performance US

Compex Muscle Stimulator

performance

English | Español | Français
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This manual has been written for the owners and operators of the Compex® Performance US. It contains general instructions for operation, precautionary instructions, and maintenance recommendations. In order to obtain maximum life and efficiency from your Compex Performance US, and to assist in the proper operation of the unit, read and understand this manual thoroughly.

The specifications put forth in this manual were in effect at the time of the publication. However, changes to these specifications may be made at any time without obligation on the part of DJO, LLC.

Before starting any program, you should become acquainted with the shopcompex.com website to establish an appropriate training plan.

The shopcompex.com website helps you take your first steps with the device.
ABOUT Compex Performance US

PRECAUTIONARY INSTRUCTIONS

The precautionary instructions found in this section and throughout this manual are indicated by specific symbols. Understand these symbols and their definitions before operating this equipment. The definitions of these symbols are as follows:

**CAUTION**

Text with a “CAUTION” indicator will explain possible safety infractions that could have the potential to cause minor to moderate injury or damage to equipment.

**WARNING**

Text with a “WARNING” indicator will explain possible safety infractions that will potentially cause serious injury and equipment damage.

**DANGER**

Text with a “DANGER” indicator will explain possible safety infractions that are imminently hazardous situations that would result in death or serious injury.

**EXPLOSION HAZARD**

Text with an “Explosion Hazard” indicator will explain possible safety infractions if this equipment is used in the presence of flammable anesthetics.

**DANGEROUS VOLTAGE**

Text with a “Dangerous Voltage” indicator serves to inform the user of possible hazards resulting in the electrical charge delivered in certain program configurations of waveforms.

**BIOHAZARDOUS MATERIALS**

Text with a “Biohazard” indicator serves to inform the user of possible hazards resulting in improper handling of components and accessories that have come in contact with bodily fluids.

**NON-IONIZING ELECTROMAGNETIC RADIATION**

Text with a “Non-Ionizing Electromagnetic Radiation” indicator informs the user of possible hazards resulting from elevated, potentially dangerous levels of non-ionizing radiation.

**NOTE:** Throughout this manual, “NOTE” may be found. These Notes are helpful information to aid in the particular area or function being described.
CAUTION

• Read, understand, and practice the precautionary and operating instructions found in this manual. Know the limitations and hazards associated with the treatment table. Observe any and all precautionary and operational decals placed on the unit.

• DO NOT operate this unit in an environment where other devices are being used that intentionally radiate electromagnetic energy in an unshielded manner. Portable and mobile RF communications equipment can affect Medical Electrical Equipment.

• This unit generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to other devices in the vicinity. However, there is no guarantee that interference will not occur in a particular installation. Harmful interference to other devices can be determined by turning this unit on and off. Try to correct the interference using one or more of the following: reorient or relocate the receiving device, increase the separation between the equipment, connect the unit to an outlet on a different circuit from that which the other device(s) are connected, and consult DJO, LLC for help.

• Some persons may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel). The irritation can usually be reduced by using an alternative conductive medium or electrode placement.

• This device should be used only with the leads, electrodes and accessories recommended for use by the manufacturer.

• Caution should be used for users with suspected or diagnosed heart problems.

• The Compex Performance US should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.
The effects of stimulation of the brain are unknown. Therefore, stimulation should not be applied across the head and electrodes should not be placed on the opposite sides of the head.

Caution should be used for patients with suspected or diagnosed epilepsy.

Caution should be used in the presence of a tendency to hemorrhage following acute trauma or fracture, following recent surgical procedures when muscle contraction may disrupt the healing process, over a menstruating or pregnant uterus and over areas of skin which lack normal sensation.

Do not allow any foreign bodies (soil, water, metal, etc.) to penetrate the device, the battery compartment and the charger.

Do not use the device in water of in a humid atmosphere (sauna, hydrotherapy, etc.).

This unit should be operated in temperatures between 32 °F and 104 °F (0 °C and 40 °C), atmospheric pressures between 700 and 1060 hPa and Relative Humidity ranging from 30%-75%.

Sudden temperature changes can cause condensation to build up inside the stimulator. To prevent this, allow it to reach ambient temperature before use.

Electrodes should not be shared with other persons. Each person should have their own set of electrodes; otherwise, undesirable skin reactions may occur.

Self-adhesive electrodes should be replaced if they no longer stick firmly to the skin.

Always use the charger provided by DJO, LLC to recharge the batteries.
ABOUT COMPEX PERFORMANCE US

⚠️ WARNING

- The Compex Performance US should not be used adjacent to or stacked with other equipment, and if adjacent or stacked use is necessary, the unit should be observed to verify normal operation in the configuration in which it will be used.
- Use only accessories that are specially designed for the Compex Performance US. Do not use accessories manufactured by other companies on the Performance US. DJO, LLC is not responsible for any consequence resulting from using products manufactured by other companies. The use of other accessories or cables may result in increased emissions or decreased immunity of the Performance US.
- Long term effects of chronic electrical stimulation are unknown.
- Safe use of electrotherapy during pregnancy has not been established.
- Stimulation should not be applied over the anterior neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
- Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmia.
- Stimulation should not be applied over swollen, infected, and inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins, etc.
- The user must keep the device out of the reach of children.
- Do not disconnect any stimulation cables during a session while the stimulator is switched on. Switch the stimulator off first.
- Never connect stimulation cables to an external power supply. There is a risk of electric shock.
- Never recharge the stimulator without first disconnecting the stimulation cables.
ABOUT COMPEX PERFORMANCE US

