

BIOWAVEGO

SMARTER PAIN BLOCKING TECHNOLOGY

Quick Reference Guide

There are 3 buttons that control the device:

1. Power ON/OFF button
2. PLUS (+) button to increase intensity
3. MINUS (-) button to decrease intensity

NOTE: Turn on device **AFTER** you have completed the set up steps on the next page.



Directions for Use

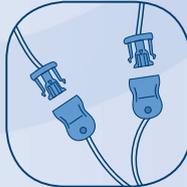
Do not turn on unit until Step 6.

- 1. Plug in the AC charger** into your BioWaveGO unit to charge up the battery. (Takes about 1 hour.)



- 2. Find your PAD PLACEMENT PHOTO for your specific pain site** on pages 6-10 of this Quick Reference Guide

- 3. Plug blue Pad CONNECTORS into blue LEADWIRE CABLE CONNECTORS.**



- 4. Clean your skin** with a damp washcloth in the location the PADS are placed. **Apply Pain Relief Pads directly over areas of pain.**



- 5. Plug LEADWIRE CABLE into device** so it clicks in place.



- 6. Press Power Button to turn unit on.** (AC Charger must be disconnected from unit.)



- 7. Press the PLUS (+) button to start treatment. Continue to press the PLUS (+) button throughout treatment** to keep a strong but comfortable sensation.



Questions?

Go to biowave.com/start for short videos and other information to learn about connecting the device to your body, pad placement locations, use during treatment and charging.

LED Bar Graph Indicator

The LED bar graph provides treatment information in different colors:

- ◆ **Battery Strength Indicator - GREEN**
Charging the Battery - GREEN
- ◆ **Blue Tooth Connection - BLUE**
Signal Intensity - BLUE
- ◇ **Remaining Treatment Time - WHITE**
Pause Treatment - WHITE
- ◆ **Troubleshooting - ORANGE**
If the unit is turned on and the lights blink orange, please make sure that the lead wire cable is firmly plugged into the BioWaveGO unit and into the pain relief pads, and that the pain relief pads have good adhesion to clean skin.



Using the Device

Treatment Tips

- Make sure pads are tacky and placed correctly on the body based on the Pad Placement Photos on pages 6-10 of this Guide or at BioWave.com/start
- Users should increase intensity to a level that is strong but still comfortable by pressing the PLUS (+) button
- Users should continue to press the PLUS (+) button throughout the 30-minute treatment to keep the sensation at a strong steady level
- Research shows users should try to reach a minimum intensity level of 3 blue bars (or if you are using the App, 40%) during the course of the treatment for the best effect. Some people may feel comfortable with more, some with less.

Most users generally can tolerate higher intensity levels in the knee, foot and ankle; medium intensity levels on the back and shoulder; and lower intensity levels on the neck, elbow, wrist, hand and fingers.

Mobile App Control Alternative

BioWaveGO can be used with or without the App

- First make sure you are connected to the BioWaveGO device and you have completed steps 1-6 or 1-7 on page 2.
- Launch the BioWaveGO app on your smartphone and click the pair button that appears on your iPhone. Android phones will pair automatically. Once you hear a couple of tones, your phone has paired with your BioWaveGO.
- Intensity number and countdown timer are viewable on the App.
- Intensity can be controlled from either the App or the Device.



The App can be downloaded on your smartphone at:



Troubleshooting

My BioWaveGO is turned on and all it does is beep and the lights blink ORANGE.

Answer: The device does not see a complete connection to your skin. Therefore, please make sure of the following:

1. The leadwire cable is firmly plugged into the BioWaveGO unit.
2. Both pads are plugged into the other ends of the lead wire cable.
3. Your skin has been thoroughly cleaned with a damp towel.
4. The pads are tacky and have good adhesion to your skin.

I cannot get the BioWaveGO and my cell phone to pair.

Answer: Make sure the bluetooth function on your phone is turned on. Next, connect BioWaveGO to your body and then turn on the unit. Now launch the app and click the pair button that appears on your iPhone. Android phones will pair automatically. Once you hear a couple of tones, your phone has paired with your BioWaveGO.

The pads are not sticking to my skin.

Answer: It is important to clean the skin prior to placing the pads directly over locations of pain. Rub the skin vigorously with a slightly damp towel in the two areas the pads will be placed. Make sure skin is dry and intact prior to placing pads on the skin.

If there is a lot of hair in the area of the pain site, shave the hair before placing the pad(s) in that location. The gel on the pads needs to have good direct adhesion to the pores of the skin to allow the therapeutic signals to pass into deep tissue.

