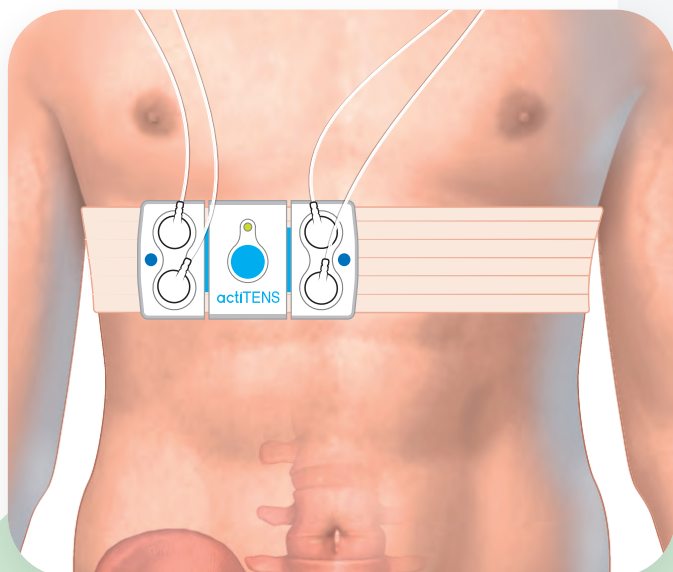
- 1 actiTENS
- 2 electrodes 50x50 mm
- 2 electrodes 50x90 mm
- 2 cables 70 cm
- 2 cables 40 cm
- 1 actiTENS armband standard size

My connected therapy

- My programs: P1/P2 Gate Control, P3 Endorphin, P10 Massage
- Stimulation duration: P1/P2 & P10 >30min, P3 30 min minimum up to 2 hrs
- Number of sessions per day: P1/P2; P10 as many as necessary depending on patient's need and post-effect duration and 1 to 3 times per day for P3