WARNING

• Never carry out an initial stimulation session on a person who is standing. The first five minutes of stimulation must always be performed on a person who is sitting or lying down. In rare instances, people of a nervous disposition may experience a vasovagal reaction. This is of psychological origin and is connected with a fear of the muscle stimulation as well as surprise at seeing one of their muscles contract without having intentionally contracted it themselves. A vasovagal reaction causes heart to slow down and blood pressure to drop, which can make you feel weak and faint. If this does occur, all that is required is to stop the stimulation and lie down with the legs raised until the feeling of weakness disappears (5 to 10 minutes).
• Never allow movement resulting from muscular contraction during a stimulation session. You should always stimulate isometrically; this means that the extremities of the limb in which a muscle is being stimulated must be firmly fixed, so as to prevent the movement that results from contraction.
• Do not use the Compex Performance US if you are connected to a high-frequency surgical instrument as this could cause skin irritation or burns under the electrodes.
• Never use the Compex Performance US or the charger if it is damaged (case, cables, etc.) or if the battery compartment is open. There is a risk of electric shock.
• Disconnect the charger immediately if the Compex Performance US “bleeps” continuously, if there is abnormal heating or smell, or if smoke comes from the charger or the Compex Performance US.
• Do not recharge the battery in a confined space (carrying case, etc.). There is a risk of fire or electric shock.
• Do not use the stimulator at altitudes of over 9,842 feet (3,000 meters).
ABOUT COMPEX PERFORMANCE US

WARNING

- Stimulation should not be applied over the carotid sinus nerve particularly in patients with a known sensitivity to the carotid sinus reflex.
- Stimulation should not be applied transcerebrally.
- Stimulation should not be applied over, or in proximity to, cancerous lesions.

DANGER

- Stimulus delivered by the waveforms of this device, in certain configurations, will deliver a charge of 25 microcoulombs (µC) or greater per pulse and may be sufficient to cause electrocution. Electrical current of this magnitude must not flow through the thorax because it may cause a cardiac arrhythmia.
- Users with an implanted neurostimulation device must not be treated with or be in close proximity to any shortwave diathermy, microwave diathermy, therapeutic ultrasound diathermy or laser diathermy anywhere on their body. Energy from diathermy (shortwave, microwave, ultrasound and laser) can be transferred through the implanted neurostimulation system, can cause tissue damage, and can result in severe injury or death. Injury, damage or death can occur during diathermy therapy even if the implanted neurostimulation system is turned “off.”
- Handle, clean and dispose of components and accessories that have come in contact with bodily fluids according to National, Local and Facility rules, regulations and procedures.
- Explosion hazard if the Compex Performance US is used in the presence of flammable anesthetics mixture with air, oxygen, or nitrous oxide.
ABOUT COMPEX PERFORMANCE US

INDICATIONS FOR USE
The Compex Performance US is intended to stimulate healthy muscles in order to improve or facilitate muscle performance. It is to be used by adults only.

The Compex Performance US is not intended for adjunctive therapy in the treatment of medical diseases and conditions of any kind. None of the Compex Performance US stimulation programs are designed for injured or disease afflicted muscles. Its use on such muscles is contraindicated. The work imposed on the muscles by the Compex Performance US programs is definitely not suitable for rehabilitation and physiotherapy.

The Compex Performance US electrical impulses allow the triggering of action potentials on motoneurones of motor nerves (excitations). These excitations of motoneurones are transmitted to the muscle fibers via the motor endplate where they generate mechanical muscle fiber responses that correspond to muscle work. Depending on the parameters of the electrical impulses (pulse frequency, duration of contraction, duration of rest, total session duration), different types of muscle work can be imposed on the stimulated muscles.

The Compex Performance US may therefore be considered a technique of muscle training.

CONTRAINDICATIONS

Never use the Compex Performance US on:

• painful muscles
• atrophied muscles
• muscles with spasms
• muscles associated with a limb with a painful or afflicted joint

Do not use the Compex Performance US:

• for muscle reeducation
• to prevent or retard disuse atrophy
• to prevent venous thrombosis
• to maintain or increase range of motion
• for muscle spasms
• for blood flow deficiencies
ABOUT COMPEX PERFORMANCE US

CONTRAINDICATIONS (CONTINUED)

Do not use the Compex Performance US if you have one or more of the following medical conditions:

- This device must not be used on persons with cardiac pacemakers, defibrillators, or other implanted metallic or electronic devices.
- cardiac demand pacemakers
- epilepsy
- following acute trauma or fracture
- following recent surgical procedures
- critical ischemia of lower limbs
- abdominal or inguinal hernia
- cancerous lesions
- pregnancy (do not use on abdominal region)
- serious arterial circulation problems in lower limbs
- sensitivity problems or unable to express yourself

Osteosynthesis equipment
The presence of osteosynthesis equipment (metallic equipment in contact with the bone: pins, screws, plates, prostheses, etc.) is not a contraindication for the use of Compex Performance US programs. The electrical currents of the Compex Performance US are specially designed to have no harmful effect on osteosynthesis equipment.

ADVERSE REACTIONS

- Skin irritation and burns beneath the electrodes have been reported with the use of powered muscle stimulators.
- Headache and other painful sensations have been reported during or following the application of electrical stimulation applied to the head, face, and near the eyes.
NOMENCLATURE

COMPEX PERFORMANCE US

NOTE: You are strongly advised to carefully read the safety precautions and contraindications described at the start of this manual prior to using your stimulator.

A: On/Off button

B: “i” button used to: increase stimulation energies in several channels simultaneously

C: (1, 2, 3, 4) +/- buttons for each of the 4 stimulation channels

D: Socket for the battery charger (Disconnect all stimulation cables before inserting the charger pin)

E: Sockets for the 4 stimulation cables
   Channel 1 = blue
   Channel 2 = green
   Channel 3 = yellow
   Channel 4 = red

F: Belt clip socket

G: Rechargeable battery compartment

For more information go to: www.shopcompex.com
**NOMENCLATURE**

**ACCESSORIES**

- **H:** Compex Performance US stimulator
- **I:** Battery charger
- **J:** Set of electrode cables (blue/ green/ yellow/ red)
- **K:** Bags with electrodes (small and large)
- **L:** Travel pouch
- **M:** Belt Clip
INTRODUCTION

HOW DOES ELECTROSTIMULATION WORK?

