

OSITO ABCD

OSITO Foot Circulation Plus EMS TENS Device User Manual

Model: ABCD

1. INTRODUCTION

The OSITO Foot Circulation Plus is a medical device designed to provide electrical muscle stimulation (EMS) and transcutaneous electrical nerve stimulation (TENS) for the feet and body. This device aims to relax stiff muscles and nerves, and reduce swelling in the feet and legs. It is an FDA-cleared Class II medical device, identified by certificate code K133929.

2. SAFETY INFORMATION AND WARNINGS

Please read all safety information carefully before using the device. Failure to follow these instructions may result in injury or damage to the device.

- **Do not use** if you have a cardiac pacemaker, implanted defibrillator, or other implanted metal and electronic device.
- **Do not use** if you are being treated for, or suspect you have, a Deep Vein Thrombosis (DVT).
- **Do not use** if you are pregnant.
- **Do not use** on cancer sites due to the possibility of spreading cancer cells by enhancing blood circulation.
- **Do not use** if you have heart disease, heart failure, or arrhythmia.
- **Do not use** TENS pads on open wounds or at sites of rash or inflammation.

3. PRODUCT COMPONENTS

The OSITO Foot Circulation Plus device includes the main unit, a remote controller, an AC power adapter, and four TENS electrode pads with connecting wires.



Image: The OSITO Foot Circulation Plus main unit, remote control, power adapter, and TENS pads.

4. SETUP INSTRUCTIONS

1. **Power Connection:** Ensure the device is placed on a stable, flat surface. Connect the AC power adapter to the device and then plug it into a power outlet. The LED light and screen will flash once, indicating proper power connection.
2. **Remote Control Batteries:** Insert two AAA batteries into the remote control (batteries are included).
3. **TENS Pad Connection (Optional):** If using the body stimulation feature, connect the TENS pads to the device using the provided wires. Ensure the pads are securely attached to the desired body areas.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

Press the "on/off" button on the device for 1-2 seconds, or use the remote control to turn the machine on or off.

5.2 Foot Stimulation

Place both bare feet on the foot pads of the device simultaneously. Ensure good contact between your feet and the pads. You may slightly dampen your feet for better conductivity if needed.



Image: A user's feet positioned on the foot pads of the device, illustrating proper usage for foot stimulation.

5.3 Body Stimulation (TENS Unit)

Attach the TENS electrode pads to the desired areas of your body, such as the calf, ankle, legs, hips, lower back, shoulder, or waist. Connect the pads to the device. The foot and body stimulation systems can be used together or separately.



Image: A visual guide demonstrating appropriate placement of TENS pads on different body areas for targeted relief.

5.4 Adjusting Settings

The device features a large colorful LCD display to show current settings. Use the control buttons on the device or the infrared remote controller to adjust parameters.



25 Optional Modes

Timer 25 mins

0-99 Intensity
for Body

0-99 Intensity
for Feet

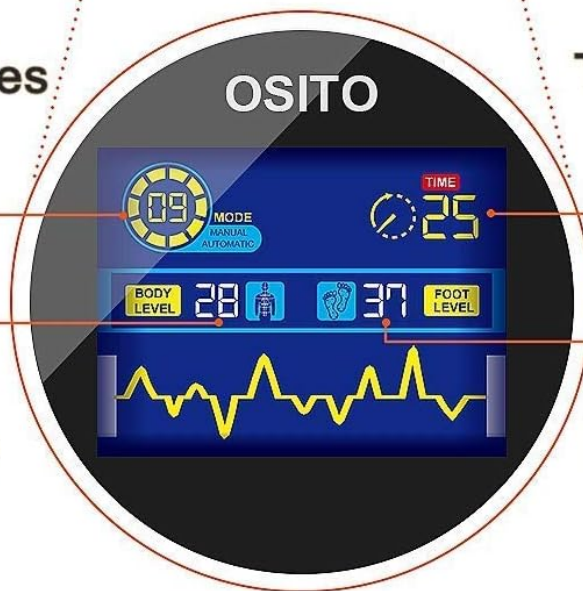


Image: Detailed view of the device's LCD screen and control buttons, highlighting the various settings and indicators.

- **Intensity Levels:** The device offers 99 intensity levels for both foot and body stimulation. Increase the FOOT level (0-99) to find your comfortable level. Typically, pulse stimulation is felt around intensity level 20+. Similarly, adjust BODY level for TENS pads.
- **Massage Modes:** Choose from 25 waveforms massage modes. Experiment with different modes to find the most suitable one for your needs.
- **Timer:** The device has an automatic 25-minute timer setting.



