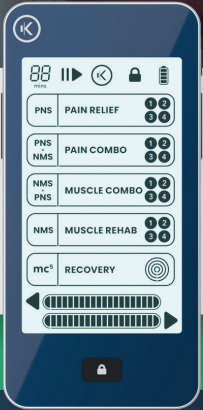
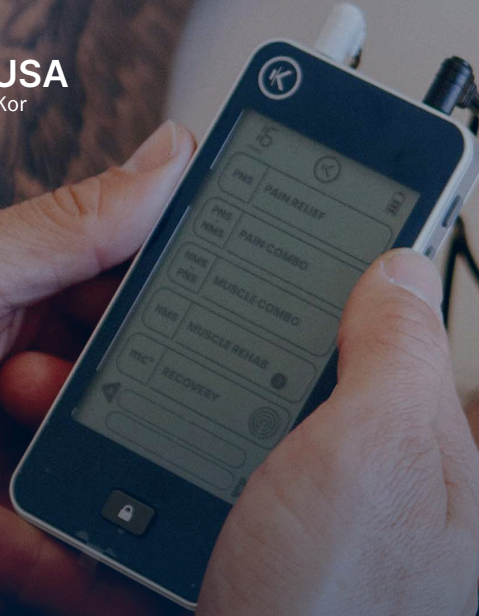




Lifetech USA
Powered by NuroKor



mediliev™ touch

VETERAN TREATMENT GUIDE

19 Body-Part-Specific Protocols

Compatible KOR Accessories



KORBAND



KORGLOV



KORSHOE



KORSOCK

Pain Relief & Muscle Rehabilitation

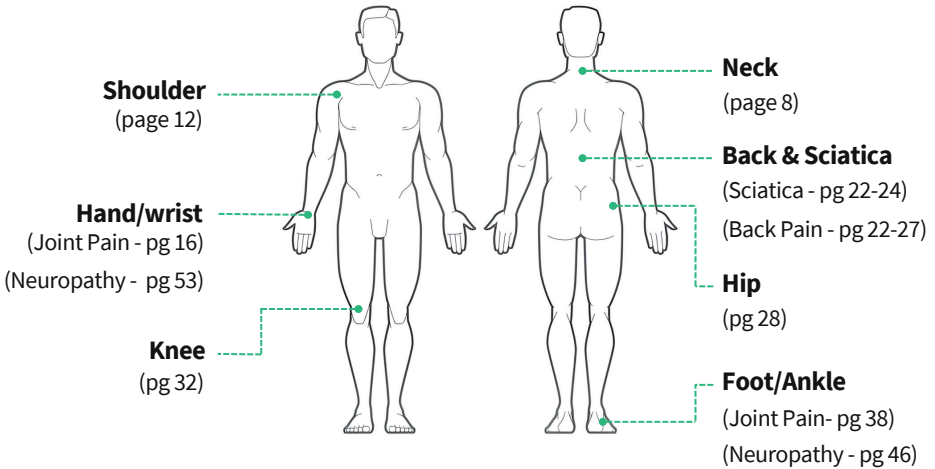
www.sandlotmedical.com



Video Setup
Tutorials

MEDILIEV TOUCH — BUILT FOR COMPLEX CONDITIONS

Service-connected pain and lasting injury are rarely solved by a single treatment approach. This guide walks you through 19 targeted protocols — each matched to a specific body region, symptom type, and stage of recovery — so you can use your mediliev touch device effectively and independently.



Each protocol uses multiple stimulation types (described below) in a deliberate sequence— starting with microcurrent to prepare tissue, then moving through nerve and muscle stimulation. The programs continuously vary their frequency so your nervous system never adapts to the signal. Every session stays as effective as the first.



MICROCURRENT STIMULATION

Decreases inflammatory signaling, reduces swelling, and calms irritated nerves — a sub-sensory stimulation you will not feel.



PERIPHERAL NERVE STIMULATION

Targets multiple pain pathways simultaneously— managing pain more completely than single-frequency approaches.



NEUROMUSCULAR STIMULATION

Delivers smooth, comfortable muscle contractions to support circulation and progressive muscle rehabilitation.

TABLE OF CONTENTS

| | |
|--|-----------|
| Device Charging | 03 |
| Device Safety | 04 |
| Device Operation | 04 |
| Neck | 08 |
| Shoulder | 12 |
| Hand / Wrist | 16 |
| <i>(For neuropathy in the hands → Peripheral Neuropathy below, pg. 53)</i> | |
| Low Back / Sciatica | 22 |
| Hip | 28 |
| Knee | 32 |
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| Foot / Lower Leg | 47 |
| Hand | 53 |
| Personalized Fill-in Protocol | 57 |
| Getting Supplies through the VAMC | 59 |

How to use this Instructional Guide:

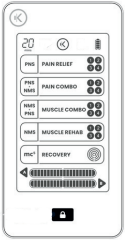
First time? → Start with Device Charging, Safety, and Device Operation (next page) before your first session.

Looking for a protocol? → Find your body part above and go directly to that page. Every protocol is self-contained, including device/accessory set-up.

Recovering from surgery? → Specialized post-operative protocols that address each stage of healing and rehab are available, but are not included in this guide. Ask your provider or call us at (480) 200-3356.

Have a question or would like additional training or support? → Please call us at 480-200-3356.

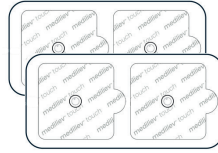
BEFORE TREATMENT - WHAT'S INCLUDED



mediliev touch



Lead Wire Cables



(one year supply)

Electrode Pads



Kor Electrode Gel



Charging Cable



Device Pouch

Kor Electrode Gel: designed to improve adherence of electrode pads. Use as needed.

Device Pouch: Use during treatment and for storage between treatment sessions to prevent accidental device damage. Can also velcro to KorBand accessory for on the go treatment.

i ADDITIONAL ACCESSORIES?

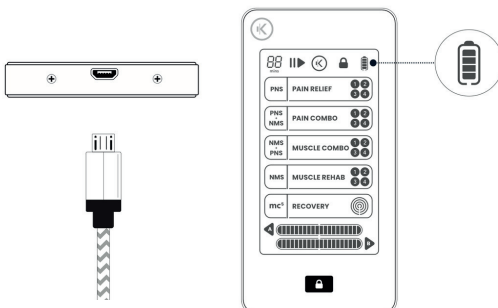
Your VA provider may have also prescribed KorBand, KorGlov, KorShoe, or KorSock accessories for specific treatment areas.



KorBand - Low Back
(device attached with pouch)

DEVICE CHARGING

Connect the charging cable (green cable provided) to a USB charging outlet. Charge until the battery indicator shows full (approx. 30 minutes)



i IMPORTANT:

Use a wall outlet to charge the device. Most laptops or portable devices are not powerful enough to properly charge your device.

SAFETY:

For your safety, review all warnings, precautions, and instructions before your first treatment.

DO NOT USE IF YOU HAVE:

- A **cardiac pacemaker**, or implanted defibrillator
- Any other implanted electrical device

DO NOT PLACE PADS:

- Over or near your heart
- On head or front/sides of neck
- On broken skin, wounds, sores, or ulcers

DURING TREATMENT:


- DO NOT apply or remove pads while device is actively treating.
- DO NOT use while operating machinery, vehicles, or any action where involuntary movements could endanger you or others.

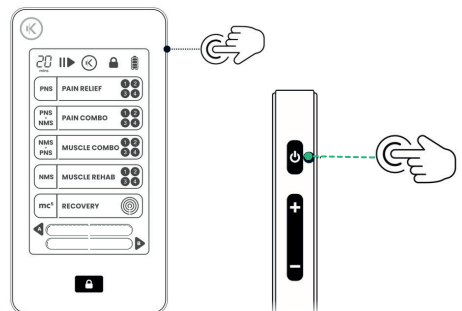


Call your VA provider or Sandlot Medical if you have questions about whether this device is safe for your condition.

DEVICE OPERATION

1 Turn Device On/Off

Press and hold  button (located on the right side of device) until device turns on/off.



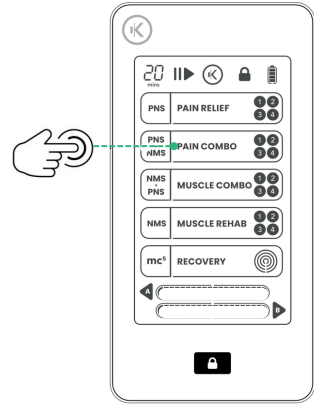
DEVICE OPERATION - SELECT TREATMENT

2 Select a Treatment App

Press directly on an icon to select your treatment app.

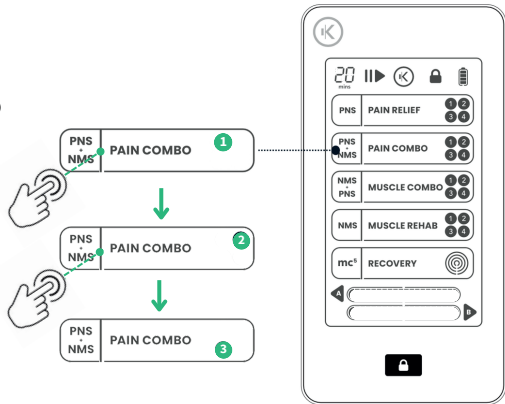
IMPORTANT:

The flashing icon indicates the selected treatment app.




3 Select a Treatment Mode

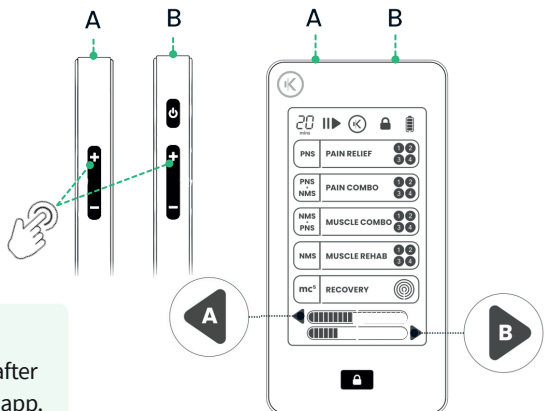
Press the flashing app icon again to move to mode 2. Press again for 3. Press again for 4. Press again to move back to mode 1.



4 Adjust Intensity

Use the A intensity button (left side of the device) to increase or decrease the stimulation intensity for Port A.










If connected to Port B, use the B intensity button (right side of the device, under  button).



IMPORTANT:

Intensity defaults to zero at the start or after selecting a different treatment mode or app.

DEVICE OPERATION - TREATMENT APPS

| App Icon | Mode (Options) | What It Feels Like | Uses |
|--|--|--|---|
|  |  4 modes | A comfortable tapping, buzzing, or tingling sensation on the skin for pain relief. | Pain after injury or surgery, chronic joint pain (especially in hands, wrists, and feet) |
|  |  4 modes | A mix of tapping and gentle muscle contractions. Ideal for deep rooted pain symptoms and circulation help. | Deep chronic pain (back, neck, shoulder, hip, knee,...), radiating pain, and other nerve-based pain in the hands and feet (neuropathy symptoms) |
|  |  4 modes | Generates strong, purposeful muscle contractions—like your muscles are doing a workout. | Severe muscle weakness (due to stroke or nerve damage), difficulty with coordination |
|  |  4 modes | A larger mix of muscle twitches and steady squeeze-and-hold contractions, compared to Muscle Combo App. | Moderate muscle weakness, rebuilding strength after injury or surgery, and muscle spasms or tightness |
|  | pre-set | Very faint tingle or nothing at all—this is NORMAL. This gentle microcurrent works at a cellular level. | Swelling/inflammation, calms irritated nerves, and improves healing of wounds, muscle strains and other soft tissue injuries **All protocols start with this** |

Each app (except RECOVERY) includes 4 unique modes. Each mode within an App delivers the same type of therapy but with a different stimulation pattern or “feeling”.

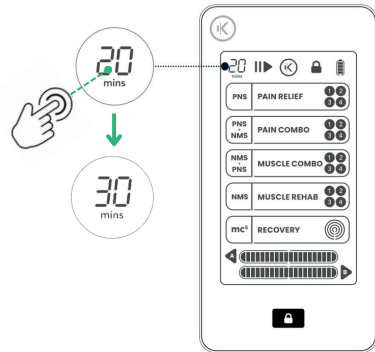
i IMPORTANT:

Each treatment protocol will provide recommended treatment modes. If it doesn't feel right after a few sessions, the other modes deliver the same therapy with a different sensation pattern — try them, or call us at 480-200-3356.


DEVICE OPERATION - FEEL AND SET TREATMENT

5 Set Treatment Time

Select desired treatment time by touching the timer (each touch increases time by 10 minutes, up to 60 min).

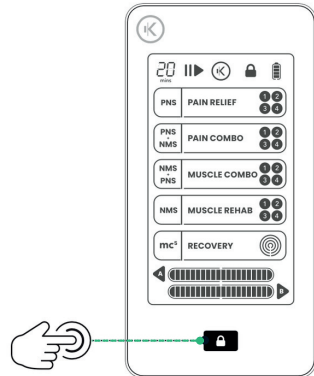


6 Screen Lock



Lock touchscreen during treatment to prevent accidental mode changes during treatment. Press  button to lock or unlock touchscreen.

IMPORTANT:

This lock feature only locks the touchscreen operation. The device buttons are unaffected.

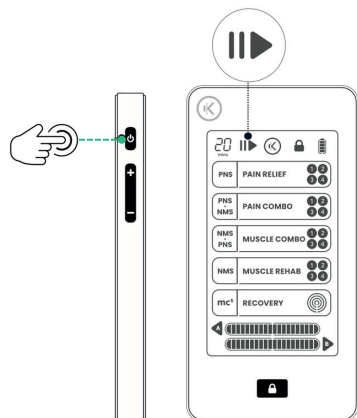


7 To Pause Treatment

Briefly press the  button to pause the treatment. A **pause icon will flash** at the top of the screen to indicate the treatment is paused. Press the  again to resume treatment.

