

Recommendations for ARC^{EX} Home Users

IMPORTANT: This document gives you general informational guidelines to assist you in the appropriate use of ARC^{EX}. This document is for general guidance and does not replace the Instructions for Use (IFU), which should be carefully reviewed. Always follow the recommendations of your healthcare professional. The initial setup must be conducted with your healthcare professional at the clinic, and modifications to the parameters should be discussed with your healthcare professional.

Dosage

- Follow your healthcare professional's advice for number of sessions per week and how long each session should last.
- Do not do more sessions than recommended.
- Do not make sessions longer than advised.
- Remember: more is not better!

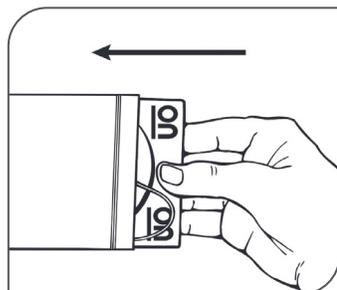
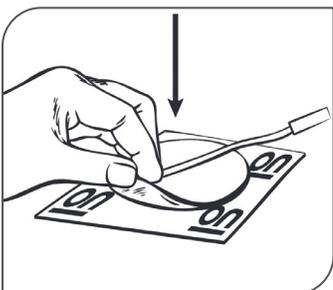
Electrodes

Getting electrodes

- Order electrodes from ONWARD or an authorized retailer.
- **Only use Axelgaard PALS electrodes:**
 - Round: Ref 879100 (1.25" / 3.2 cm)
 - Rectangular: Ref 895240 (2 x 3.5" / 5 x 9 cm)
- Do not use other types of electrodes.

Storing electrodes

- Stick electrodes to the ON side of their liner after use.
- Seal them in original packaging (the small pouch).
- Store at room temperature (between 80.6°F - 41°F / 5°C - 27°C).



Using and replacing electrodes

- Place electrodes on your skin as shown by your healthcare professional.
- Make sure the electrodes stick well and touch the skin completely. If the skin is uneven, like over a scar, gently press the electrode into the indented area so the electrode makes full contact. If needed, use medical tape and additional gauze between the electrode and the tape for extra hold. Tape can be applied to the cable connection to limit electrode movement.
- Do not use gels on your skin or electrodes.
- Replace electrodes when they stop sticking, look dirty, or **after 6 sessions (or 2 weeks)**.
- To check stickiness, press the electrode while it's on your skin. If it pops back up, it's time to replace it.

Skin health

- Check skin for irritation and integrity under all electrodes before and after each session – use a mirror or ask someone to help.
- Also check your skin on days you don't use stimulation.
- **Do not place electrodes on broken or irritated skin.**
- Stop stimulation and contact your healthcare professional if skin irritation appears.
- Clean your skin with water and alcohol before applying electrodes. Do not use oils or lotions. Let skin dry completely before placing electrodes.

Therapy

- Stay active during stimulation sessions – complete the exercises as prescribed by your healthcare professional.
- If you haven't used the therapy for a while, lower the amplitude setting before starting your session.

Support

- Never try to modify or repair the ARC^{EX} System yourself.
- For technical help, see the **Troubleshooting Guide** in the [Resources Center](#) or contact ONWARD.
- For questions about stimulation, exercises, or your health, contact your healthcare professional.

Questions? Contact us!

ONWARD Medical

USA toll-free

+1 (866) 217 0817

Europe

+31 40 288 2830

USA

+1 (617) 488 8642

www.onwd.com/support

This content does not replace the Instructions for Use (IFU) or other labelling provided with your medical device and which can be found at www.onwd.com/resources. Patients and healthcare professionals must consult the IFU applicable to their region for complete information, including regulatory status, approved indications, contraindications, warnings, precautions and potential adverse reactions or side effects.

Patients must consult a qualified healthcare professional with any questions about the appropriate use of their device.

ONWARD Medical

Schimmelt 2, 5611ZX Eindhoven, The Netherlands
onwd.com

ARC^{EX}, ARC^{EX} logo, ONWARD[®], ONWARD[®] Medical logo, and O[®] logo are proprietary and registered trademarks of ONWARD Medical. Unauthorized use is strictly prohibited.
© 2025 ONWARD Medical. All Rights Reserved.