



**Lifetech USA**  
Powered by NuroKor



# mediliev™ touch

## VETERAN TREATMENT GUIDE

Pain Relief & Muscle Rehabilitation

### Compatible KOR Accessories



KORBAND



KORGLOV



KORSHOE



KORSOCK



Video Setup  
Tutorials

# WELCOME TO YOUR MEDILIEV TOUCH

This device has been prescribed for you by your VA healthcare provider as part of your treatment plan. The **mediliev touch** is a powerful, multi-therapy electrical stimulation particularly effective for Veterans experiencing:

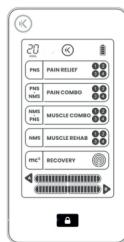
- Joint pain from arthritis or past injuries
- Back or neck pain (including sciatica and radiculopathy)
- Peripheral neuropathy symptoms (often from diabetes or Agent Orange)
- Post-surgical pain and recovery
- Muscle weakness following stroke or injury

**With proper and consistent use**, most Veterans begin noticing positive changes (reduced pain, improved movement, and greater comfort during daily activities) within days to two weeks.



**DO NOT USE** if you have: **Cardiac pacemaker or implanted electrical device.**  
→ Complete safety information on page 3.

## WHAT'S INCLUDED - MEDILIEV TOUCH VA KIT



**mediliev touch**



Electrode Pads



Device Pouch



Kor Adhesive Gel



Lead Wire Cables



Charging Cable

**Device Pouch:** will protect against accidental drops and scratches. Use during treatment and storage.

**Kor Adhesive Gel:** designed to improve adherence of electrode pads.



### ADDITIONAL ACCESSORIES (if prescribed):

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

# TABLE OF CONTENTS

<b>Device Safety and Setup</b> .....	<b>03</b>
Pad & Accessory Care .....	08
<b>KorBand Accessory Setup</b> .....	<b>09</b>
<b>KorGlov Accessory Setup</b> .....	<b>10</b>
<b>KorShoe Accessory Setup</b> .....	<b>11</b>
<b>KorSock Accessory Setup</b> .....	<b>12</b>
<b>How to Find Your Treatment Protocol (Start Here)</b> .....	<b>13</b>
<b>Joint Pain Overview</b> .....	<b>14</b>
Knee .....	15
Hip .....	17
Shoulder .....	19
Hand / Wrist .....	21
Foot / Ankle .....	23
<b>Spine Related Pain Overview</b> .....	<b>25</b>
Low Back / Sciatica .....	26
Neck / Radiculopathy .....	28
<b>Peripheral Neuropathy Overview</b> .....	<b>30</b>
Foot / Lower Leg .....	31
Hand .....	34
<b>Troubleshooting</b> .....	<b>36</b>
<b>Personalized Treatment</b> Guide (fill-in) .....	<b>38</b>
<b>Getting Supplies</b> through the VAMC .....	<b>39</b>



## BEFORE TREATMENT - SAFETY AND CHARGING

### ⚠ 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 implanted electrical device fitted

#### 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:

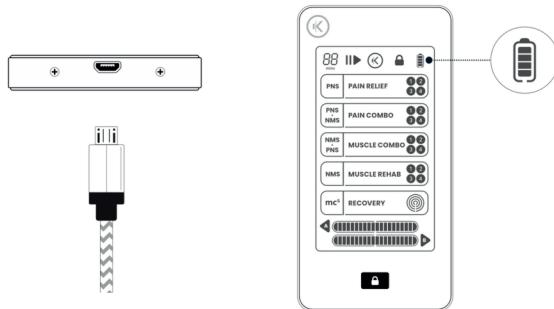
- DO NOT apply or remove pads while device is actively treating.
- DO NOT use while operating machinery, vehicles, or any action where involuntary movements could endanger you or others.



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

## DEVICE CHARGING

Connect the charging cable (green cable provided) to a USB charging source. Charge until the battery indicator shows full.



### ⓘ IMPORTANT:

This mediliev touch device has a long battery life. Even with heavy use, most veterans **charge the device once every 1-2 weeks.**

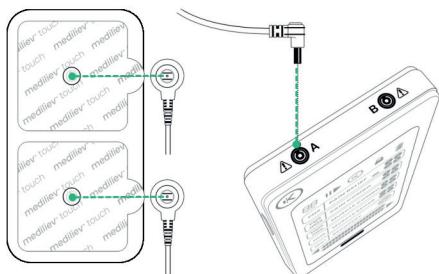
# TREATMENT SETUP - PADS

## **IMPORTANT:**

Before treating, **ensure your skin is clean, dry, and free from oils/lotions**. If necessary, gently cleanse the treatment area with soap and water, and pat dry before applying the pads.

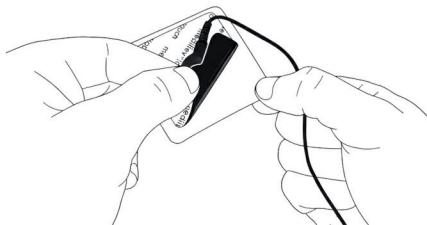
## 1 Connect

With one lead wire, snap lead wire endings onto each electrode pad. Insert a lead wire into the device (port A shown). **Repeat for the second lead wire if needed.**



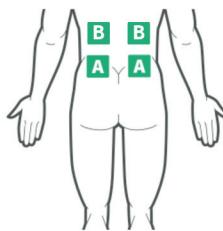
## 2 Prep

Remove pads from plastic protectors. **Save plastic protector sheet to store pads after use.**



## 3 Position

Place pads over desired treatment area (at least 2 inches apart). Electrode pads should rest flat against your skin.



Example 1  
(Low Back)



Example 2  
(Knee)



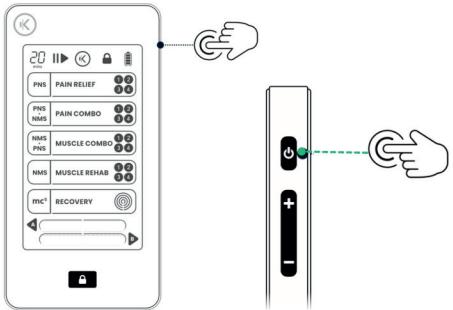
## Using a Kor accessory applicator (KorBand, KorShoe, KorSock, or KorGlov)?

Please follow the accessory-specific setup pages for detailed diagrams on how to connect the lead wires, prep the skin/garment, and position the accessory.

## DEVICE OPERATION - SELECT TREATMENT

### 1 Turn device On/Off

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

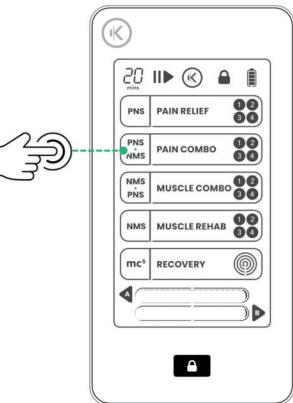


### 2 Select a Treatment App

Using the touchscreen press an icon to select the desired treatment app. The flashing icon indicates the selected treatment app.

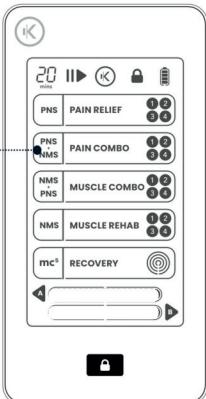
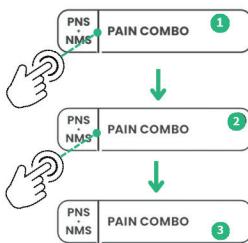
#### **IMPORTANT:**

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.



## DEVICE OPERATION - TREATMENT APPS

App Icon	Mode (Options)	What It Feels Like	Uses
 <b>PAIN RELIEF</b>	 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) → See: Joint pain protocols for hand/wrist, foot/ankle (p.19-22)
 <b>PAIN COMBO</b>	 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) → See: Joint pain, Spine pain, and Neuropathy protocols (p.13-18, 24-28)
 <b>MUSCLE COMBO</b>	 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 → See: Neuropathy protocols (p.29-33)
 <b>MUSCLE REHAB</b>	 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 → See: Most muscle-focused protocols
 <b>RECOVERY</b>	 1 mode	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 → See: All protocols include 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”.



### IMPORTANT:

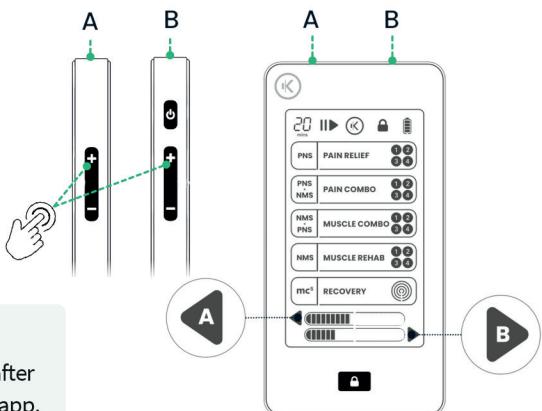
The specific treatment protocols will recommend which of the 4 modes work best for your condition. Start there, then experiment to find what feels most effective for you.