IMPORTANT:

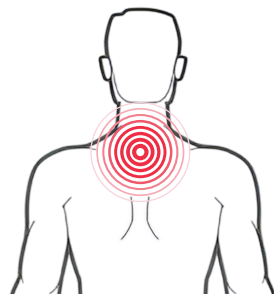
This pause feature can allow you to reposition pads/accessories or take a quick break (use restroom, answer door, etc.).



NECK — GETTING STARTED

Service-connected neck injuries — from load-bearing, vehicle accidents, and sustained postures under gear — rarely produce isolated pain. Often, muscles surrounding an injury or irritated nerve tighten defensively, leading to stiffness, further pain, or limited movement.

For some Veterans, pain is the dominant symptom. For others, muscle symptoms dominate. Most experience both — which is why treating only one leaves the other unresolved. The two protocols below are designed to address both.



Choose Your Protocol



PAIN FOCUSED

For: pain that feels sharp, pinchy, or radiating into shoulder or arm.

Typically movements, like looking up or turning, trigger pain quickly.

pg. 9-10 (next page)



MUSCLE FOCUSED

For: tightness, spasms, or a neck that feels stiff or restricted.

Typically symptoms build over time, not instantly.

pg. 11

i HAVE BOTH OR UNSURE? → Start with **PAIN FOCUSED**.

Most Veterans begin to use **MUSCLE FOCUSED** more frequently as pain decreases.

What To Expect From Treatment

Sessions 1-3: Stimulation is felt but pain change may still be minimal — this is normal. Chronic symptoms built up over months don't resolve in a single session.

Sessions 4-10: Expect gradual reduction in pain and muscle tension. Sleep and morning stiffness often improve before daytime pain does.

By week 3-4: Nerve symptoms like arm tingling or numbness improve more slowly than local neck pain. Give it time.

i No improvement after 3-4 weeks?

Call us at 480-200-3356. You may benefit from a protocol adjustment.



Use either the **KorGlov-Electrode** or **Electrode-Only Set Up**. Choose based on your pain symptoms:

KORGLOV-ELECTRODE SET UP

For: pain radiating down the arm (radiculopathy).

see below

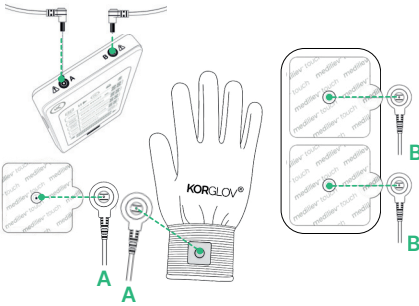
ELECTRODE-ONLY SET UP

For: localized pain in the neck (cervical disc/facet conditions).

next page

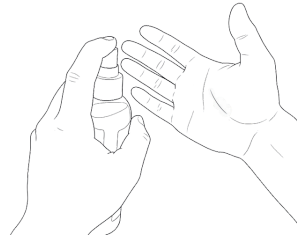
KORGLOV-ELECTRODE SET UP

A Connect Electrodes and KorGlov.



With one lead wire, connect an electrode pad to one KorGlov to the device. With 2nd lead wire, connect 2 electrodes to the device.

B Spray hand.



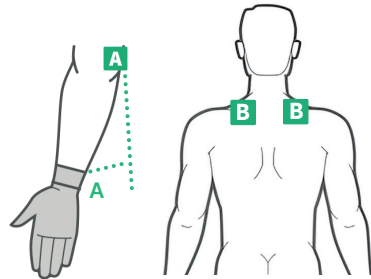
Spray entire hand with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorGlov.



Once put on, spray the KorGlov (4-5 sprays on each side).

D Position Electrodes and KorGlov.



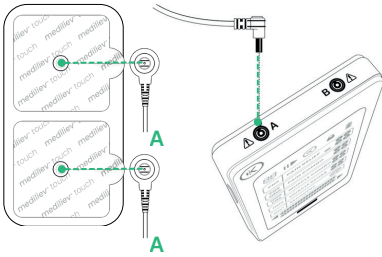
i SPRAY WILL IMPROVE STIMULATION AND COMFORT:

Use additional spray if stimulation feeling reduces during treatment.



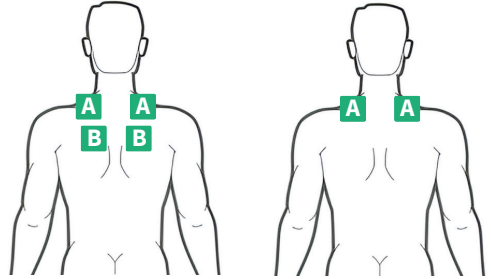
ELECTRODE-ONLY SET UP

A Connect electrodes to device.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position Electrodes.



Option 1
(4 electrode set-up)

Option 2
(2 electrode set-up)

DEVICE OPERATION:

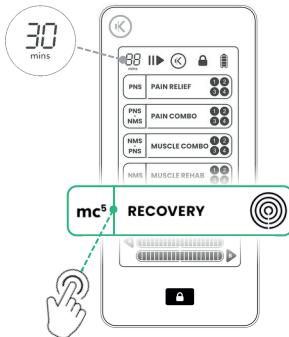


30-60 Minute Treatment



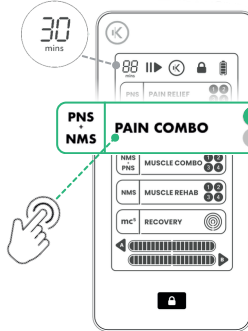
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

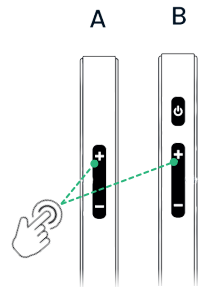


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity—to a strong buzzing feeling and tapping sensation (slight muscle twitch).

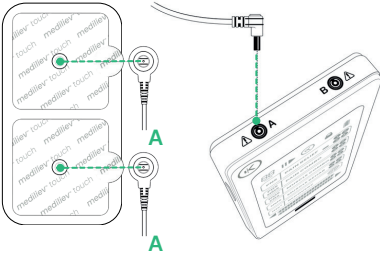


i WHY RECOVERY FIRST?

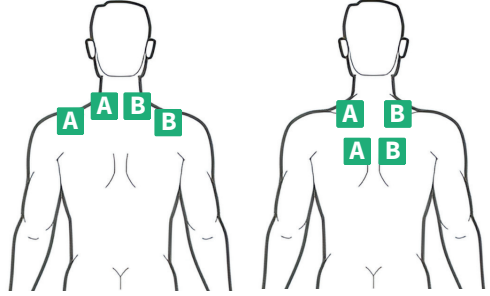
RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the neck/upper body, making the following PAIN COMBO treatment more effective.



ELECTRODE-ONLY SET UP

A Connect electrodes to device.


With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position Electrodes.


Option 1
(trap tightness/spasms)

Option 2
(upper back tightness/spasms)

DEVICE OPERATION:

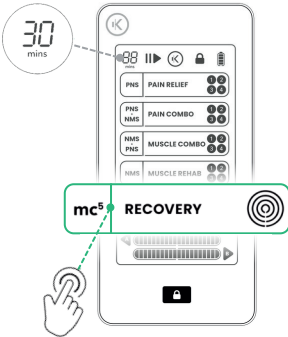


30-60 Minute Treatment



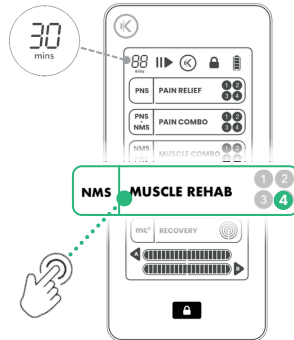
3-7x Weekly

- 1** Select **RECOVERY**. Set timer to 10-30 minutes.

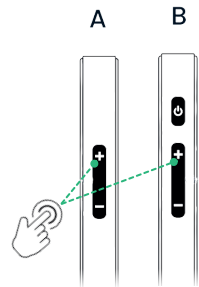


Runs automatically (No intensity adjust needed)

- 2** Select **MUSCLE REHAB 4**. Set timer to 20-30 mins.



- 3** Increase intensity— to a strong, visible muscle contraction.

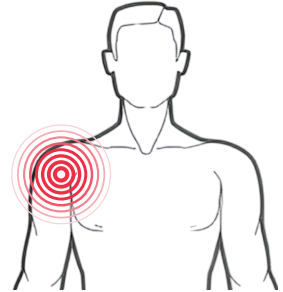

i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE REHAB treatment to recruit muscles more effectively.

SHOULDER — GETTING STARTED

Pain from service-connected shoulder conditions — from repetitive strain, direct trauma, or post-surgical recovery — can deactivate or weaken the rotator cuff and surrounding musculature. This weakening worsens pain and can lead to additional damage. That's why shoulder pain rarely stays in one place and why strength losses compound over time.

Even small gains in strength and coordination can significantly reduce pain and improve function. The two protocols below address both sides of that equation.



Choose Your Protocol



PAIN FOCUSED

For: pain at rest, at end-ranges of arm movement, or radiating into the upper arm (biceps tenderness).

pg. 13-14 (next page)



MUSCLE FOCUSED

For: weakness, heaviness, or a shoulder that feels unstable.

pg. 15

i HAVE BOTH? → PAIN FOCUSED.

Most Veterans begin to use MUSCLE FOCUSED more frequently as symptoms improve.

i POST SHOULDER SURGERY?

Your provider can fill out a custom protocol page (pg. 57-58). Also, we have specialized protocols available.

What To Expect From Treatment

Sessions 1–3: Stimulation is felt but pain change may still be minimal — this is normal. Chronic symptoms built up over months don't resolve in a single session.

Sessions 4–10: Expect gradual reduction in pain and improved range of motion. Sleep position comfort often improves before pain during daily activities does.

By week 3–4: Strength improvements from the muscle protocol become more noticeable as muscle inhibition begins to reduce. This is why addressing both pain and muscle together is more effective than treating either alone.

i No improvement after 3–4 weeks?

Call us at 480-200-3356. You may benefit from a protocol adjustment.



Use either the KorBand or Electrode-Only Set Up. Choose based on your pain symptoms and available accessory:

KORBAND SET UP

For: painful symptoms in the shoulder (Frozen Shoulder, ...).

see below

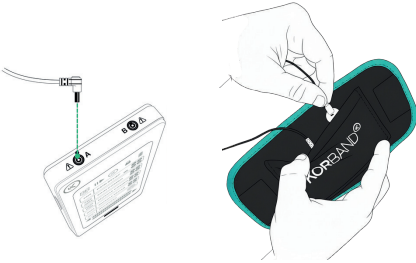
ELECTRODE-ONLY SET UP

For: treating both shoulders or for a more targeted treatment

next page

KORBAND SET-UP

A Connect KorBand to device and strap.

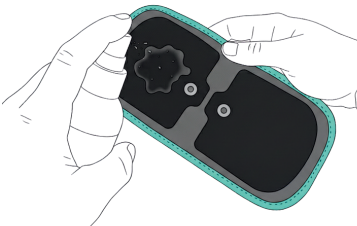


With one lead wire, snap lead wire endings onto metal snaps inside the KorBand pocket.



Attach the **Large Strap** to the “soft” Velcro on the right.

B Spray KorBand.



Spray conducting spray or water (2-3 sprays) over each of the two carbon-rubber surfaces.

C Position KorBand.



Strap under opposite armpit for a snug fit (but should not feel restrictive).

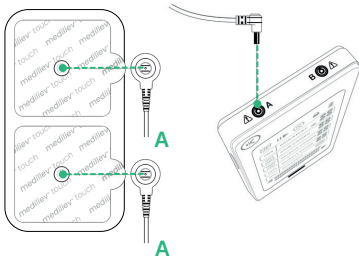
i IMPORTANT:

Do not apply KorBand over clothing, the **KorBand must be in full contact with skin.**

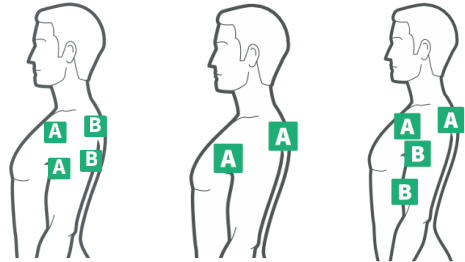


ELECTRODE-ONLY SET UP

A Connect electrodes to device.



B Position Electrodes.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

Option 1
(one shoulder)

Option 2
(both - one shown)

Option 3
(shoulder + bicep)

DEVICE OPERATION:

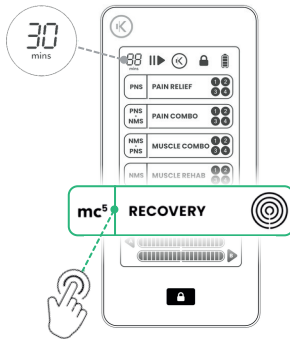


30-60 Minute Treatment



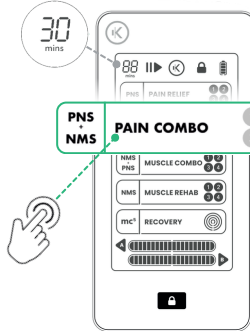
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

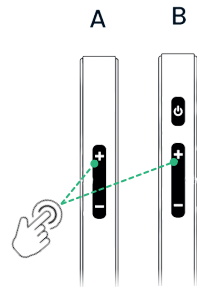


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity—to a strong buzzing feeling and tapping sensation (slight muscle twitch).



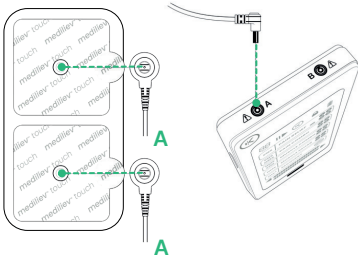
WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a sub-sensory stimulation you will not feel — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the shoulder joint, making the following Pain Combo treatment more effective.