actiTENS 's alternative positioning

- 1 actiTENS armband XL size





SCIATICA

Neuropathic pain of the sciatic nerve

My prescription

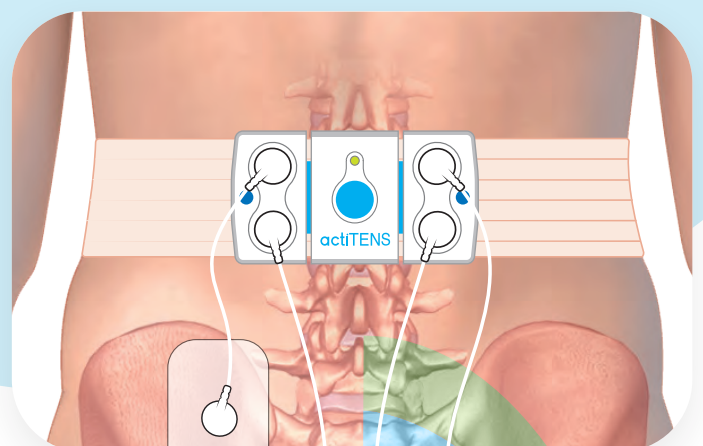
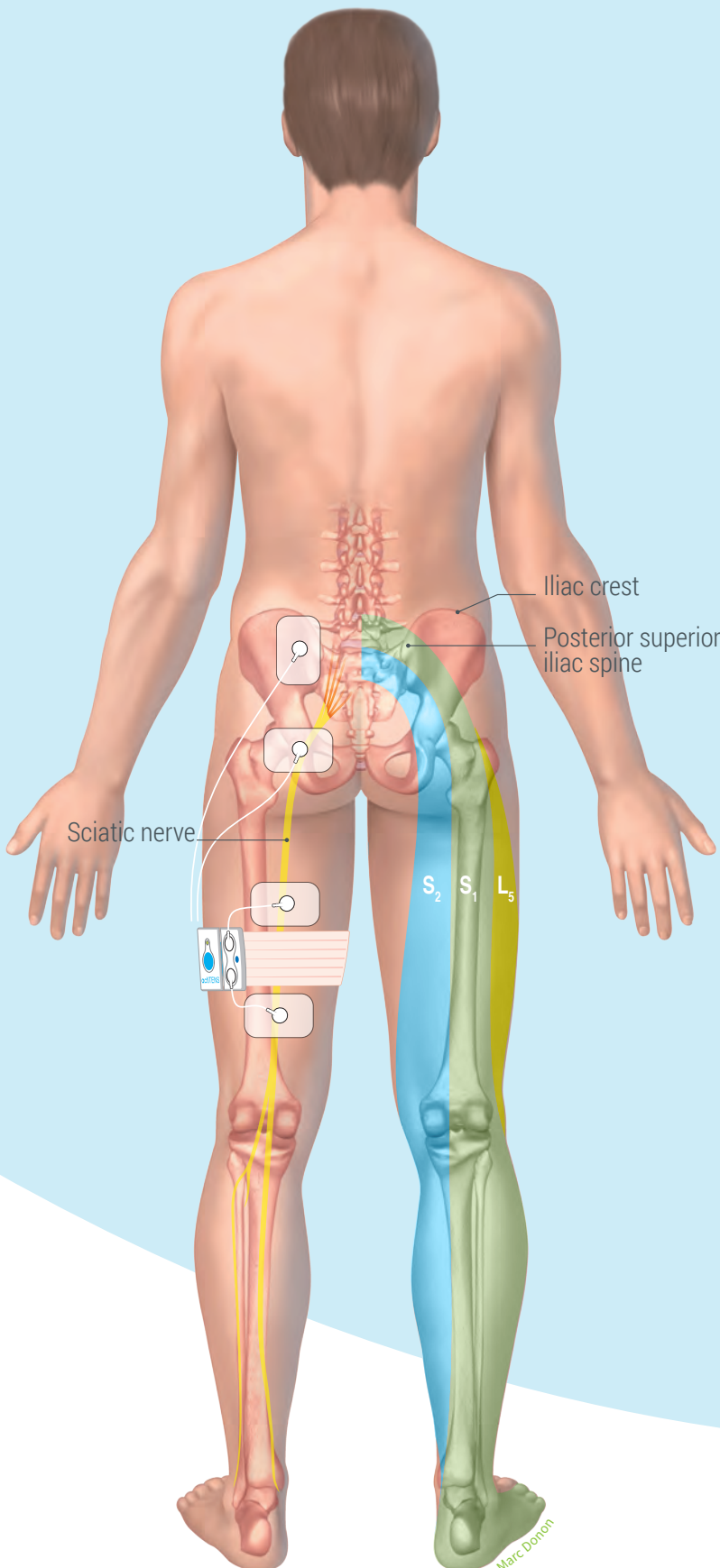
- 1 actiTENS
- 2x2 electrodes 50x90 mm
- 2 cables 40 cm
- 2 cables 70 cm or 2 cables 1 m
- 1 actiTENS armband standard size

My connected therapy

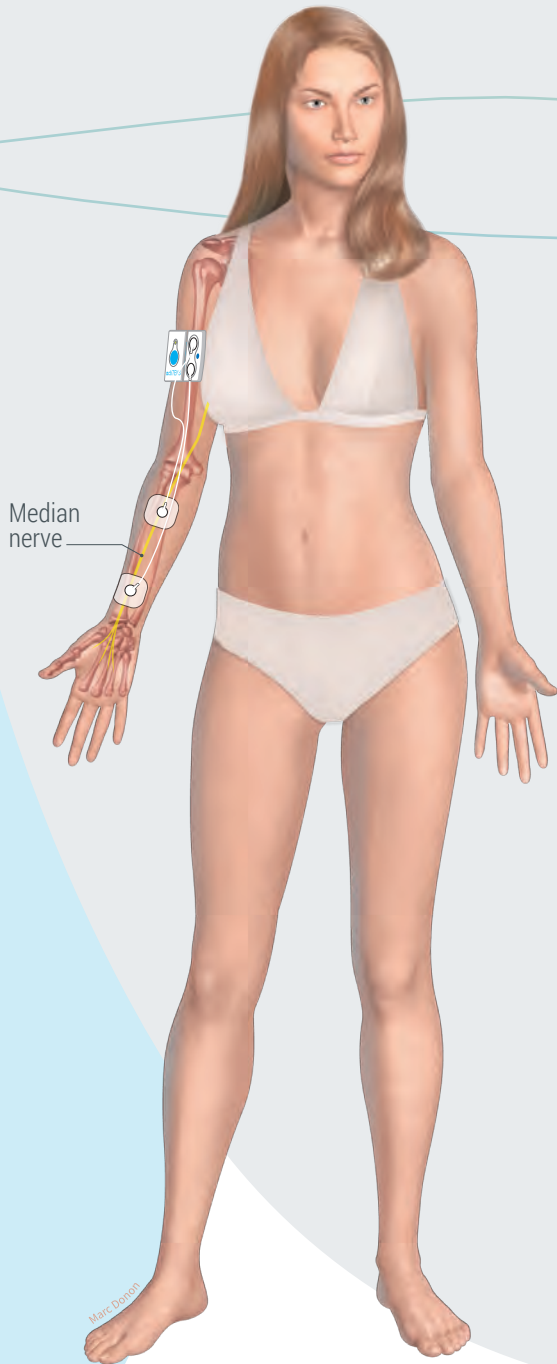
- My programs: P1/P2 Gate Control
- Stimulation duration: > 30 minutes
- Number of sessions per day: as many as necessary depending on patient's need and post-effect duration