## DEVICE OPERATION - FEEL AND SET TREATMENT

### 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).

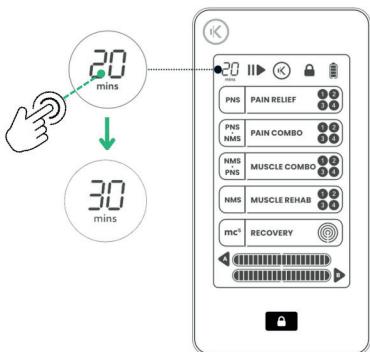


#### **IMPORTANT:**

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

### 5 Set Treatment Time

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

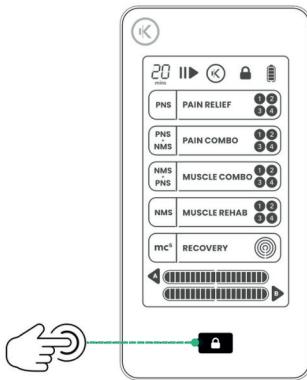


### 6 Screen Lock

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.



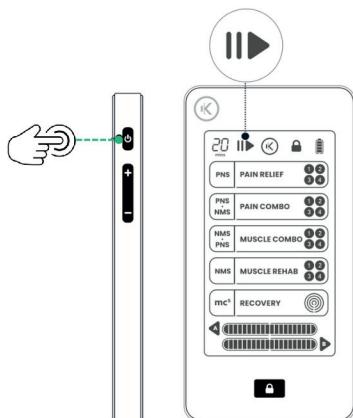
## DEVICE OPERATION - PAUSE

### 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:**

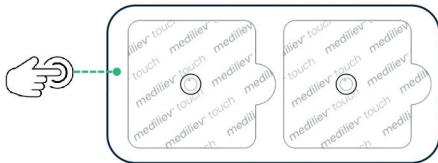
This pause feature can allow you to reposition pads/accessories or take a quick break (use restroom, answer door, etc.).



## AFTER TREATMENT - PAD & ACCESSORY CARE

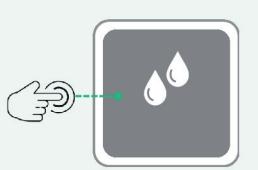
### 1 Remove Pads

Once the device is turned off (press and hold ) gently remove pads from skin. Place each pad back on plastic liner.



#### **IMPORTANT:**

If the electrodes begin to lose adhesion, add a couple of drops of water to the adhesive side of them before sticking them back on the plastic protector sheets after treatment.



### 2 Clean Accessories (if used)

Wipe off any excess spray or moisture from accessories used with a cloth.

#### **IMPORTANT:**

KorSock and KorGlov: Hand wash with mild soap and air dry only!



## KORBAND ACCESSORY SETUP

### 1 Connect



#### IMPORTANT:

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

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

#### IMPORTANT:

KorBand VA Kit includes 3 Velcro straps to attach the KorBand to various areas of the body:  
**Large strap** → back, hip, or shoulder | **Medium strap** → thigh | **Small strap** → knee

### 2 Prep



Attach one of the 3 straps to the “soft” Velcro on the right.

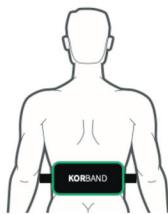


Spray conducting spray or water over entire conductive area until visibly wet.

### 3 Position



Knee (small strap)



Low Back (large strap)

**Position KorBand over treatment area. Attach strap for a snug fit** (but should not feel restrictive or painful).

#### IMPORTANT:



Device pouch can be attached to KorBand.



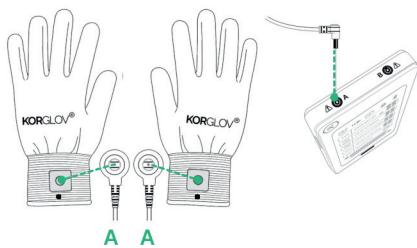
Treatment Protocols using KorBand: **Joint Pain (Knee - p. 15, Hip - p. 17, Shoulder - p. 19), Spine Related Pain (Low Back - p. 28-29)**

# KORGLOV ACCESSORY

## 1 Connect

### Option 1

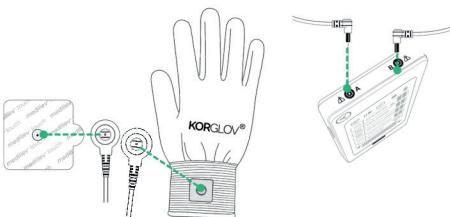
**Use when:** You want **broad coverage** across both hands, and upper body for pain relief.



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

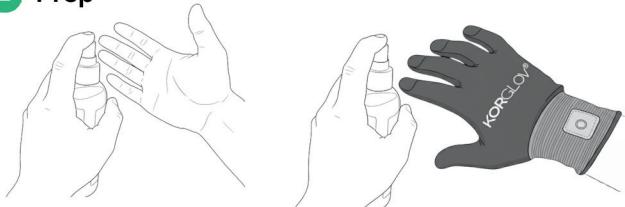
### Option 2

**Use when:** Treating one hand or when you want more **targeted** or **muscle-focused** treatment.



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

## 2 Prep



**Spray** entire hand (front and back).

Once put on, **spray** the entire KorGlov.

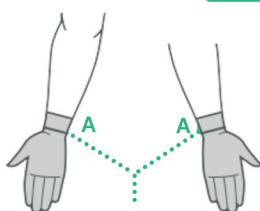
### IMPORTANT:

Spray conducting spray or water until visibly **wet**. Spray will improve comfort.

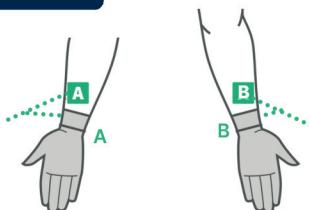
Use additional spray throughout treatment, if necessary.

## 3 Position

### Option 1



### Option 2



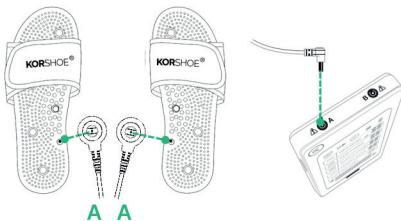
Treatment Protocols using KorGlov: **Joint Pain (p.21)**, **Spine Related Pain (Neck - p. 28)**, & **Neuropathy (p. 31-33)**

## KORSHOE ACCESSORY SET UP

### 1 Connect

#### Option 1

**Use when:** You want **broad coverage** across both feet and lower legs for pain relief.



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

#### Option 2

**Use when:** Treating one foot or when you want more **targeted or muscle-focused** treatment.



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

### 2 Prep



**Spray the bottom** of the feet.

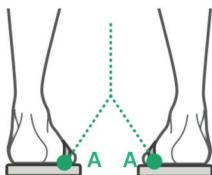
#### IMPORTANT:

**Spray conducting spray or water until visibly wet.** Spray will improve comfort.

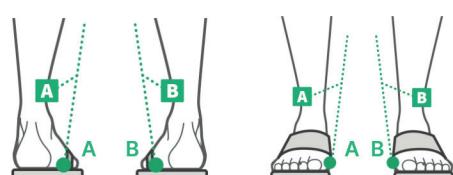
Note: If unable to spray the feet, spray the KorShoes directly.

### 3 Position

#### Option 1



#### Option 2



Treatment Protocols Using KorShoe: **Joint Pain (p.23-24) & Neuropathy (p. 31-33)**



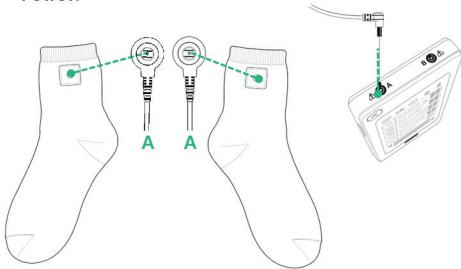
**Do not walk while treating.** Sit in a chair with both feet flat on a firm surface. Keep heels and forefoot fully contacting the KorShoes.