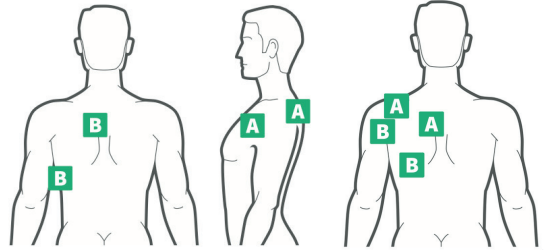
ELECTRODE-ONLY SET UP

A Connect electrodes to device.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position Electrodes.



Option 1
(weakness/pinching raising arm to the side or reaching overhead)

Option 2
(rotator cuff weakness or pain with carrying/lifting)

DEVICE OPERATION:

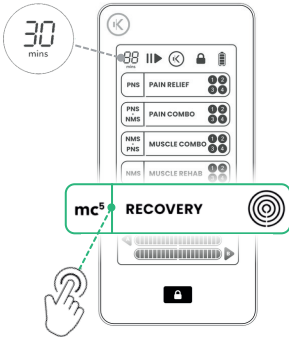


30-60 Minute Treatment



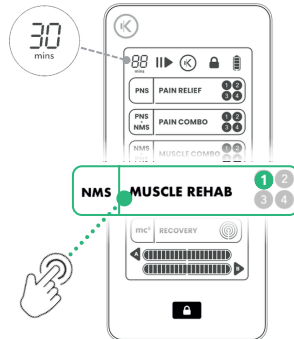
3-7x Weekly

1 Select **RECOVERY**. Set timer to 10-30 minutes.

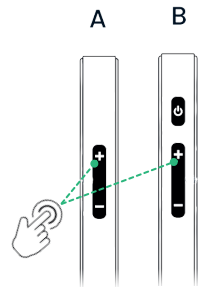


Runs automatically (No intensity adjust needed)

2 Select **MUSCLE REHAB 1**. Set timer to 20-30 mins.



3 Increase intensity— to a strong, visible muscle contraction.



i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE REHAB treatment to recruit muscles more effectively.

HAND/WRIST — GETTING STARTED

Service-connected injuries to the hand and wrist — from repetitive strain, crush injuries, nerve damage, or stroke — can inhibit or shut down the muscles that support grip, wrist stability, and dexterity.

Reactivating those muscles while managing pain and sensory dysfunction is critical — since the hand and wrist have some of the highest sensory nerve densities in the body. The two protocols below address both.



Choose Your Protocol



PAIN FOCUSED

For: pain, inflammation, or numbness in the hand, wrist, or fingers.

pg. 17-18 (next page)



MUSCLE FOCUSED

For: weakness, poor grip, or difficulty with hand or wrist movements.

pg. 19-20

i HAVE BOTH? → PAIN FOCUSED.

Most Veterans begin to use MUSCLE FOCUSED more frequently as symptoms improve.

i POST STROKE OR SURGERY?

Your provider can fill out a custom protocol page (pg. 21). Also, we have specialized protocols available.

What To Expect From Treatment

Sessions 1–3: Stimulation is felt but pain or function change may still be minimal — this is normal. Hand/wrist symptoms, particularly those involving nerve compression or long-term injury, respond more gradually.

Sessions 4–10: Gradual reduction in pain, improved strength, and range of motion. Numbness/tingling from nerve compression often reduce before strength fully returns.

By week 3–4: Functional improvements — grip strength, fine motor control, and daily task ease — become more noticeable.

i No improvement after 3–4 weeks?

Call us at 480-200-3356. You may benefit from a protocol adjustment.

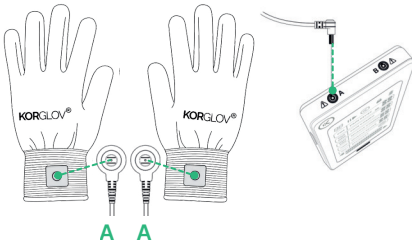


Use either the **KorGlov-KorGlov** or **KorGlov-Electrode Set Up**. Choose based on your pain symptoms:

KORGLOV-KORGLOV SET UP

For: broad coverage across both hands (arthritis, carpal tunnel, ...) — the easiest setup.

A Connect KorGlovs.

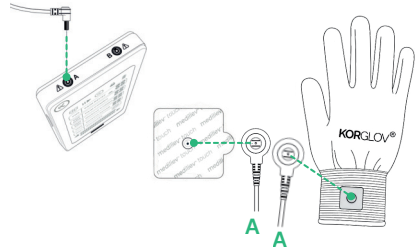


With one lead wire, connect both KorGlovs to the device.

KORGLOV-ELECTRODE SET UP

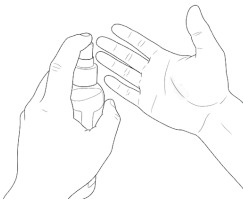
For: treating one hand or a more targeted area (wrist pain, De Quervian's tenosynovitis, ...).

A Connect KorGlov and electrode.



With one lead wire, connect an electrode pad to one KorGlov to the device. *Repeat if treating both hands/wrists.*

B Spray hand(s).



Spray entire hand with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorGlov(s).



Once put on, spray the KorGlov (4-5 sprays on each side).

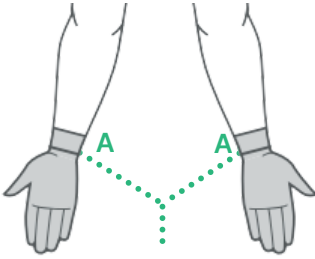


SPRAY WILL IMPROVE STIMULATION AND COMFORT:

Use additional spray if stimulation feeling reduces during treatment.

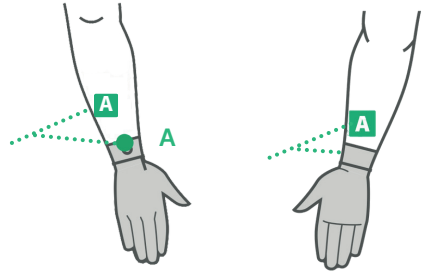


D Position KorGlov.



Option 1 - pain (both hands focus)

D Position KorGlov and electrodes.



Option 2 - Wrist pain (median/ulnar focus)

Option 3 - Thumb pain (radial nerve focus)

DEVICE OPERATION:

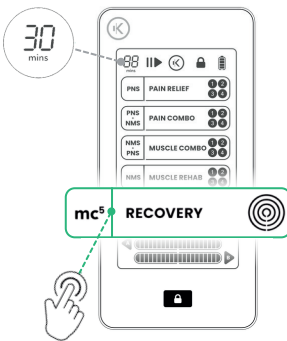


30-60 Minute Treatment



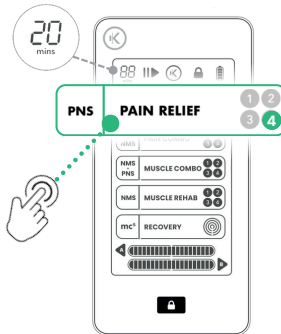
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

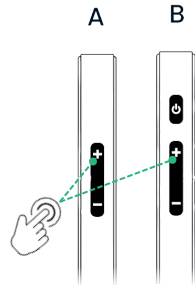


Runs automatically (No intensity adjust needed)

2 Select **PAIN RELIEF 4**. Set timer to 20-30 mins.



3 Increase intensity— to a strong buzzing or tingling sensation.



⚠ Start Conservative on Intensity

Nerves and soft tissue in the hands/wrists are significantly more sensitive than other areas of the body.

i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the joints in the hand and wrist, making the following PAIN RELIEF treatment more effective.



Use either the KorGlov-Electrode or Electrode-Only Set Up. Choose based on your pain symptoms and treatment goal:

KORGLOV-ELECTRODE SET UP

For: general grip strengthening (closing hand).

see below

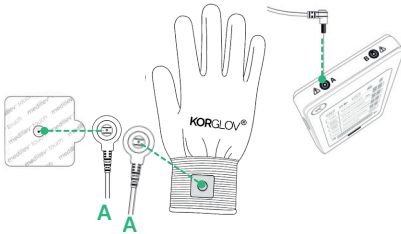
ELECTRODE-ONLY SET UP

For: wrist extension (opening hand) and targeted hand movements.

next page

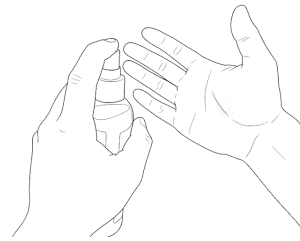
KORGLOV-ELECTRODE SET UP

A Connect Electrodes and KorGlov.



With one lead wire connect an electrode pad to one KorGlov to the device.

B Spray hand.



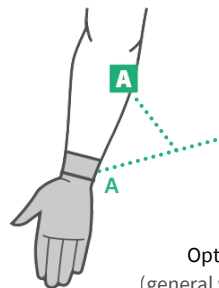
Spray entire hand with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorGlov.



Once put on, spray the KorGlov (4-5 sprays on each side).

D Position Electrodes and KorGlov.



Option 1
(general weak grip)

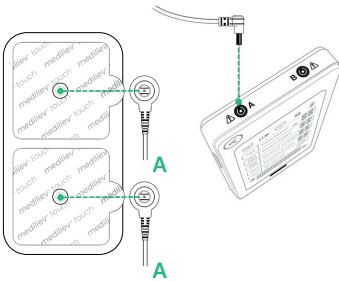
i SPRAY WILL IMPROVE STIMULATION AND COMFORT:

Use additional spray if stimulation feeling reduces during treatment.



ELECTRODE-ONLY SET UP

A **Connect** electrodes to device.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B **Position** electrodes.



Option 2
(weak grasp -
carpal tunnel)



Option 3
(weak extension -
wrist pain)

DEVICE OPERATION:

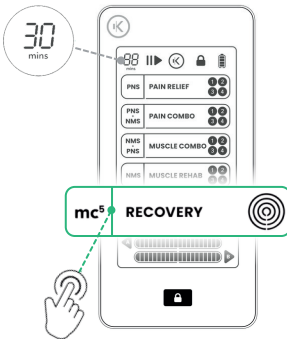


30-60 Minute Treatment



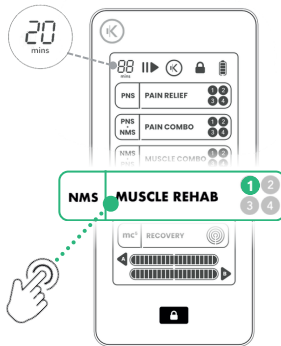
3-7x Weekly

1 Select **RECOVERY**. Set timer to 10-30 minutes.

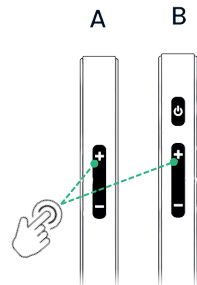


Runs automatically (No intensity adjust needed)

2 Select **MUSCLE REHAB 1**. Set timer to 20 mins.



3 Increase intensity— to a visible muscle contraction.



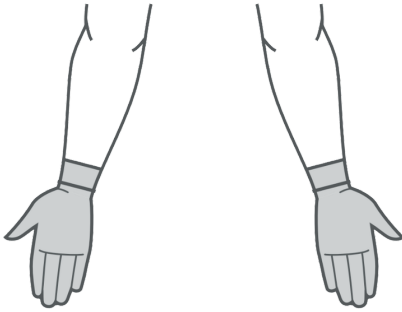
⚠ Start Conservative on Intensity

Muscles, ligaments, and tendons in the hands/wrists are significantly more sensitive than larger muscle groups.

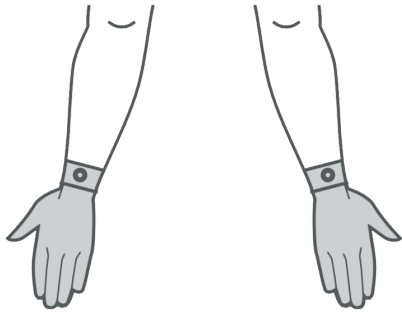
i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE REHAB treatment to recruit muscles more effectively.

KORGLOV SET-UP

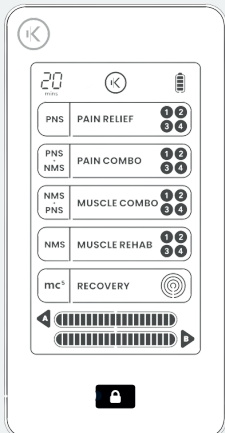
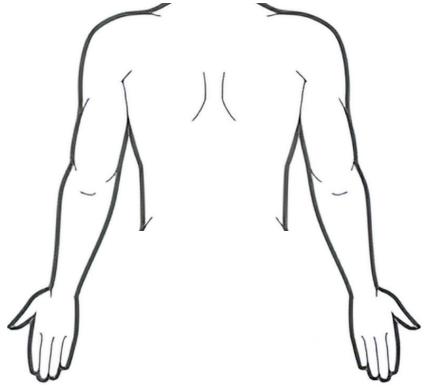
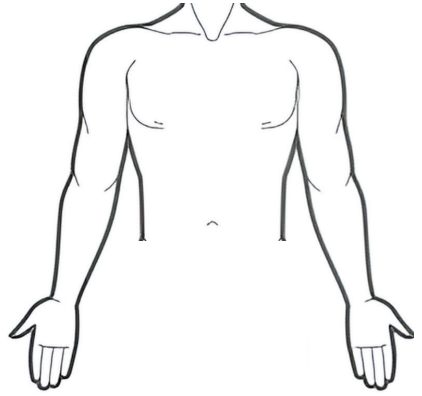


(palm facing)



(back of hands)

ELECTRODE SET-UP



DEVICE OPERATION:

1 Select: _____ **2** Select: _____

Set timer: _____ Set timer: _____

Intensity (1-20): _____ Intensity (1-20): _____

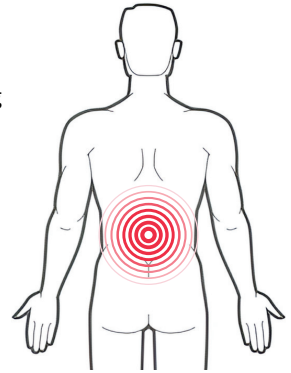
i **RECOVERING FROM SURGERY OR STROKE?**

Specialized protocols that address each stage of healing and rehab are available. Ask your provider or call us at (480) 200-3356.

