

Setting Up Your NESS L300

Positioning the FS Cuff

To position the FS Cuff:

1. Clean the skin where the electrodes will touch with a wet washcloth. If any oils or lotions are on the skin, clean the skin with soap and water. Rinse well.
2. If necessary, trim excess body hair from the area using scissors. Do not use a razor. A razor can irritate the skin.
3. While seated, slightly straighten your leg as shown in Figure 4. The outline of your kneecap should be clearly defined. (Place your foot on a footrest, if necessary.)

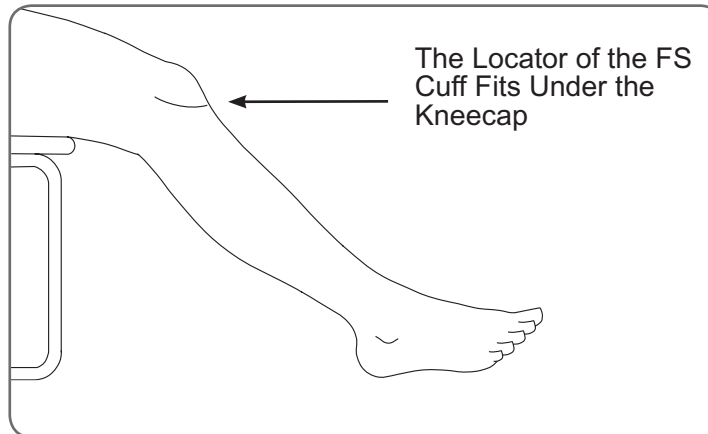


Figure 4: Recommended knee angle for positioning the FS Cuff.

4. Make sure the electrodes are attached to the electrode bases. Then, grasp the front of the FS Cuff by the cradle and tilt the bottom of the FS Cuff up. Slide the locator up your leg until it rests snugly and comfortably below your kneecap. See Figure 5.

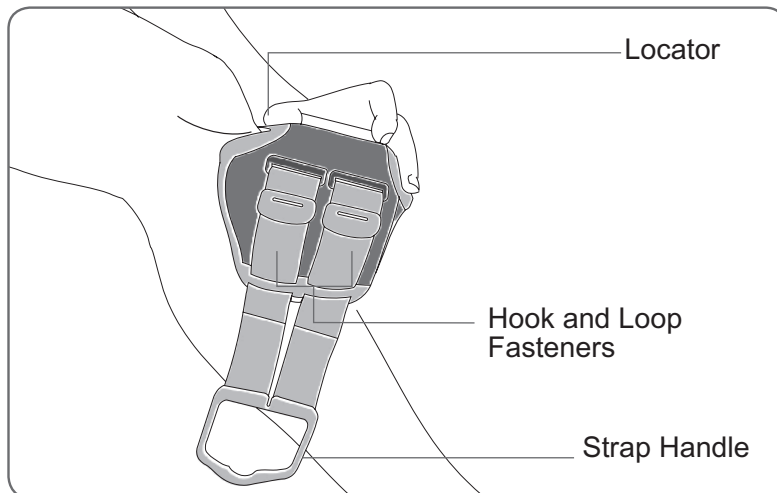


Figure 5: Tilting the FS Cuff for placement on your leg.

5. Hold the locator in place and lower the FS Cuff until it rests flush against your leg. The FS Cuff should gently grip your leg.
6. Grasp the handle of the FS Cuff strap. See Figure 6. With your thumb on the FS Cuff cradle, fasten the strap handle around the cradle.
7. Make sure the FS Cuff is correctly positioned. See Figure 7. If it is not, take off the FS Cuff and reposition it. Adjust the hook and loop fasteners (see Figure 5) to ensure a snug fit.