# KORSOCK ACCESSORY

## 1 Connect

### Option 1

**Use when:** You want **broad coverage** across both feet and lower legs for pain relief.



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

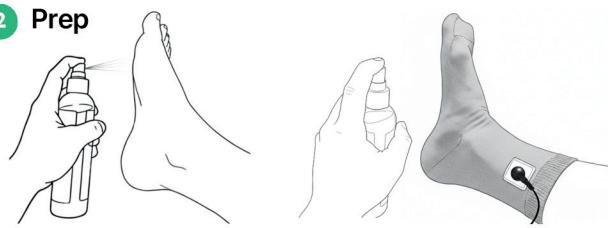
### Option 2

**Use when:** Treating one foot or when you want more **targeted or muscle-focused** treatment.



With one lead wire, connect an electrode pad to one KorSock to the device. **Repeat if treating both feet.**

## 2 Prep



**Spray** entire foot (top and bottom).

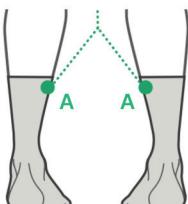
### IMPORTANT:

Spray conducting spray or water until visibly **wet**. Spray will improve comfort.

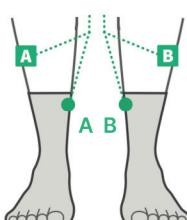
Use additional spray throughout treatment, if necessary.

## 3 Position

### Option 1



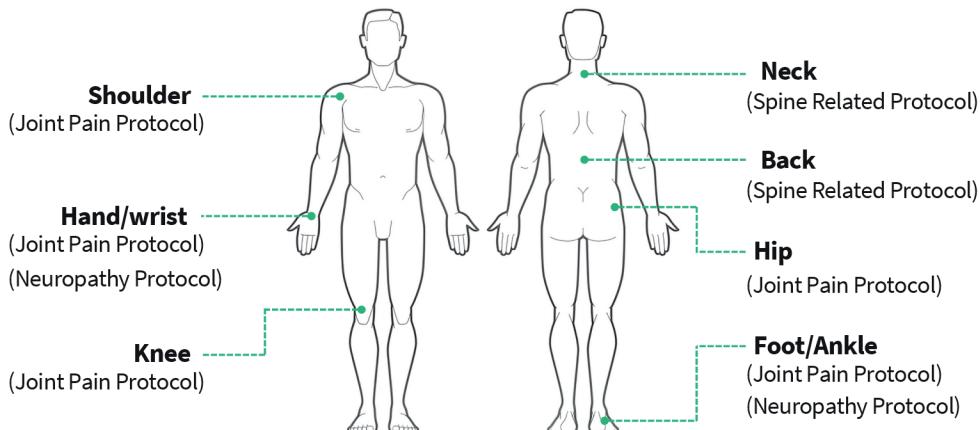
### Option 2



Treatment Protocols Using KorSock: **Joint Pain (p.23) & Neuropathy (p. 31-33)**

## TREATMENT PROTOCOLS - FINDING YOUR PROTOCOL

### 1 WHERE IS YOUR PROBLEM? - Start with the area that bothers you MOST.



#### JOINT PAIN

Pain, stiffness, swelling, or muscle weakness in and around a joint.

[next page \(p. 14\)](#)

#### SPINE RELATED

Shooting pain, stiffness, aching, or muscle spasms in the neck or back.

[page 25](#)

#### NEUROPATHY

Nerve pain, tingling, numbness, or poor feeling in feet or hands.

[page 30](#)

### 2 WHAT ARE YOUR SYMPTOMS? PAIN OR MUSCLE?

On each overview page **use symptom check-boxes to choose** if a PAIN or MUSCLE-focused protocol is right for you based on your symptoms.



#### PAIN/SENSORY FOCUSED

**Goal:** reduce painful, bothersome, or abnormal sensations



#### MUSCLE FOCUSED

**Goal:** reduce muscle symptoms or improve strength around a joint

### 3 FOLLOW YOUR PROTOCOL PAGE SETUP AND TREATMENT.

Don't worry—it's easier than it looks, and we're here to help if you get stuck.



Need Help: Call us at (480) 200-3356

# JOINT PAIN

Joint pain can result from arthritis, past injuries, or daily wear-and-tear. This pain can also be accompanied by stiffness, swelling, or weakness, making daily activities more challenging.

## KNEE

p. 15-16

## HIP

p. 17-18

## SHOULDER

p. 19-20

## HAND/WRIST

p. 21-22

## FOOT/ANKLE

p. 23-24

**CHECK ALL SYMPTOMS THAT BOTHER YOU.**

### JOINT PAIN

- Pain or aches** during activity
- Stiffness or swelling**
- Sharp or aching pains **keeping me up at night**

### UNSTABLE JOINT

- Feels **unstable or “wobbly”**
- Feels **weak, tired, or heavy**
- “Gives out” unexpectedly** or trouble with balance



### PAIN FOCUSED

**GOAL:** Calm joint pain to restore comfortable movement



**30-60 min** Treatment



**Frequency:** 1-2x Daily



### MUSCLE FOCUSED

**GOAL:** Strengthen muscles to improve joint stability and prevent future pain



**30-60 min** Treatment



**Frequency:** 3-7x Weekly

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

After pain improves, or 4-6 weeks of consistent treatment, add MUSCLE FOCUSED on alternate days.



Mon/Wed/Fri → PAIN | Tue/Thur/Sat → MUSCLE



Do not exceed 3-4 treatments per day on the same area.



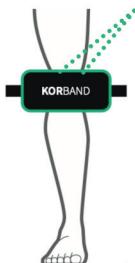
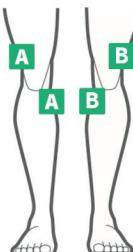
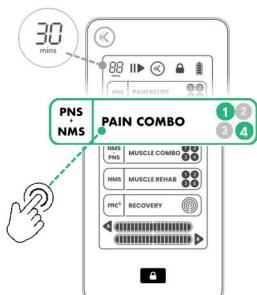
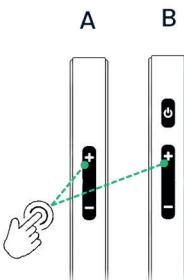
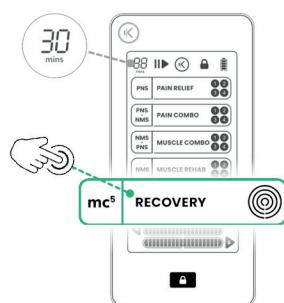
TREATMENT USE:



1-2x Daily



30-60 minute Treatment

**1 Connect, Prep, and Position** KorBand or Pads.Knee Option 1  
(pain - one knee)Attach **small strap**.**Spray** KorBand.**KORBAND PREP**Knee Option 2  
(pain - one knee)Knee Option 3  
(pain - both knees)**2 Select PAIN COMBO.**  
Set timer to 20-30 mins.Most veterans find **Mode 1** or **4** most effective.**3 Increase intensity**—to a strong buzzing feeling or tapping (muscle twitch).**4 Finish with 10-30 mins of RECOVERY.**

Runs automatically (No intensity adjust needed)

For in-depth setup instructions: **mediliev touch p. 6-8** | **KorBand p. 9**



TREATMENT USE:



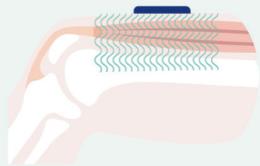
3-7x Weekly



30-60 minute treatment

### WHY MUSCLE ACTIVATION IS IMPORTANT FOR KNEE HEALTH:

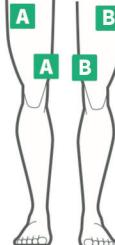
Strong thigh (quadricep) muscles act like shock absorbers for the knee. When these muscles become weak, the knee must absorb all the stress instead. This joint stress can aggravate pain symptoms and lead to additional joint damage. Even small gains in strength can significantly reduce knee pain and improve function.



### **1** Connect, Prep, and Position Pads.

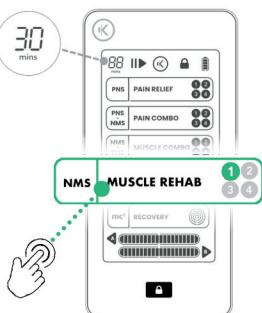


Knee Option 1  
(quad weakness - one knee)

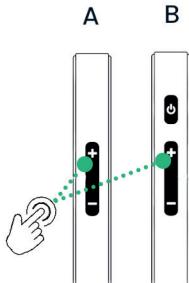


Knee Option 2  
(quad weakness - both knees)

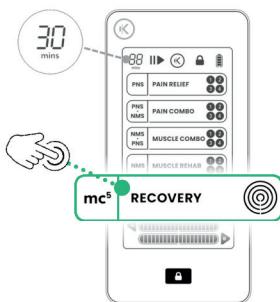
### **2** Select **MUSCLE REHAB 1.** Set timer to 20-30 mins.