The principle of electrostimulation is to stimulate nerve fibers by means of electrical impulses transmitted by electrodes. The electrical pulses generated by Compex Performance US stimulator are high quality pulses - offering safety, comfort and efficiency.

The motor nerves, to stimulate a muscular response. The quantity and the benefits obtained depend on the stimulation parameters and this is known as electro-muscular stimulation (EMS).

MOTOR NERVE STIMULATION (EMS)

In voluntary activity, the order for muscular work comes from the brain, which sends a command to the nerve fibers in the form of an electrical signal. This signal is then transmitted to the muscular fibers, which contract. The principle of electrostimulation accurately reproduces the process observed during a voluntary contraction. The stimulator sends an electrical current impulse to the nerve fibers, exciting them. This excitation is then transmitted to the muscular fibers causing a basic mechanical response (= muscular twitch). The latter constitutes the basic requirement for muscular contraction. This muscular response is completely identical to muscular work controlled by the brain. In other words, the muscle cannot distinguish whether the command comes from the brain or from the stimulator. The parameters of the Compex Performance US programs (number of impulses per second, contraction time, rest time, total program time) subject the muscles to different types of work, according to muscular fibers. In fact, different types of muscular fibers may be distinguished according to their respective contraction speed: slow, intermediate and fast fibers. Fast fibers will obviously predominate in a sprinter, while a marathon runner will have more slow fibers. With a good knowledge of human physiology and a perfect mastery of the stimulation parameters of the various programs, muscular work can be directed very precisely towards the desired goal (muscular reinforcement, increased blood flow, firming up, etc.).

![Diagram of electrostimulation process]

**Electrical pulse**

**Excitation**

**Transmission of the excitation**

**Motor nerve**

**Stimulated muscle**

**Elementary mechanical response - Twitch**
BENEFITS OF ELECTROSTIMULATION

Electrostimulation is a very effective way to make your muscles work:

- with significant improvement of different muscular qualities
- without cardio-vascular or mental fatigue
- with limited stress on the joints and tendons. Electrostimulation thus allows a greater quantity of work by the muscles compared with voluntary activity.

To be effective, this work must involve the greatest possible number of muscular fibers. The number of fibers working depends on the stimulation energy. The maximum tolerable energy should therefore be used. The user controls this aspect of stimulation. The higher the stimulation energy, the greater the number of muscular fibers that are working and, therefore, the more significant the progress achieved. To maximize results, DJO, LLC recommends that you complement your electrostimulation sessions with other efforts, such as:

- regular exercise
- proper and healthy nutrition
SAFETY GUIDE

WHO SHOULD NOT USE THE COMPEX PERFORMANCE US

Check the following list of 15 questions:

<table>
<thead>
<tr>
<th>Questions</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1  Are you equipped with a cardiac pacemaker, defibrillator, or other implanted metallic or electronic device?</td>
<td></td>
</tr>
<tr>
<td>2  Are you epileptic?</td>
<td></td>
</tr>
<tr>
<td>3  Have you recently been victim of an acute trauma (less than 6 months)?</td>
<td></td>
</tr>
<tr>
<td>4  Have you recently been subject to a surgical procedure (less than 6 months)?</td>
<td></td>
</tr>
<tr>
<td>5  Do you have blood flow deficiency in your lower limbs?</td>
<td></td>
</tr>
<tr>
<td>6  Do you have an abdominal or inguinal hernia?</td>
<td></td>
</tr>
<tr>
<td>7  Do you suffer from cancer?</td>
<td></td>
</tr>
<tr>
<td>8  Are you pregnant?</td>
<td></td>
</tr>
<tr>
<td>9  Do you suffer from cardiac problems or diseases?</td>
<td></td>
</tr>
<tr>
<td>10 Do you have painful or afflicted joints?</td>
<td></td>
</tr>
<tr>
<td>11 Do you have muscle spasms?</td>
<td></td>
</tr>
<tr>
<td>12 Do you have atrophied muscles?</td>
<td></td>
</tr>
<tr>
<td>13 Do you have painful muscles?</td>
<td></td>
</tr>
<tr>
<td>14 Do you need muscle reeducation?</td>
<td></td>
</tr>
<tr>
<td>15 Do you have any joint showing a decrease in its range of motion?</td>
<td></td>
</tr>
</tbody>
</table>

If you answer “Yes”, or “Maybe”, or “I don’t know” to one or more questions, do not use the device and contact DJO, LLC for more information.

If you have 15 “No” answers, you can use the Compex Performance US.

DJO, LLC
Toll free: 1-877-266-7398 (877-COMPEX8)
SAFETY GUIDE

WHERE NEVER TO APPLY ELECTRODES

• On the head or any area of the face

![Diagram showing areas not to apply electrodes on the head and neck](image)

• On the neck or any area of the throat

![Diagram showing areas not to apply electrodes on the neck and throat](image)
SAFETY GUIDE

WHERE NEVER TO APPLY ELECTRODES (CONTINUED)

• On both sides of the thorax simultaneously (front and back sides, or lateral sides)

• On, or in the vicinity of skin lesions or eruptions of any kind (wounds, swelling, burns, irritation, eczema, etc.)

