

CLINICAL GUIDE REMOTE CONTROL INSTRUCTIONS

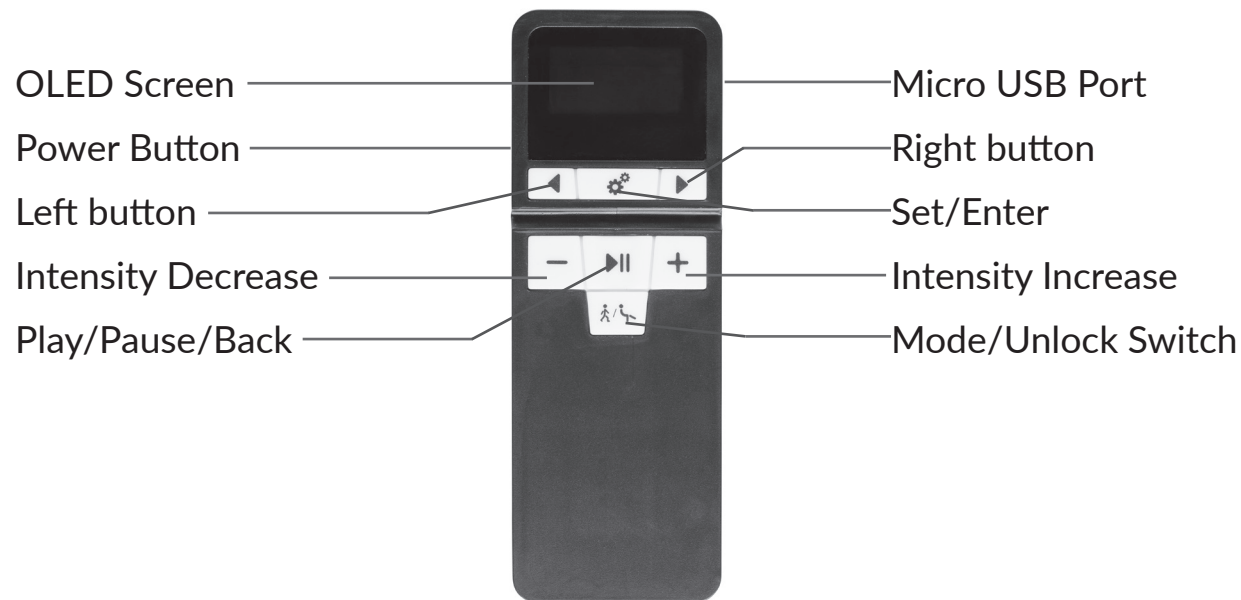


XFT-2001EB
Nerve and Muscle Stimulator

Caution: Thanks for choosing our product. Please read this manual before use and keep it safe.

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XFT-2001EB Remote control Brief Introduction



Buttons



Power Button: press and hold for 1 second to turn on the remote control, press and hold for 1 second again to turn off.



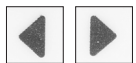
Set/Enter: press the button to enter Settings.



Play/Pause/Back: press the button to start or pause electrical stimulation. In Setting mode, press the button to return to previous menu.



Mode Switch: switch between Gait mode and Training mode. Press the Mode/Unlock switch and the power button to unlock the parameter settings.



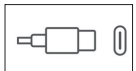
Left/Right choose: choose different items in Setting mode.



Intensity Increase/Decrease: adjustment for intensity and parameters.







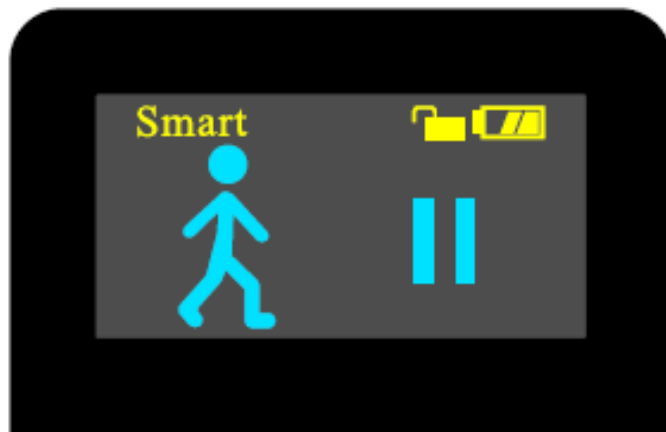
USB Interface: for device charging and software upgrades.



XFT-2001EB Remote control - Brief Introduction

OLED Screen

	Charge Indicator: when the remote control is being charged, a dynamic charging icon will show on the top right corner of the screen, and the icon will be full when the charging is complete.
	Unlock Icon: the icon will show on the top of the screen when the user unlocks the remote control to set parameters.
	Gait Mode: the icon will show when the user is using the Gait Walking mode.
	Training Mode: the icon will show when the user is using the Training mode.



XFT-2001EB Gait Walking Mode Operation Steps

Gait mode



Gait mode is an active rehabilitation training mode, which provides rehabilitation electrical stimulation while walking:

1) Wear the device

Wear the device on the leg and stand up.




2) Choose Gait Mode

Turn on the Stim Unit and Remote, press  to switch to 



Please set the parameters in Gait mode, if necessary

3) Start Walking





Press  button on the remote, and take steps (start with the unaffected leg)



4) Adjust the Intensity

User can press  or  to adjust the intensity.