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



### **4** Finish with 10-30 mins of **RECOVERY**.



**Runs automatically** (No  
intensity adjust needed)

### **IMPORTANT:**

RECOVERY mode works **even if you don't FEEL IT!**



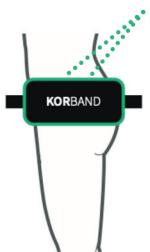
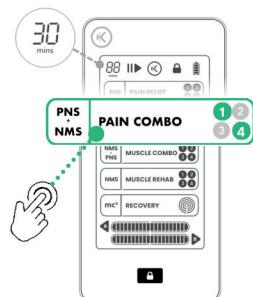
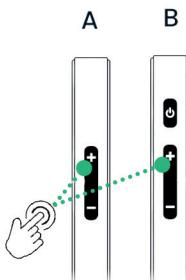
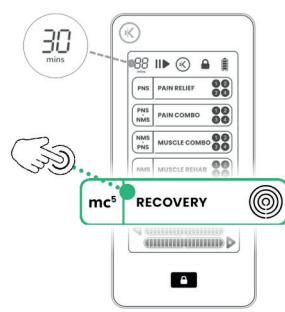
TREATMENT USE:



1-2x Daily



30-60 minute Treatment

**1 Connect, Prep, and Position** KorBand or Pads.Hip Option 1  
(pain - one hip)Attach **large strap**.**Spray** KorBand.**KORBAND PREP**Hip Option 2  
(pain - one hip)Hip Option 3  
(both hips - one shown)**2 Select PAIN COMBO.**  
Set timer to 20-30 mins.Most veterans find **Mode 1** or **4** most effective.**3 Increase intensity**—to a strong buzzing feeling or tapping (muscle twitch).**4 Finish with 10-30 mins of RECOVERY.**

Runs automatically (No intensity adjust needed)

For in-depth setup instructions: **mediliev touch p. 6-8** | **KorBand p. 9**



TREATMENT USE:



3-7x Weekly



30-60 minute treatment

### WHY MUSCLE ACTIVATION IS IMPORTANT FOR HIP HEALTH:

Strong hip muscles—especially the glutes and deep rotators—act like stabilizers for the entire lower body. When these muscles become weak, the hip joint must absorb more stress during walking, standing, and climbing stairs. This joint stress can aggravate pain symptoms and lead to additional joint damage. Even small gains in strength can significantly reduce hip pain and improve function.

#### 1 Connect, Prep, and Position Pads.

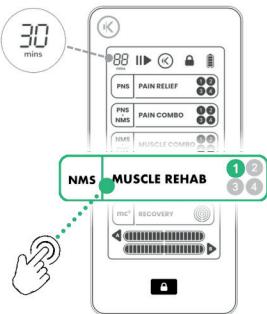


Hip Option 1 - Outer Hip Weakness  
(weakness standing on one leg)

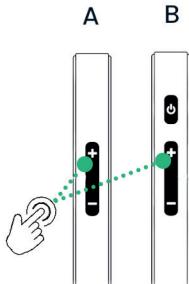


Hip Option 2 - Glute Weakness  
(weakness sit-to-standing or  
climbing stairs)

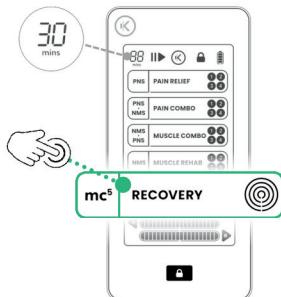
#### 2 Select MUSCLE REHAB 1. Set timer to 20-30 mins.



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



#### 4 Finish with 10-30 mins of RECOVERY.



Runs automatically (No  
intensity adjust needed)

### IMPORTANT:

RECOVERY mode works **even if you don't FEEL IT!**



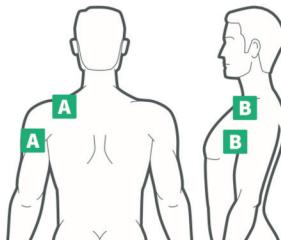
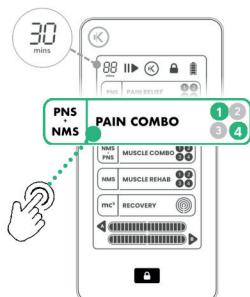
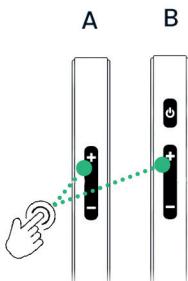
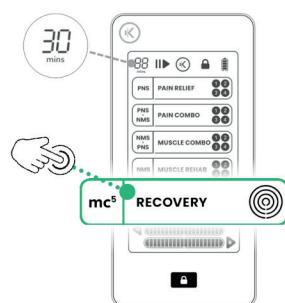
TREATMENT USE:



1-2x Daily



30-60 minute Treatment

**1 Connect, Prep, and Position KorBand or Pads.**Shoulder Option 1  
(pain - one shoulder)Attach **large strap**.**KORBAND PREP****Spray** KorBand.Shoulder Option 2  
(pain - one shoulder)Shoulder Option 3  
(both shoulders - one shown)**2 Select PAIN COMBO.**  
Set timer to 20-30 mins.Most veterans find **Mode 1** or **4** most effective.**3 Increase intensity**—to a strong buzzing feeling or tapping (muscle twitch).**4 Finish with 10-30 mins of RECOVERY.**

Runs automatically (No intensity adjust needed)

For in-depth setup instructions: **mediliev touch p. 6-8**| **KorBand p. 9**



TREATMENT USE: 3-7x Weekly

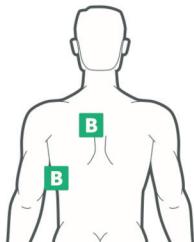


30-60 minute treatment

### WHY MUSCLE ACTIVATION IS IMPORTANT FOR SHOULDER HEALTH:

Strong shoulder muscles protect this highly mobile joint. When these muscles become weak, your shoulder loses stability and soft tissues get pinched or overstretched with everyday movements like reaching or lifting. This stress can worsen pain symptoms and lead to additional damage. Even small gains in strength/coordination can significantly reduce shoulder pain and improve function.

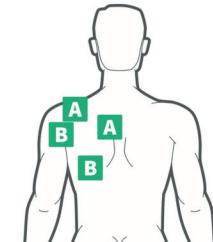
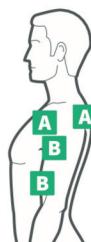
### **1** Connect, Prep, and Position Pads.



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

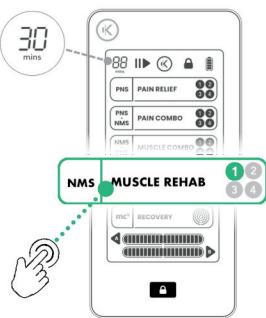


Shoulder Option 2  
(weakness raising arm in  
front)

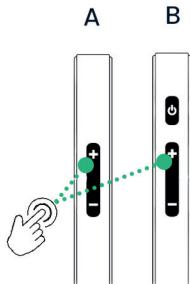


Shoulder Option 3  
(weakness reaching behind  
back or joint instability)

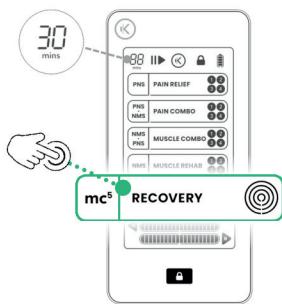
### **2** Select **MUSCLE REHAB 1.** Set timer to 20-30 mins.



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



### **4** Finish with 10-30 mins of **RECOVERY**.



Runs automatically (No  
intensity adjust needed)

### **IMPORTANT:**

RECOVERY mode works **even if you don't FEEL IT!**



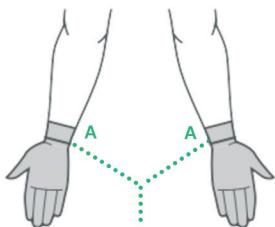
TREATMENT USE:



1-2x Daily



30-60 minute Treatment

**1 Connect, Prep, and Position KorGlov (and pads).**Hand Option 1  
(pain in both hands - arthritis)

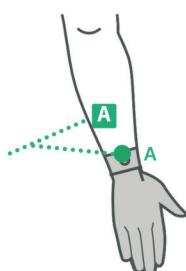
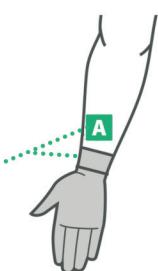
Spray entire hand (front and back).



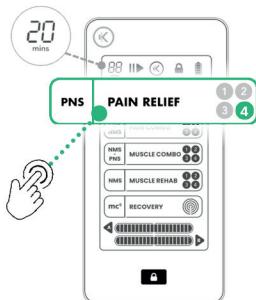
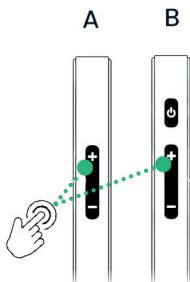
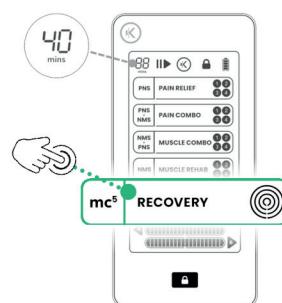
Spray entire KorGlov while on.



