

Inserting the Battery

GO patch is delivered with a 3 V CR2032 battery. To access the housing of the battery, while pressing and holding the cover, slide the battery to the right. Place the battery in its housing by sliding it under the 2 notches, insuring that polarity is respected (+ pole is towards the side of the cover) Close the cover of the device by pushing it to the left. GO patch is now ready to use.



IMPORTANT :

- When changing the battery, dispose of it only in specialized containers.
- The 3V battery CR2032 included is a high capacity battery. They can be purchased in photography shops, supermarkets....

Important notice

The initial capacity of certain new batteries can be weak; therefore its life expectancy during use will be short.

You can order new batteries from your dealer or online at www.siim-patch.com You will be well served and assured of receiving a new battery with the identical capacity of the original.

In use

Instructions Before Usage

Read all precautions and contra-indications* specified in the annexed index.

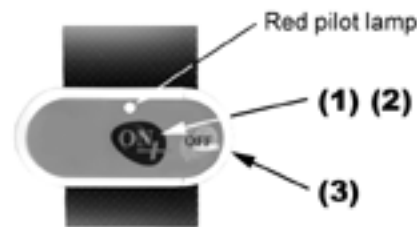
Remove GO patch - already mounted on the adhesive patch - from its transparent plastic support. Then, apply to the area of the body that requires treatment. GO patch will securely adhere to it. Always apply the device to the skin when it is turned off and once in place you can turn it on.

Turning the Device On (1)

Press on the ON/+ button and the red pilot light starts blinking.

Adjusting the Intensity (2)

Press once again on ON/+ in order to adjust the work intensity. There are 10 levels of power; each time you press on the ON/+ button the intensity of stimulation will increase by one level. The red pilot light becomes brighter as the intensity increases.



Adjust the intensity of stimulation by pressing repeatedly on the ON/+ button until you feel a comfortable stimulation, neither too weak nor too strong. If necessary, decrease the intensity by pressing on OFF/-.

Turning the Device Off (3)

To decrease intensity or turn the device off, press on OFF/- button repeatedly until the red pilot light is completely turned off

Automatic Stop

GO patch is equipped with a battery energy saver device; after 20 minutes of stimulation it automatically turns off. You can, at any time, start a new program by pressing on the ON/+button.

After Use

Care should be taken to insure that the device is turned off. Remove GO patch from your skin by running your fingers under the adhesive patch; place it on its transparent plastic support and store it in its supple protective pouch. Store in a dark and dust free location.

Adhesive Patch: Practical Advice

The adhesive part of the patch or gel contains up to .85% of its weight in water. It is the water that provides high adhesion and conductivity. During use, part of the water in the gel is absorbed by the skin; the dryer the skin, the more important is the level of absorption.

A dry patch is unusable

It loses adherence and conductivity needed for stimulation. The average life expectancy of a patch is approximately 20 times for 30 minutes of stimulation. It is shorten by acidic (sweat) and dry skin, by dust and exposure to sunlight. When it no longer sticks nor conducts properly, it must be replaced.

In order to optimize the life expectancy of the adhesive patch, we recommend that after each use you place two drops of water on the adhesive gel of the patch before storing it in its support.

When you must replace your patches with new ones, they are available from our dealer or online at www.siim-patch.com

Choice of Users for GO patch

GO patch is designed to fight pain caused by muscular stiffness of the nape and its induced problems.

GO patch is rigorously and mainly indicated when faced with the following chronic symptoms:

- localized stiffness,
- pain that radiates towards the skull or shoulders,
- instability when standing or walking,
- general fatigue, especially in the morning, with vague anxiety when arising

At this point, usually the diagnostic of stiffness of the nape and its consequences such as chronic daily headaches...has been clearly and precisely recognized.

Quite often at this point, the over consumption of mediation is also well established and the person who is feeling the pain has already exhausted their last recourse without having found the anticipated relief.

If you suffer from these chronic symptoms, you are a good candidate for the use of GO patch

Observation 4

If you suffer from acute pain in the nape or skull for the first time, you are not a good candidate for GO patch; beforehand you must consult your attending physician for a precise diagnostic and a personalized treatment.

When faced with this clinical presentation and without prior diagnostic, GO patch is not for you and must not be used.

Strategy and Basic Concept

The global strategy of the treatment using GO patch has 2 precise goals:

1. Relief of muscular spasms, causing localized or radiating pain.
2. Withdrawal of medication abuse, that does not provide the expected results.

This strategy should prevent aggravation of symptoms leading to chronicity or a continuous stage that is feared by the medical profession.

Basic Concepts

1. Application Points

The location where GO patch is placed on your body is quite precise. It is not just a location but an area to be treated. It is accessible to everyone without having to undergo any specific training, as long as you correctly identify the location that must be "patched" (application) GO patch.

2. Minimal Effective Dose

Like medication, the first results obtained with GO patch become obvious after a period of treatment. Before this period, expected results are weak or not at all present.

It is the notion of minimal effective doses -DME- of stimulation

This delay or DME can vary from 3 to 7 days of treatment, with 30 minutes of stimulation per day.

This variation depends on the initial intensity of the pain, chronicity and the general condition of the individual...

3. Threshold of Pain (see the schematic) Faced with pain, the nerves and muscles have their own language; they respond to a specific neurophysiologic law called "EVERYTHING or NOTHING"

This means that starting at a certain level of spasms or pain - and only starting from this level - the stiffness of the nape will trigger either localized or radiating pain (clinical stage).

Beyond this threshold, there is no pain (subclinical stage). Based on this neurophysiologic basis known by physicians the medical team of IDT France, developed the concept of i.patches, first the KALM patch and now GO patch.

It is utopia to think that you can reverse time by taking the stiff neck of a person aged 50 and restore it to the painless supple neck of a 30 year old: scoliosis and degenerative arthrosis are already present.

By lowering the level of neuromuscular spasms by a few points, we could find ourselves all at once below the threshold of pain and in that manner relieve painful spasms. This would provide a better quality of life and progressive withdrawal of over consumption of medication.

That is the ultimate goal of GO patch or any other medical treatment for neck stiffness, especially when it is chronic.

