

# Using Your Oska Pulse

Congratulations on your purchase of Oska Pulse. If you've not used this type of device before, you may be wondering how to use it, so first let me assure you that Oska Pulse is the very latest development in PEMF technology.

Oska Pulse has been designed to optimise the delivery of scientifically crafted electromagnetic fields in order to assist in pain management. I'll briefly explain how to use Oska Pulse, then a bit further down the page I'll explain how it works.

## Step one.

The first thing to do is to take Oska from the box and charge the internal battery. Locate the charge cable (See image below) and plug the USB plug into a USB charger such as used for mobile phones or the USB port on your laptop, Apple Mac, or PC. The other end of the cable has a micro USB connector which plugs into your Oska Pulse. Please be careful when you insert this into Oska, there is only one way it will go in, so please do not use force.



When switched on, the charge light will glow until the battery is fully charged, once fully charged the charge light will go out. This could take anywhere from 30 min to 3 hours depending on the battery status. When the charge light goes off, Oska Pulse is ready for use.

## Step two.

Oska Pulse covers an area up to 20 cm (8 inches) from its internal coil. Most effective up to 12 cm (or 5 inches). Oska does not need to be placed on the skin, it works very effectively through clothing. So the next thing to do is to place Oska close to the area you want to treat but in a comfortable position. You may need to use either of the two Velcro straps supplied, each of which has a pocket in which Oska can be inserted.

## Step three.

The power button is located on the top of Oska, press it once and Oska will start its treatment protocol which runs for 30 minutes. If you need to turn Oska off before the end of its treatment program, press the power button three times in succession and Oska will close down.

## Frequently Asked Questions.

### **Do I have to lie down to use Oska?**

No, there is no need for Oska to interfere with normal daily activities. Just don't go for a swim while wearing it.....Oska doesn't like water! It may be wise to look into insuring Oska against loss or damage due to accidentally dropping in water or dropping on a hard surface.

### **Where do I place Oska?**

Oska can be use under or over clothing so you don't have to place it on your skin. Place Oska as close to the source of pain, not necessarily where you feel the pain. For example, sciatica pain felt in the thigh may be due to pressure on the sciatic nerve but in the lower back. In this case, place Oska in the lumbar region (L4-L5).

### **How many times per day should I use Oska?**

Whilst there is no limit, we recommend between four and six 30 minute sessions each day, maybe more if treating chronic pain.

### **How long before I feel a benefit?**

Results may be experienced immediately. However, it really depends on many factors such as time, intensity, injury or degenerative condition. Some conditions may take several weeks of treatment before a noticeable relief is experienced.

### **How many times can I use Oska before I need to re-charge the battery?**

If Oska switches off in less than 30 minutes, it indicates the battery needs re-charging. As the battery is new, you may only get 5 or 6 applications before the need to re-charge. After re-charging 2 or 3 times, you should get between 15 and 20 x 30 minute applications before the need to re-charge the battery.

## **So what is Oska Pulse doing?**

Oska Pulse produces a specially designed pulsed electromagnetic field delivered in four separate stages. Each one consists of treatment protocols that modulate cell membrane in order to provide pain relief and improve well-being. There are many thousands of trials showing that PEMF speeds recovery from injury and post-operative surgery as well as slowing the progression of degenerative joint disease such as osteoarthritis.

You can find more about the science of Oska Pulse on our web site [www.medictechnology.com](http://www.medictechnology.com)

Customer service is important to us, so if you need to get in touch, please don't hesitate to call us on **1300 764 117** and ask for either Shirley or Michael. Or you can send an email to [support@medictechnology.com](mailto:support@medictechnology.com).