KORGLOV PREP

Hand Option 2 - Wrist pain  
(median/ulnar nerve focus)Hand Option 3 - Thumb pain  
(radial nerve focus)**IMPORTANT:****Use conducting spray or water generously.** Spray will improve stimulation feeling and comfort.

Use additional spray throughout treatment, if necessary.

**2 Select PAIN RELIEF 4.**  
Set timer to 20 mins.Joints/tendons in the hands are very sensitive.  
PAIN RELIEF 4 provides gentle pain relief.**3 Increase intensity**—to a strong buzzing feeling.**4 Finish with 20-40 mins of RECOVERY.**

Runs automatically (No intensity adjust needed)

For in-depth setup instructions: [mediliev touch p. 6-8](#)| [KorGlov p. 10](#)



TREATMENT USE: 3-7x Weekly 30-60 minute treatment

### WHY MUSCLE ACTIVATION IS IMPORTANT FOR HAND & WRIST HEALTH:

Proper activation of forearm and hand muscles supports wrist stability and dexterity during everyday activities. After injury, prolonged immobilization, or nerve compression issues like carpal tunnel syndrome, these muscles can become inhibited or shut down. Reactivating these dormant muscles and restoring balanced coordination—without overloading sensitive tendons—can improve grip function and reduce strain.

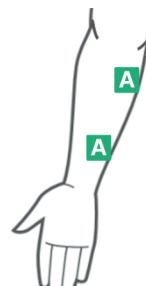
#### 1 Connect, Prep, and Position Pads.



Hand Option 1  
(weak grasp - carpal tunnel)

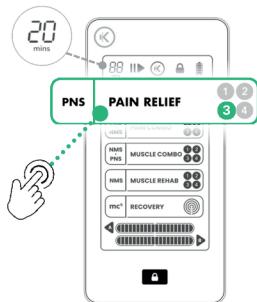


Hand Option 2  
(weak extension- wrist pain)



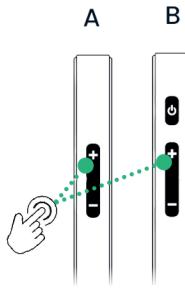
Hand Option 3  
(general weakness in grip)

#### 2 Select PAIN RELIEF 3. Set timer to 20 mins.

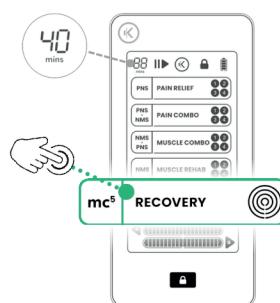


Muscles/tendons in the hands are very sensitive. Pain Relief 3 activates muscles without aggravating carpal tunnel or tendinitis.

#### 3 Increase intensity—to a gentle muscle twitch.



#### 4 Finish with 20-40 mins of RECOVERY.



Runs automatically (No intensity adjust needed)

#### IMPORTANT:

RECOVERY mode works **even if you don't FEEL IT!**



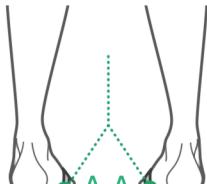
TREATMENT USE:



1-2x Daily



30-60 minute Treatment

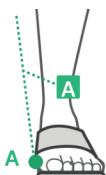
**1 Connect, Prep, and Position KorShoe (and Pads).**Foot Option 1  
(pain in both feet)

Connect KorShoe to device.

See p. 11 for detailed setup.

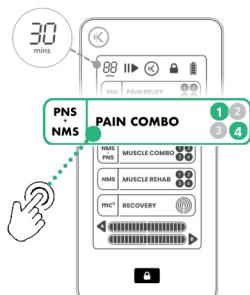
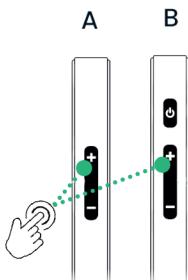
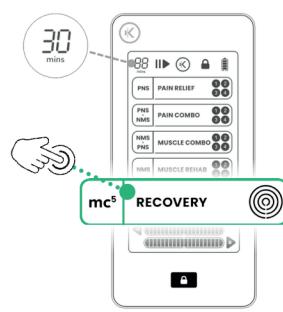
**KORSHOE PREP**

Spray bottom of foot/feet.

Foot Option 2 - Bottom of Foot  
(heel pain, plantar fasciitis, ...)Foot Option 3 - Top of Foot  
(ankle pain, sprain, ...)**IMPORTANT:**

Stimulation of the **feet will require higher intensities** than other body areas. Poor circulation, neuropathy, or heavily callused/dry feet will affect feeling sensitivity.

Swap KorShoe for KorSock if needed. The KorSock is ideal for any swelling in the foot/feet.

**2 Select PAIN COMBO.**  
Set timer to 20-30 mins.Most veterans find **Mode 1** or **4** most effective.**3 Increase intensity**—to a strong buzzing feeling or tapping (muscle twitch).**4 Finish with 10-30 mins of RECOVERY.**

Runs automatically (No intensity adjust needed)

For in-depth setup instructions: **mediliev touch p. 6-8**| **KorShoe p. 11**

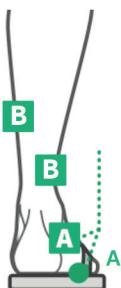


TREATMENT USE: 3-7x Weekly 30-60 minute treatment

## WHY MUSCLE STRENGTH IS IMPORTANT FOR FOOT, ANKLE, & CALF HEALTH:

Strong foot, ankle, lower leg muscles stabilize leg and control movement during walking, running, and balance activities. When these muscles become weak, it forces the ligaments and tendons to absorb excessive stress. This stress can worsen pain symptoms and lead to chronic ankle instability, plantar fasciitis, and Achilles tendon problems. Even small gains in strength and coordination can significantly reduce foot and ankle pain and improve function.

### **1 Connect, Prep, and Position** KorShoe and/or pads.



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

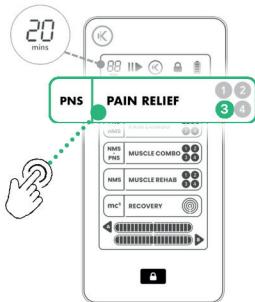


Foot Option 2  
(calf weakness - achilles  
tendinopathy, ...)



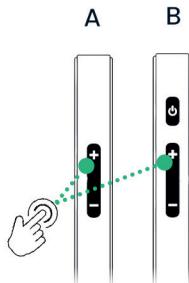
Foot Option 3  
(ankle weakness - ankle  
sprain, ...)

### **2 Select PAIN RELIEF 3.** Set timer to 20 mins.

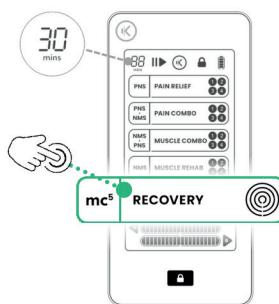


Progress to using **MUSCLE REHAB 1**,  
after using this program for 3-4 weeks.

### **3 Increase intensity**—to a gentle muscle twitch.



### **4 Finish with 10-30 mins** of **RECOVERY**.



Runs automatically (No  
intensity adjust needed)

#### **IMPORTANT:**

RECOVERY mode works **even if you don't FEEL IT!**

# SPINE-RELATED PAIN

Back and neck pain can come from muscle strain, disc problems, arthritis, or long-standing posture issues. It may cause stiffness, aching, shooting pain, or tight muscles that make it harder to sit, bend, or move comfortably.

## LOW BACK

p. 26-27

## NECK

p. 28-29

### CHECK ALL SYMPTOMS THAT BOTHER YOU.

#### SHARP/RADIATING PAIN

- Shooting** pain down arm/leg
- Numbness or tingling
- Pain that gets **worse when sitting or bending forward**

#### MUSCLE SYMPTOMS

- Muscle spasms** or knots
- Muscle **ache** or “**stiffness**”
- Reduced range of motion** (rotation, extension)



#### PAIN FOCUSED

**GOAL:** Reduce back and neck pain to move, sit, and sleep comfortably



**30-60 min** Treatment



**Frequency:** 1-2x Daily



#### MUSCLE FOCUSED

**GOAL:** Release painful spasms and build strength for better movement



**30-60 min** Treatment



**Frequency:** 1-2x Daily



**HAVE BOTH OR UNSURE?** → Start with **PAIN Focused**.



Do not exceed 3-4 treatments per day on the same area.



