



QUICK START GUIDE



ENGLISH

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PEMF THERAPY ANYTIME, ANYWHERE



USE 2+ TIMES DAILY

Using Oska Pulse at **least** 2 times each day is going to give you the most benefit.

You can break up your sessions, as needed. For example, enjoy a session in the morning and evening. Take Oska Pulse with you as you go about your daily activities.



CONSISTENCY IS KEY

Use Oska Pulse daily. You can track your progress with the 30-Day Compliance Tracker located on the back of this guide.



DRINK PLENTY OF WATER

Be sure to drink plenty of water to help your body maximize the benefits.

WHAT TO EXPECT



PORTABLE

Oska Pulse is designed to be fully integrated into your lifestyle, so you can benefit from it anytime, wherever you are.

PEMF therapy works differently for everyone. Some users experience relief within a few days, and others may take a few weeks or more.



ELECTRODES



HEAT



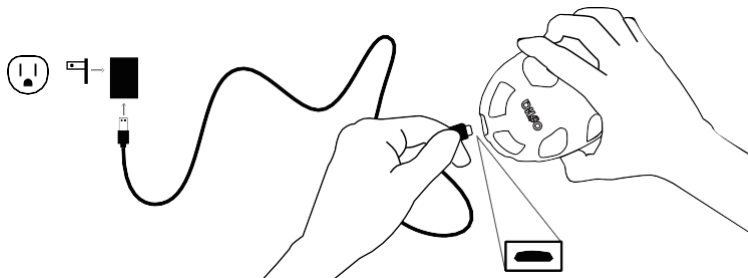
COLD/ICE



TINGLING

With Oska Pulse you won't feel any heat, pulsing or tingling. Some may notice a slight warming of the area due to increased blood flow.

CHARGING OSKA PULSE



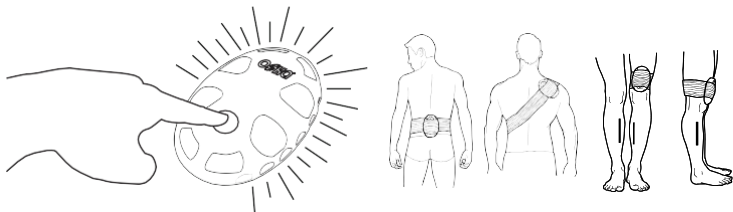
Plug the micro-USB end of the cable into the charging port located on the end of Oska Pulse.

The lights located on the opposite end of the device as the charging port will illuminate. When the lights turn off the device is fully charged.

The device may take up to 3 hours to fully charge. A full charge can provide up to 20 hours of use.

See User Manual for additional information on charging Oska Pulse.

USING OSKA PULSE



POSITION DEVICE

Place the device on or near the target area.

TURN ON

Press the single button once. You will hear 1 soft beep and notice the LED lights begin to blink.

TURN OFF |

Osk Pulse is preset to run for 90-minutes. The device will automatically turn off at the end of a session. To turn off early, press the power button 3 times. The device will beep multiple times, and LED lights will stop blinking when powered off.

See User Manual for additional information on using Osk Pulse.

CONTRAINDICATIONS OF USE

The Oska Pulse patient population includes adult men and women who do not have any of the following contraindications:

- Do not use if you have a heart pacemaker, defibrillator, or other implanted medical device, unless your doctor has first approved.
- Do not use if you have an implant made from magnetic or metallic materials. Ask your doctor first if you are unsure.
- Do not use if you received a corticosteroid injection. Consult your doctor prior to use.
- Do not use if you are pregnant or nursing.
- Do not use if you had cancer or are getting cancer treatment unless you have consulted your doctor and use is approved.
- Do not use if you feel pain but do not know the cause or origin of your pain. Consult your doctor prior to use.
- Do not use if you have a tendency for bleeding following acute injury or breaks in bones.
- Do not use if you or any other, including children, have reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless given proper instruction and supervision.

30-DAY COMPLIANCE TRACKER

Use this daily to track your progress

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Day 8 _____

Day 9 _____

Day 10 _____

Day 11 _____

Day 12 _____

Day 13 _____

Day 14 _____

Day 15 _____

Day 16 _____

Day 17 _____

Day 18 _____

Day 19 _____

Day 20 _____

Day 21 _____

Day 22 _____

Day 23 _____

Day 24 _____

Day 25 _____

Day 26 _____

Day 27 _____

Day 28 _____

Day 29 _____

Day 30 _____