• Over the abdominal region during menstruation periods

• On skin areas lacking of normal sensation.
**SAFETY GUIDE**

**PRECAUTIONS WHEN USING ELECTRODES**

![CAUTION]

- Only use electrodes supplied by DJO, LLC. Other electrodes may have electrical properties that are unsuitable for the Compex Performance US stimulator.
- Do not use electrodes with a surface < 19 cm² (2.94 in²), as there will be a risk of suffering a burn injury. Caution should always be exercised with current densities > 2 cm² (0.31 in²).
- Always turn off the stimulator before moving or removing any electrodes during a session.
- Do not place the electrodes in water.
- Do not apply solvents of any kind to the electrodes.
- For best results, wash and clean the skin of any oil and dry it before attaching the electrodes.
- Attach the electrodes in such a way that their entire surface is in contact with the skin.

For obvious reasons of hygiene, each user must have his/her own electrode set. Do not use the same electrodes on different people.

- Never use a set of adhesive electrodes for more than 15 sessions as their bonding power deteriorates over time and optimal contact is very important for both user comfort and efficacy.
- Some people with very sensitive skin may experience redness under the electrodes after a session. Generally, this redness is completely harmless and disappears after 10 to 20 minutes. Never start another stimulation session in the same area, however, if the redness is still visible.
OPERATION

CONNECTING THE CABLES TO THE STIMULATOR

The stimulator cables plug into the 4 sockets on the front of the device.

Four cables can be connected simultaneously to the 4 channels of the device. Both the sockets and the cables are color-coded to simplify use and facilitate identification of the different channels.

PRELIMINARY SETTINGS

Before using the unit for the first time, you should select the working language of the device which is displayed on the options screen. Follow the instructions below. Afterwards, for the greatest comfort, the Compex Performance US offers you a number of setting options (operating language selection, display contrast setting, adjusting backlighting and volume setting). To change any of these settings, bring up the options screen by holding the On/Off button on the left of the stimulator for a few seconds when the device is Off.
OPERAITION

A Press the On/Off button to validate the selected parameters. The stimulator saves the options. It is now ready for use with the settings you selected.

B Use the Channel 1 +/- button to choose the language you wish to use.

C Use the Channel 2 +/- button to adjust the contrast of the screen.

D Use the Channel 3 +/- button to adjust the volume.

E Use the Channel 4 +/- button to adjust the backlighting.
   • On: Backlighting always on.
   • Off: Backlighting always off.
   • Auto: Backlighting activated whenever a button is pressed.

SELECTING A PROGRAM

To choose a program, it is particularly useful to consult "Programs" in the Operation section or to go on the shopcompex.com web site as it offers an advanced interactive way to establish an appropriate work program.

A Press the On/Off button to switch off the unit.

B Use the Channel 1 +/- button to choose a program.

C Press the channel 4 +/- button to validate your selection.
OPERATION

PERSONALIZING A PROGRAM

NOTE: Some program personalization options are not available for all programs.

A  Press the On/Off button to return to the previous screen.

B  Some programs require manual selection of the muscle group you want to stimulate. This muscle group is shown in black on a small figurine above channel 1. Use the Channel 1 +/- button to select your chosen group. The seven muscle groups proposed are shown successively in black on the small figurine.

C  Press the Channel 2 +/- button to select or not the warming-up sequence (warming-up sequence is activated when the small animated rising convention symbols above the radiator are visible).

D  Use the Channel 3 +/- button to choose the program difficulty level.

E  Use the Channel 4 +/- button to confirm your choices and launch the program.
DURING THE STIMULATION SESSION

A. ADJUSTING STIMULATION ENERGIES

When you start a program, you will be prompted to increase the stimulation energies. This is critical to the success of any program. To find out what energy level needs to be reached for each program, refer to the applications menu.

Press the On/Off button to place the unit in Pause mode.

The Compex Performance US "bleeps" and the symbols of the four channels flash, changing from + to 000: the four channels are at 000 energy. You must increase the stimulation energy so that the stimulation can start. To do this, press the + buttons for the relevant channels until the desired setting is reached. If you want to increase the energy level of all four channels simultaneously, press the "i" button, located below the On/Off button. Press the "i" button twice to increase the levels in the first 3 channels, and 3 times to increase the levels in the first 2 channels. When you press the "i" button, the associated channels are highlighted in white on a black background.
OPERATION

DURING THE STIMULATION SESSION (CONTINUED)

B. PROGRAM PROGRESSION

Stimulation actually starts when the stimulation energy has been increased. The examples reproduced below show the general rules.

NOTE: Active rest phase stimulation energies are automatically set at 50% of contraction energies. These can be modified during the rest phase. Once modified, they will be totally independent of the contraction energies.

NOTE: If your Compex Performance US emits a beeping sound and the symbols under the active channels begin to flash, the stimulator is suggesting you increase the level of the stimulation energies. If you are working at the maximum tolerance level, simply ignore this message.

A Press the On/Off button to interrupt the program momentarily. To restart it, simply press the channel 4 +/- button. The session will resume at 80% of the energy levels that were in use prior to the interruption.

B/C/D/E The different energies reached during the contraction phase are shown by a series of black bar graphs. Active rest phase energies are shown by hatched bar graphs.
OPERATION

DURING THE STIMULATION SESSION (CONTINUED)

C. END OF PROGRAM

At the end of each session, a small flag will be displayed on the screen and a short melody will be played. To switch off the stimulator, press the On/Off button.

RECHARGING THE DEVICE

*Never recharge the stimulator without first disconnecting the stimulation cables. Always use the charger supplied by DJO, LLC to recharge the batteries.*

The Compex Performance US has considerable operating autonomy, as it uses rechargeable batteries. The battery’s life depends on the programs and stimulation energy used.

To recharge them, use the charger supplied with your device and connect it to the front of the device, (slide the red cover to the right to free the charger connector while inserting the charger pin), then plug the charger in a socket.

Remove any stimulation cables connected to the stimulator before recharging it.

We strongly recommend you fully charge the battery before using it for the first time as this will improve its autonomy and life span. If you do not use your device for a long period of time, please recharge the battery regularly.
OPERATION

RECHARGING THE DEVICE (CONTINUED)

A. BATTERY LEVEL

The charge state of the battery is indicated by a small battery icon on the screen.

