

Focus

TENS Therapy for Knee

PM710-M

PM710-L

Instruction Manual

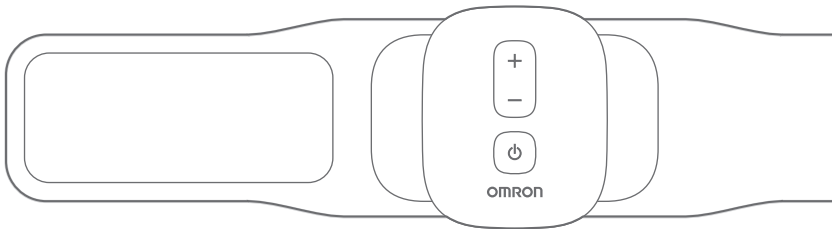


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Introduction

Thank you for purchasing the OMRON Focus TENS Therapy for Knee. Focus is a wearable, wireless TENS (Transcutaneous Electrical Nerve Stimulation) device that is designed to alleviate chronic, acute and arthritic pain. It delivers TENS technology through simple, convenient control.

TENS is a safe and drug-free treatment for pain that has been used for over 40 years by medical professionals such as physical therapists and chiropractors.

Safety Instructions

This instruction manual provides you with important information about Focus. To ensure the safe and proper use of this device, READ and UNDERSTAND all of these instructions. **If you do not understand these instructions or have any questions, contact 1-800- 634-4350 before attempting to use this device.**

Intended Use

The device is intended for the relief of pain associated with sore or aching muscles of the lower extremities (leg) due to strain from exercise or normal household work activities. It is also intended for the use of symptomatic relief and management of chronic, intractable pain associated with arthritis.

Environments of Use: Clinics, hospital and home environments

Patient Population: Adult

Receiving and Inspection

Remove this device and other components from the packaging and inspect for damage. If this device or any other components are damaged, DO NOT USE and contact 1-800-634-4350.

Symbols Glossary

For symbol information, visit: [OmronHealthcare.com/symbols-glossary](https://www.OmronHealthcare.com/symbols-glossary)

Contraindication

Do not use this device if you have a cardiac pacemaker, implanted defibrillator or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference or death.

Important Safety Information

Read the Important Safety Information in this instruction manual before using this device.

Follow this instruction manual thoroughly for your safety.

WARNING

Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

- Consult with your physician before using this device if you have:
 - Acute inflammation around your knee, such as swelling, fever or reddish tint (include the inflammatory condition of osteoarthritis of knee/ rheumatoid arthritis)
 - Inflammation or open wound of the knee joints, fracture or meniscus injury
 - Paralysis of lower limb
 - Surgical history of the knee which includes artificial knee joint replacement
- DO NOT use this device during exercise if you are restricted from exercising by your physician.
- DO NOT use this device during vigorous exercise such as playing sports or climbing.
- DO NOT use this device in areas other than below the knee.
- DO NOT use this device on both knees simultaneously.
- DO NOT use this device if the circumference below your knee is out of the specified range of the band size.
- DO NOT use this device on persons who walk with a cane or cannot walk normally by themselves.
- Keep this device and pad out of the reach of infants, toddlers or children.
- Keep out of the reach of infants, toddlers or children because the AC adapter cord could cause strangulation.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals.
- If you have had medical or physical treatment for your pain, consult with your physician before using this device.
- If you are in the care of a physician, consult with your physician before using this device.

Important Safety Information

- If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician.
- DO NOT place this device across your chest or near your heart because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- DO NOT place the pad near or on cancerous lesions, diseased skin, open wounds, rashes, swollen, red, infected or inflamed areas or skin eruptions such as phlebitis, thrombophlebitis and varicose veins.
- DO NOT place the pad over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- DO NOT place the pad on or near the head, mouth, face, heart or genitals.
- DO NOT use this device when bathing, showering, sleeping, during exercise, in high humidity or rainy weather or if sweating.
- DO NOT apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- DO NOT use this device on infants, toddlers, children, pregnant women, persons incapable of expressing their thoughts or on persons unable to operate the device by themselves.
- DO NOT use this device while using another TENS device.
- DO NOT apply stimulation in the presence of electric monitoring equipment such as cardiac monitors and ECG alarms because the equipment may not operate properly when the device is in use.
- NEVER bend or fold the pad.
- If you have any serious illness, consult with your physician before using this device.
- Apply the pad ONLY to normal, intact, clean, healthy skin of adult patients.
- **For Hospitals and Clinics: Operation in close proximity (e.g. 1 m) to a shortwave or microwave therapy ME equipment may produce instability to the stimulator output.**
- **For Hospitals and Clinics: Simultaneous connection of a patient to high frequency surgical equipment and this device may result in burns at the site of the stimulator electrodes and possible damage to the stimulator.**

Important Safety Information

- DO NOT place the charger within 6 inches (approx. 15 cm) of any person who is using a pacemaker or implantable cardioverter defibrillator (ICD). The charger emits electromagnetic fields, which may affect pacemakers or ICDs.