actiTENS 's alternative positioning

- 1 actiTENS armband XL size



CARPAL TUNNEL

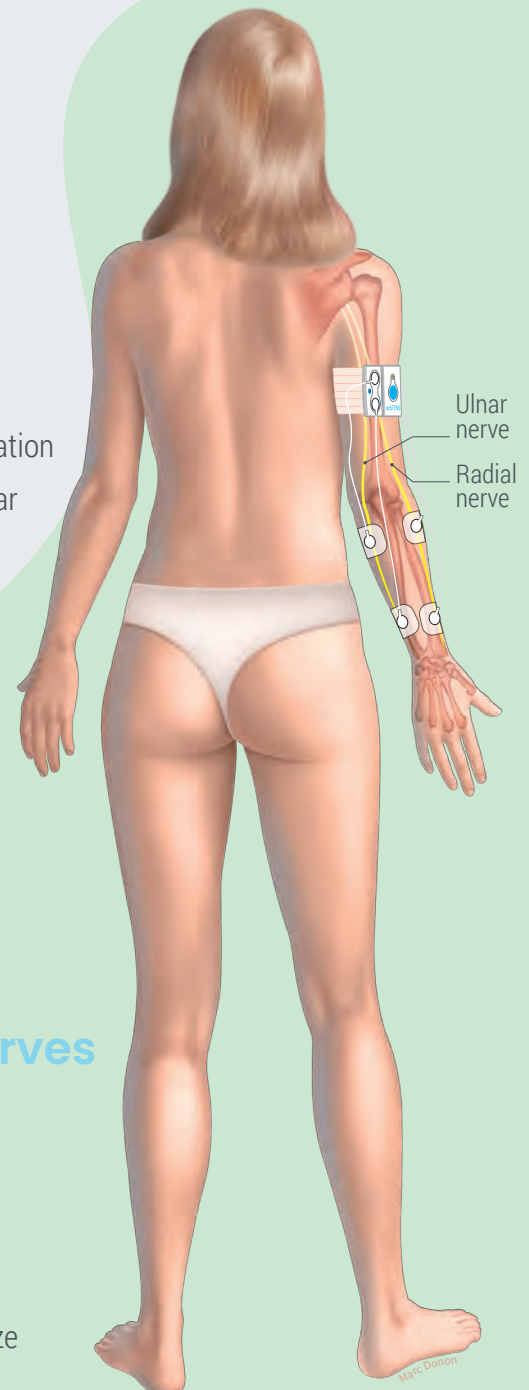


My prescription: stimulation of median nerve

- 1 actiTENS
- 2 electrodes 50x50 mm
- 2 cables 40 cm
- 1 actiTENS armband standard size

2 options of stimulation are possible depending on patient's need:

- **Option 1:** medial nerve stimulation
- **Option 2:** radial nerve and ulnar nerve stimulation