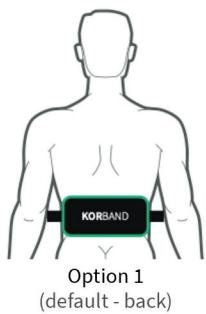
TREATMENT USE:



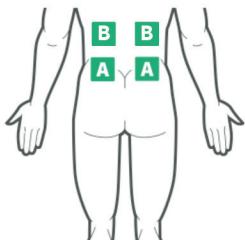
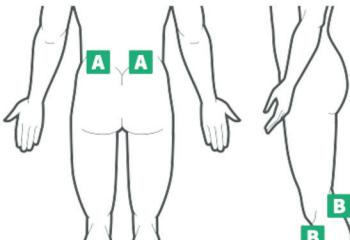
1-2x Daily



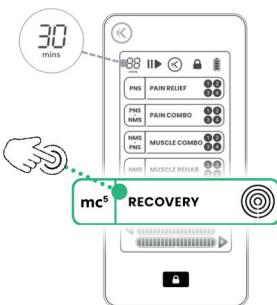
30-60 minute Treatment

**1 Connect, Prep, and Position KorBand or Pads.**Option 1  
(default - back)Attach **large strap**.

KORBAND PREP

**Spray** KorBand.Option 2  
(default - no korBand)Option 3  
(for radiating pain down leg)**2 Select RECOVERY.**

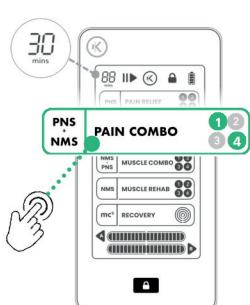
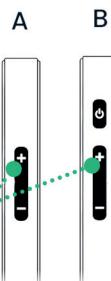
Set timer to 10-30 mins.



Runs automatically (No intensity adjust needed)

**3 Switch to PAIN COMBO.**

Set timer to 20-30 mins.

Most veterans find **Mode 1** or **4** most effective.**4 Increase intensity**—to a strong buzzing feeling or tapping (muscle twitch).For in-depth setup instructions: **mediliev touch p. 6-8** | **KorBand p. 9**



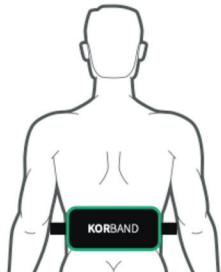
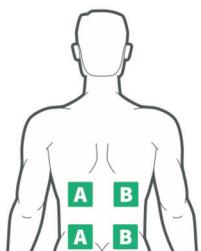
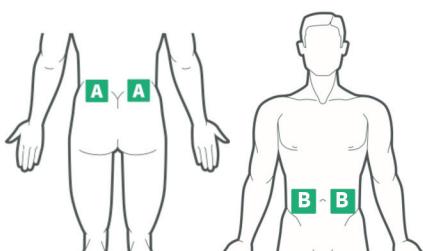
TREATMENT USE:



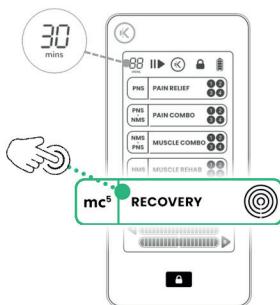
1-2x Daily



30-60 minute Treatment

**1 Connect, Prep, and Position** KorBand or Pads.Option 1  
(default - back)Attach **large strap**.**Spray** KorBand.**KORBAND PREP**Option 2  
(if one side is tighter than the other)Option 3  
(back and core strengthening)**2 Select RECOVERY.**

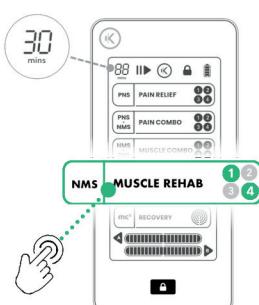
Set timer to 10-30 mins.



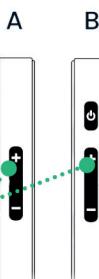
Runs automatically (No intensity adjust needed)

**3 Select MUSCLE REHAB.**

Set timer to 20-30 mins.

Most veterans find **Mode 4** most effective for spasms.**4 Increase intensity—**

to a strong, visible muscle contraction.

**IMPORTANT:**RECOVERY mode works **even if you don't FEEL IT!**



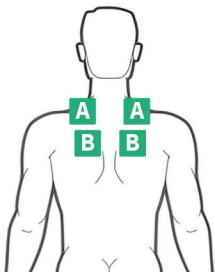
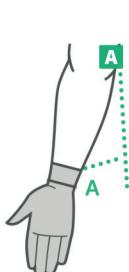
TREATMENT USE:



1-2x Daily



30-60 minute Treatment

**1 Connect, Prep, and Position Pads (and KorGlov).**Option 1  
(default - neck pain)Option 2  
(for radiating pain down arm)**IMPORTANT:**

**Use conducting spray or water generously.** Spray will improve stimulation feeling and comfort.

Use additional spray throughout treatment, if necessary.

**Spray** entire hand (front and back).

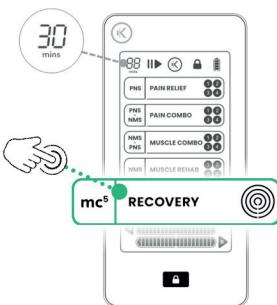


KORGLOV PREP

**Spray** entire KorGlov while on.

**2 Select RECOVERY.**

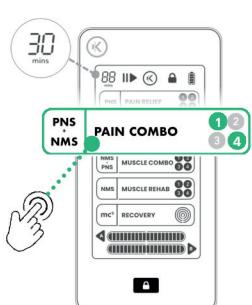
Set timer to 10-30 mins.



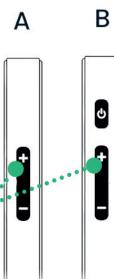
**Runs automatically** (No intensity adjust needed)

**3 Switch to PAIN COMBO.**

Set timer to 20-30 mins.



Most veterans find **Mode 1** or **4** most effective.

**4 Increase intensity**—to a strong buzzing feeling or tapping (muscle twitch).For in-depth setup instructions: [mediliev touch p. 6-8](#) | [KorGlov p. 10](#)



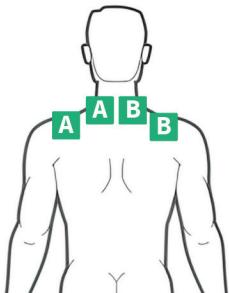
TREATMENT USE:



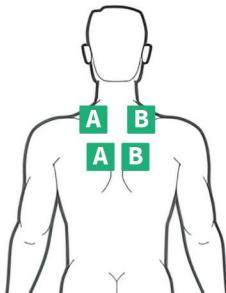
1-2x Daily



30-60 minute Treatment

**1 Connect, Prep, and Position Pads.**

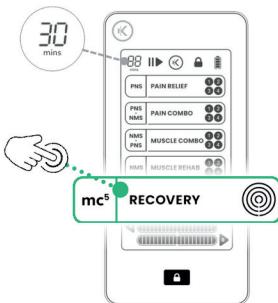
Option 1  
(trap tightness/spasms)



Option 2  
(trap/upper back  
tightness or spasms)

**2 Select RECOVERY.**

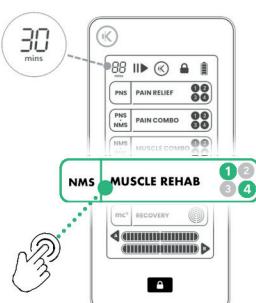
Set timer to 10-30 mins.



Runs automatically (No  
intensity adjust needed)

**3 Select MUSCLE REHAB.**

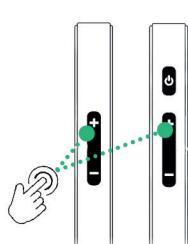
Set timer to 20-30 mins.



Most veterans find **Mode 4**  
most effective for spasms.

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

A      B

**IMPORTANT:**

RECOVERY mode works **even if you don't FEEL IT!**

# PERIPHERAL NEUROPATHY

Peripheral neuropathy happens when the nerves in your feet, legs, or hands are damaged. Symptoms vary from person to person, but often include a complex mix of burning pain, tingling, numbness, weakness, or poor circulation.

