

Therapy

Standard therapy session lasts 60 minutes with a 60 minute break between sessions. Sessions will continue automatically until the device is removed from the leg.



Adjusting and Stopping Therapy*

Start Session

Click the button.
One light will blink.
The stimulation will increase for 2 minutes until optimal level is reached. Stimulation should feel strong, but comfortable.

Decrease Intensity

Click the button to reduce intensity. Repeat if needed.

Increase Intensity

Press and hold button down. Intensity increases until you release the button.

Stop Session

To stop therapy, click the button 4 times in a row.

Always stop therapy BEFORE removing the device.

When the lights are off, it is safe to remove device.

*Adjustments can also be made using the app.

Tips for Success

- Calibrate properly so Quell delivers the right stimulation level for optimal pain relief.
- Use your Quell daily, at least 2 to 3 full therapy sessions, for the first month. Can also be used overnight.
- Give it time as it may take several weeks to experience optimal pain relief from using your Quell.

Important Guidelines

- The electrode should be making good contact with the skin.
- Remove electrode to air out skin briefly during the day. After 4 hours of wear, device will pulse on and off for one minute as a reminder.
- To get the most use of your electrode, put the liner back on the gel pads when electrode is not on skin.
- Change the electrode every 2 weeks.
- Do not use when showering or bathing.
- For tips on customizing therapy, visit quellrelief.com/quell-user.

Warnings

Quell is contraindicated if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. If you have any of these conditions, please discuss with your doctor before using Quell.

Have Questions? Call Us: **1-800-204-6577**.

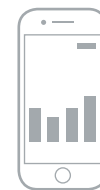
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Wearable Pain Relief
Technology™

Quick Start Guide



Optional App



Quell Device



Sports Band



Electrodes

Getting Started

Option A: App Set Up (Recommended)

The **Quell Relief** app will greatly enhance your Quell experience. You can calibrate, start, stop, and adjust therapy using the app. **If you do not have a smartphone, please follow Option B: Manual Set Up.**



1

Download the **Quell Relief** app from the App Store or Google Play.



2

Launch **Quell Relief** app. Follow instructions and calibrate.



3

Start Therapy.

Let Us Help

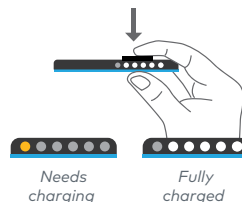
For questions or to troubleshoot issues, contact Customer Care at **1-800-204-6577**, email **CustomerCare@quellrelief.com**, or visit **quellrelief.com/quell-user**.

Option B: Manual Set Up

Watch the Calibration Video on quellrelief.com/quell-user before you use Quell for the first time.

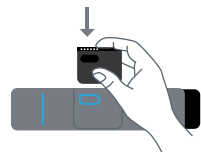
1. Check Battery

Click and release the button once.



2. Insert Device

Slide device into band. The button should align with the blue-rimmed window.



3. Attach Electrode

While keeping liner in place, **snap electrode onto the connectors**. Orientation of electrode does not matter.



Carefully remove the paper liner before use, and save it for storing the electrode.



4. Place Band

Place Quell band on upper calf about 1 to 2 inches below the knee of either leg. The lights should face up.

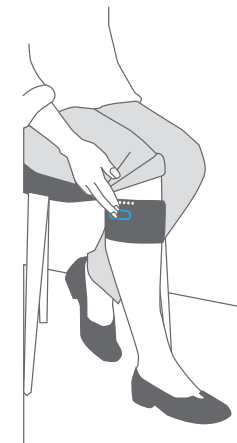


Avoid placing device directly on your shinbone.

Do not place Quell anywhere else on your body.

5. Manual Calibration

Read through all the steps below before you begin calibration. You must calibrate the first time you use Quell, so Quell will learn your nerve sensitivity. **Sit in a quiet place where you can focus, with your foot flat on the floor and knee bent at 90° angle as shown.**



Step 1:

Press and HOLD button until you see lights running back and forth, then release button. Lights will keep running.

Step 2:

Wait until you feel the slightest tingle under the band, then immediately CLICK the button one time.

Step 3:

Repeat Step 2 until the lights go off, meaning calibration is complete. People typically click the button 3-6 times during calibration. You are now ready to begin therapy.