Battery Handling and Usage

- To prevent the risk of overheating, fire or explosion:
 - DO NOT puncture, crush, disassemble or modify the device.
 - DO NOT throw the device into a fire.
 - DO NOT recharge, use, or leave the device in high temperature locations near a fire or in direct sunlight.
- The device contains a built-in rechargeable lithium-Ion battery which must be disposed of properly. **Dispose of the device according to applicable local government regulations.**



CAUTION

Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient, or cause damage to the equipment or other property.

- TENS is not effective for pain of central origin, including headache.
- TENS is not a substitute for pain medications and other pain management therapies.
- TENS devices have no curative value.
- TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.
- DO NOT use this device to treat 1 region for extended periods of time. The long-term effects of electrical stimulation are unknown.
- If you experience any skin irritation or redness after a session, DO NOT continue stimulation in that area of the skin.
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.

Important Safety Information

- Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
- Consult with your physician prior to using the device after a recent surgical procedure because stimulation may disrupt the healing process.
- Use caution if stimulation is applied over the menstruating uterus.
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- **Use this device ONLY with components provided in the Focus packaging and accessories recommended by the manufacturer. (Refer to sub-section 1.1 and section 6)**
- DO NOT apply the pad with wet hands, and DO NOT apply the pad if it is wet.
- **The pad is for Single Patient Use Only.** NEVER share the pad with another person.
- DO NOT leave the pad placed on the skin after treatment.
- DO NOT overlap the adhesive surfaces of the pad or put them on top of each other.
- DO NOT apply any lotion, cream or ointment to the pad.
- NEVER attempt to modify the device.
- The pad should not touch any metal object.
- To avoid damage to the adhesive surface of the pad, ONLY put the pad on the skin or the plastic pad holder.
- ALWAYS place the clean pad in accordance with the illustrations provided (Refer to sub-section 3.1).
- If the device is not functioning properly or you feel discomfort, immediately stop using the device.
- **Clean and dry affected area so it is free of all lotions, oils and sweat.**
- Clean or change the pad when it loses adhesion.
- DO NOT put any metal objects such as a coin or clip on the charger.
- DO NOT use the device when the band is damaged or the hook and loop fasteners lose cohesion.
- When using the device, make sure that the hook and loop fastener does not touch your clothing.
- While using this device, make sure that no mobile device or any other electrical devices that emit electromagnetic fields is within 12 inches (30 cm). This may result in poor performance of the device.

Important Safety Information

- DO NOT fasten the band too tight.
- DO NOT use this device if the adhesive surface of the pad is damaged.
- Ensure that this device has acclimated to room temperature before using. Using this device after an extreme temperature change could lead to improper operation. OMRON recommends waiting for approximately 2 hours for the device to warm up or cool down when the device is used in an environment within the temperature specified as operating conditions after it is stored either at the maximum or at the minimum storage temperature. For additional information of operating and storage/ transport temperature, refer to section 7.

Adverse Reactions

- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin.
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.
- You should stop using the device and consult with your physician if you experience adverse reactions from the device.

How the Device Works

The OMRON Focus is a wearable, wireless TENS device that provides relief of chronic, acute* and arthritic pain. Scientific theory suggests that electrical stimulation therapy may work in several ways:

1. The gentle electrical pulses move through the skin to nearby nerves to block or shut out the pain message from reaching the brain from the source of the pain.
2. The gentle electrical pulses increase the production of the body's natural pain killer, such as endorphins.

Recommended Session Time

30 minutes per session is recommended.

2 sessions per day at maximum is recommended.

* Acute pain refers to sore or achy muscles due to strain from exercise or normal household and work activities

1. Know Your Device

1.1 Contents

Device



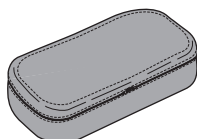
Knee Band M/ Knee Band L

PM710-M: Knee Band M

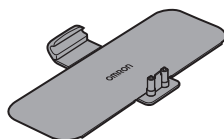
PM710-L: Knee Band L



Soft Case

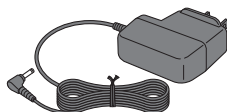


Knee Pad

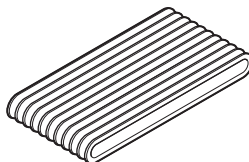


AC Adapter

HHP-AM01



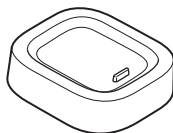
Pad Holder



Refer to sub-section 4.2 for instructions on how to use.