My connected therapy

- My programs: P1/P2 Gate Control
- Stimulation duration:
> 30 minutes
- Number of sessions per day: as
many as necessary depending
on patient's need and post-effect
duration

My prescription: radial and ulnar nerves stimulation

- 1 actiTENS
- 2x2 electrodes 50x50 mm
- 2 cables 40 cm
- 2 cables 14 cm
- 1 actiTENS armband standard size

DORSALGIA

My prescription

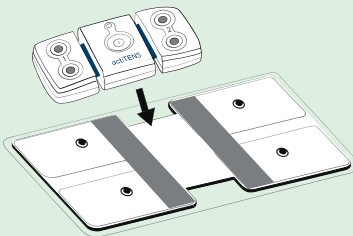
- 1 actiTENS
- 1 lumbar electrode actiTENS
- 2x2 cables 14 cm

My connected therapy

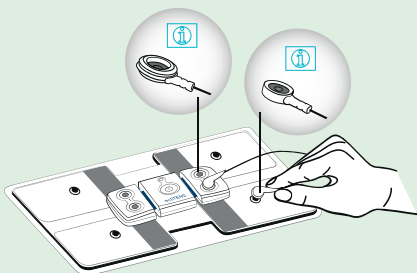
- My programs: P1/P2 Gate Control, P3 Endorphin, P10 Massage
- Stimulation duration: P1/P2 & P10 >30min, P3 30 min minimum up to 2 hrs
- Number of sessions per day: P1/P2; P10 as many as necessary depending on patient's need and post-effect duration and 1 to 3 times per day for P3

Electrode Installation

1. Install the actiTENS on the lumbar electrode



2. Clip the 4 cables onto the lumbar electrode and on the actiTENS



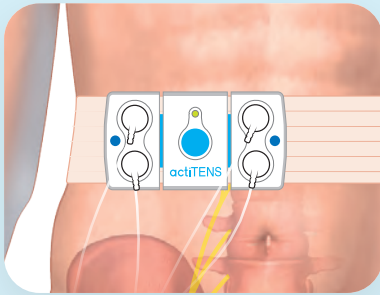
3. Place the equipped electrode on the low back area



