



QUICK TIPS

- 1) Do not use PEMf on anyone with a pacemaker or other electrical implant device.
- 2) Remove car keys and mobile devices from pockets when using PEMF.
- 3) **The machine has a safety pause button on top of it in the paddle rest area.** This prevents placing a pulsing magnetic paddle on top of the machine. Pick up the paddle first before activating the pulse. Pause the pulse before putting the paddle back in the rest.
- 4) **When using the PEMF chair do NOT place the paddle in the rest on top of the machine because it will place pressure on the button and pause the pulse.** Instead place your paddle on a shelf of the cart or in your carry bag when using the chair.
- 5) **If you are using the machine and you lose power always check your cords first!** The power cord in the back of the machine can get loose occasionally causing the power to stop & start. Push the power cord more securely into the machine and the power should resume. If that does not fix the problem, check the wall outlet to make sure your cord did not come loose or that it tripped a breaker.
- 6) **Do NOT over tighten the knob at the back of the attachment hoses.** It is okay to push and wiggle the attachment end as you push it into the machine. The knob should ONLY be turned slightly (1/4 turn) to secure the attachments. There is a video on our YouTube channel with demonstrations if you have any questions or issues.
- 7) Enjoy your new EquiSculpt PEMF machine 😊

Information Sheet & Protocol for Use

Safety

This machine is a PEMF device. It gives off a high strength electromagnetic field. It should **not** be used by (or directly applied to) **anyone with a pacemaker** or any other electrical type of implant.

Remove car keys and any mobile devices from your pockets when using the machine. Anyone receiving PEMF should do the same. The electromagnetic pulse can cause key fob batteries to stop working.

This machine is weather sensitive. Do not place the machine in direct sunlight while using it. The machine can overheat if used in direct sunlight.

On days where the temperature will be over 90 degrees Fahrenheit use the machine in the cooler parts of the day or do shorter sessions to prevent overheating. On days that the temperature will be under 32 degrees Fahrenheit store your machine in a climate-controlled environment or allow the machine to be inside a warmer environment for 1 hour to warm up before using.

Do not allow your machine to get wet. If there is a small amount of water on the exterior, you can remove it with a towel. Allow the machine to dry before operating.


When connecting your machine to an extension cord a) make sure the extension cord is in good condition b) only plug the cord into a 3-prong receptacle located in a wall outlet. Do not plug an extension cord into a surge protector, it may overload the circuit. Do not use a cord longer than 25' it can weaken the power.

Operation


To use your machine: connect the power plug to the back of the machine. Secure the cord to the Velcro on the side to keep it secure. Attach either the paddle or the chair to the back of the machine. **DO NOT OVER TIGHTEN THE TURN KNOB LOCATED ON THE END THAT GOES INTO THE MACHINE.** It only needs a $\frac{1}{4}$ turn to secure the plug in the back. If you have trouble securing the end into the machine, try wiggling the end as you push up and push it into the machine. Then turn the knob just $\frac{1}{4}$ turn to secure it. Make sure your machine power button located in the back is down (O setting is off). Plug your machine directly into a wall socket or into

an extension cord that goes directly into a wall. **Remove the power cord from the back of the machine when it is not in use to prevent wear on the prongs.**

Paddle Use: Once the paddle is securely connected to the machine set it on the resting spot-on top of the machine. Turn the power on in the back of the machine. Pick the paddle up and **MAKE SURE to set the strength to the lowest setting before using.** Use the - + button to adjust the strength of the machine.


Pick up the paddle before pressing the pulse start button. Check that you are on level 1 to start with. Press the pulse start button  apply the paddle to the area you are going to work on.

The machine will run for 15 minutes. After that time it will beep 3 times and then the pulsing will stop. This signals that the session has ended. You can press the pulse start button to continue your session, or power off the machine.