Setting in Gait Mode

Press  on remote, press  or  to choose Gait mode setting, and press  again to enter the setting in Gait mode.

The parameter setting should be unlocked before they can be adjusted.

XFT-2001D Training Mode Operation Steps

Training mode

Training mode is suitable for patients who lack of active training, patients lay or sit down during the training:

1) Wear the device

Have a seat and wear the device on the leg.



2) Choose Training Mode

Turn on the Stim Unit and Remote, press  to switch to  Training mode.



Please set the parameters in Training mode, if necessary

3) Start Training

Press the  button to start training.



4) Adjust the Intensity

User can press  or  to adjust the intensity.

Setting in Training Mode

Press  on remote, press  or  to choose Training mode setting, and press  again to enter the setting in Training mode.

The parameter setting should be unlocked before they can be adjusted.

XFT-2001D Remote control Brief Introduction

There are two ways to turn on the remote control

Way 1:

Press the power button to turn on the remote control directly.

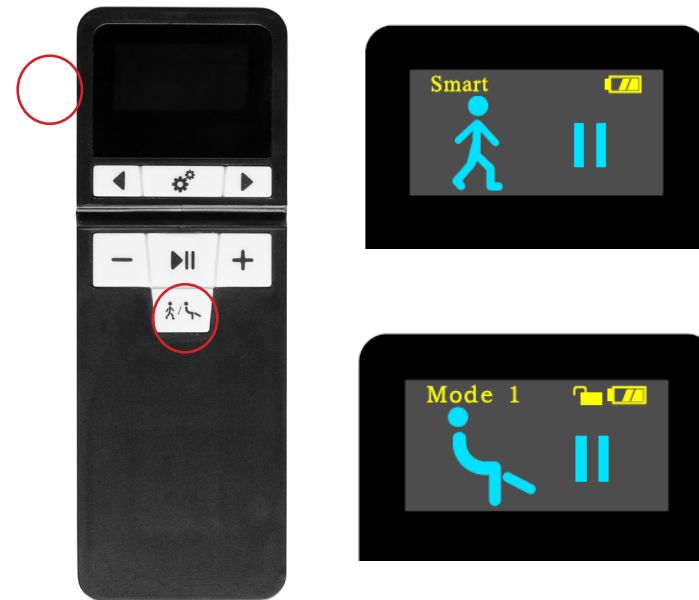
- *Patient version*



Way 2:

Press the white unlock button and power button to turn on the remote control.

- *Clinician version*



XFT-2001EB Remote control Brief Introduction - Patient Version

Patient version

Turn on the stim unit firstly, then press the power button to turn on the remote control.

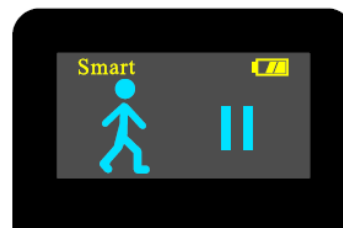
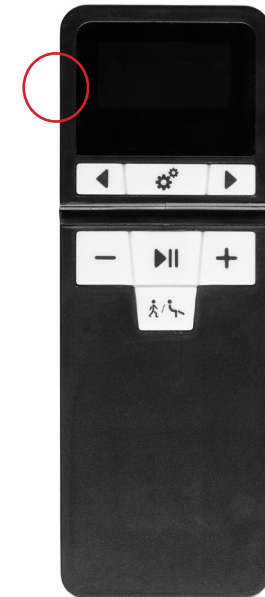
After that, user can press the white Mode button to choose the **GAIT WALKING MODE** or the **TRAINING MODE**.

User can increase/decrease the stimulation intensity by pressing the +/- button and start/stop the stimulation by press the Play/Pause button. The intensity range is 0mA ~ 90mA, default is 0mA, increment is 1mA.

The Left/Right triangle button and Setting button doesn't work if the remote control is not unlocked, so the other parameters can't be set when turning on the remote control in this way.

The default Gait walking mode is Smart mode. The word "Smart" will show on the left top corner of the screen.

The default Training mode is Mode 1.

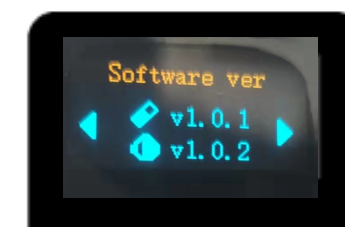
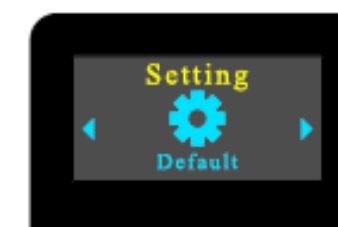


XFT-2001EB Remote control Brief Introduction - Clinician Version

Clinician version

Press the white button (mode/unlock switch) and the power button together at the same time to turn on the remote control. When you see a "unlock" icon on the screen, it means that the remote control is unlocked. After the remote control is unlocked, the parameters as below can be checked or set on remote control:

1	Battery Level		Mode select
2	Gait walking setting	General settings	Shutdown time.
			Pulse width
			Frequency
			Audio signal close/open
			Steps count
		Professional setting	Triggered angle
			Delay time
			Duration time
			Rise time
			Fall time
3	Training setting	Mode select	Mode 1-9 and custom
		Custom	Duration time
			interval time
			Training time
		Professional setting	Pulse width
			Frequency
			Rise time
			Fall time
4	Language setting		
5	Default setting		
6	Soft Version		

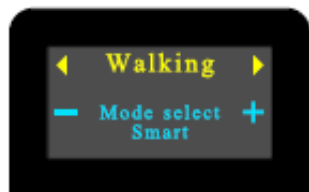


Parameter Setting - Walking Setting - General Setting

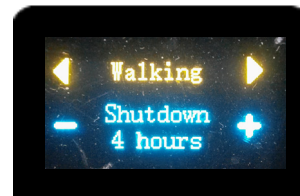
Press the Setting button to enter the Walking Setting - General Setting interface, and then press the left and right triangle button to choose different mode.



NOTE: once the pulse width and frequency parameters are changed under the General Setting, it means these two parameters will be changed at the same time for all 3 Walking modes.



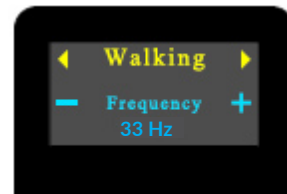
Three Walking modes for choice: **Smart (default)**, Normal and Manual modes. Press +/- button to choose the mode.



Five different Shutdown time for choice: 0.5h, 1h, 2h, 3h and **4 h**. Press +/- button to choose the shutdown time if ALFESS is inactivated.



Five kinds pulse width for choice: 100 μ s, 150 μ s, **200 μ s (default)**, 250 μ s, 300 μ s. Press +/- button to choose the frequency.



Six kinds frequency for choice: 16Hz, 20Hz, 25Hz, **33Hz (default)**, 40Hz, 50Hz. Press +/- button to choose the frequency.



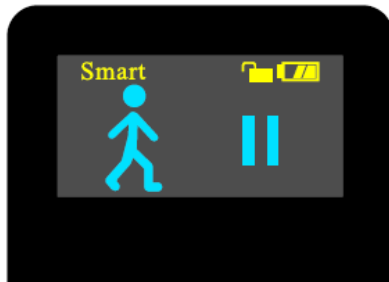
Press the +/- button to close/open the audio signal (optional function). When the audio signal is opened, there will be sound prompt when there is stimulation.



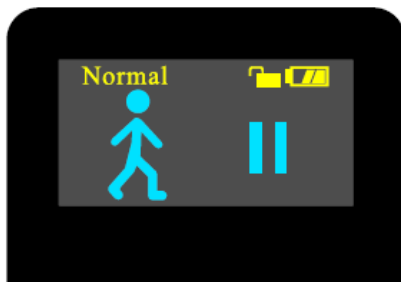
Press the +/- button to reset the step count. The remote control can record 0-9999999 steps

Walking General Setting - 3 Walking Modes Introduction

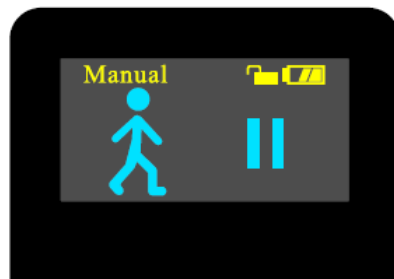
After the remote control is unlocked, there are 3 Walking modes for choice: Smart, Normal and Manual mode.



The Smart Walking mode is the default mode. Most patients can use this mode. When use this mode, the stim unit will collect and analyze the patient's gait data and then deliver stimulation at certain time. The pulse width and frequency value can be set in the Walking General Setting.



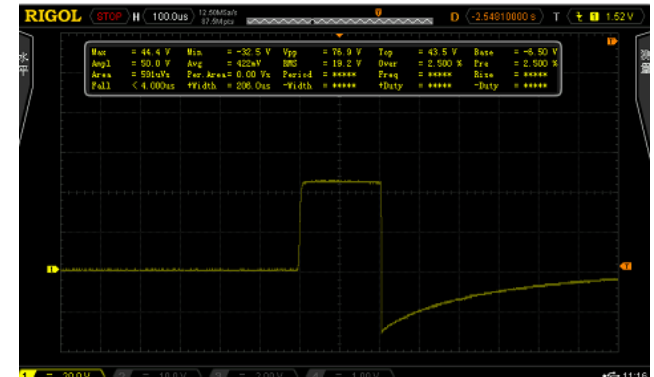
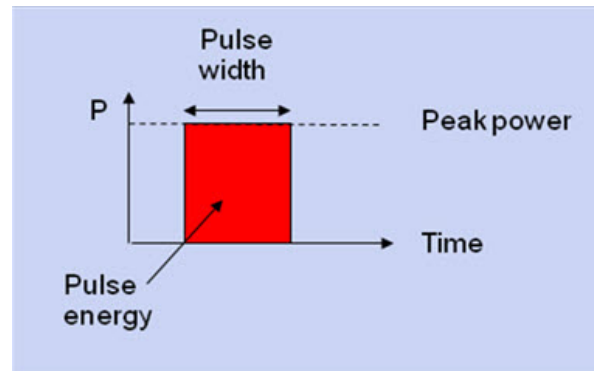
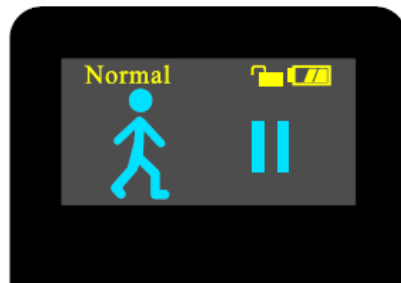
The Normal Walking mode is designed for some patients who can't use the Smart Walking mode. When use this mode, the clinician customizes the parameters based on patient's need. The parameters pulse width and frequency value can be set in the **General Setting**. the other parameters such as Triggered angle, Delay time, Duration time, Rise time and Fall time can be set in the **Professional Setting**.