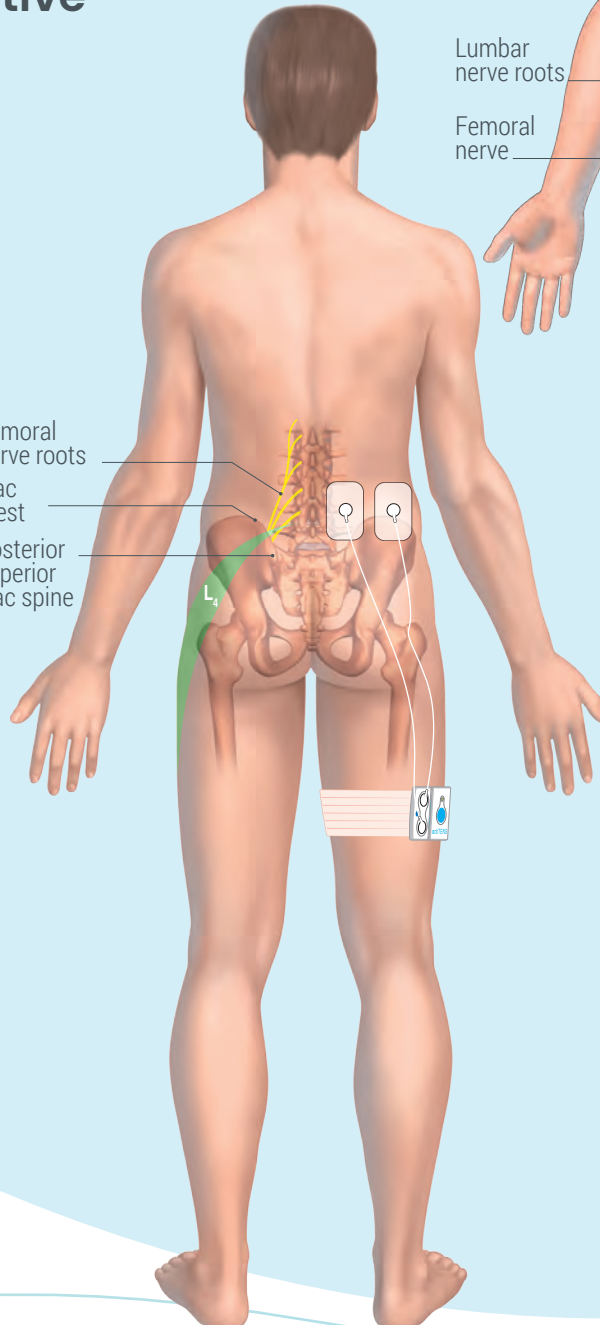
CRURALGIA

actiTENS 's alternative positioning

- 1 actiTENS armband XL size

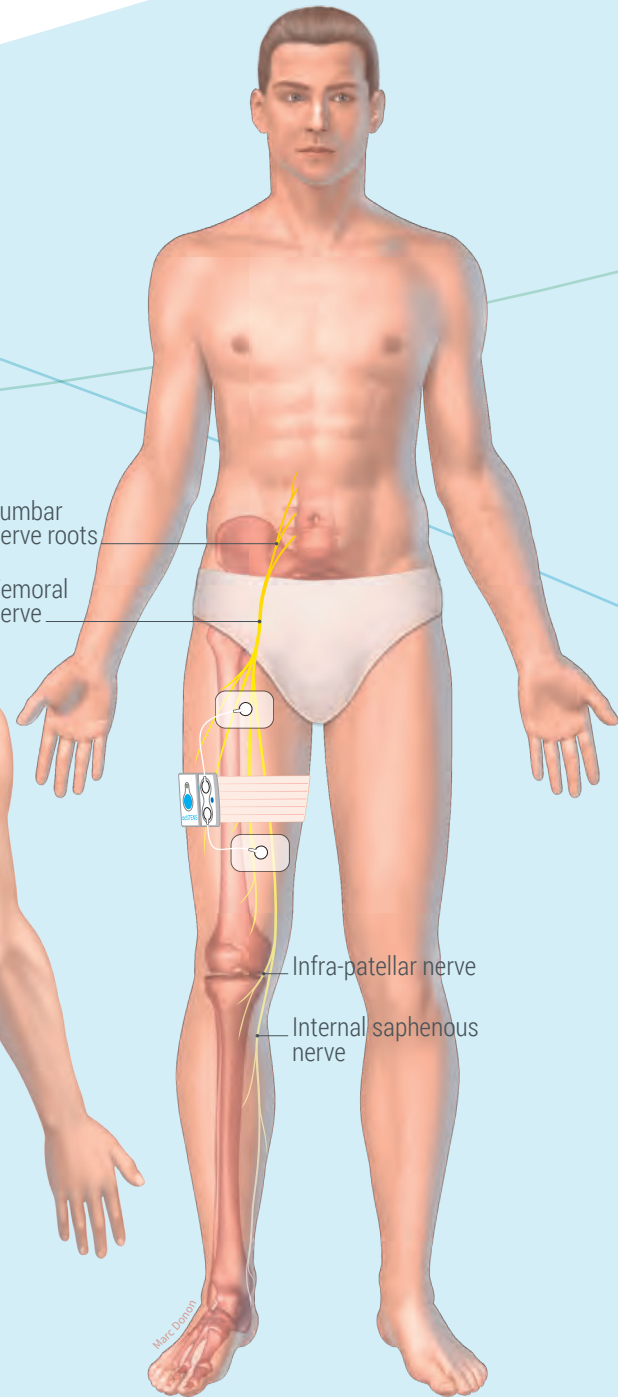


Femoral nerve roots
Iliac crest
Posterior superior iliac spine



Lumbar nerve roots

Femoral nerve



Infra-patellar nerve
Internal saphenous nerve

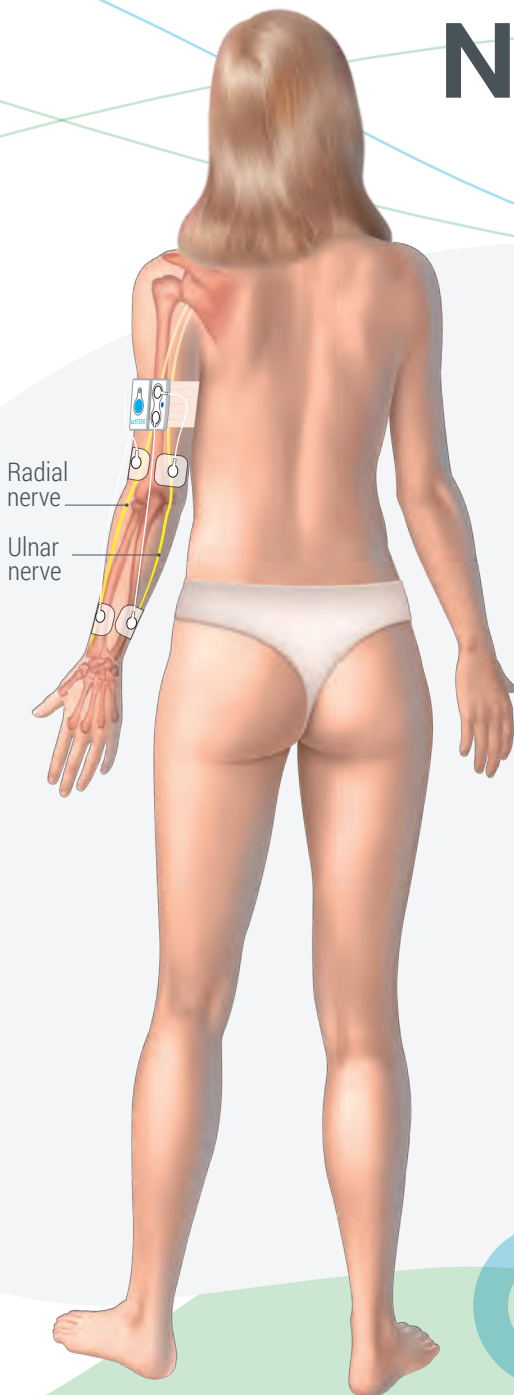
My prescription

- 1 actiTENS
- 2x2 electrodes 50x90 mm
- 2 cables 14 cm
- 2 cables 1m
- 1 actiTENS armband standard size

My connected therapy

- My programs: P1/P2 Gate Control
- Stimulation duration: >30min
- Number of sessions per day: as many as necessary depending on patient's need and post-effect duration

NEUROPATHIC PAIN



ELBOW

Ulnar and radial nerves stimulation

My prescription

- 1 actiTENS
- 2x2 electrodes 50x50 mm
- 2 cables 40 cm
- 2 cables 14 cm
- 1 actiTENS armband standard size

My connected therapy

- My programs: P1/P2 Gate Control
- Stimulation duration: >30min
- Number of sessions per day: as many as necessary depending on patient's need and post-effect duration