## FEET

p. 31-33

## HANDS

p. 34-35

### CHECK ALL SYMPTOMS THAT BOTHER YOU.

#### PAINFUL SYMPTOMS

- Burning or stabbing**, in bottom (sole)
- Painful hyper-sensitivity**
- “Pins and needles”** or “rocks in shoe” sensations

#### LOSS OF FEELING

- Numbness** or “dead” feeling
- Can't feel** your feet when walking
- Loss of sensation** (can't feel hot/cold or textures)

#### WEAKNESS/BALANCE

- feet feel **weak or heavy**
- Poor balance** or coordination
- Non-painful **swelling** in the legs



#### PAIN/SENSORY FOCUSED

**GOAL:** Reduce nerve pain & improve sensation for safer daily function



**30-60 min** Treatment



**Frequency:** 1-2x Daily



#### MUSCLE FOCUSED

**GOAL:** Improve strength, coordination, and circulation for walking safely



**30-60 min** Treatment



**Frequency:** 1-2x Daily



**HAVE BOTH OR UNSURE? → Start with PAIN Focused.**



Do not exceed 3-4 treatments per day on the same area.

TREATMENT USE:



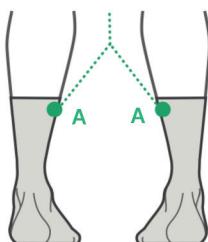
1-2x Daily



30-60 minute Treatment

**1 Connect, Prep, and Position KorSock or KorShoe (and pads).**

**OPTION 1**

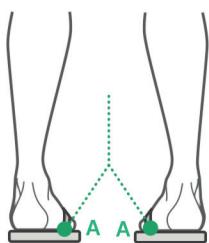


**Spray** top and bottom of feet.



**KORSOCK PREP**

**Spray** entire KorSock while on.



**Connect KorShoe to device.**

See p. 11 for detailed setup.

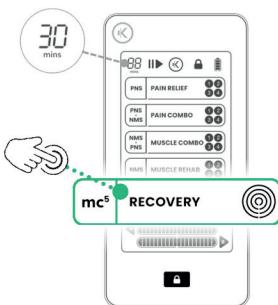
**KORSHOE PREP**

**Spray** bottom of feet.



**2 Select RECOVERY.**

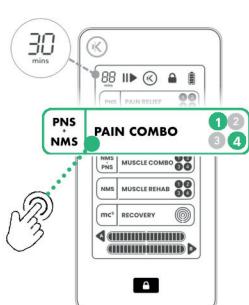
Set timer to 10-30 mins.



**Runs automatically** (No intensity adjust needed)

**3 Switch to PAIN COMBO.**

Set timer to 20-30 mins.



Most veterans find **Mode 1 or 4** most effective.

**4 Increase intensity**—to a strong buzzing feeling or tapping (muscle twitch).

A      B

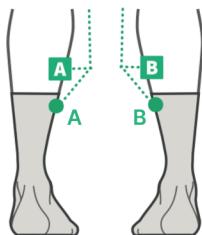


For in-depth setup instructions: **mediliev touch p. 6-8** | **KorSock p. 12** | **KorShoe p. 11**

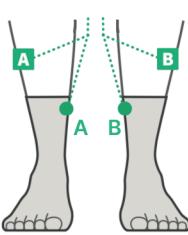


## OPTION 2

These placements **concentrate the stimulation further** compared to Option 1.



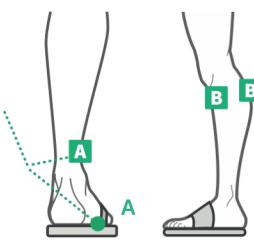
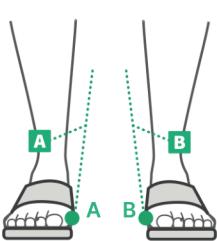
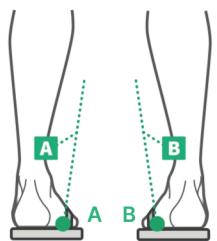
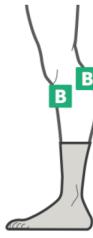
Option A  
(targets bottom of foot)



Option B  
(targets top of foot)

## OPTION 3

These placements are the most comprehensive, **treating one leg at a time** (left leg shown).



### IMPORTANT:

You may not feel anything for 5-10 minutes when using PAIN COMBO (step 3) due to neuropathic numbness, dry or callused feet, and poor circulation. Many need intensity levels of 75-100%. Also use additional spray throughout treatment, if necessary.

## OPTION 2 - WHEN TO USE

There are 2 reasons to switch to option 2:

1. If you still don't feel anything after 10 minutes of using PAIN COMBO (step 3 on previous page) using OPTION 1.
2. The stimulation feeling (when using OPTION 1) is not targeting the correct area.

OPTION 2 allows you to concentrate the treatment area to the bottom or top of the foot.

## OPTION 3 - WHEN TO USE

When one leg is worse than the other or you still don't feel any of the stimulation with OPTION 1 or 2.

**Channel B pads** for both KorShoe and KorSock set-ups, stimulate the *common peroneal nerve*, to further improve pain relief, circulation, and reduce swelling or fluid retention.



TREATMENT USE:

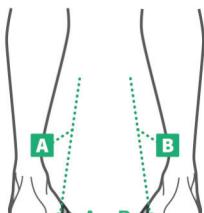


1-2x Daily



30-60 minute Treatment

## 1 Connect, Prep, and Position KorShoe and Pads.

Option 1  
(default set-up)

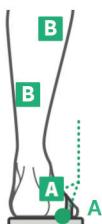
Connect KorShoe to device.

See p. 11 for detailed setup.

Spray bottom of feet.



KORSHOE PREP

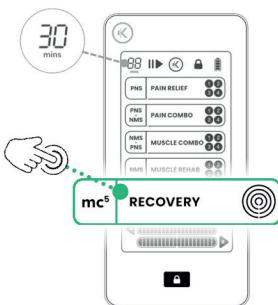
Option 2  
(arch/calf weakness)

### IMPORTANT:

Swap KorShoe for KorSock if needed. Sock is ideal for any swelling in the foot/feet. While the KorShoe is typically more effective for muscle focused treatment.

## 2 Select RECOVERY.

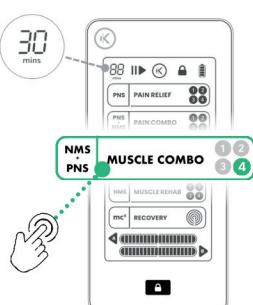
Set timer to 10-30 mins.



Runs automatically (No intensity adjust needed)

## 3 Select MUSCLE COMBO 4.

Set timer to 20-30 mins.



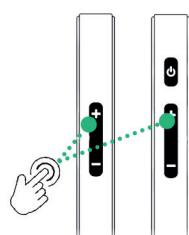
### IMPORTANT:

RECOVERY mode works **even if you don't FEEL IT!**

## 4 Increase intensity—

to a strong, visible muscle contraction.

A      B





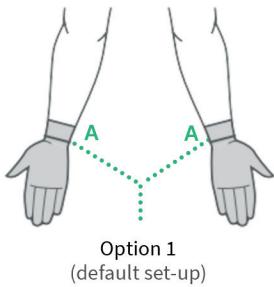
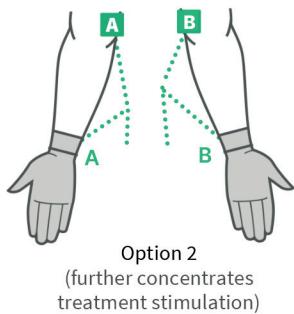
TREATMENT USE:



1-2x Daily



30-60 minute Treatment

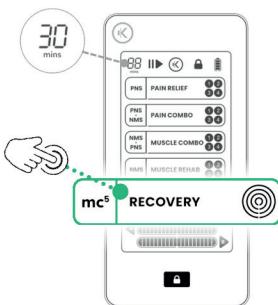
**1 Connect, Prep, and Position KorGlov (and pads).****Spray** entire hand (front and back).**KORGLOV PREP****Spray** entire KorGlov while on.**IMPORTANT:**

**Use conducting spray or water generously.**  
Spray will improve stimulation feeling and comfort.

Use additional spray throughout treatment, if necessary.

**2 Select RECOVERY.**

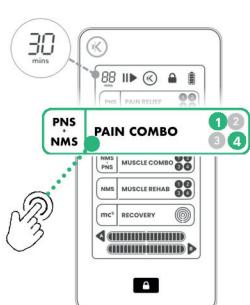
Set timer to 10-30 mins.



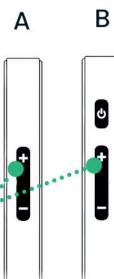
**Runs automatically** (No intensity adjust needed)

**3 Switch to PAIN COMBO.**

Set timer to 20-30 mins.



Most veterans find **Mode 1 or 4** most effective.

