Using the Stimulator without the Programmer

Video instructions

⚠ Only use the Stimulator without the Programmer if you can remember where to place the Electrodes and the cabling configuration

1 Turn on Stimulator

2 Prepare skin as follows:
- Do not place Electrodes over irritated skin
- Clean your skin where the Electrodes will be attached
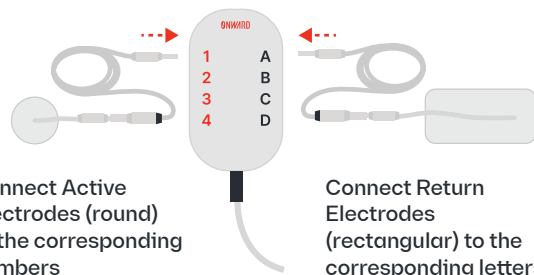- Ensure skin is dry before attaching Electrodes

3 Place Electrodes according to the program

4 Connect Electrodes to Extension Cables

5 Connect Extension Cables to Splitter Box according to the program

Connect Active Electrodes (round) to the corresponding numbers

Connect Return Electrodes (rectangular) to the corresponding letters

6 Plug Splitter Box into Stimulator

7 Start stimulation

8 Control the stimulation
- ⌄ Decrease Amplitude
- ⌃ Increase Amplitude
- ◎ Pause stimulation

Once paused, hold for 3 seconds to stop stimulation.

After finishing a session:

1. Turn off Stimulator, unplug Splitter Box from Stimulator and remove Electrodes
2. Clean and charge Stimulator if needed
3. Return all components in Case
4. **Check skin integrity (skin rash or burns)**

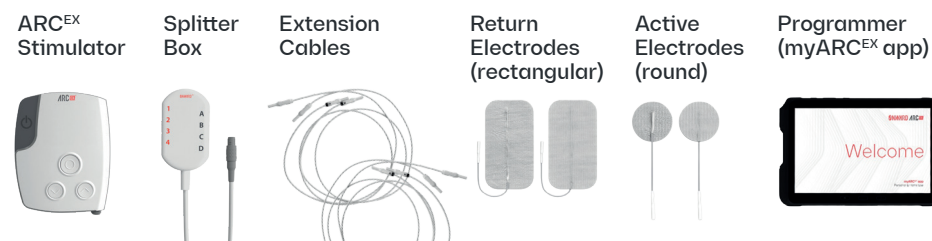# ONWARD

ARC EX ®

Quick Reference Guide Personal Use

ONWARD Contact

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ARCEX Components:

ARCEX Stimulator	Splitter Box	Extension Cables	Return Electrodes (rectangular)	Active Electrodes (round)	Programmer (myARCEX app)

⚠
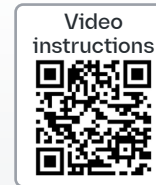- Do not place Electrodes on irritated skin. Place Electrodes as instructed by your Rehabilitation Professional (refer to "Channels" screen).
- Ensure that the Extension Cables are connected to the Electrodes and the Splitter Box in exactly the same way as defined by your Rehabilitation Professional. Incorrect setup may increase the chance of muscle spasms, stiffness, tingling or numbness (pins and needles), changes in heart rate, or autonomic dysreflexia.

Before using the ARCEX System, consult the ARCEX IFU for all WARNINGS and PRECAUTIONS

Using the Stimulator with the Programmer

ARC EX

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1 Turn on the Stimulator, then the Programmer. Continue to "Connect Device"

1.
2.

Welcome

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2 Select the Stimulator

Select a Device

Device ID	Firmware Version	Signal Strength
000098	FW 1.0.0	

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3 Select the program and continue to "Channels" screen

Select a Program

Program Name	Description
Fine finger control	Keep a marble in between thumb and index finger

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4 Clean the skin at the locations shown in the "Channels" screen on the Programmer. Do not continue if you notice irritated skin.

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5 Place the Electrodes on your body according to "Channels" screen of the Programmer

(image below is an example)

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6 Connect Electrodes to Extension Cables

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7 Connect Extension Cables to Splitter Box, as per "Channels" screen

ONWARD

1 2 3 4 — A B C D

Connect Active Electrodes (round) to the corresponding numbers

Connect Return Electrodes (rectangular) to the corresponding letters

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8 Plug Splitter Box into Stimulator

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9 Continue and confirm Electrodes location

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10 Start stimulation

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11 Control the stimulation

− Decrease Amplitude

+ Increase Amplitude

⏸ Pause stimulation

⏹ Stop stimulation

After finishing a session:

1. Turn off Stimulator and Programmer, unplug Splitter Box from Stimulator and remove Electrodes

2. Clean and charge Programmer and Stimulator if needed

3. Return all components in Case

4. Check skin integrity (skin rash or burns)