BACK/SCIATICA — GETTING STARTED

Service-connected back pain is among the most persistent conditions Veterans carry. The low back often takes on more stress than it should — especially when the hips or mid-back aren't moving well. Over time, muscles around the spine can stop working properly, leading to stiffness, pain, or limited movement. Injections, medications, and rest can reduce pain temporarily but don't address the strength and mobility the spine needs to function well.

Localized back pain, sciatica, and muscle dysfunction each respond to different approaches. The three protocols below match the treatment to how your symptoms feel.



Choose Your Protocol

SCIATICA FOCUSED

For: shooting, burning, or electric-type pain radiates into the hip or leg.

pg. 23-24 (next page)

PAIN FOCUSED

For: localized back pain.
Typically sitting or bending over trigger pain quickly.

pg. 25-26

MUSCLE FOCUSED

For: spasms, weakness, or asymmetrical tightness from standing/walking.

pg. 27

 **HAVE BOTH PAIN AND SCIATICA?** → Start with **SCIATICA FOCUSED**.

Most Veterans begin to use **MUSCLE Focused** more frequently as pain improves.

What To Expect From Treatment

Sessions 1–3: Stimulation is felt but pain or function change may still be minimal — this is normal. Chronic back and nerve symptoms don't resolve in a single session.

Sessions 4–10: Gradual reduction in pain and muscle tension. Sleep position comfort and morning stiffness often improve before daytime pain does.

By week 3–4: Sciatica symptoms — particularly radiating leg pain and nerve sensitivity — improve more slowly than localized back pain. Functional improvements like standing tolerance and walking distance often improve before pain scores do.

 **No improvement after 3–4 weeks?**

Call us at 480-200-3356. You may benefit from a protocol adjustment.



Use either the KorBand or Electrode-Only Set Up. Choose based on your pain symptoms and available accessory:

KORBAND SET UP

For: treating nerve root irritation (sciatica) — easiest setup.

see below

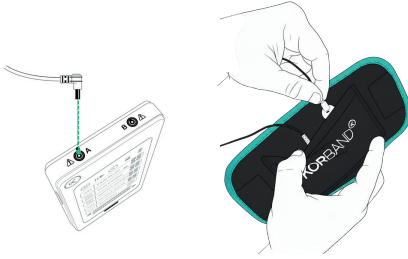
ELECTRODE-ONLY SET UP

For: to treat both the back (nerve root irritation) and pain area.

next page

KORBAND SET UP

A Connect KorBand to device and strap.

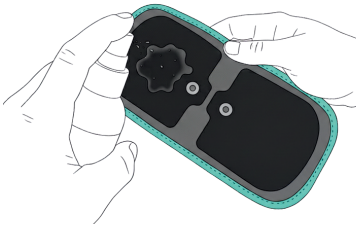


With one lead wire, snap lead wire endings onto metal snaps inside the KorBand pocket.



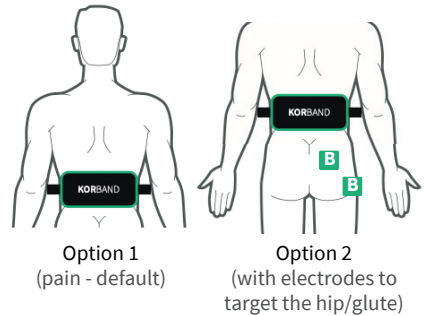
Attach the **Small Strap** to the “soft” Velcro on the right.

B Spray KorBand.



Spray conducting spray or water (2-3 sprays) over each of the two carbon-rubber surfaces.

C Position KorBand (and electrodes).



Option 1
(pain - default)

Option 2
(with electrodes to target the hip/glute)

Attach strap for a snug fit (but should not feel restrictive or painful).

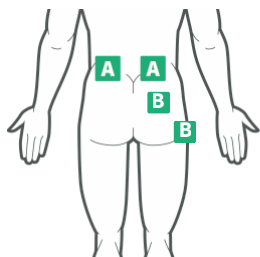
i IMPORTANT:

Do not apply KorBand over clothing, the **KorBand must be in full contact with skin.**

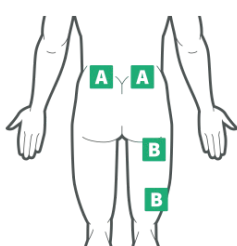


ELECTRODE-ONLY SET UP

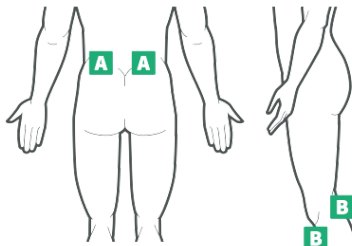
A **Connect** electrodes to device and **position** electrodes based on area of pain.



Option 1
(pain - hip/glute)



Option 2
(pain - hamstring)



Option 3
(pain - radiating down entire leg)

DEVICE OPERATION:

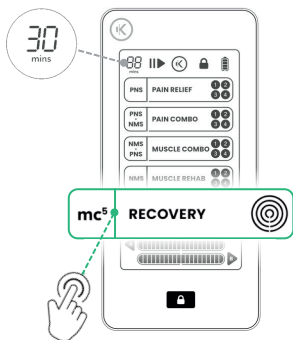


30-60 Minute Treatment



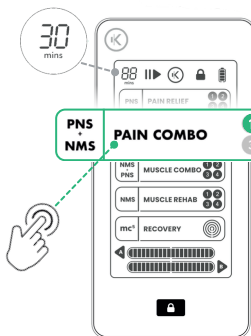
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

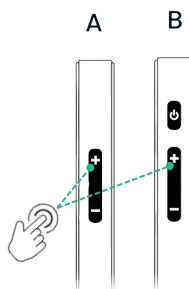


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity—to a strong buzzing feeling and tapping sensation (slight muscle twitch).



i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the back, making the following PAIN COMBO treatment more effective.



Use either the KorBand or Electrode-Only Set Up. Choose based on your pain symptoms and available accessory:

KORBAND SET UP

For: painful symptoms in the low back (easiest set-up).

see below

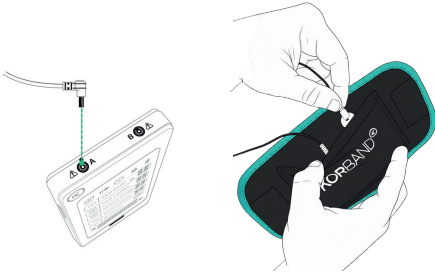
ELECTRODE-ONLY SET UP

For: those who don't have the KorBand accessory.

next page

KORBAND SET UP

A Connect KorBand to device and strap.



With one lead wire, snap lead wire endings onto metal snaps inside the KorBand pocket.



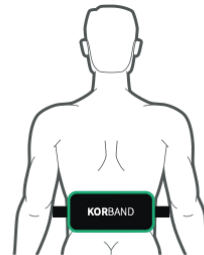
Attach the **Small Strap** to the “soft” Velcro on the right.

B Spray KorBand.



Spray conducting spray or water (2-3 sprays) over each of the two carbon-rubber surfaces.

C Position KorBand.



Attach strap for a snug fit (but should not feel restrictive or painful).

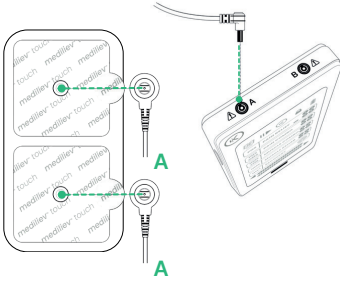
i IMPORTANT:

Do not apply KorBand over clothing, the **KorBand must be in full contact with skin.**



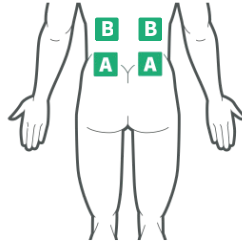
ELECTRODE-ONLY SET UP

A Connect electrodes to device.

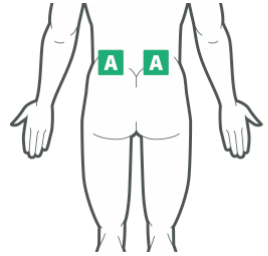


With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position electrodes.



Option 1
(default - 4 electrodes)



Option 2
(default - 2 electrodes)

DEVICE OPERATION:

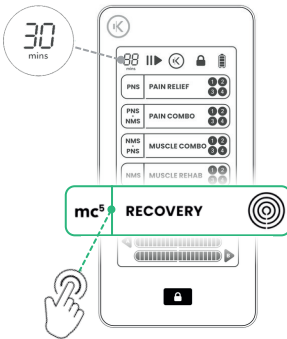


30-60 Minute Treatment



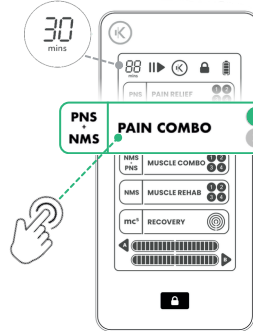
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

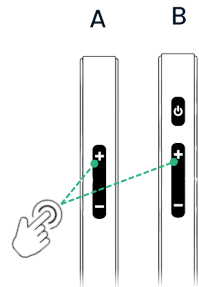


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity—to a strong buzzing feeling and tapping sensation (slight muscle twitch).



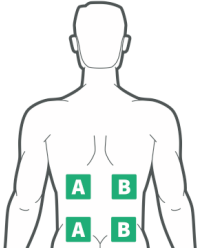
i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the back, making the following PAIN COMBO treatment more effective.



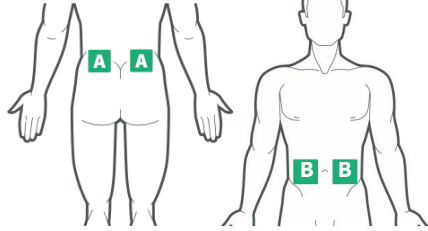
ELECTRODE-ONLY SET UP

A Connect electrodes to device and **position** electrodes based on symptom area.



Option 1

(if one side is tighter than the other)



Option 2

(back and core strengthening)

DEVICE OPERATION:

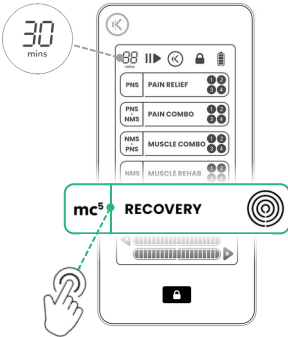


30-60 Minute Treatment



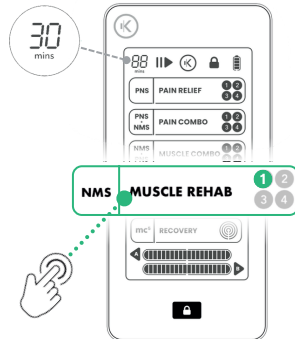
3-7x Weekly

1 Select **RECOVERY**. Set timer to 10-30 minutes.

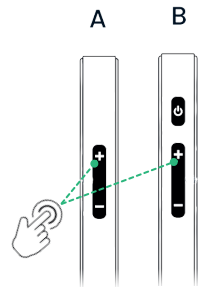


Runs automatically (No intensity adjust needed)

2 Select **MUSCLE REHAB 1**. Set timer to 20-30 mins.



3 Increase intensity— to a strong, visible muscle contraction.



i **WHY RECOVERY FIRST?**

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE REHAB treatment to recruit muscles more effectively.

HIP — GETTING STARTED

Service-connected hip injuries affect more than the joint itself. The hip is the foundation of nearly every lower-body movement — when hip muscles weaken or the joint becomes painful, the low back and knee often absorb the difference. This is why hip dysfunction so frequently accompanies back and knee pain in Veterans, and why even small gains in strength and coordination can reduce pain well beyond the hip itself.

For some Veterans, pain is the dominant symptom. For others, it's weakness, instability, or a hip that fatigues during walking or stairs. The two protocols below address both.



Choose Your Protocol



PAIN FOCUSED

For: pain at rest, with movement, or deep in the hip joint.

pg. 29-30 (next page)



MUSCLE FOCUSED

For: weakness, instability, or a hip that fatigues during daily activities.

pg. 31

i HAVE BOTH? → PAIN FOCUSED.

Most Veterans begin to use MUSCLE Focused more frequently as pain improves.

i POST HIP SURGERY?

Your provider can fill out a custom protocol page (pg. 57-58). Also, we have specialized protocols available.

What To Expect From Treatment

Sessions 1–3: Stimulation is felt but pain or function change may still be minimal — this is normal. Chronic hip symptoms don't resolve in a single session.

Sessions 4–10: Gradual reduction in pain and improved strength and range of motion. Walking tolerance and stair comfort often improve before resting pain does.

By week 3–4: Strength improvements become more noticeable as muscle inhibition around the joint reduces — improved confidence on stairs or uneven ground is a meaningful marker of progress.

i No improvement after 3–4 weeks?

Call us at 480-200-3356. You may benefit from a protocol adjustment.



Use either the KorBand or Electrode-Only Set Up. Choose based on your pain symptoms and available accessory:

KORBAND SET UP

For: painful symptoms in the hip
— easiest setup.

see below

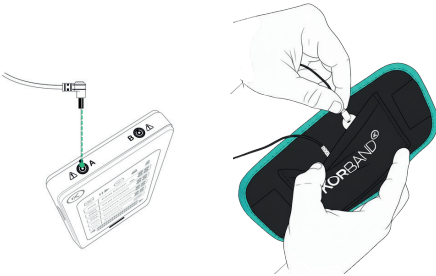
ELECTRODE-ONLY SET UP

For: treating both hips or don't have the KorBand.

next page

KORBAND SET UP

A Connect KorBand to device and strap.