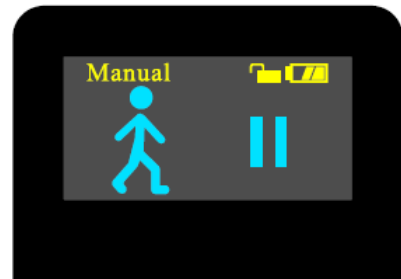
The Manual Walking mode is mainly designed for clinician. It means the clinician can manually press the "Play" button to deliver stimulation at certain time by observing the patient's gait when patient is walking. When use this mode, the parameters pulse width and frequency value can be set in the General Setting.

Walking General Setting - Pulse Width and Frequency

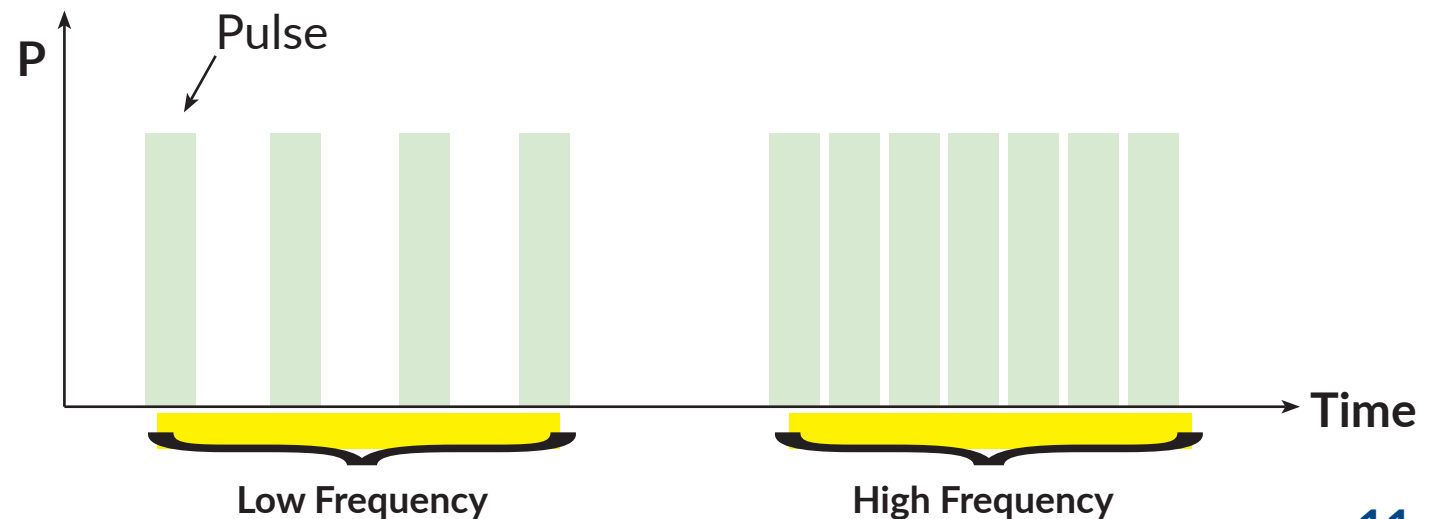
Under the same stimulation intensity, the higher the pulse width is, the better effect the stimulation will be.



Frequency means the quantity of the pulse in 1 second. The value is lower, it means the pulse quantity in 1 second is less.

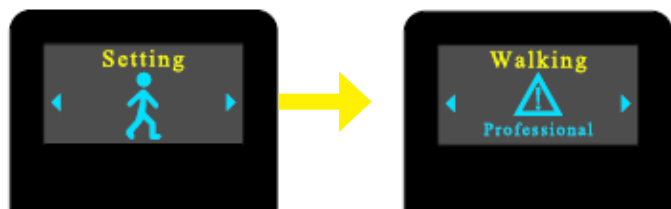


When the frequency is lower, patient will have stronger feeling about "tap" which may be not comfortable. When use higher frequency, the feeling for the stimulation is "smooth" which may be more comfortable.



Parameter Setting - Walking setting - Professional setting

Press the Setting button to enter the Walking Setting - Professional Setting interface, and then press the left and right triangle button to choose different mode.



All these parameters under the Professional Setting *can only work for the Normal Walking Mode.*

For Smart Walking Mode, no default triggered angle;

- the default delay time is 0ms
- the default duration time is 5S
- the default rise time is 0ms
- the default fall time is 100ms



A means the angle when the stimulation is triggered; **B** means the angle when the stimulation stop. Press Setting button and +/- button to change the value of A and B.