If the pads are not tacky, place a few drops of saline on the gel side of the pad and rub it in with your finger across the entire surface of the pad so the gel glistens. Wait 60 seconds to allow the saline to absorb in and rehydrate the gel. The pads can now be used or stored on the plastic liner.

You can also use a wrap, ace bandage or piece of medical tape over the pads to help hold them in place, however the pads still need to be tacky.

Questions?

biowave.com/start • painfree@biowave.com
1-877-BIOWAVE x1 • (1-877-246-9283, x1)

Pain Relief Pad Placement

Refer to biowave.com/start for more information on Pad Placement

BioWaveGO pad placements are different from TENS and other conventional electrical stimulation. The BioWave active electrical field forms beneath and surrounding each pad. As a result, pads need to be placed directly over specific locations of pain.

1. TWO LOCATIONS OF PAIN –

each pad should be placed directly over a painful area.

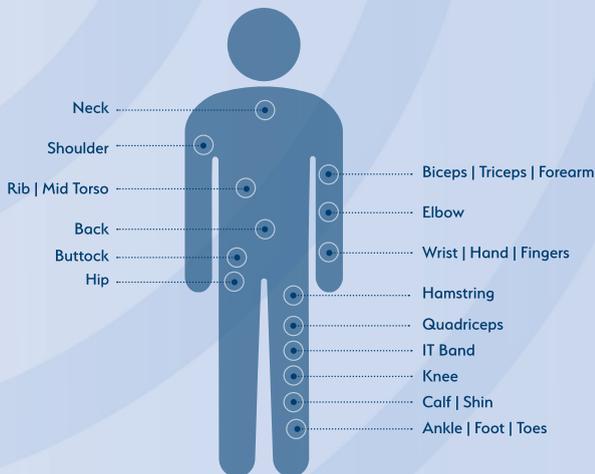
2. ONE LOCATION OF PAIN –

one pad is placed directly over a single location of pain; the second pad is placed over a bony area which is a comfortable location to receive stimulation.

3. Pads must not touch each other when the unit is turned on - one inch is the minimum spacing.

4. Pads are reusable but must be tacky to the touch. If not, please use a new set of pads.

AREAS OF TREATMENT



See pad placement photos on the next 4 pages.

Back



Back Pain in 2 Locations
(e.g. Bilateral Low Back Pain)



Radiating Back Pain - One Pad Over
Origin of Pain, One Pad Over First
Pain Site (Pads Must be on Skin)



Sacroiliac (SI) Joint Pain;
Pain from Interstitial Cystitis

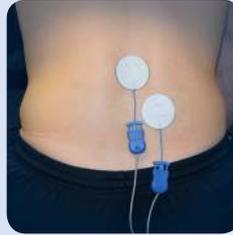
**Pads Must
Never Touch
Each Other**



Back Pain Over Large Area
(e.g. Rotational Strain)



Back Pain in 1 Location
(e.g. Unilateral Low Back Pain to
the Right of the Spine)



Low Back Pain Focused over a
Facet Joint



Low Back Pain Focused
Over the Spine

Hips

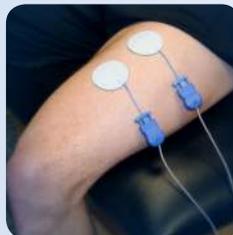


Mid-Back Pain (e.g. bilateral
thoracic pain)



Hip Pain

Quadriceps



Quadriceps Pain

Hamstrings



Hamstring Pain

**Pads Must
Never Touch
Each Other**

Knees



Pain Throughout Entire Knee (e.g. OA or Total Knee Replacement)



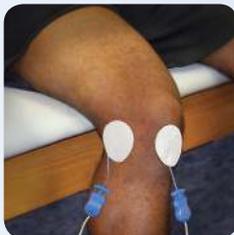
Central Knee Pain Near Front of Knee (e.g. ACL Sprain)



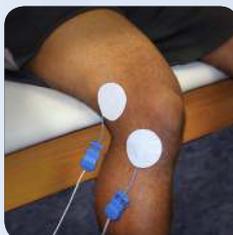
Pain Below Kneecap (e.g. Patellar Tendinitis)



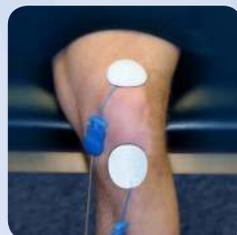
Pain in Inside of Knee (e.g. Bursitis, OA, MCL Sprain)