With one lead wire, snap lead wire endings onto metal snaps inside the KorBand pocket.



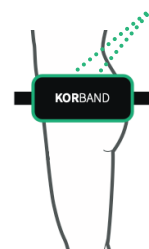
Attach the **Large Strap** to the “soft” Velcro on the right.

B Spray KorBand.



Spray conducting spray or water (2-3 sprays) over each of the two carbon-rubber surfaces.

C Position KorBand.



Attach strap for a snug fit (but should not feel restrictive or painful).

i IMPORTANT:

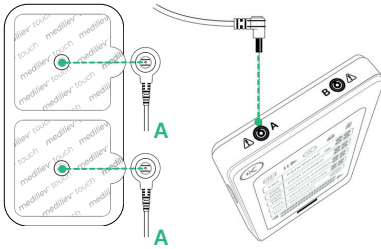
Do not apply KorBand over clothing, the **KorBand must be in full contact with skin.**



ELECTRODE-ONLY SET UP

A Connect electrodes to device.

B Position electrodes.



With one lead wire, connect 2 electrodes to the device. *Repeat for second lead wire.*

Hip Option 2
(pain - one hip)

Hip Option 3
(both hips - one shown)

DEVICE OPERATION:



30-60 Minute Treatment

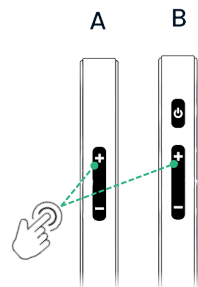
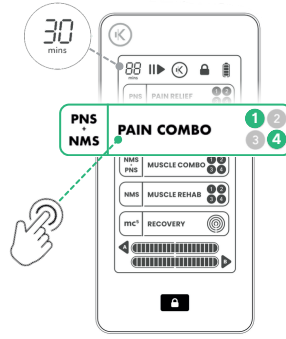
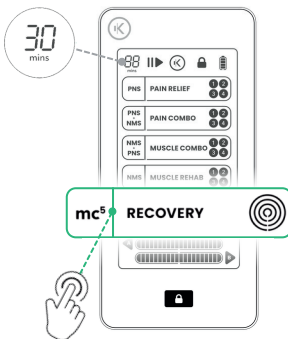


1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.

3 Increase intensity—to a strong buzzing feeling and tapping sensation (slight muscle twitch).



Runs automatically (No intensity adjust needed)

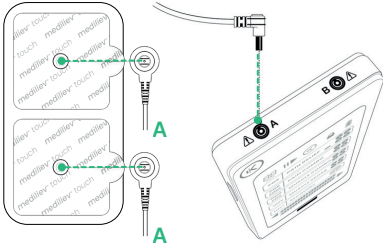
i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the hip joint, making the following Pain Combo treatment more effective.



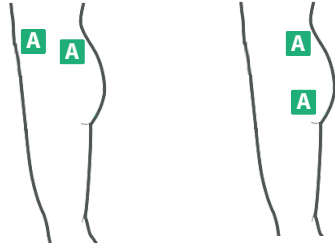
ELECTRODE-ONLY SET UP

A Connect electrodes to device.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position electrodes.



Hip Option 1 - Outer Hip Weakness
(weakness standing on one leg)

Hip Option 2 - Glute Weakness
(weakness sit-to-standing or climbing stairs)

DEVICE OPERATION:

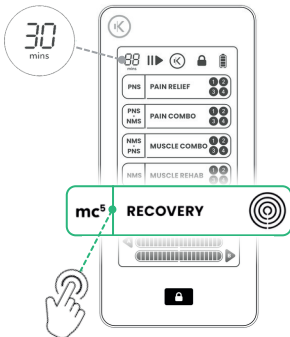


30-60 Minute Treatment



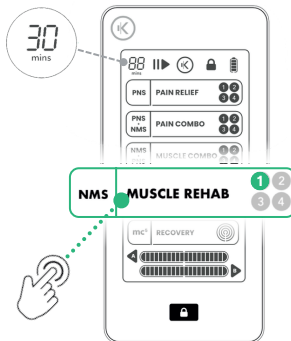
3-7x Weekly

1 Select **RECOVERY**. Set timer to 10-30 minutes.

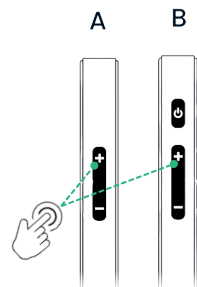


Runs automatically (No intensity adjust needed)

2 Select **MUSCLE REHAB 1**. Set timer to 20-30 mins.



3 Increase intensity— to a strong, visible muscle contraction.



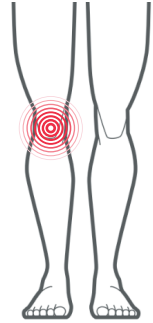
i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE REHAB treatment to recruit muscles more effectively.

KNEE — GETTING STARTED

Service-connected knee injuries — from repetitive impact, direct trauma, or surgery — are among the most functionally limiting conditions Veterans carry. The knee depends on both pain-free movement and strong surrounding musculature to function well. When pain or swelling causes the nervous system to inhibit the quadriceps — the primary stabilizing muscle of the knee — strength losses compound quickly.

The three protocols below address each of these factors as distinct targets, and are designed to work together rather than in isolation.



Choose Your Protocol

SWELLING FOCUSED

For: visible swelling or a knee that feels full, tight, or pressurized.

pg. 33-34 (next page)

PAIN FOCUSED

For: pain at rest, with movement, or after activity.

pg. 35-36

MUSCLE FOCUSED

For: quad weakness, knee instability, or a knee that fatigues quickly.

pg. 37

HAVE ALL 3? → SWELLING FOCUSED.

Use SWELLING → PAIN → MUSCLE. Use MUSCLE once pain/swelling subside.

POST KNEE SURGERY?

Your provider can fill out a custom protocol on pg. 58. Also, specialized protocols are available.

What To Expect From Treatment

Sessions 1-3: Stimulation is felt during Pain and Muscle protocols but change may still be minimal — this is normal. The Swelling protocol produces no sensation at all — this is also normal and does not mean it isn't working.

Sessions 4-10: Gradual reduction in pain and improved range of motion. Walking tolerance and stair comfort often improve before resting pain does.

By week 3-4: Strength improvements become more noticeable as quad inhibition reduces. Veterans often notice improved stability and confidence walking or in sit-stand.

No improvement after 3-4 weeks?

Call us at 480-200-3356. You may benefit from a protocol adjustment.



Use either the KorBand or Electrode-Only Set Up. Choose based on your pain symptoms and available accessory:

KORBAND SET UP

For: swelling in the knee — easiest setup.

see below

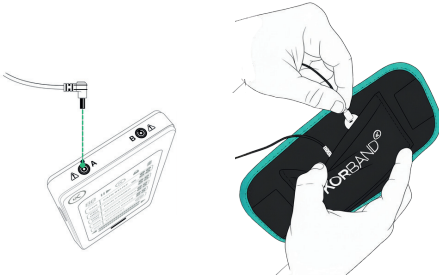
ELECTRODE-ONLY SET UP

For: treating both knees or don't have the KorBand.

next page

KORBAND SET UP

A Connect KorBand to device and strap.

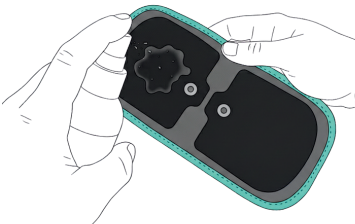


With one lead wire, snap lead wire endings onto metal snaps inside the KorBand pocket.



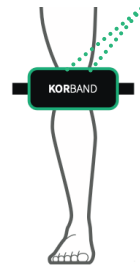
Attach the **Small Strap** to the “soft” Velcro on the right.

B Spray KorBand.



Spray conducting spray or water (2-3 sprays) over each of the two carbon-rubber surfaces.

C Position KorBand.



Attach strap for a snug fit (but should not feel restrictive or painful).

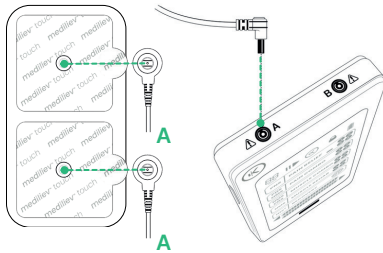


IMPORTANT:

Do not apply KorBand over clothing, the **KorBand must be in full contact with skin.**

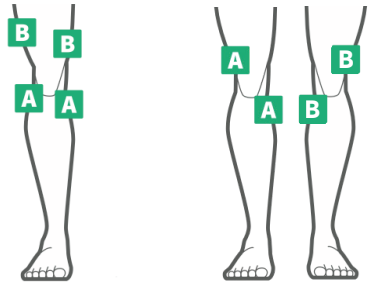
ELECTRODE-OLNY SET UP

A Connect electrodes to device.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position electrodes.

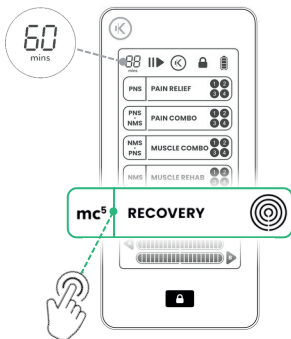


Knee Option 1
(pain - one knee)

Knee Option 2
(pain - both knees)

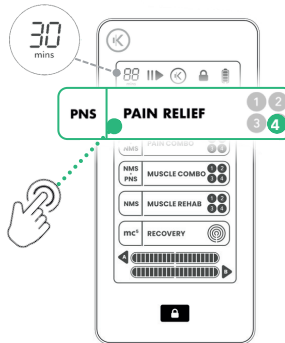
DEVICE OPERATION: 40-90 Minute Treatment 1-3x Daily

1 Select **RECOVERY**. Set timer to 30-60 minutes.

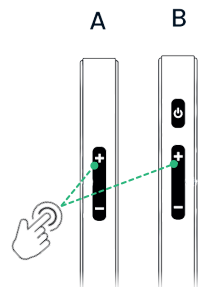


Runs automatically (No intensity adjust needed)

2 Select **PAIN RELIEF 4**. Set timer to 10-30 mins.



3 Increase intensity—to a strong buzzing or tingling sensation.



WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the joints in the feet and ankles, making the following PAIN RELIEF treatment more effective.



Use either the **KorBand** or **Electrode-Only Set Up**. Choose based on your pain symptoms and available accessory:

KORBAND SET UP

For: painful symptoms in the knee — easiest setup.

see below

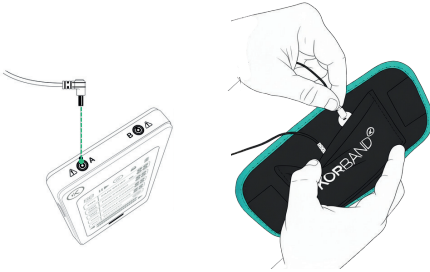
ELECTRODE-ONLY SET UP

For: treating both knees or don't have the KorBand.

next page

KORBAND SET UP

A **Connect** KorBand to device and strap.

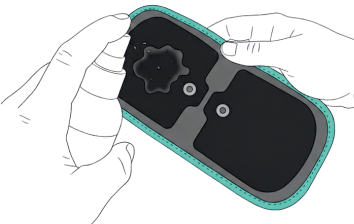


With one lead wire, snap lead wire endings onto metal snaps inside the KorBand pocket.



Attach the **Small Strap** to the “soft” Velcro on the right.

B **Spray** KorBand.



Spray conducting spray or water (2-3 sprays) over each of the two carbon-rubber surfaces.

C **Position** KorBand.



Attach strap for a snug fit (but should not feel restrictive or painful).

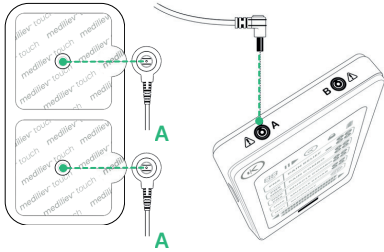
i IMPORTANT:

Do not apply KorBand over clothing, the **KorBand must be in full contact with skin**.



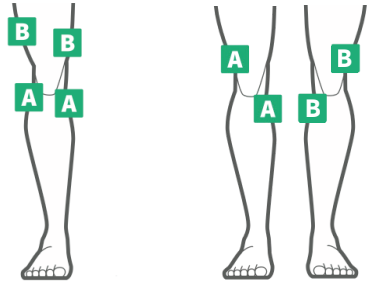
ELECTRODE-ONLY SET UP

A Connect electrodes to device.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position electrodes.



Knee Option 1
(pain - one knee)

Knee Option 2
(pain - both knees)

DEVICE OPERATION:

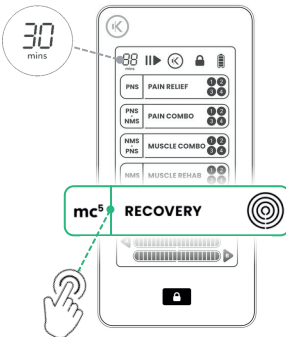


30-60 Minute Treatment



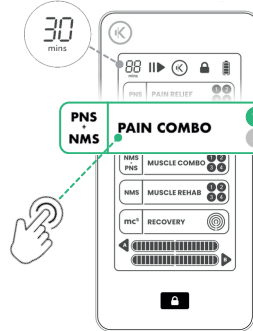
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

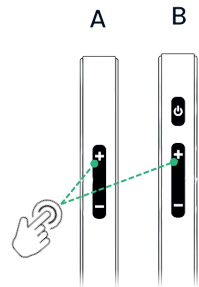


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity—to a strong buzzing feeling and tapping sensation (slight muscle twitch).



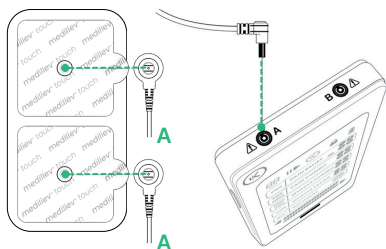
WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a sub-sensory stimulation you will not feel — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the knee joint, making the following PAIN COMBO treatment more effective.