If the battery icon contains just two lines, this means that power is running low. Stop the session and recharge the unit.

If the \textit{START} symbol normally displayed above the channel 4 +/- button is not visible and if the battery icon is flashing, this means that the battery is completely discharged. It is no longer possible to use the device. Recharge it immediately.

B. RECHARGING

Remove all stimulation cables from the stimulator before recharging it. Connect the charger to the mains and then connect the stimulator to the charger. The charge menu shown below will automatically appear on the screen.

The duration of the charging operation is shown on the screen—(a complete charge may take 1 hour 30 minutes).

The battery icon is animated while the battery is recharging. When fully charged, the icon will be full and the total time taken to recharge the battery will flash on the screen. Simply disconnect the charger— the Compex Performance US will turn off automatically.
OPERATION

PROGRAMS

A. MUSCLE STIMULATION TRAINING PROGRAMS

**NOTE:** For the 4 basic workout programs: Endurance, Resistance, Strength, Explosive Strength, we advise you to consult the training planner on our website shopcompex.com. An interactive question and answer system takes you to a personalized training plan.

The Compex Performance US provides four muscle stimulation training programs. They correspond to the type of muscle performance the athlete wishes to improve or maintain. These training programs are:

- Endurance
- Strength
- Resistance

Each of these four training programs offers five different working levels that enable the amount of work to be gradually increased.

**Endurance**

The Compex Endurance program imposes an average medium working level on muscle fibers. This working level is maintained over a long period (40 minutes per session). The Endurance program particularly activates the aerobic metabolism of the fibers during the stimulation session. The purpose is to increase the time the muscle is able to maintain a medium level of working power or the average power level the muscle is able to maintain for extended periods of time. The program may be used in most physical preparations to establish or improve basic muscle endurance. It is designed to increase the average intensity of muscle effort that must be maintained over a long period. It is most appropriate for athletes engaged in endurance sports such as marathon, triathlon, cycling, etc.

**Resistance**

The Compex Resistance program imposes an average high power working level on muscle fibers. This working level is maintained over a short period (12 minutes per session). The Resistance program activates the anaerobic metabolism of muscle fibers during the stimulation session and induces the production of lactic acid. It is intended to increase the time the muscle is able to maintain a high power working level (close to its maximum) or the average power working level the muscle is able to maintain for a short duration. It is designed for sporting activities, which are characterized by a need for intense (close to the maximum) efforts to be maintained or repeated to approach the limit of muscle exhaustion. Sports requiring this type of effort are, for example, the 400 and 800 meters, one-kilometer cycle races and 100 meters swimming. It is appropriate for many other sports based on duration, such as cycling, which makes repeated demands on muscle resistance.
A. MUSCLE STIMULATION TRAINING PROGRAMS (CONTINUED)

Strength
The Compex Strength program imposes a high and instantaneous power working level on muscle fibers during tetanic contractions. These contractions are separated by long periods of rest. The result is an average medium power working level (+ 20 minutes). This program is intended to increase the maximum strength of muscle contraction, which is carried out isometrically or dynamically. It is specifically designed for sports characterized by a need for maximum but very brief strength contractions. Weight lifting is a typical sport of this kind. This program is also appropriate for any type of sports requiring a gain in strength on a specific muscle (cycling, short distance running, soccer, etc.).

B. SPECIALIZED MUSCLE TRAINING PROGRAMS
The Compex Performance US also offers five special muscle training programs. Their objective is to prepare muscles for explosive motions or to facilitate recovery after active muscle training and competition:

- Pre-Warmup
- Active Recovery
Active Recovery
The Compex Active Recovery cool-down program produces muscle twitches at a very low frequency. Those twitches act like a massage and induce an increase in blood flow. They are responsible for a faster reduction of the lactic acid blood level (much better than mere rest) and accelerate the exchanges between muscle fibers and blood. Consequently, the stimulated muscles recuperate better from fatigue and the athlete has a feeling of relaxation and muscle lightness. This type of cool-down program is recommended after hard training sessions and competitions. It is particularly useful after sports requiring long duration efforts, combining endurance and resistance (cycling, marathon, triathlon, mountain-bike, etc.). The same is applicable to sports that require shorter efforts (basketball, soccer, football).

Pre-Warmup
The Compex Pre-Warmup program helps muscles to get ready and should be used before training sessions and before competitions.
OPERATIONAL GUIDELINES

USAGE GUIDELINES

The usage guidelines presented in this section should be considered as general rules. For all programs, it is recommended that you read carefully the usage information and advice presented in the Operation section. You should use the shopcompex.com web site to establish an appropriate training plan. The shopcompex.com web site helps you with your first steps with the device.

CHOOSING THE APPROPRIATE MUSCLE WORK PROGRAM

The choice of a program determines the kind of work that is imposed on the stimulated muscles. Based on your knowledge about sport training, you can choose the program that is appropriate to your needs. Please go on the shopcompex.com web site as it offers an advanced interactive way to establish an appropriate work program. With just a few answers to basic questions, the “Training Planner” will determine which is the most appropriate program for you.

PLANNING STIMULATION SESSIONS

The Training Planner (shopcompex.com) will determine the number of training sessions per week you should do and the number of weeks you should use a muscle training program.

ELECTRODE POSITIONS

For optimal results, use the electrode positions recommended by DJO, LLC. To do this, refer to the pictures and pictograms shown on the inside cover of the manual.

Each stimulation cable has two poles:
A positive pole (+) = red connection
A negative pole (-) = black connection

A different electrode must be connected to each pole.

