

## Introduction

Thank you for purchasing your Sciaticalm mobile pain relief device. Sciaticalm is the first device specially designed for the alleviation of the pain of sciatica, a common cause of back and leg pain.

Sciatica is characterised by pain in the lower back which often radiates down the leg towards the foot. This common back problem affects around 3% of women and over 5% of men at some stage in their lives. Caused by a compression of the sciatic nerve where it exits the spine, often from a misaligned or herniated disc, the condition causes severe burning pain in the lower back, radiating down the leg and often into the foot.

## How Does Sciaticalm Work?

The Sciaticalm device generates high-frequency vibrations which travel as shockwaves to the sciatic nerve. Pain is transmitted as impulses in the large sensory fibres of the body and by applying a signal to the nerve, it interacts with the pain impulse transmissions causing disruption. The vibration is effectively 'scrambling' the sensory impulses to the extent that they cannot be interpreted as pain signals by the brain.

Shockwave therapy has been an established treatment for many conditions for over 20 years. It has a combined effect of pain relief and stimulating the formation of new blood vessels. It is a treatment option included in NHS guidance to doctors for many conditions by NICE, the National Institute for Health & Clinical Excellence.

Sciaticalm is easy and safe to use at home or when travelling. Strap the device to either the lower back or leg with the nozzle directly on the painful area and press the start button to start the treatment. After a period of 10 minutes, press the button to stop.

Multiple treatments can be consecutively administered with a maximum of 3 treatments a day. This treatment pattern has been shown to relieve the pain for as long as 4 to 6 hours. Before use, please read all of the instructions in this user manual carefully and retain for future reference.

## Troubleshooting/Warranty

If the unit does not function, ensure that the battery is not spent and is inserted in the correct orientation and the cap fully screwed on. If the unit still does not function when the start/stop button is depressed, the unit should be returned to the manufacturer.

The unit is designed to be used for a maximum of 3 treatments a day. Excessive use of the unit beyond the recommended treatment cycle can result in damage to the mechanical parts and render the manufacturers warranty invalid. The unit does not contain any serviceable parts, and any attempted repair or modification to the unit will invalidate the warranty. This does not affect your statutory rights.

## Battery Information

The unit utilises 1 x AAA battery (supplied with the unit). \*Remove the battery if the product is not in use for prolonged periods. \*Remove spent batteries from the unit. \*Dispose of batteries safely. \*Batteries should be handled by an adult, keep out of the reach of children.

\*Warning: If batteries leak, avoid contact with skin. In the event of contact, wash immediately with copious amounts of water. If irritation persists, seek medical assistance.

## Disposal

This device is covered by the WEEE regulations that require manufacturers to collect waste electrical equipment for recycling/disposal. To arrange free of charge collection/disposal of this product, please visit our website [www.sciaticalm.com](http://www.sciaticalm.com)



## Specification

- Power Source: DC 1.5V (1 x AAA battery)
- Frequency: 150Hz nominal
- Approximate Dimensions: 100mm x 37mm x 32mm
- Weight (incl battery): 60g
- Operating Conditions: 5°C to 40°C; <90% RH
- Storage/Transport Conditions: 0°C to 45°C; <90% RH

## Symbol Descriptions

- Address of Manufacturer
- Caution, Consult Accompanying Documents.
- Type B Applied Part
- Upper and Lower Storage Conditions
- Consult Instructions for Use
- On/Off Button



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## User Manual

# Instructions for Use

## 1. Parts

The product consists of a Sciaticalm unit, leg and back straps and one AAA battery.



## 2. Preparation for use

The unit requires 1 x AAA battery (included).

Before use, unscrew the battery cover cap and if fitted remove the insulation tab and any packaging from the battery. Re-screw the battery cover cap tightly.

Always insert the battery carefully, taking care to insert in the correct orientation. Inside the battery compartment the terminals are identified with a '+' and '-'.



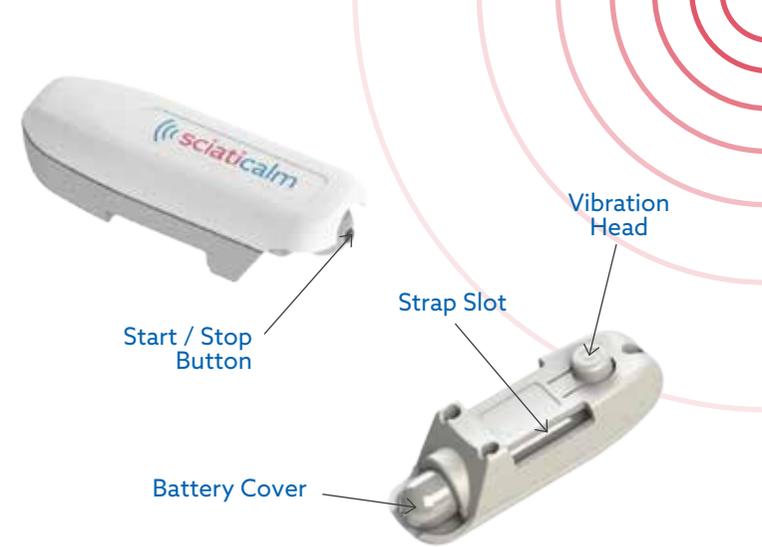
## 3. Using the unit

In order to optimise the performance of the device, the nozzle on the lower side needs to be placed over the sciatic nerve using one of the straps provided. This can be either on the lower back or leg. It may be necessary to move the device to find the optimum position for pain relief.

The strap is then secured in order to hold the device in place while not restricting the blood flow by 'over-tightening'.

The start/stop button on the battery cover is then depressed in order to activate the unit. The Sciaticalm unit can be stopped or started manually at any time by depressing the start/stop button. Do not exceed a 10 minute cycle each time you use the device.

It is recommended that the Sciaticalm unit is used for 30 minutes each day, in separate 10 minute treatments. You can use the device for less than 3 cycles per day, or for a shorter time. Use the device for 3-4 weeks for maximum benefit.



## 4. Fitting the unit



Thread the strap through the slot with the fibrous side facing the battery compartment.



Slide the unit the length of the strap and secure under the tab. Place the unit on the point of pain and loop the end of the strap through the black end buckle.



Use the longer strap for positioning on the lower back or lumbar region. The unit can be rotated to point downwards if necessary.



Use the shorter strap for positioning on the back of the leg behind the knee. The unit can now be operated by pressing the start/stop button.

## Warnings and Safety

Before using the device, please read and understand the following warnings to ensure the safe and correct use of the device and to prevent any injury.

- Do not use the device unless your condition has been diagnosed by a doctor.
- Do not use for conditions other than mechanical back pain and sciatica.
- Ensure that the battery is installed correctly.
- The device is designed for use on the leg or lower back (lumbar region); do not use on any other part of the body.

- If you feel unwell or experience any discomfort at any time, stop using the device immediately.
- If you notice any reddening of the skin, stop using the device immediately.
- Only apply the device to normal skin. If suffering from a skin condition or new scar tissue is present in the area of application, seek medical advice before use.
- Do not use the device while sleeping.
- Do not disassemble, repair or modify the device in any way, as this will invalidate the warranty and may lead to malfunction of the device or an injury.
- Do not immerse the device in water or any other fluid.

- Do not throw or drop the device from a height. The unit should not be used if any physical damage is evident.
- Do not use any chemicals to clean any part of the unit.
- Only to be used by persons over the age of 18 years old.

Medical electrical equipment requires special precautions regarding electromagnetic compatibility (EMC) and must be installed and used according to the instructions contained in this manual. Portable or mobile radio communication equipment may affect medical electrical equipment.