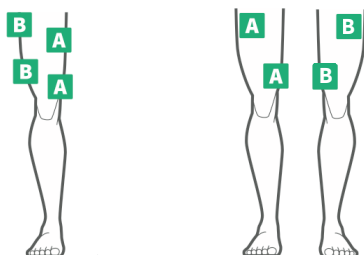
ELECTRODE-ONLY SET UP

A Connect electrodes to device.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position electrodes.



Knee Option 1
(quad weakness -
one knee)

Knee Option 2
(quad weakness -
both knees)

DEVICE OPERATION:

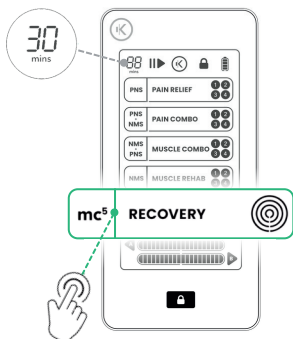


30-60 Minute Treatment



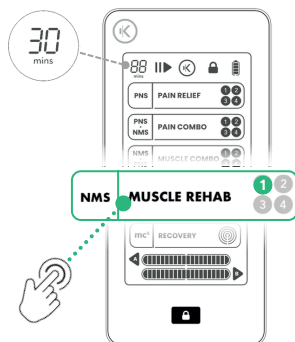
3-7x Weekly

1 Select **RECOVERY**. Set timer to 10-30 minutes.

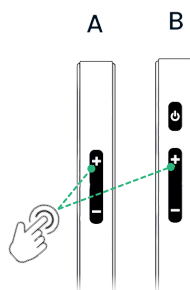


Runs automatically (No intensity adjust needed)

2 Select **MUSCLE REHAB 1**. Set timer to 20-30 mins.



3 Increase intensity— to a strong, visible muscle contraction.



i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE REHAB treatment to recruit muscles more effectively.

FOOT/ANKLE — GETTING STARTED

Service-connected foot and ankle injuries — from repetitive impact, sprains, nerve damage, or surgery — affect nearly every aspect of daily movement. The foot and ankle absorb ground forces with every step, and when pain causes the surrounding muscles to weaken or swelling restricts the joint, each problem compounds the others. Addressing only one typically leaves the others unresolved.

The three protocols below address each as a distinct target, and are designed to work together.



Choose Your Protocol

SWELLING FOCUSED

For: visible swelling or a foot and ankle that feels full, tight, or heavy.

pg. 39-40 (next page)

PAIN FOCUSED

For: pain at rest, with walking, or after activity.

pg. 41-42

MUSCLE FOCUSED

For: foot arch weakness, calf weakness or ankle instability.

pg. 43-44

HAVE ALL 3? → SWELLING FOCUSED.

Use SWELLING → PAIN → MUSCLE. Use MUSCLE once pain/swelling subside.

POST FOOT OR ANKLE SURGERY?

Your provider can fill out a custom protocol on pg. 45. Also, specialized protocols are available.

What To Expect From Treatment

Sessions 1–3: Stimulation is felt but change may still be minimal — this is normal. Chronic symptoms don't resolve in a single session.

Sessions 4–10: Gradual reduction in swelling, pain, and improved stability or range of motion. Morning stiffness and walking tolerance often improve before resting pain does.

By week 3–4: Strength improvements — particularly arch support, ankle stability, and lower leg fatigue resistance — become more noticeable as muscle inhibition reduces.

No improvement after 3–4 weeks?

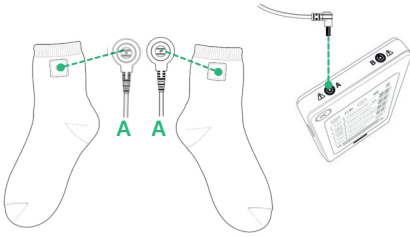
Call us at 480-200-3356. You may benefit from a protocol adjustment.

Use either the KorSock-KorSock or KorSock-Electrode Set Up. Choose based on your pain symptoms:

KORSOCK-KORSOCK SET UP

For: mild swelling across both feet (arthritis, neuropathy, ...).

A Connect KorSocks.

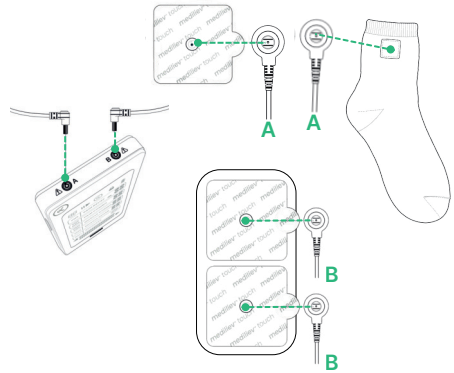


With one lead wire, connect both KorSocks to the device.

KORSOCK-ELECTRODE SET UP

For: treating one foot or moderate swelling (ankle sprain, post surgery, mild lymphedema ...).

A Connect KorSocks and electrodes.



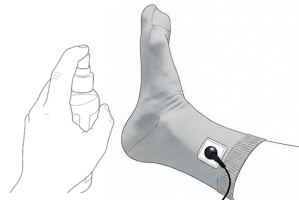
With one lead wire, connect an electrode pad and one KorSock to the device. With 2nd lead wire, connect 2 electrodes to the device.

B Spray foot/feet.



Spray entire foot with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorSock(s).

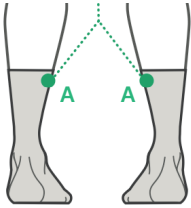


Once put on, spray the KorSock (4-5 sprays on each side).

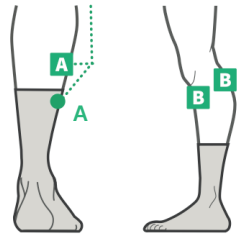
SPRAY WILL IMPROVE STIMULATION AND COMFORT:

Use additional spray if stimulation feeling reduces during treatment.

D Position KorSocks.



D Position KorSocks and electrodes.

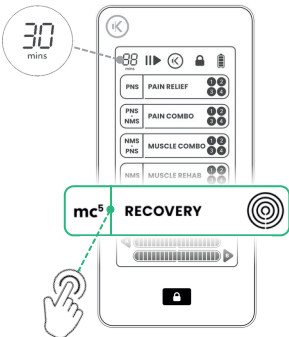


i DON'T HAVE THE KORSOCK?

Although the slight compression and broad stimulation of the KorSock makes it ideal for any swelling in the foot/feet, it can be swapped out for the KorShoe if needed.

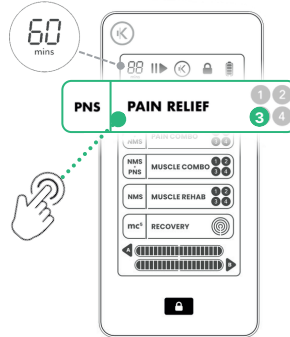
DEVICE OPERATION: 40-90 Minute Treatment 1-3x Daily

1 Select **RECOVERY**. Set timer to 20-30 minutes.

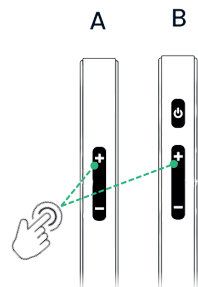


Runs automatically (No intensity adjust needed)

2 Select **PAIN RELIEF**. Set timer to 20-60 mins.



3 Increase intensity—to a strong tapping feeling (slight muscle twitch).



i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the joints in the feet and ankles, making the following PAIN RELIEF treatment more effective.

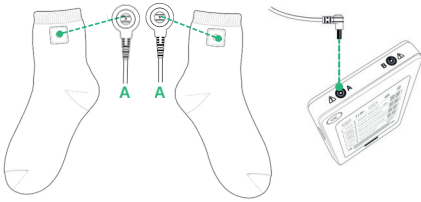


Use either the **KorSock-KorSock** or **KorShoe-Electrode Set Up**. Choose based on your pain symptoms:

KORSOCK-KORSOCK SET UP

For: broad coverage across both feet (arthritis, tendonitis, ...).

A Connect KorSocks.



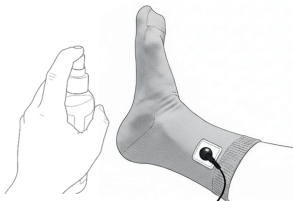
With one lead wire, connect both KorSocks to the device.

B Spray feet.



Spray entire foot with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorSock(s).

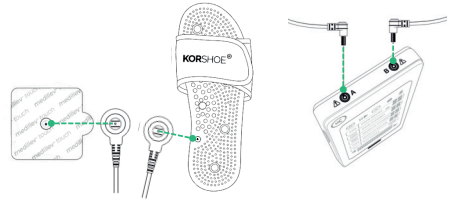


Once put on, spray the KorSock (4-5 sprays on each side of the sock).

KORSHOE-ELECTRODE SET UP

For: treating one foot or a more targeted area (plantar fasciitis, heel pain, ankle sprain, ...).

A Connect KorShoes and electrodes.



With one lead wire, connect an electrode pad and one KorShoe to the device.
Repeat if treating both feet/ankles.

B Spray bottom of foot/feet.



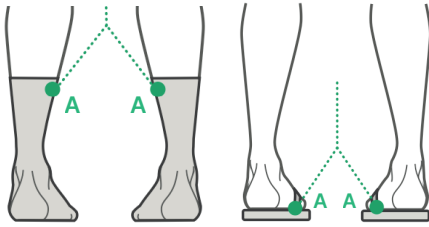
Spray the bottom of each foot with conducting spray or water (2-3 sprays).

⚠ Do not walk while using KorShoe.

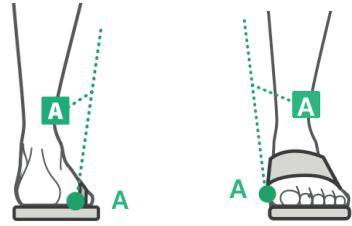
Sit in a chair with both feet flat on a firm surface. Keep heels and forefoot fully contacting the KorShoes.



D Position KorSocks (or KorShoes).



C Position KorShoe (or KorSock) and electrodes.



Option 2 - Bottom of Foot
(heel pain, plantar fasciitis)

Option 3 - ankle
(ankle sprain, peroneal tendonitis...)

i The KorSock and KorShoe are interchangeable in this protocol. KorShoe is ideal for pain on the bottom of the foot. KorSock is ideal for broader foot/ankle symptoms.

DEVICE OPERATION:

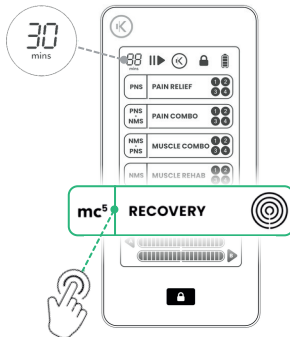


30-60 Minute Treatment



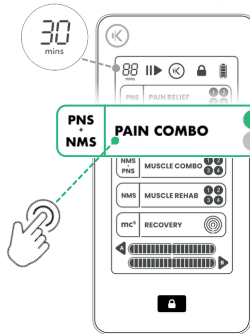
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

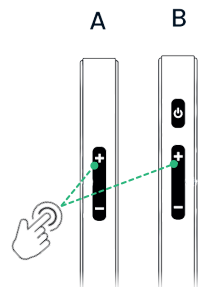


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity—to a strong buzzing feeling and tapping sensation (slight muscle twitch).



i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a sub-sensory stimulation you will not feel — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the feet and ankles, making the following PAIN COMBO treatment more effective.



Use either the **KorShoe-Electrode** or **Electrode-Only Set Up**. Choose based on your pain symptoms and treatment goal:

KORSHOE-ELECTRODE SET UP

For: targeting the intrinsic muscles of the arch or foot.

see below

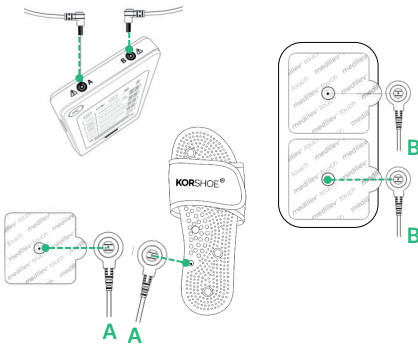
ELECTRODE-ONLY SET UP

For: targeting muscles of the lower leg.

next page

KORSHOE-ELECTRODE SET UP

A **Connect** KorShoe and electrodes.



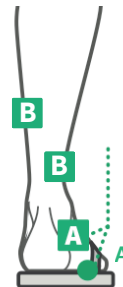
With one lead wire, connect an electrode pad to one KorShoe to the device. With 2nd lead wire, connect 2 electrodes to the device.

B **Spray bottom** of foot.



Spray the bottom of each foot with conducting spray or water (2-3 sprays).

C **Position** KorShoe and electrodes.

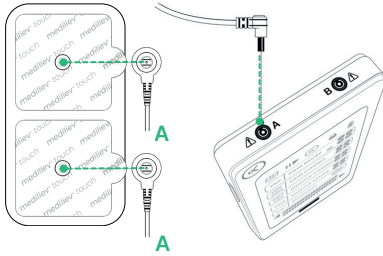


Option 1
(arch weakness - fasciitis, heel pain, ...)



ELECTRODE-ONLY SET UP

A Connect electrodes to device.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

B Position electrodes.



Option 2
(calf weakness - achilles tendinopathy, ...)



Option 3
(ankle weakness - ankle sprain, ...)