**4 Increase intensity**—to a strong buzzing feeling or tapping (muscle twitch).For in-depth setup instructions: **mediliev touch p. 6-8 | KorGlov p. 10**

TREATMENT USE:

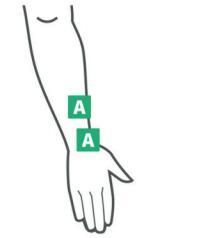
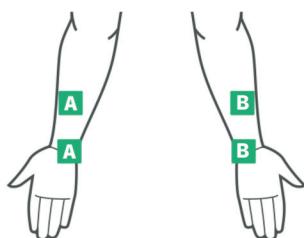
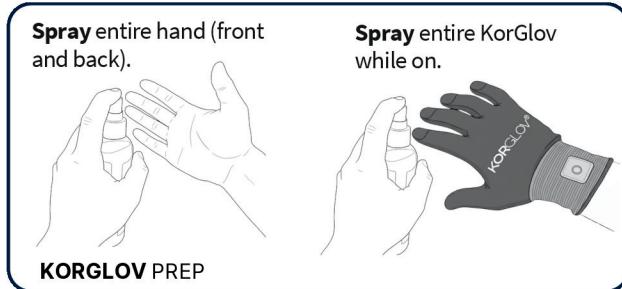
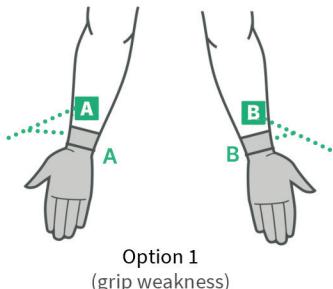


1-2x Daily

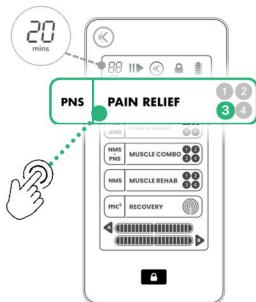


30-60 minute Treatment

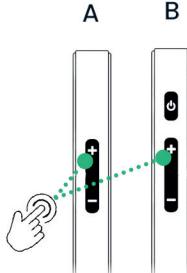
**1 Connect, Prep, and Position KorGlov (and pads).**



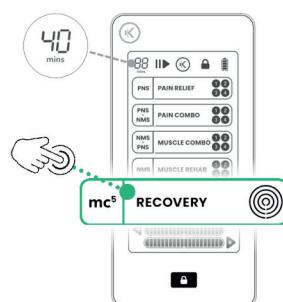
**2 Select PAIN RELIEF 3.**  
Set timer to 20 mins.



**3 Increase intensity**—to a gentle muscle twitch.



**4 Finish with 20-40 mins of RECOVERY.**



**Runs automatically** (No intensity adjust needed)

**IMPORTANT:**

RECOVERY mode works **even if you don't FEEL IT!**

## NEED HELP? - TROUBLE SHOOTING

### Device won't turn on:

**Causes:** Battery depleted or Power button (  ) not held long enough

**Solution 1** → Hold power button for 3 full seconds

**Solution 2** → Charge for 30+ minutes, try again

#### **IMPORTANT:**

Plug charging cable into USB outlet or wall charger. Charging using other devices do not have enough power (watts) to proper charge your mediliev touch device.

### The intensity won't turn up:

**Causes:** Pads/Accessory/Lead-wires are not connected properly, or using wrong side intensity button.

**Solution 1** → Check all lead wire connections

**Solution 2** → If only using one port/lead-wire, use the intensity button located on the same side as the plugged in lead-wire (ie. plugged into A, use left side intensity).

### I can't feel anything / Intensity is too weak:

**Causes:** The causes can vary by body area and applicators used (see below).

- **For Electrode Pads:** Pads are dry/worn out (most common) , or poor skin contact (lotion, oil, hair, or clothing in the way).
- **For Kor Accessories:** Not enough conductive spray, spray has dried during treatment, or the accessory is not making full skin contact.
- **For Feet Specifically:** Callused/thick/dry feet (spray bottom of feet generously), or Neuropathy numbness (takes 5-10 min to feel it, even at 80-100% intensity).

**Solution 1** → Respray accessories until visibly wet, or if using electrode pads apply a small amount of Kor electrode Gel to pads.

**Solution 2** → Check you selected correct treatment mode (see protocol page). If treatment modes are accidentally changed, intensity will reset to zero.

**Solution 3** → Try different pad/accessory setup for your treatment area (after 5-10 minutes of treatment).

## NEED HELP? - TROUBLE SHOOTING

### One Side Feels Stronger Than Other (When Treating Both Sides):

**Causes:** Unequal pad or accessory contact with skin, or simply one side has more nerve damage/worse circulation/weaker muscles than the other (very COMMON).

**Solution 1** → Check pad/accessory contact on weaker side (respray)

**Solution 2** → Adjust each side SEPARATELY using A and B intensity buttons

(**Goal:** Each side should feel comfortable, not necessarily equal).

### Pads Won't Stick:

**Causes:** Skin not clean/dry (lotion or oils) or pads have lost adhesive (worn out).

**Solution 1** → Clean skin with soap and water. Dry completely (wait 2-3 minutes. Don't apply lotion/cream for 2+ hours before).

**Solution 2** → Apply Kor electrode Gel (pea-size amount, spread over corners of pad).

**Solution 3** → Replace pads if they still won't stick (VA kit comes with year supply).

### No Improvement After 2 Weeks:

**Causes:** Not completing full treatment (skipping RECOVERY mode), treatment intensity is too low, not using enough (missing days), or your condition needs a different treatment protocol.

**Solution 1** → If following treatment protocol correctly, try increasing treatment duration (20 min → 30-40 min), and treatment frequency (1x → 2x daily).

**Solution 2** → Try different pad/accessory placement.

**Solution 3** → If still no improvement → Call Us (Sandlot Medical)

### When To Call Sandlot Medical For Help:

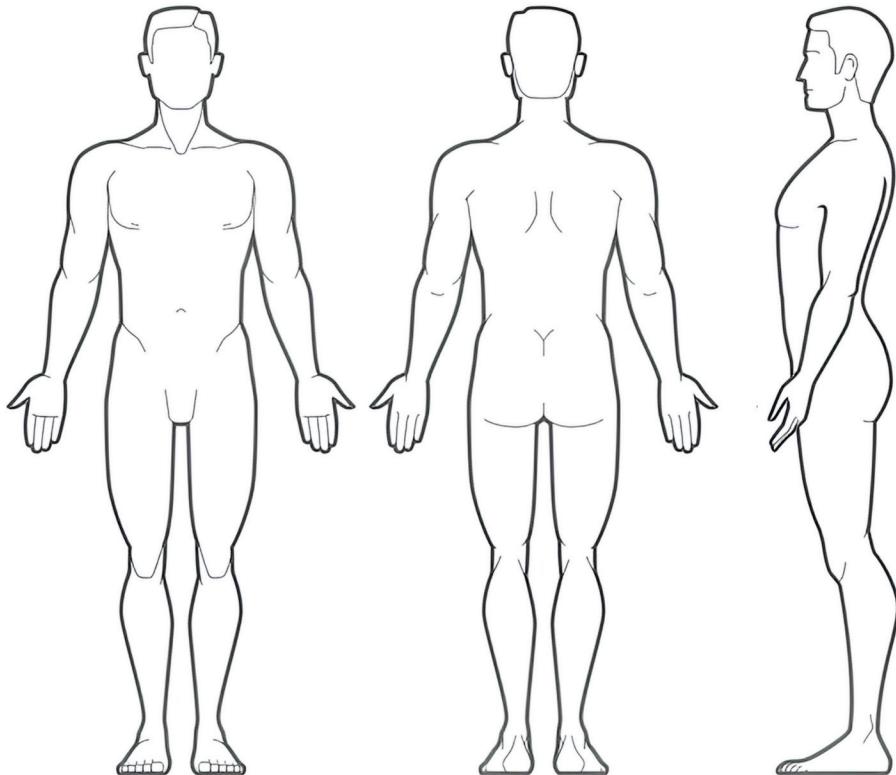
- Device issues that basic troubleshooting doesn't fix
- Need help selecting the correct protocol
- Questions about combining protocols
- Need replacement supplies/accessories
- Any other questions, we are happy to help!



Need Additional Help: Call us at (480) 200-3356

# PERSONAL TREATMENT PROTOCOL - FOR YOU

**1** Connect, Prep, and Position: \_\_\_\_\_



## TREATMENT OPTION 1

**2** Select: \_\_\_\_\_

Set timer: \_\_\_\_\_

Intensity: \_\_\_\_\_

**3** Select: \_\_\_\_\_

Set timer: \_\_\_\_\_

Intensity: \_\_\_\_\_

## TREATMENT OPTION 2

**2** Select: \_\_\_\_\_

Set timer: \_\_\_\_\_

Intensity: \_\_\_\_\_

**3** Select: \_\_\_\_\_

Set timer: \_\_\_\_\_

Intensity: \_\_\_\_\_



## 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 Adhesive 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**



Nationally Recognized VAMC Vendor  
UEI: NXCQSF3JWX53