Delay time means the stimulation starting delay time. The range is 0ms~1000ms. the default time is 100ms. Press +/- button to increase/reduce the value, the increment is 100ms.



Duration time means the stimulation last time. The range is 100ms~5000ms. The default time is 4000ms. Press +/- button to increase/reduce the value, the increment is 100ms.

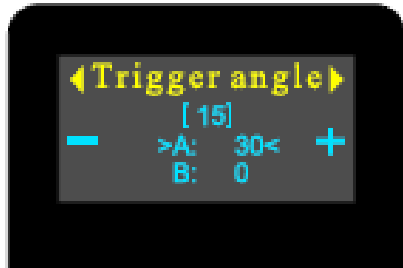


Rise time means the pulse ramp up time. The range is 0ms~500ms. The default time is 100ms. Press +/- button to increase/reduce the value, the increment is 100ms.



Fall time means the pulse ramp down time. The range is 0ms~500ms. The default time is 100ms. Press +/- button to increase/reduce the value, the increment is 100ms.

Parameter Setting - Walking setting - Professional setting



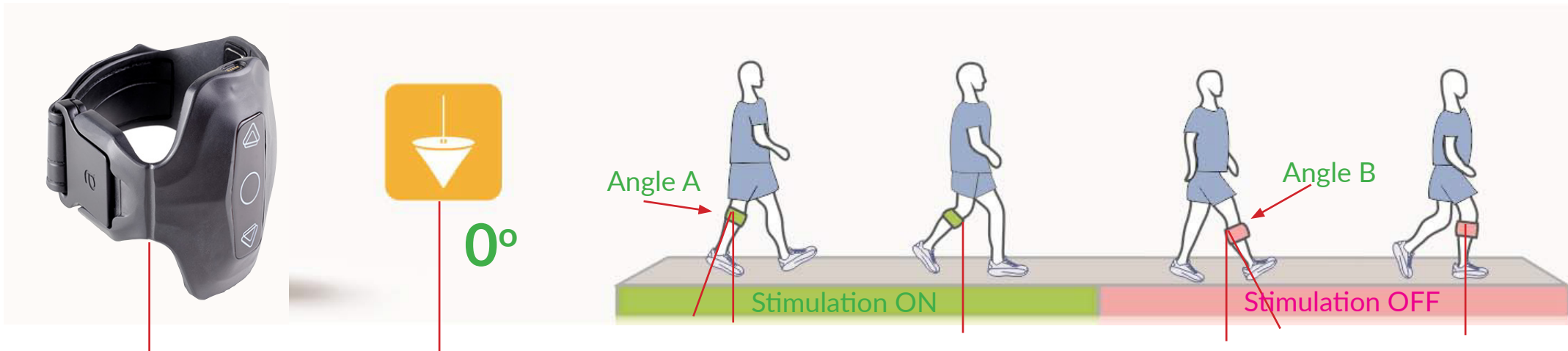
A means the angle when the stimulation is triggered

Angle A range: $-50^{\circ} \sim 60^{\circ}$. The default triggered angle is 30° .

B means the angle when the stimulation stop.

Angle B range: $-60^{\circ} \sim 50^{\circ}$. The default triggered angle is 0° .