Pain in Outside of Knee (e.g. Bursitis, OA, LCL Sprain)



Pain in Iliotibial (IT) Band



Pain Above Knee (e.g. Quadriceps Tendinitis)

Calves

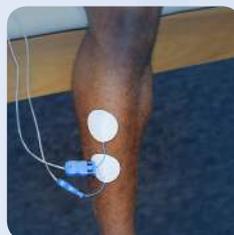


Pain in Back Side of Knee (e.g. PCL Sprain)



Calf Pain - One Pad Over Pain Site (e.g. Gastrocnemius Strain) Other Pad is Placed Toward Bottom of Knee Cap

Shins



Shin Pain (e.g. Shin Splints)

Ankles | Feet



Low Ankle or Foot Pain in Two Locations

Ankles | Feet



Ankle or Foot Pain on
Outside of Foot (e.g. Sprain)



Ankle or Foot Pain on
Inside of Foot



Plantar Fasciitis

***Pads Must
Never Touch
Each Other***



Achilles Tendinitis

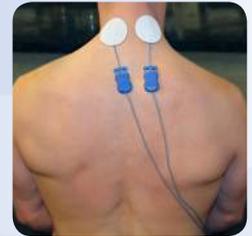


Pain in Top of Foot. Second Pad on
Bottom of Foot Under Pad on Top.
(e.g. Metatarsal or Neuroma Pain)

Neck



Neck or Cervical Pain in
Two Locations



Bilateral Neck or Cervical Pain

Shoulders



Neck or Cervical Pain in
Multiple Discs



Shoulder Pain in Two Locations or
Frozen Shoulder



Pain at Top or Throughout
Shoulder (e.g. AC Sprain or
Frozen Shoulder)



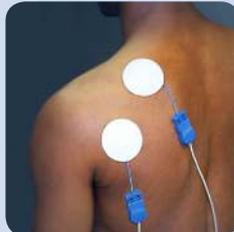
Pain in Edge of Shoulder (e.g.
Rotator Cuff Tendinitis)

**Pads Must
Never Touch
Each Other**

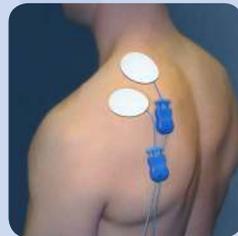
Shoulders



Pain in Front of Shoulder
(e.g. Biceps Tendinitis)



Pain in Back of Shoulder (e.g.
Infraspinatus Strain)



Trapezius Pain in One Location
(e.g. Trigger Point)

Elbows



Trap Pain in 2 Locations (e.g.
Bilateral Trapezius Pain)



Pain in Outside of Elbow (e.g.
Tennis Elbow)



Pain in Inside of Elbow (e.g. Golf
Elbow)



Pain Behind Elbow
(e.g. Triceps Tendinitis)

Wrists | Hands | Fingers



Pain in Back of Wrist. Second Pad
on Front of Wrist (e.g.
Sprains, Strains, Tendinitis)



Pain in Front of Wrist. Second Pad
on Back of Wrist (e.g.
Sprains, Strains, Tendinitis)



Thumb Pain (e.g. Thumb or
UCL Sprain)



Pain in Finger Joints

Important

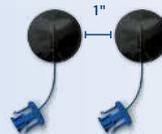
Contraindications – When Not to Use BioWaveGO

- **Do NOT place pads** over the heart, on the front or side of the neck, or on top of the head.
- **Do NOT place pads** over open wounds, broken skin, rashy skin or sensitive areas like suburned skin.
- **Do NOT use BioWaveGO** if you have an implanted cardiac pacemaker.

NOTE: BioWaveGO MAY BE USED over any location on the body that contains implanted metal hardware including total joint replacements, rods, plates, screws, anchors or pins.

Pain Relief Pads Must Never Touch Each Other During the Treatment

- 1.0 inch is the minimum spacing between pads
- There is no maximum spacing between pads
- Pads typically can be reused about 10 times



Questions?

Call technical support:
1-877-BIOWAVE x1
(1-877-246-9283, x1)
biowave.com/start
painfree@biowave.com

BIOWAVEGO

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Need help? Reordering pads?

Contact us at:

biowave.com/reorderGOPADS • painfree@biowave.com

1-877-BIOWAVE x1 • (1-877-246-9283, x1)

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MADE IN
USA



Device must only be
used with power
supply provided.



See User's Manual
for more information:
biowave.com/start