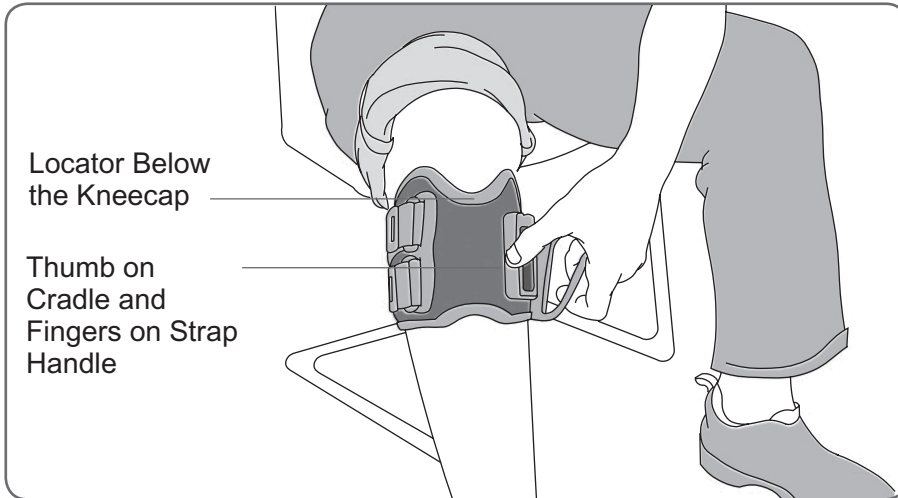


Figure 6: Fastening the FS Cuff strap.

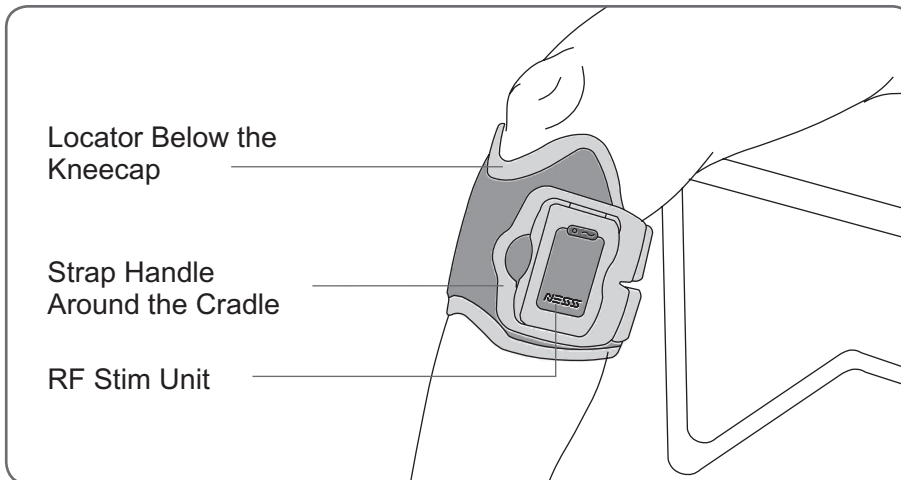


Figure 7: FS Cuff fastened on the right leg.

Removing the FS Cuff

To remove the FS Cuff:

1. Turn off the Control Unit.
2. Unhook the FS Cuff strap handle from the cradle.
3. Slowly lift the FS Cuff away from your skin.
4. Gently peel the electrodes from your skin.
5. If using hydrogel electrodes, reapply the electrode covers to the electrodes.
6. Fully charge the Control Unit and RF Stim Unit batteries.

Note: Remove the FS Cuff several times daily, to allow the skin below the FS Cuff to breathe.



Caution: Change the electrodes every two weeks.

Positioning the Intelli-Sense Gait Sensor

The Gait Sensor pressure sensor is placed under the insole of your shoe. If your shoe does not have a detachable insole, place the sensor on top of the insole. Then, place a generic soft, thin (one layer versus two) insole over it. Generic insoles can be purchased from drugstores, shoe stores, or Bioness.



Caution: Do not use the Gait Sensor with a rigid insole, such as a custom rigid orthosis or an ankle foot orthosis.

To position the Intelli-Sense Gait Sensor:

1. Lift the shoe insole.
2. Attach a Gait Sensor pad under the insole, at the heel of the shoe. See Figure 8.

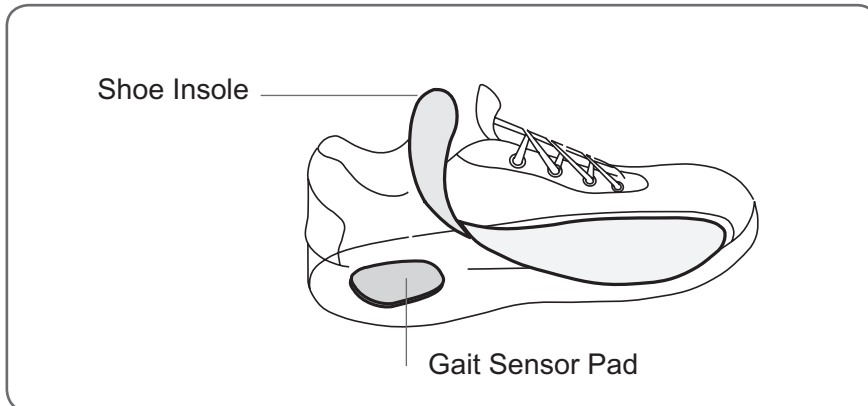


Figure 8: Placement of the Gait Sensor pad.