NOTE: It is possible and normal to have an electrode arrangement that leaves one electrode connection free from a cable.
OPERATIONAL GUIDELINES

Depending on the characteristics of the current, efficacy can be optimized in certain programs by placing the electrode connected to the positive pole (red connection) "strategically." When working with a muscle stimulation program (program involving muscle contractions), it is important to place the positive electrode on the motor point of the muscle.

It is crucial to choose the right size electrodes (large or small) and correctly position these on the muscle group you want to stimulate to ensure the efficacy of the program. Therefore, always use the size of electrodes shown in the pictures. Unless you have other specific medical instructions, always follow the placement directions in the pictures.

Where necessary, look for the best possible position by slowly moving the positive electrode over the muscle until you find the point that will produce the best contraction or the most comfort for you.

DJO, LLC disclaims all responsibility for consequences arising from electrodes placed in other positions. See the Safety Guide section of this manual to more information on where not to apply electrodes.

STIMULATION POSITIONS

This position will vary depending on the position of the electrodes, the muscle group you wish to stimulate, and the program you are using. For programs involving powerful muscular contractions, the muscle should always be stimulated in an isometric fashion. You must therefore fix the extremities of your limbs securely. In this way, you provide maximum resistance to the movement and prevent any shortening of the muscle during the contraction, which could create cramp pains and serious stiffness after the session.

For example, when stimulating the quadriceps, the user should be in a seated position with the ankles fixed with straps to prevent extension of the knees.

For other types of programs (for example, the Active Recovery program), which do not involve powerful muscular contractions, position yourself as comfortably as possible.
OPERATIONAL GUIDELINES

ADJUSTING STIMULATION ENERGIES

In a stimulated muscle, the number of recruited fibers depends on the stimulation energy. With a lower current intensity, there are fewer working fibers. With a higher current intensity the number of working fibers is increased.

For programs involving powerful muscular contractions, you must therefore use maximum stimulation energies (up to 999), always at the limit that you can endure, in order to recruit the maximum number of fibers.

PROGRESSION IN THE LEVELS

In general, it is not advisable to go through the different levels quickly with the intention of reaching level 5 as fast as possible. In fact, the different levels correspond to progress with electrostimulation.

The goal is to progress through the electrical intensities and then through the levels. The more numerous the muscle fibers you stimulate, the more numerous will be the fibers that are going to progress. But the speed of progress of these fibers and their aptitude for operating at a higher rating depend on the program and level used, the number of sessions per week, the length of these sessions and on intrinsic factors specific to each individual.

The simplest and most usual procedure is to start with level 1 and raise the level when changing to a new stimulation cycle.

At the end of a cycle, you may either start a new cycle at the next level up or do some maintenance at the rate of 1 session.
CLEANING THE UNIT
Do not sterilize the stimulator. To clean your unit, use a soft cloth and an alcohol-based cleaning product, which does not contain solvents. Solvents could damage the plastic parts, especially the panel covering the screen of your Compex Performance US. Use only a minimum amount of liquid when cleaning the unit.

MAINTENANCE
Do not attempt to repair the stimulator or any of its accessories. Never dismantle the Compex Performance US or the charger containing high-voltage parts because of risk of electric shock. DJO, LLC declines all responsibilities for any damages or consequences resulting from unauthorized attempts to open, modify, or repair the stimulator. This may only be done by persons or repair services authorized by DJO, LLC.

Your stimulator does not require calibration. Each Compex Performance US stimulator is always tested and validated prior to distribution. Its characteristics do not vary under normal conditions. Nonetheless, as the Compex Performance US is a high quality electrical instrument, its lifespan depends on the use that is made of it and the care and maintenance it receives during its lifetime. If your stimulator contains parts that seem worn or defective, please contact DJO, LLC regarding an upgrade.

STORAGE AND TRANSPORTATION CONDITIONS
The Compex Performance US contains rechargeable batteries and so the storage conditions must not exceed the following figures:

- Storage temperature: from -20°C to 45°C, -4°F to 113°F
- Max. relative humidity: 75%
- Atmospheric pressure: from 700 hPa to 1060 hPa

PATENTS
The Compex Performance US incorporates several innovations with patents pending.
SPECIFICATIONS

DISPOSAL

The main purpose of the 2002/96/EEC Directive is to prevent the creation of waste electrical and electronic equipment (WEEE) and to reduce the amount of waste to be disposed of by encouraging reuse, recycling, and other forms of recovery.

The wheelie bin pictogram with the bar through it means that the equipment cannot be discarded with household refuse, but that it must be collected selectively. The equipment must be delivered to a suitable collection point for treatment. By doing so, you will be contributing to the safeguarding of natural resources and health.

Batteries must be disposed of in compliance with relevant national regulatory requirements.

STANDARDS

The Compex Performance US complies with current medical standards.

To guarantee your safety, the Compex Performance US has been designed, manufactured, and distributed in compliance with the requirements of European Directive 93/42/EC on medical devices.

The Compex Performance US also complies with the IEC 60601-1 standard on general safety requirements for electro-medical devices, the IEC 60601-1-2 standard on electromagnetic compatibility, and the IEC 60601-2-10 standard on particular safety requirements for nerve and muscle stimulators.

Current international standards require that a warning be given concerning the application of electrodes to the thorax (increased risk of cardiac fibrillation).