Image: A person comfortably using the OSITO Foot Circulation Plus while operating it with the remote control.

6. MAINTENANCE

To ensure the longevity and proper functioning of your OSITO Foot Circulation Plus device, follow these maintenance guidelines:

- **Cleaning:** Wipe the device with a soft, damp cloth after each use. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it out of reach of children.
- **TENS Pads:** Replace TENS pads when they lose their adhesiveness or become dirty to ensure optimal conductivity.

7. TROUBLESHOOTING

If you encounter any issues with your device, refer to the following common troubleshooting steps:

- **Device Not Turning On:** Ensure the power adapter is securely connected to both the device and a working power

outlet. Check if the remote control batteries need replacement.

- **No Sensation During Use:** Verify that your feet are making full contact with the foot pads. Try increasing the intensity level gradually. Ensure your feet are slightly damp for better conductivity. If using TENS pads, ensure they are properly adhered to the skin.
- **Remote Control Not Working:** Check and replace the AAA batteries in the remote control. Ensure there are no obstructions between the remote and the device's sensor.

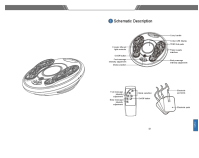
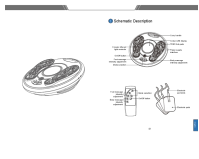
8. SPECIFICATIONS

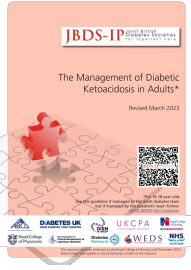
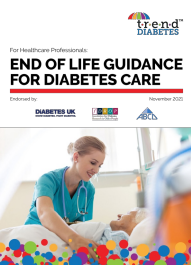


Feature	Specification
Model Number	ABCD
Product Dimensions	15.75 x 15.75 x 5.12 inches
Item Weight	6.25 Pounds
Power Source	Corded Electric
Batteries (Remote)	2 AAA batteries (included)
Intensity Levels	99 (Foot & Body)
Massage Modes	25 Waveforms
Timer	Automatic 25-minute
Material	Metal

9. WARRANTY AND SUPPORT

For warranty information, technical support, or any questions regarding your OSITO Foot Circulation Plus device, please contact OSITO customer service. Refer to the product packaging or the official OSITO website for the most current contact details.

Related Documents - ABCD

	<p>OSITO Circulation Blood Booster User Manual: TENS & EMS Technology</p> <p>Comprehensive user manual for the OSITO Circulation Blood Booster, detailing its TENS and EMS technologies, features, operation, maintenance, and troubleshooting for effective pain relief and muscle stimulation.</p>
	<p>OSITO Circulation Blood Booster User Manual: TENS & EMS Technology</p> <p>Comprehensive user manual for the OSITO Circulation Blood Booster, detailing its TENS and EMS technologies, features, operation, maintenance, and troubleshooting for effective pain relief and muscle stimulation.</p>

	<p>The Management of Diabetic Ketoacidosis in Adults: JBDS Clinical Guideline</p> <p>This guideline from the Joint British Diabetes Societies (JBDS) provides comprehensive, evidence-based recommendations for the management of Diabetic Ketoacidosis (DKA) in adults, updated in March 2023. It covers diagnosis, treatment pathways, and management strategies for healthcare professionals.</p>
	<p>End of Life Guidance for Diabetes Care: A Comprehensive Guide for Healthcare Professionals</p> <p>This guide provides healthcare professionals with essential recommendations and strategies for managing diabetes care for individuals approaching the end of life, covering topics from medication management to palliative care.</p>
	<p>Best Practice Guide: Using Diabetes Technology in Pregnancy</p> <p>This guide provides UK expert consensus on best practices for managing diabetes in pregnancy using insulin pump therapy (CSII) and glucose sensors (RT-CGM, Flash Glucose Monitoring). It details evidence, indications, setup, management strategies, and service considerations to improve maternal and neonatal outcomes.</p>
	<p>ERP AWM1: Tunable Color LED Module with DMX512-A-RDM</p> <p>Discover the ERP AWM1, a high-performance AC input tunable color LED module. It offers a wide CCT range (1800K-6500K), individual RGBW control, and DMX512-A-RDM compatibility for sophisticated lighting design and precise color tuning.</p>

Documents - OSITO – ABCD



[\[pdf\]](#) User Manual Owner's Manual

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Manual de Atención Temprana

María José Buceta (coord.)



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