A-B $\geq 10^{\circ}$



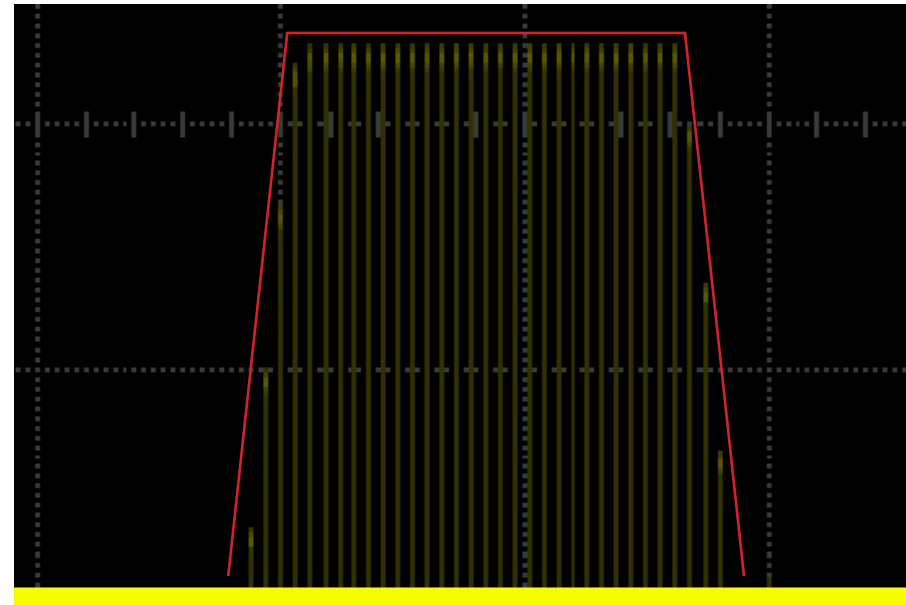
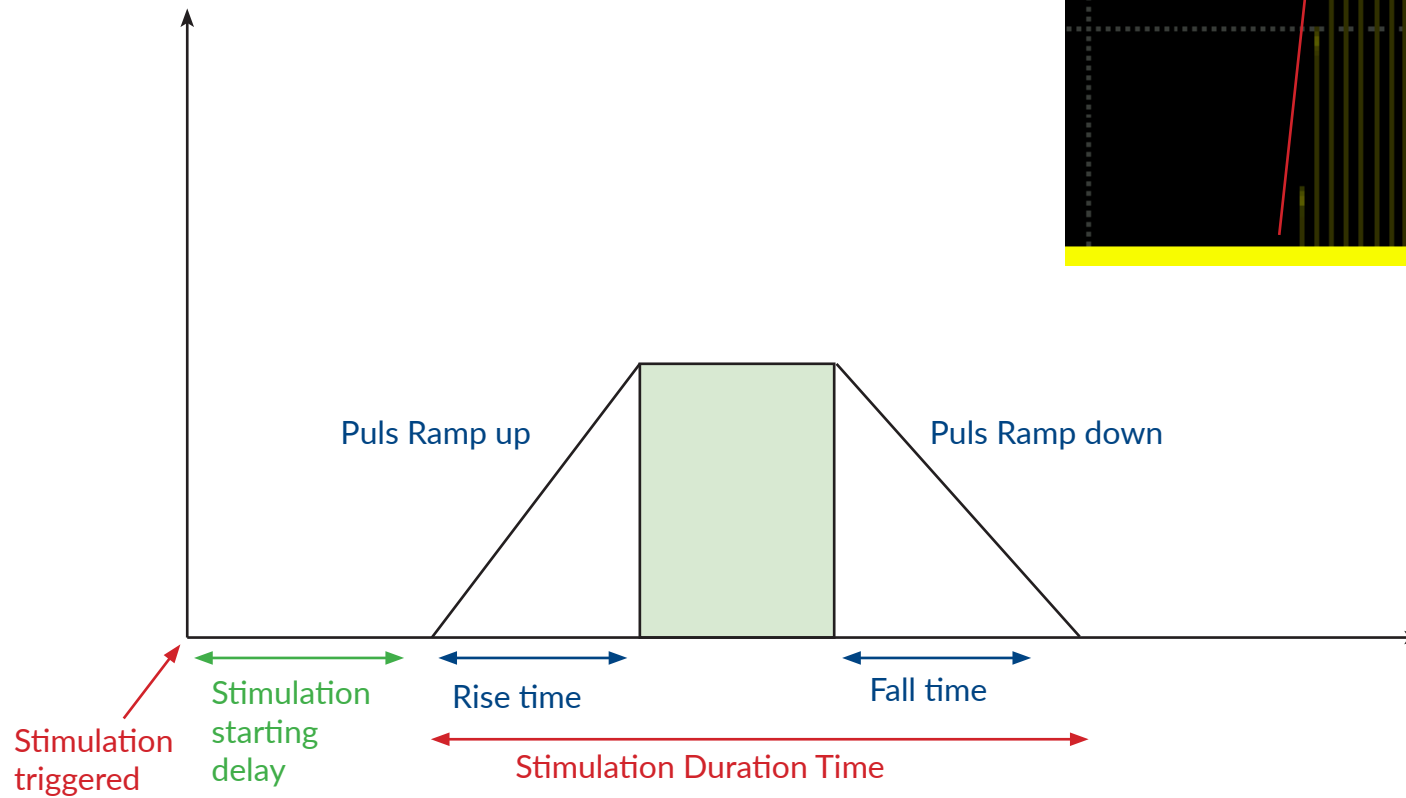
The angle value 0° means the initial value when the stim unit is vertical to the ground.

When the stim unit is vertical to ground, the angle value is 0° , no stimulation.

When patient starts to walk, the included angle will be changed, once the angle value reaches or bigger than 30° , the stimulation will be triggered and last till the stimulation duration time is end or the degree reach 0° .

Parameter Setting - Walking setting - Professional setting

Diagram explanation about the parameter Delay time, Duration time, Rise time and Fall time:

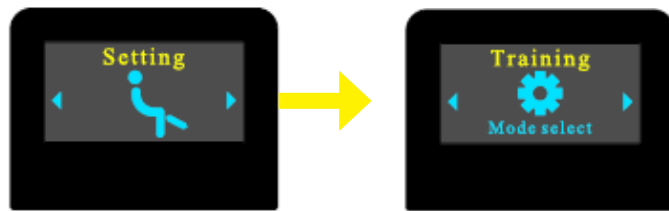


Parameter Setting - Walking setting - Professional setting

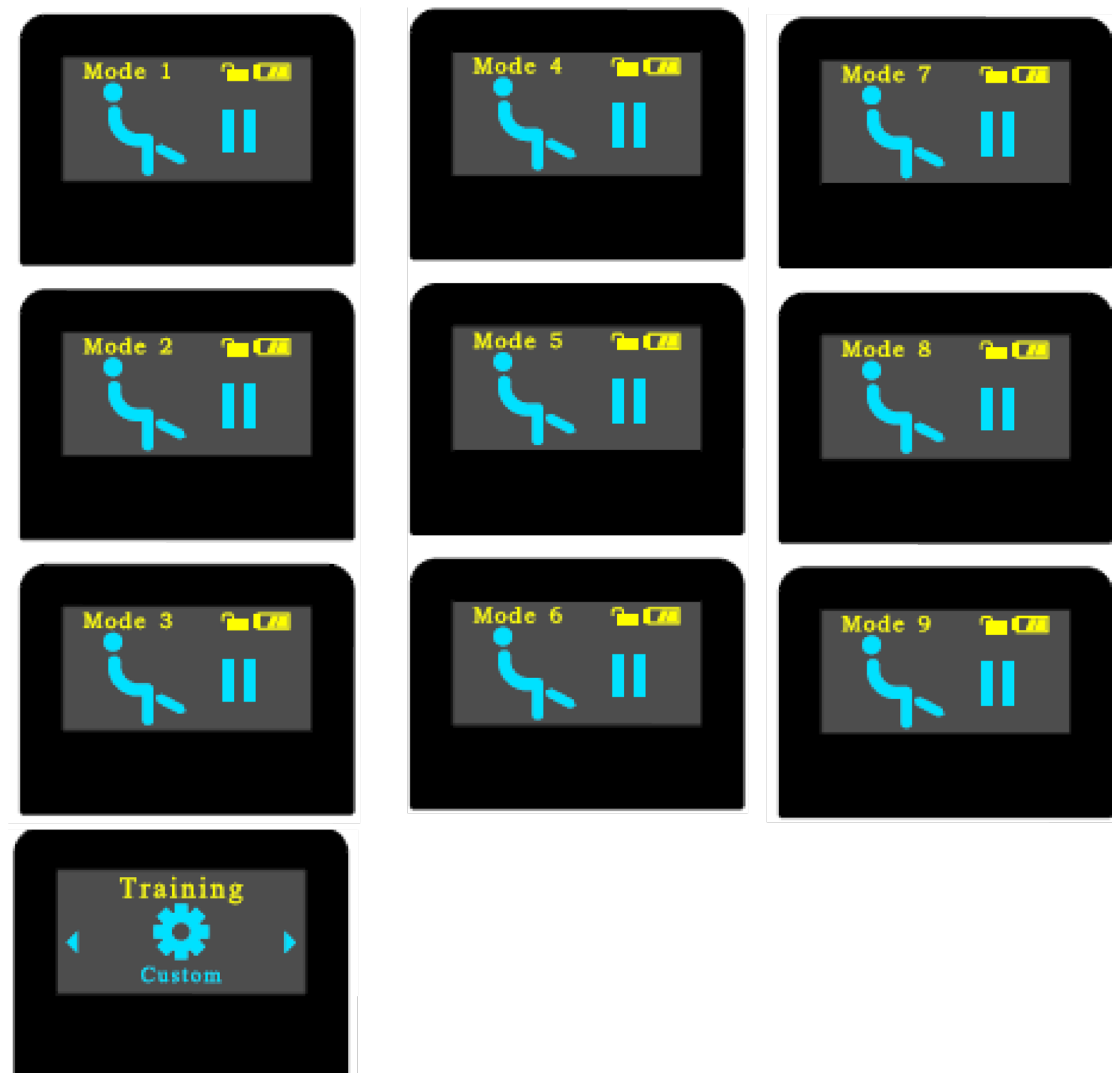
Parameters setting value under the Gait Walking mode:

Parameter				Range	Increment	Default
Pulse Width				100~300 μ s	50 μ s	200 μ s
Frequency				16-50Hz	-	33 Hz
Professional	Trigger angle	Anteversion angle A		-50° ~ 60°	1°	30°
		Caster angle B		-60° ~ 50°	1°	0°
	Duration			0.1 ~ 3 sec	0.1 sec	1 sec
	Ramp Up Ramp Down	When the duration is	0.1 ~ 0.6 sec	0 sec	0.1 sec	0.1 sec
			0.7 ~ 1.4 sec	0 ~ 0.3 sec		
			1.5 ~ 3.0 sec	0 ~ 0.5 sec		
Delay				0 ~ 1 sec	0.1 sec	0.1 sec

Parameter Setting - Training setting - Mode select



The Training modes totally include 9 preset modes and 1 custom mode.



The custom mode parameters can be set in the Training Setting - Custom Setting.

Parameter Setting - Training Modes Introduction

Specification of 1-9 preset prescriptions are as below, the training time of each is 20 minutes, and it will auto shut off when time is up.