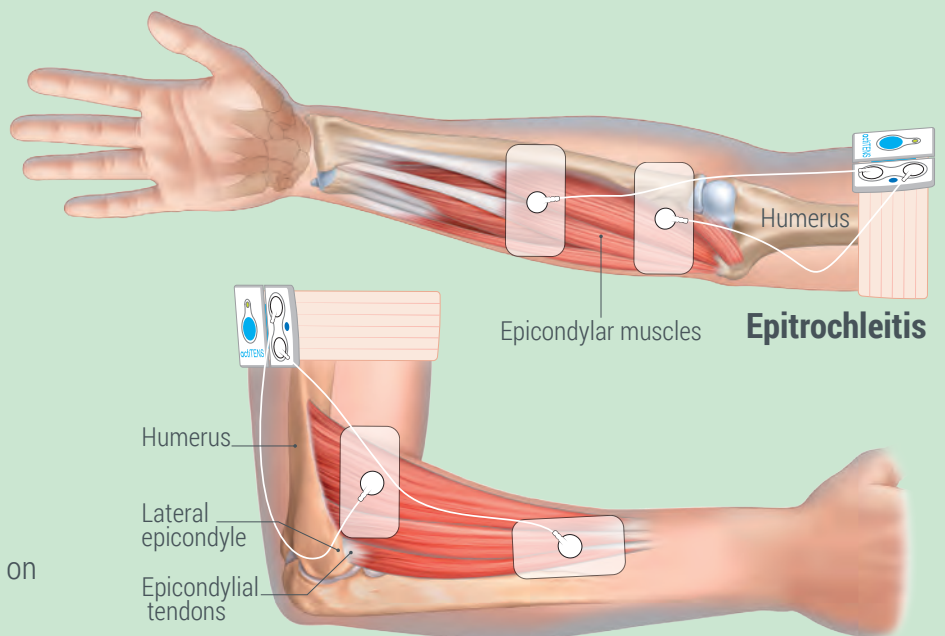
Elbow Muscle Pain

My prescription

- 1 actiTENS
- 2 electrodes 50x90mm
- 2 cables 40 cm or 2 cables 14 cm
- 1 actiTENS armband standard size

My connected therapy

- My programs: P3 Endorphin
- Stimulation duration: 30 min to 2hrs
- Number of sessions per day : 3 depending on patient's need and post-effect duration



POST-AMPUTATION

Median
nerve

Under elbow upper limb
amputation

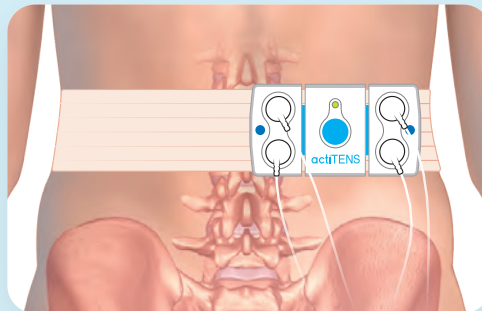
Iliac
crest

Posterior
superior
iliac spine

Sciatic
nerve

actiTENS 's alternative positioning

- 1 actiTENS armband XL size



Under knee lower limb
amputation

My prescription

- 1 actiTENS
- 2 electrodes 50x50 mm
- 2 cables de 40 cm
- 1 actiTENS armband standard size

My connected therapy

- My programs: P1/P2 Gate Control
- Stimulation duration: >30min
- Number of sessions per day: as many as necessary depending on patient's need and post-effect duration

My prescription

- 1 actiTENS
- 2x2 electrodes 50x90 mm
- 2 cables 40 cm or 2 cables 14 cm
- 2 cables 70 cm or 2 cables 1 m
- 1 actiTENS armband standard size

Programs

- P1** Gate Control 100Hz
- P2** Gate Control 80Hz
- P3** Endorphin
- P4** Mixed
- P5** Sequential
- P6** HAN Stimulation
- P7** 2Hz Burst
- P8** Frequency Modulation
- P9** Muscle stimulation
- P10** Massage
- P11** Rubbing
- P12** Sensitive areas treatment
- P13** Nausea

Technical data

Channels: 2 independent channels

Battery: Li-Ion fully charged within 2 hours

Battery autonomy: 20 hours* (Gate Control 100Hz, 2 channels, 15mA)

Output voltage: 60 mA max. (1000 Ω) / 60 V max.

actiTENS dimensions: 108 mm x 53.5 mm x 17 mm

actiTENS weight: 64 g

actiTENS IP classification system: IP22

Pulse width: 50-400 μ s $\pm$ 5 μ s

Frequency: 1-120 Hz $\pm$ 10%

Treatment time: 10 to 720 min, adjustable via the mobile app

Cables: 4 lengths available (14 cm, 40 cm, 70 cm and 100 cm)

Electrodes: wide range for all indications

*patient's skin impedance 500 Ω

- ① AC charger / ② Armband / ③ Adhesive support / ④ Electric impulse generator
⑤ Electrodes / ⑥ Cables / ⑦ actiCHARGE / ⑧ Transport case



actiTENS is a medical device subject to contraindications. Please carefully read the actiTENS manual before use.



SUBLIMED

Dansk forhandler:
Kallistos Equipment
Naverland 14-2600
Glostrup

www.kallistos.dk

Tlf. 39272319

CE 2797 actiTENS is a Class II Medical Device with CE mark obtained in January 2018 (BSI 2797)

FDA
510(k)

French Healthcare
Association member