DEVICE OPERATION:

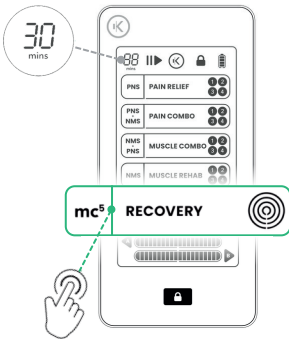


30-60 Minute Treatment



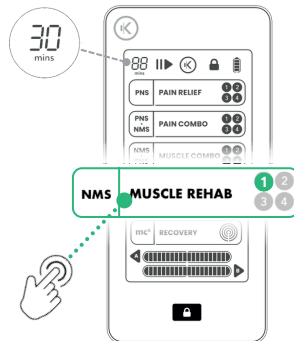
3-7x Weekly

1 Select **RECOVERY**. Set timer to 10-30 minutes.

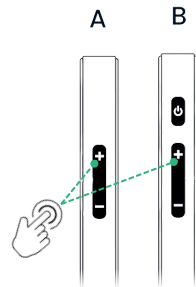


Runs automatically (No intensity adjust needed)

2 Select **MUSCLE REHAB 1**. Set timer to 20-30 mins.



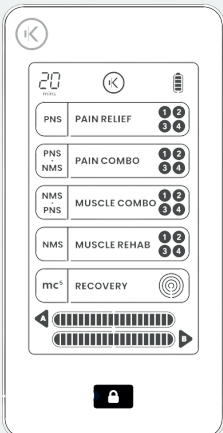
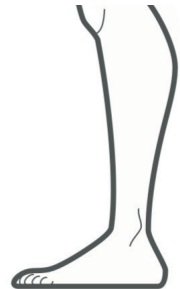
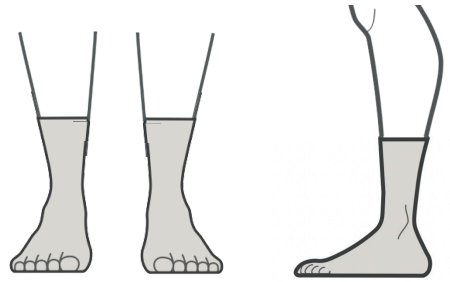
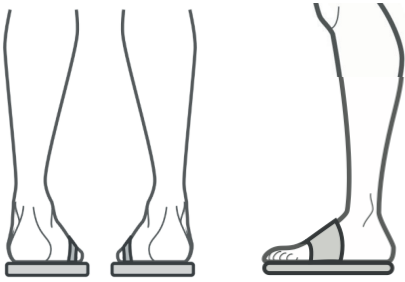
3 Increase intensity— to a strong, visible muscle contraction.



WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a sub-sensory stimulation you will not feel — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE REHAB treatment to recruit muscles more effectively.

FOOT/ANKLE — PERSONALIZED FILL IN



DEVICE OPERATION:

1 Select: _____ **2** Select: _____

Set timer: _____ Set timer: _____

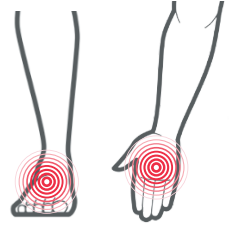
Intensity (1-20): _____ Intensity (1-20): _____

i RECOVERING FROM SURGERY?

Specialized post-operative protocols for each stage of healing and rehab are available. Ask your provider or call us at (480) 200-3356.

NEUROPATHY — GETTING STARTED

Peripheral neuropathy — damage or dysfunction of the nerves in the feet or hands — can result from diabetes, chemotherapy, Agent Orange or toxic exposure, or direct nerve injury. Symptoms vary widely: burning, tingling, numbness, hypersensitivity, or a combination that shifts over time. These protocols are designed to address both the sensory and functional impact of neuropathy — even when sensation is significantly impaired.



Choose Your Protocol

PAIN/SENSORY FOCUSED

For: burning, tingling, numbness, or hypersensitivity in the feet or hands.

Feet - pg. 47-50 (next page)
Hands - pg. 53-54

MUSCLE FOCUSED

For: balance difficulty, reduced hand dexterity, or weakness in hands/feet.

Feet - pg. 51-52
Hands - pg. 55-56

Neuropathy affects how you feel the stimulation.

If you feel little or nothing during Pain/Sensory treatment — this is common with significant nerve damage and does not mean the device isn't working. You may not feel anything for the first 5–10 minutes due to numbness, dry or callused skin, or poor circulation. If you still feel nothing after 10 minutes, move to the escalation setup on the following page — it concentrates the current to increase nerve recruitment.

What To Expect From Treatment

Sessions 1–3: You may feel minimal stimulation or none at all — this is normal with neuropathy. If sensation is absent after 10 minutes, use the escalation setup.

Sessions 4 and beyond: Neuropathy symptoms often change in character before they change in intensity — burning may become tingling, or numbness may become an occasional sensation. Functional improvements like balance, grip confidence, walking comfort and decreased sleep disturbances (due to nerve pain) become noticeable.

No improvement after 4–6 weeks?

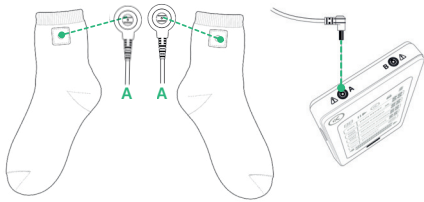
Call us at 480-200-3356. You may benefit from a protocol adjustment.

Use either the **KorSock-KorSock** or **KorShoe-Electrode Set Up** — do not use both simultaneously. Choose based on your symptom area or preferred treatment position (KorSock = feet elevated/lying down / KorShoe = in a chair with feet on the floor).

KORSOCK-KORSOCK SET UP

For: broad coverage across both feet — ideal for treatment with feet elevated or lying in bed.

A Connect KorSocks.



With one lead wire, connect both KorSocks to the device.

B Spray feet.



Spray entire foot with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorSock(s).

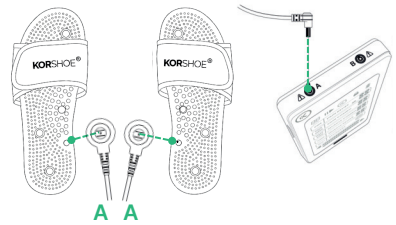


Once put on, spray the KorSock (4-5 sprays on each side of the sock).

KORSHOE-ELECTRODE SET UP

For: broad coverage across both feet, preferentially targeting the bottom of the feet.

A Connect KorShoes.



With one lead wire, connect both KorShoes to the device.

B Spray bottom of feet.



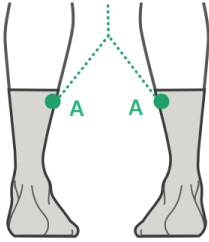
Spray bottom of feet with conducting spray or water (2-3 sprays each foot).

Do not walk while using KorShoe.

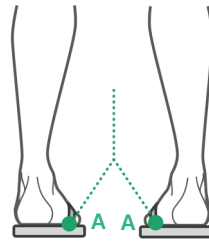
Sit in a chair with both feet flat on a firm surface. Keep heels and forefoot fully contacting the KorShoes.



D Position KorSocks.



C Position KorShoes.



i IF YOU DO NOT FEEL ANYTHING DURING PAIN COMBO TREATMENT:

You may not feel anything for 5-10 minutes when using PAIN COMBO (step 2) due to numbness, dry or callused feet, and poor circulation. **If you still don't feel anything after 10 minutes of using PAIN COMBO switch to the escalation set-up shown on the next page.**

DEVICE OPERATION:

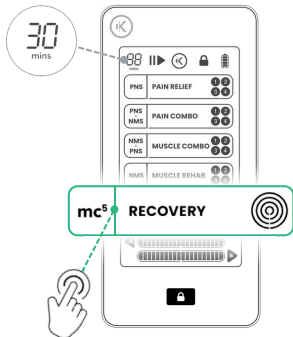


30-60 Minute Treatment



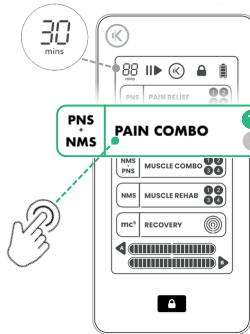
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

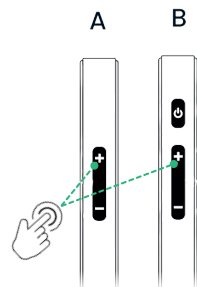


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity—to a strong buzzing feeling and tapping sensation (slight muscle twitch).



i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the feet making the following PAIN COMBO treatment more effective.



Use either the KorSock-Electrode or KorShoe-Electrode Set Up — do not use both simultaneously. Choose based on your symptom area and preferred treatment position (KorSock = feet elevated/lying down / KorShoe = in a chair with feet on the floor).

KORSOCK-ELECTRODE SET UP

For: broad coverage across both feet — ideal for treatment with feet elevated or lying in bed.

A Connect KorSocks and electrodes.



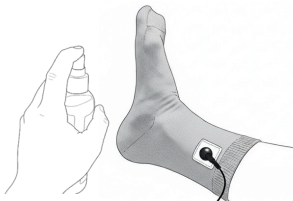
With one lead wire, connect an electrode pad to one KorSock to the device. Repeat using the second lead wire.

B Spray feet.



Spray entire foot with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorSock(s).



Once put on, spray the KorSock (4-5 sprays on each side of the sock).

KORSHOE-ELECTRODE SET UP

For: broad coverage across both feet, preferentially targeting the bottom of the feet.

A Connect KorShoes and electrodes.



With one lead wire, connect an electrode pad to one KorShoe to the device. Repeat using the second lead wire.

B Spray bottom of feet.



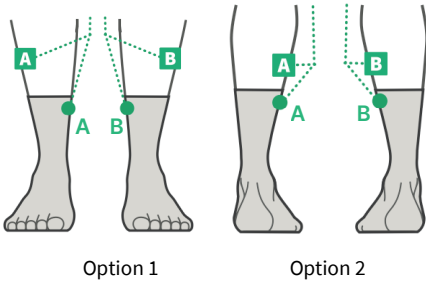
Spray the bottom of each foot with conducting spray or water (2-3 sprays).

⚠ Do not walk while using KorShoe.

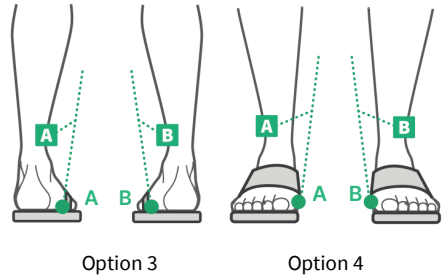
Sit in a chair with both feet flat on a firm surface. Keep heels and forefoot fully contacting the KorShoes.



D Position KorSocks and electrodes.



C Position KorShoes and electrodes.



i **Electrode pad placement will change where you feel the stimulation.** Electrodes on the inside ankle/calf will preferentially target the nerves in the bottom of the foot. The outside ankle/shin placement will target the nerve in the top of the foot.

DEVICE OPERATION:

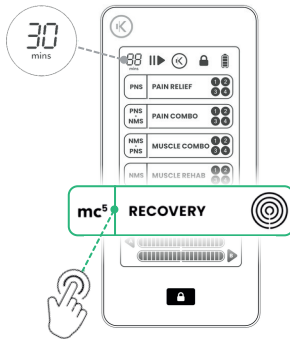


30-60 Minute Treatment



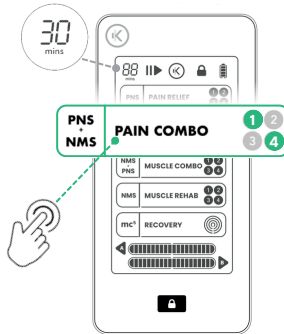
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

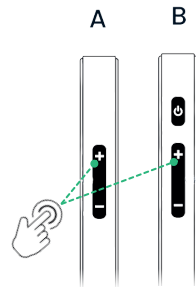


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.



3 **Increase intensity**—to a strong buzzing feeling and tapping sensation (slight muscle twitch).



i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the feet making the following PAIN COMBO treatment more effective.

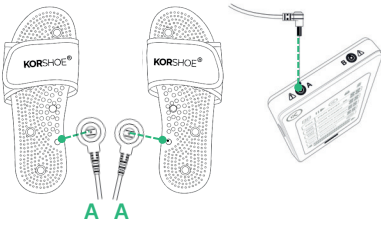


Use either the KorShoe-KorShoe or KorShoe-Electrode Set Up. Choose based on your pain symptoms and treatment goal:

KORSHOE-KORSHOE SET UP

For: broad muscle activation in both feet (for balance and proprioception support).

A Connect KorShoes.



With one lead wire, connect both KorShoes to the device.

KORSHOE-ELECTRODE SET UP

For: treating one foot or a more targeted muscle activation for the intrinsic muscle of the foot.

A Connect KorShoes and electrodes.



With one lead wire, connect an electrode pad to one KorShoe to the device. Repeat using the second lead wire.

B Spray bottom of feet.



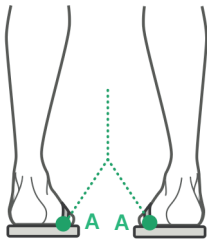
Spray the bottom of each foot with conducting spray or water (2-3 sprays).

⚠ Do not walk while using KorShoe.

Sit in a chair with both feet flat on a firm surface. Keep heels and forefoot fully contacting the KorShoes.

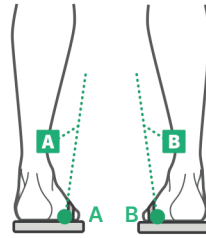


C Position KorShoes.



Option 1
(default set-up)

C Position KorShoes and electrodes.



Option 2
(bottom of foot focus)

i The KorShoe is preferred in this protocol since it ideal for muscle activation in the bottom of the foot, but the KorSock can be used for this protocol as well.