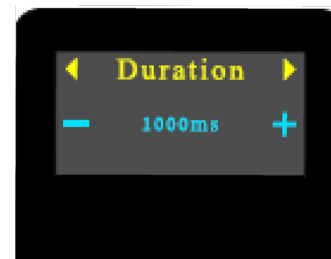
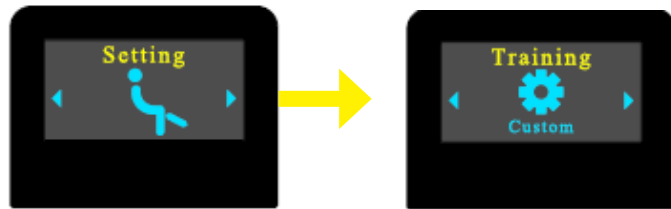
Mode	Stimulation	Interval
1	1 sec	2 sec
2	1.5 sec	3 sec
3	2 sec	4 sec
4	2.5 sec	5 sec
5	3 sec	6 sec

Mode	Stimulation	Interval
6	3.5 sec	7 sec
7	4 sec	8 sec
8	4.5 sec	9 sec
9	5 sec	10 sec
Custom	-	-

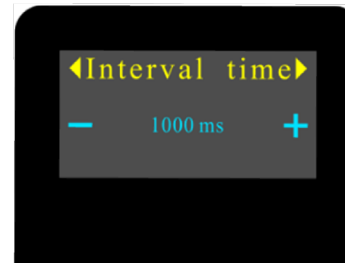
The parameters range for customized prescription are as follows:

Parameter	Range	Increment	Default
Stimulation	1-5 sec	0.1 sec	1 sec
Interval	1-10 sec	0.1 sec	1 sec
Training	5-30 min	5 min	20 min

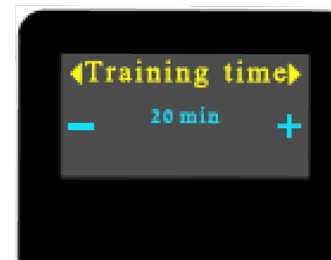
Parameter Setting - Training setting - Custom setting



Duration time means the stimulation last time. The range is 1000ms~20s. The default time is 1000ms. Press +/- button to increase/reduce the value, the increment is 1000ms.

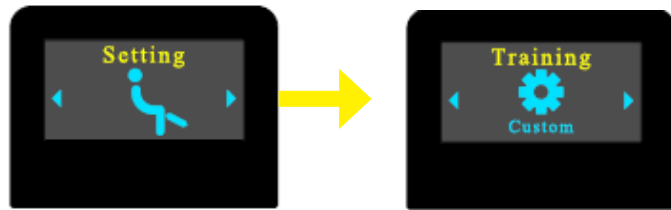


Interval time means the rest time (between two stimulations). The range is 1000ms~10s. The default time is 1000ms. Press +/- button to increase/reduce the value, the increment is 1000ms.



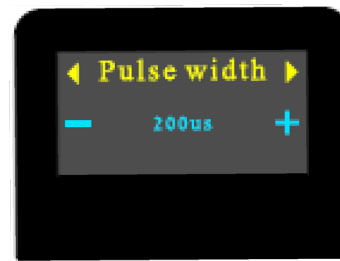
Training time means the total training time. The range is 5 min~30 min. The default time is 20 min. Press +/- button to increase/reduce the value, the increment is 5 min.

Parameter Setting - Training setting - Professional setting

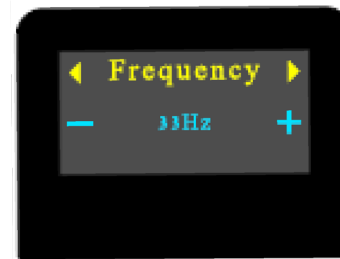


NOTE:

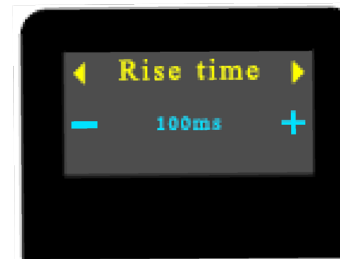
All these parameters under the Professional Setting can work for all the Modes. Once these 4 parameters are changed, the 9 Training modes and the custom mode parameters will be changed at the same time.



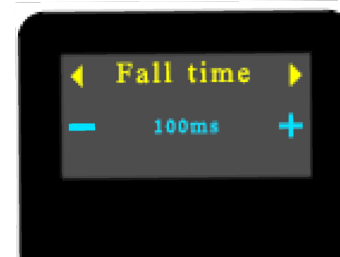
5 kinds pulse width for choice: 100 μ s, 150 μ s, 200 μ s, 250 μ s, 300 μ s. Press +/- button to choose the pulse width.



6 kinds frequency for choice: 16Hz, 20Hz, 25Hz, 33Hz, 40Hz, 50Hz. Press +/- button to choose frequency.



Rise time means the puls ramp up time. The range is 0ms~500ms. The default time is 100ms. Press +/- button to increase/reduce the value, the increment is 100ms.



Fall time means the puls ramp down time. The range is 0ms~500ms. The default time is 100ms. Press +/- button to increase/reduce the value, the increment is 100ms.

Parameter Setting - Training Mode Parameters Introduction

Parameter Setting in Training Mode:

Parameter			Range	Increment	Default
Puls Width			100-300 μ s	50 μ s	200 μ s
Frequency			16-50Hz	-	33Hz
Ramp UP Ramp Down	Specification of 1-9	Specification of 1	0-0.3 sec	0.1 sec	0.1 sec
		Specification of 2-9	0-0.5 sec	0.1 sec	0.1 sec
	Custom	Durantion of 1~1.4 sec	0-0.3 sec	0.1 sec	0.1 sec
		Durantion of 1.5~5 sec	0-0.5 sec	0.1 sec	0.1 sec



Product Name: Nerve and Muscle Stimulator
Model No.: XFT-2001EB

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Version: C