HOW TO GET HELP

To get assistance or answers to your questions, please contact:

DJO, LLC
Toll Free: 1-877-266-7398 (877-COMPEX8)
SPECIFICATIONS

DESCRIPTION OF DEVICE MARKINGS

The markings on the Compex Performance US are your assurance of its conformity to the highest applicable standards of medical equipment safety and electromagnetic compatibility. One or more of the following markings may appear on the device:

Complies with IEC 60601-1, 60601-1-2 and 60601-2-10

Type BF Equipment

Class II Device with internal electric power

Refer to Instruction Manual/ Booklet/Website (shopcompex.com)

The On/Off button is a multifunction button:

• On/Off (two stable positions)
• Waiting or on standby for a part of the unit
• Stop (turns system off)


OUTPUT WAVEFORM

Biphasic rectangular impulse with electrical mean equal zero (net zero DC). All electrical specifications are given for an impedance of 500-1000 ohms per channel. Channels: Four independent and individually adjustable channels that are electrically isolated from each other and earthed.
SPECIFICATIONS

UNIT CHARACTERISTICS

Body: plastic
Weight: 350 g, 12.25 ounces
Length: 142 mm, 5.6 inches
Width: 99 mm, 3.9 inches
Height: 36 mm, 1.4 inches

POWER SUPPLY

NIMH rechargeable battery (4.8 V ≥ 1200 mA/h)- P/N 941210

OUTPUT SPECIFICATIONS

Pulse shape: Constant rectangular current with pulse compensation to eliminate any direct current component to prevent residual polarization at skin level.

Maximum pulse intensity: 120 mA

Pulse intensity increments: manual adjustment of stimulation intensity from 0 to 999 (energy) in minimum increments of 0.5 mA.

Pulse width: 200 to 400 μs

Maximum electrical charge per pulse: 96 microcoulombs (2x48 μC, compensated).

Standard pulse ramp-up time: 3 μs (20%-80% of maximum current).

Pulse frequency: 1 to 120 Hz

Protection Rating: IPX0

DESCRIPTION OF ACCESSORIES

Battery charger for recharging the battery (P/N 150-683016):
Type TR1509-06-A-133A03; Input 100-240 VAC/47 to 63Hz/0.5A max.; Output 9V/1.4A/15W

Four black snap-connection stimulation cables (P/N 150-601131):
Device connector: 6-pin; Electrode connector: female snap; Length: 1500 mm

Self-adhesive electrodes:
4 small electrodes (P/N 11-9119) (5 x 5 cm, 2 x 2 inch)
4 large electrodes (P/N 11-9120) (5 x 10 cm, 2 x 4 inch)
The Compex Performance US is intended for use in the electromagnetic environment specified below. The customer or the user of the Compex Performance US should assure that it is used in such an environment.

### TABLE 1: RECOMMENDATIONS AND DECLARATION BY THE MANUFACTURER CONCERNING ELECTROMAGNETIC EMISSIONS

<table>
<thead>
<tr>
<th>Emission Tests</th>
<th>Compliance</th>
<th>Electromagnetic Environment - Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>CISPR 11 RF Emissions</td>
<td>Group 1</td>
<td>The Compex Performance US uses RF energy only for its internal operation. Consequently, its RF emissions are very low and are unlikely to interfere with any adjacent electrical device.</td>
</tr>
<tr>
<td>CISPR 11 RF Emissions</td>
<td>Class B</td>
<td>The Compex Performance US is suitable for use in any establishment, including a private dwelling and a place connected directly to the low voltage mains supply which powers residential buildings.</td>
</tr>
<tr>
<td>Harmonic Emissions IEC 61000-3-2</td>
<td>Not Applicable</td>
<td></td>
</tr>
<tr>
<td>Voltage Fluctuations/ Emission Oscillations IEC 61000-3-3</td>
<td>Not Applicable</td>
<td></td>
</tr>
</tbody>
</table>
# SPECIFICATIONS

## TABLES 2 & 3: RECOMMENDATIONS AND DECLARATION  
BY THE MANUFACTURER -  
ELECTROMAGNETIC IMMUNITY

The Compex Performance US is designed for use in the electromagnetic environment stipulated below. The customer or the user of the Compex Performance US must ensure that it is used in this recommended environment.

<table>
<thead>
<tr>
<th>Immunity Test</th>
<th>IEC 60601 Test Level</th>
<th>Compliance Level</th>
<th>Electromagnetic Environment - Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electrostatic discharge (ESD) IEC 61000-4-2</td>
<td>±6 kV at the contact ±8 kV in air</td>
<td>±6 kV at the contact ±8 kV in air</td>
<td>Floors must be wood, concrete, or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at a minimum of 30%.</td>
</tr>
<tr>
<td>Electrical fast transient/ burst IEC 61000-4-4</td>
<td>±2 kV for power supply lines ±1 kV for input/ output lines</td>
<td>Not Applicable System battery-powered</td>
<td>The quality of the power supply should be that of a typical commercial or hospital environment.</td>
</tr>
<tr>
<td>Surge (1) IEC 61000-4-5</td>
<td>±1 kV differential mode ±2 kV common mode</td>
<td>Not Applicable System battery-powered</td>
<td>The quality of the power supply should be that of a typical commercial or hospital environment.</td>
</tr>
</tbody>
</table>
| Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11 | <5% Uᵢ (˃95% dip in Uᵢ) for 0.5 cycle  
40% Uᵢ (60% dip in Uᵢ) for 5 cycles  
70% Uᵢ (30% dip in Uᵢ) for 25 cycles  
<5% Uᵢ (˃95% dip in Uᵢ) for 5 sec | Not Applicable System battery-powered                                         | The quality of the power supply should be that of a typical commercial or hospital environment. If the Compex Performance US user requires continuous operation during mains power cuts, we recommend that the Compex Performance US is powered by a UPS or a battery. |
| Power frequency (50/60Hz) magnetic field IEC 61000-4-8                         | 3 A/m                                                                                 |                                                                                  | Magnetic fields at the mains frequency should be at the level of a representative site located in a typical commercial or hospital environment. |

**NOTE:** $Uᵢ$ is the a.c. mains voltage prior to application of the test level.
# SPECIFICATIONS

<table>
<thead>
<tr>
<th>Immunity Test</th>
<th>IEC60601 Test Level</th>
<th>Compliance Level</th>
<th>Electromagnetic Environment - Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Portable and mobile RF communications equipment should be used no closer to any part of the Compex Performance US, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Recommended separation distance:</strong></td>
</tr>
<tr>
<td>Conducted RF</td>
<td>IEC 61000-4-6</td>
<td>3 Vrms 150 kHz to 80 MHz</td>
<td>Not Applicable</td>
</tr>
<tr>
<td>Radiated RF</td>
<td>IEC 61000-4-3</td>
<td>3 V/m 80 MHz to 2.5 GHz</td>
<td>3 V/m 10 V/m</td>
</tr>
</tbody>
</table>

where $P$ is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and $d$ is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range. Interference may occur in the vicinity of equipment marked with the following symbol: ![Symbol](https://example.com/symbol.png)

**NOTE 1:** At 80 MHz and 800 MHz, the higher frequency range applies.

**NOTE 2:** These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Compex Performance US are used exceeds the applicable RF compliance level above, the Compex Performance US should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Compex Performance US.

Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.
SPECIFICATIONS

TABLE 4: RECOMMENDED SPACING BETWEEN A PORTABLE AND MOBILE COMMUNICATION APPLIANCE AND THE COMPEX PERFORMANCE US

The Compex Performance US is designed for use in an electromagnetic environment in which radiated RF waves are controlled. The buyer or user of the Compex Performance US can contribute to preventing electromagnetic interference by maintaining a minimum distance between RF portable and mobile communication appliances (transmitters) and the Compex Performance US according to the table of recommendations below and according to the maximum output power of the telecommunication appliance.

In the case of whose maximum output power is not shown in the table above, the recommended spacing of \( d \) meters (m) can be calculated using the appropriate equation for the transmitter frequency, where \( P \) is the maximum output power of the transmitter in watts (W) as set by the transmitter manufacturer.

**NOTE 1:** At 80 MHz and at 800 MHz, the spacing for high frequency amplitude is applied.

**NOTE 2:** These guidelines may not be appropriate for some situations. Electromagnetic wave propagation is modified by absorption and reflection due to buildings, objects, and persons.

<table>
<thead>
<tr>
<th>Maximum Transmitter Output Power ( W )</th>
<th>Spacing according to the frequency of the transmitter in CISPR 11</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>From 150 kHz to 80 MHz ( d = 1.2\sqrt{P} )</td>
</tr>
<tr>
<td>-----------------------------------------</td>
<td>---------------------------------------------------------------</td>
</tr>
<tr>
<td>0.01</td>
<td>0.12</td>
</tr>
<tr>
<td>0.1</td>
<td>0.38</td>
</tr>
<tr>
<td>1</td>
<td>1.2</td>
</tr>
<tr>
<td>10</td>
<td>3.8</td>
</tr>
<tr>
<td>100</td>
<td>12</td>
</tr>
</tbody>
</table>
TROUBLESHOOTING

ELECTRODE FAULT

The Compex Performance US "bleeps" and alternatively displays the symbol of a pair of electrodes and an arrow pointing to the channel where a problem has been detected. In the example above, the stimulator has detected an error in channel 1.

- Check that electrodes are connected to this channel.
- Check whether the electrodes are old, worn, and/or the contact is poor: try using new electrodes.
- Try using the stimulation cable on a different channel. If the cable is still showing a fault, replace it.

STIMULATION NOT PRODUCING USUAL SENSATION

Check that all the settings are correct and ensure the electrodes are positioned properly.

- Change the positioning of the electrodes slightly.

STIMULATION EFFECT CAUSES DISCOMFORT

The electrodes are beginning to lose adhesion and no longer provide good contact on the skin.

- The electrodes are worn and need to be replaced.
- Change the positioning of the electrodes slightly.
Troubleshooting

Stimulator is Not Working

If an error screen appears while you are using the device, note the menus and error number (in the example above, menus 1/0 and error 1/0/0) and contact the nearest authorized customer support service.

Need for Recharging

If the START symbol normally displayed above the channel 4 +/- button is not visible and if the battery icon is flashing, this means that the battery is completely discharged. It is no longer possible to use the device. Recharge it immediately.
WARRANTY

DJO, LLC, a division of Encore Medical, L.P. ("Company"), warrants that the Compex Performance US ("Product") is free of defects in material and workmanship. This warranty shall remain in effect for two years (24 months) from the date of original consumer purchase. If this Product fails to function during the two year warranty period due to a defect in material or workmanship, at the Company's option, the Company or the selling dealer will repair or replace this Product without charge within a period of thirty days from the date on which the Product is returned to the Company or the dealer.

All repairs to the Product must be performed by a service center certified by the Company. Any modifications or repairs performed by unauthorized centers or groups will void this warranty.

The warranty period for accessories is 90 days. Accessories include Lead Wires and Electrodes.

This Warranty Does Not Cover:

Replacement parts or labor furnished by anyone other than the Company, the selling dealer, or a service technician certified by the Company.

Defects or damage caused by labor furnished by someone other than Company, the selling dealer, or a certified Company service technician.

Any malfunction or failure in the Product caused by product misuse, including, but not limited to, the failure to provide reasonable and required maintenance or any use that is inconsistent with the Product User Manual.

COMPANY SHALL NOT BE LIABLE IN ANY EVENT FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some locations do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

To obtain service from Company or the selling dealer under this warranty:

1. A written claim must be made within the warranty period to the Company or the selling dealer. Written claims made to the Company should be sent to:

   DJO, LLC
   1430 Decision Street
   Vista, CA 92081-8553 USA
   Phone: 1-877-266-7398 (877-COMPEX8)

   and

2. The Product must be returned to the Company or the selling dealer by the owner.

This warranty gives you specific legal rights and you may also have other rights which vary from location to location.

The Company does not authorize any person or representative to create for it any other obligation or liability in connection with the sale of the Product.

Any representation or agreement not contained in the warranty shall be void and of no effect.

THE FOREGOING WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.
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