DEVICE OPERATION:

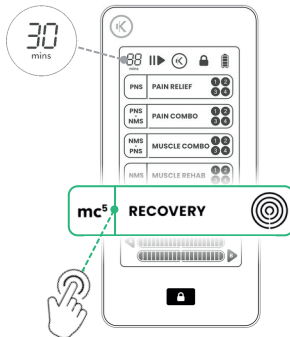


30-60 Minute Treatment



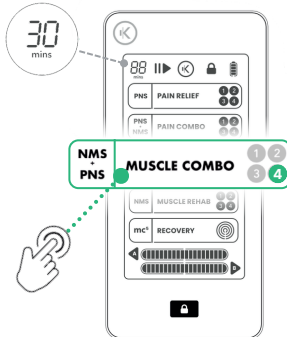
3-7x Weekly

1 Select **RECOVERY**. Set timer to 10-30 minutes.

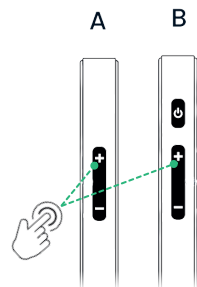


Runs automatically (No intensity adjust needed)

2 Select **MUSCLE COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity— to a strong, visible muscle contraction.



i **WHY RECOVERY FIRST?**

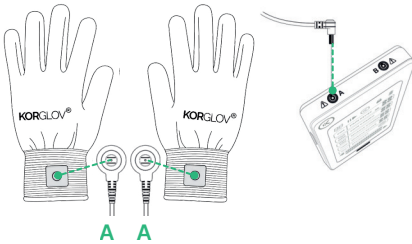
RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE COMBO treatment to recruit muscles more effectively.

Use either the **KorGlov-KorGlov** or **KorGlov-Electrode Set Up**. Choose based on your pain symptoms:

KORGLOV-KORGLOV SET UP

For: broad coverage across both hands — easiest set-up.

A Connect KorGlovs.

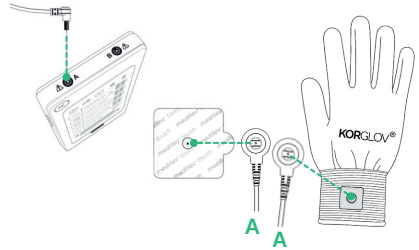


With one lead wire, connect both KorGlovs to the device.

KORGLOV-ELECTRODE SET UP

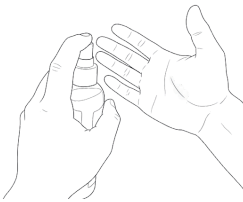
For: treating one hand or to concentrate the stimulation.

A Connect KorGlov and electrode.



With one lead wire, connect an electrode pad to one KorGlov to the device. *Repeat if treating both hands/wrists.*

B Spray hand(s).



Spray entire hand with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorGlov(s).



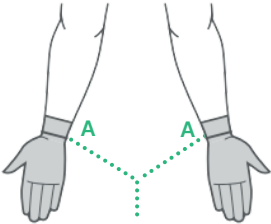
Once put on, spray the KorGlov (4-5 sprays on each side).

i SPRAY WILL IMPROVE STIMULATION AND COMFORT:

Use additional spray if stimulation feeling reduces during treatment.

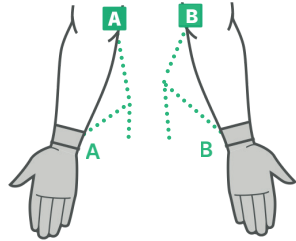


B Position KorGlovs.



Option 1
(default set-up)

B Position KorGlovs and electrodes.



Option 2
(further concentrates
treatment stimulation)

DEVICE OPERATION:

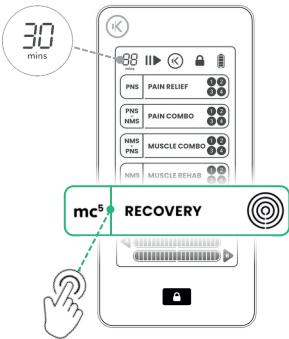


30-60 Minute Treatment



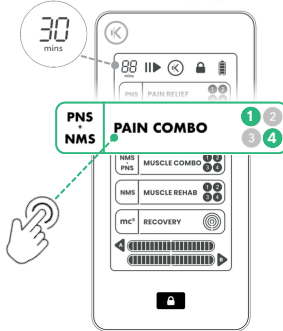
1-2x Daily

1 Select **RECOVERY**. Set timer to 10-30 minutes.

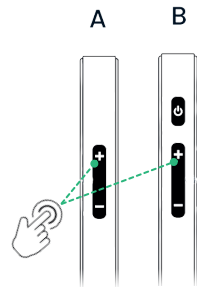


Runs automatically (No intensity adjust needed)

2 Select **PAIN COMBO 1** or **PAIN COMBO 4**. Set timer to 20-30 mins.



3 Increase intensity—to a buzzing feeling and tapping sensation (slight muscle twitch).



Start Conservative on Intensity

Nerves and soft tissue in the hands/wrists are significantly more sensitive than other areas of the body.

i WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. Think of it as a warm-up for the hands and forearms making the following PAIN COMBO treatment more effective.



Use either the **KorGlov-Electrode** or **Electrode-Only Set Up**. Choose based on your symptoms and treatment goal:

KORGLOV-ELECTRODE SET UP

For: muscle activation to support grip strength and hand dexterity.

see below

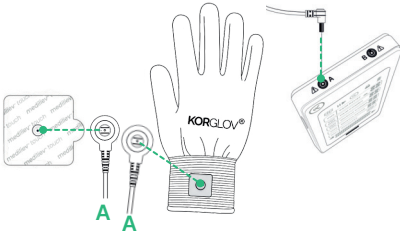
ELECTRODE SET UP

For: target muscle activation of specific hand movements.

next page

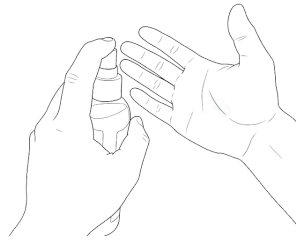
KORGLOV-ELECTRODE SET UP

A Connect Electrodes and KorGlovs.



With one lead wire connect an electrode pad to one KorGlov to the device. Repeat with 2nd lead wire.

B Spray hands.



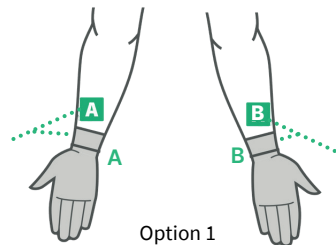
Spray entire hand with conducting spray or water (2-3 sprays on each side).

C Put on & Spray KorGlovs.



Once put on, spray the KorGlov (4-5 sprays on each side).

D Position Electrodes and KorGlovs.



Option 1
(grip weakness)

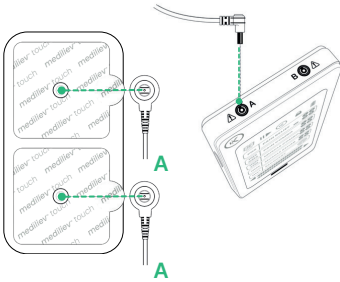
i SPRAY WILL IMPROVE STIMULATION AND COMFORT:

Use additional spray if stimulation feeling reduces during treatment.

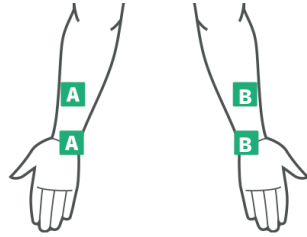


ELECTRODE-ONLY SET UP

A Connect electrodes to device.



B Position electrodes.



With one lead wire, connect 2 electrodes to the device. Repeat for second lead wire.

Option 2
(difficulty turning keys, or zipping)

DEVICE OPERATION:

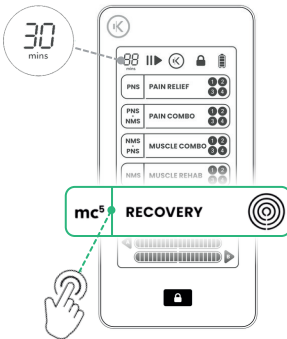


30-60 Minute Treatment



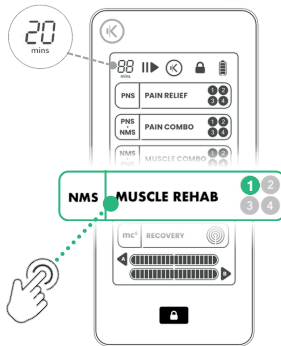
3-7x Weekly

1 Select **RECOVERY**. Set timer to 10-30 minutes.

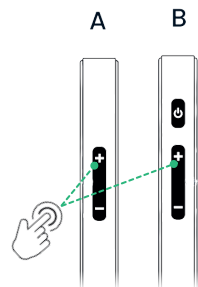


Runs automatically (No intensity adjust needed)

2 Select **MUSCLE REHAB 1**. Set timer to 20 mins.



3 Increase intensity— to a visible muscle contraction.



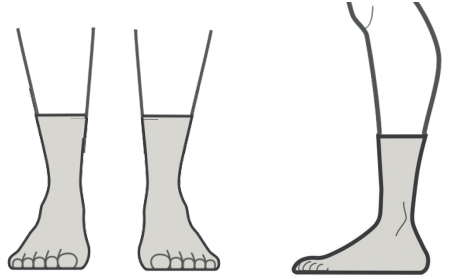
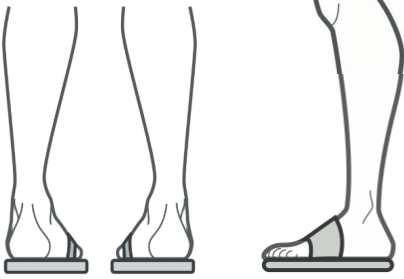
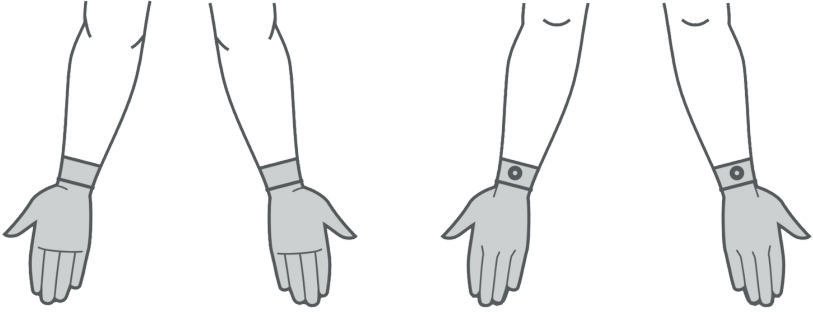
Start Conservative on Intensity

Muscles, ligaments, and tendons in the hands/wrists are significantly more sensitive than larger muscle groups.

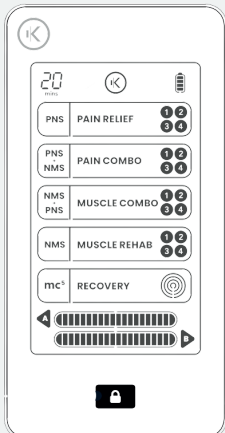
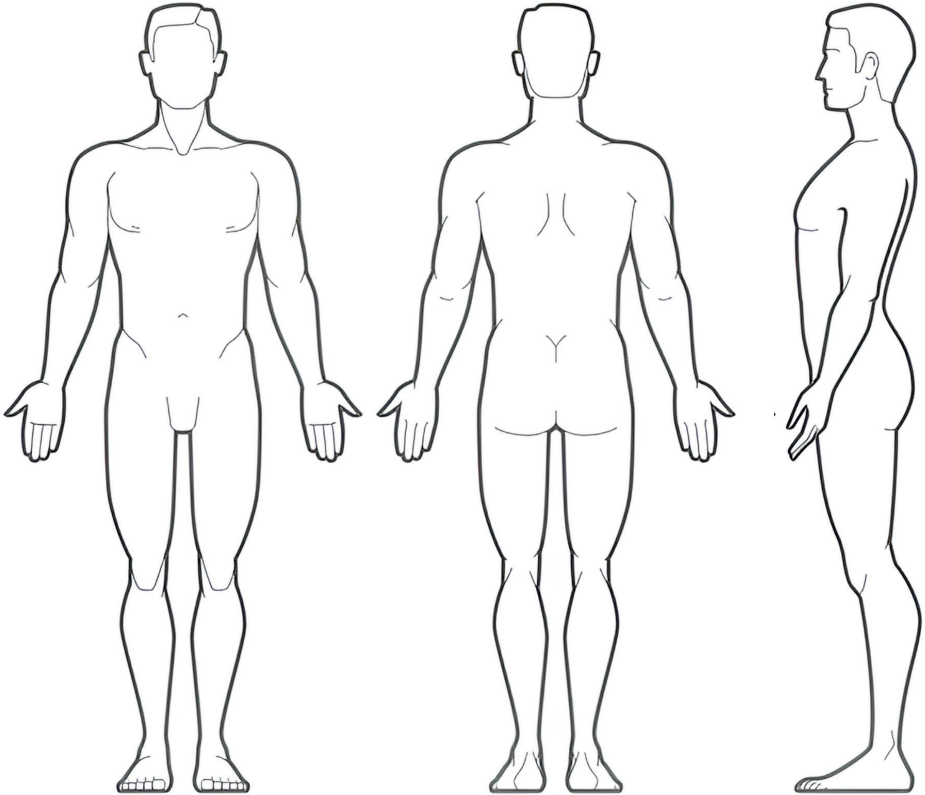
WHY RECOVERY FIRST?

RECOVERY uses microcurrent — a **sub-sensory stimulation you will not feel** — to reduce pain, inflammation, and swelling. This allows the following the MUSCLE REHAB treatment to recruit muscles more effectively.

PERSONAL TREATMENT PROTOCOL - FOR YOU



PERSONAL TREATMENT PROTOCOL - FOR YOU



DEVICE OPERATION:

1 Select: _____ **2** Select: _____

Set timer: _____ Set timer: _____

Intensity (1-20): _____ Intensity (1-20): _____

i RECOVERING FROM SURGERY?

Specialized post-operative protocols for each stage of healing and rehab are available. Ask your provider or call us at (480) 200-3356.



Getting Device Supplies At Your VAMC

If you need more supplies for your mediliev device, contact your ordering VA Provider, Prosthetics, or a Physical Therapist/Occupational Therapist.

Request a “re-supply of snap electrodes, Kor Electrode Gel, and/or Kor Conducting Spray for your NuroKor mediliev touch”.

Need assistance?

If you have any questions, comments, or feedback please don't hesitate to contact us.

 480-200-3356

 steven@sandlotmedical.com



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