At any time during the session you can press the pause button. 

to pause the pulse. When you press the start button again the time remaining will resume. To start a session over either wait until the 15-minutes has ended or press pause, turn off the machine, then press start. **TRY NOT to place the paddle on top of the machine when it is still pulsing.** There is a safety button in the paddle rest area that pauses the pulse so that the machine does not absorb it. **Just in case you do place it on the machine while it is pulsing.**

Once the session has ended place the paddle back in the rest area on top of the machine. **Turn the power off in the back of the machine before disconnecting the paddle or the chair from the machine.**

Chair Use: To use the *EquiSculpt* chair connect the seat hose to the back of the machine. Connect the power cord to a wall outlet. Place the seat on a sturdy object such as a wood trunk or sturdy chair. Turn the power button on in the back of the machine. Turn the strength down to 1 or 2 using the - + button. Sit in the chair, press start. 

The back of the seat has an exhaust vent, make sure this is not covered up during use or the seat could overheat. Use a chair etc. with an open back.

The strength of a session can be adjusted using the - + buttons (as needed) while the paddle or chair is in use. Make sure the paddle is not on top of the machine during use since it will activate the safety pause button.

Session Length and Frequency:

HORSES:

Muscle Soreness/General Body Work: Use the paddle applicator all over the body and neck focusing on any tight or sore areas as needed. Try to schedule sessions for two days per week for the first 3 weeks. Reduce sessions to 1 day per week or every two weeks as regular maintenance. Sessions should be 15 minutes in length. Work one side of the horse for half the session (7 minutes), and then the other side for the second half of the session. For most sessions you will use *EquiSculpt* on level 1 strength. If there is an area on the horse that is non-reactive, where the muscles have no response, which can be common in the *semi tendinosus* which are the muscles alongside the tail you can use the machine on level 2 until you get a reaction happening where the muscles start to pulse in the affected area. **Do not use PEMF on horses if they are wet from sweat or a bath. Allow them to dry first.**

Acute Injuries: PEMF is great to use on injuries in horses such as splints, ligament or tendon pulls or strains, abscesses, hunter's bump (sacroiliac subluxation). For acute injuries use the paddle applicator on the afflicted area for 3 minutes on a higher level such as 2-3 while on that area.

DOGS: PEMF works very well for dogs. Some of the use cases are as therapy after ACL surgery, or for general soreness from accidents. PEMF can help with recovery as it helps bring more red blood cells to the affected areas and helps the body cleanse out any damaged or dying cells that may be causing pain and inflammation. PEMF can also help with dogs that have cancerous tumors.

On dogs use the paddle applicator on level 1. Start on their back and hips while they get used to the therapy. Sessions can be 5-7 minutes on dogs, working on their whole body. Increase the strength to level 2 if the animal is tolerant of it. Sessions should be done for three days in a row for a loading dose of PEMF and then 1 x per week for 4-6 weeks. Do not use on wet dogs. Allow them to dry first.

***HUMANS:** For PEMF in people you can use the paddle applicator on any areas of the body that may have pain, soreness, or inflammation. Sessions should be 10-15

minutes starting on level 1 and then going up to level 3. A loading dose of sessions scheduled two-three days in a row will give the best results. Then follow up as needed. *Always have the client check with their doctor on whether PEMF is okay to do if they are under medical treatment for any reason. **Do not use PEMF on anyone that has a pacemaker of any other type of electrical implant, or on anyone that is pregnant.**

PEMF Chair: The *EquiSculpt* chair is designed to help people with issues such as a weak bladder (incontinence), soreness in the tail bone, soreness in the lower back. A 15-minute chair session can be done three to four days per week for the first three weeks and then used as maintenance therapy one to two days per week. The chair does not give out as high of a pulse as the paddle. **The power level can be started on 2 and then go up to level 3 and 4 for 12 minutes and then level 5 for the last 3 minutes of the session.**

Cleaning your *EquiSculpt* machine. Use baby wipes and gently wipe off the paddle and the surface of the chair after each use. You can use a tiny bit of hand sanitizer on a cloth. Do not use bleach, chemicals, or excess water on any parts of the machine. Store the machine and parts in a dust free environment and out of the direct sunlight.

Warranty Info: Purchase of an *EquiSculpt* machine includes a 6-month manufacturers' warranty on parts and functions. If for any reason your machine malfunctions or a part breaks due to normal wear and tear, we will repair or replace it within 30 days. The warranty does not include breakage or damage due to misuse of the equipment or damage by accident or weather.

For more information visit us at: www.equisculpt.com.