3. Point the wire of the pressure sensor toward the toe of the shoe. Then, attach the pressure sensor to the Gait Sensor pad. See Figure 9. Refer to the foot image on the pressure sensor for positioning.

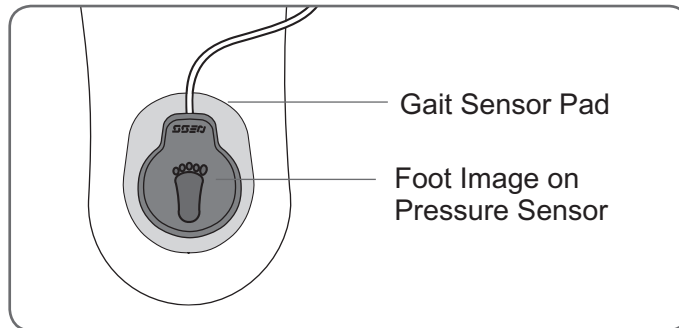


Figure 9: Positioning the pressure sensor in the shoe.

4. Cover the clamp on the transmitter with the shoe spacer, if desired. See Figure 10. The teeth of the clamp may scuff the shoe, if not covered.

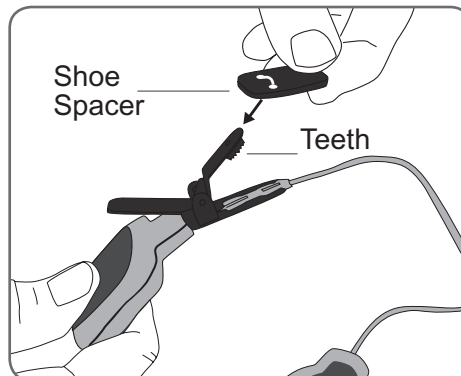


Figure 10: Covering the clamp with the shoe spacer.

5. Clamp the Gait Sensor transmitter on to the inner rim of the shoe. Face the NESS logo on the transmitter away from the ankle. See Figure 11.

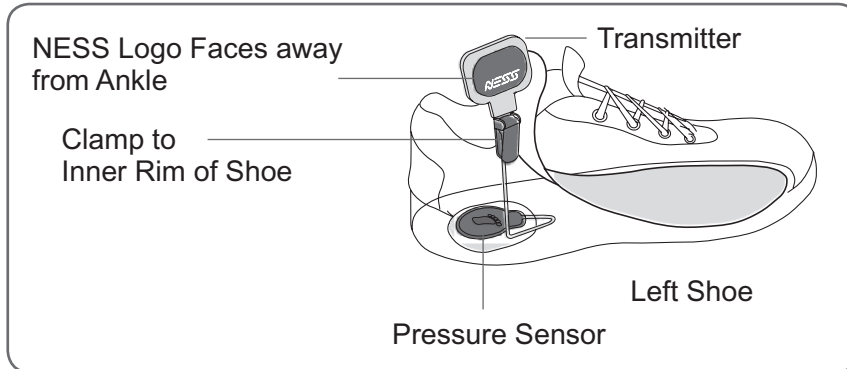


Figure 11: Clamping the transmitter to the inner rim of the shoe.

6. Cover the pressure sensor with the insole. Tuck any excess wire under the insole. See Figure 12.

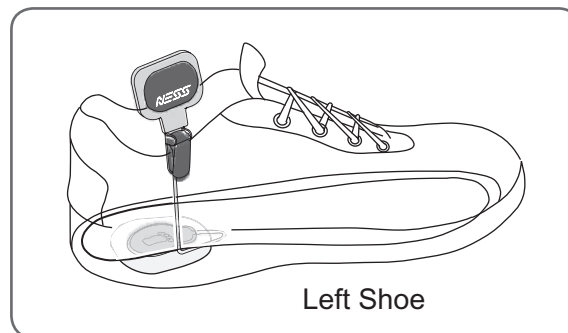


Figure 12: Insole covering the pressure sensor and wire.

Switching Shoes/Gait Sensors

When switching the Gait Sensor to a different shoe, make sure to place a Gait Sensor pad in the other shoe first.

If multiple Gait Sensors are placed in multiple shoes and you want to switch shoes:

1. Turn off the system.
2. Switch shoes.
3. Turn the system back on.