Charger

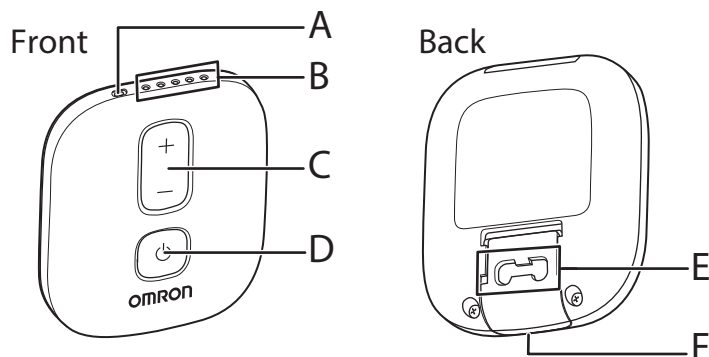
HV-WCHAA-Z



Instruction Manual

Quick Start Guide

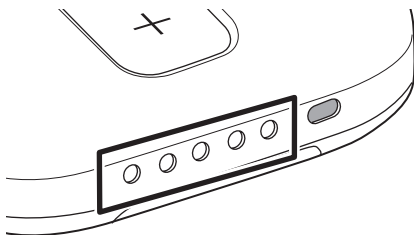
1.2 Part Names and Functions on the Device



A	Battery indicator	Lights or flashes according to the battery status. Refer to sub-section 1.2.2.
B	Intensity level indicators	Lights or flashes according to the intensity level or situation. Refer to sub-section 1.2.1.
C	[Intensity] button	Set the intensity level according to your needs. Press [+] to increase intensity level. Press [-] to decrease intensity level.
D	[Power] button	Press once to turn the device on. Press again to turn the device off.
E	Connection port	Used for attaching the pad as well as securing the device to the battery charger.
F	[Pad release] button	Press to remove the pad from the device.

1.2 Part Names and Functions on the Device

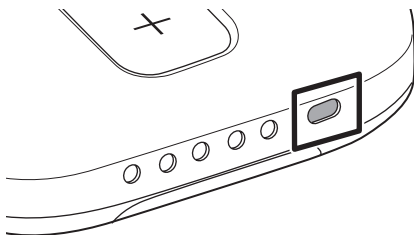
1.2.1 Intensity Level Indicators



Indication	Description
● ● ● ● ● All indicators: off	The power is off.
⬆ ⬆ ⬆ ⬆ ⬆ All indicators: flash	On standby. Press [+] button to start your therapy.
⬆ ● ⬆ ● ⬆ 1st, 3rd, 5th indicators: flash	An error has occurred. Contact customer service. Refer to section 9.

Refer to sub-section 3.2 for the description of intensity level indicators during treatment.

1.2.2 Battery Indicator



Indication	Description
 Flashes orange	Battery is close to low. Charge the battery.
 Lights orange, then the device turns off	Battery is depleted. Charge the battery immediately.
 Flashes orange every 2 seconds	The battery is being charged. When it is fully charged, the indicator will go off.

2. Preparation

2.1 Charging

Before using the device, inspect to ensure that:

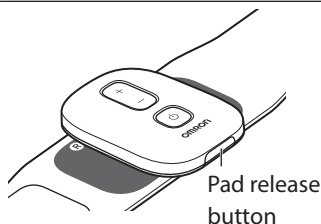
- 1. The pad is not damaged.**
- 2. The device is intact.**
- 3. The AC adapter is not broken or damaged.**

- If you are using the device for the first time or the device has not been used for more than 3 months, charge the battery to full.
- Once fully charged, the battery will last for approximately 10 uses (1 use: 30 minutes). Once the battery has been depleted, it takes about 8 hours to charge.
- Temperature while battery is charging should be +41 to +95 °F (+5 to +35 °C).

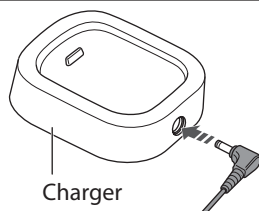
If the device and pad are connected:

Remove the device from the pad before charging the battery.

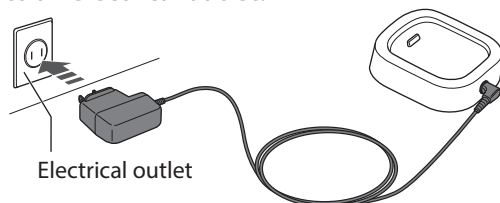
While pressing the pad release button, lift the device.



- 1 Insert the AC adapter plug into the AC adapter jack on the charger.**



2 Plug the AC adapter into an electrical outlet.



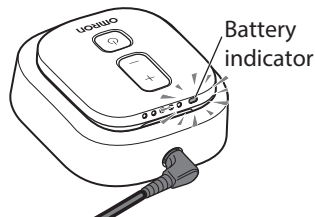
Note

- Only use the AC adapter and charger provided with this device for charging.
- Make sure not to place this device in a location where it is difficult to plug and unplug the AC adapter.

3 Set the device on the charger to initiate charging.

While charging the battery, the battery indicator on the right flashes orange.

When the battery is fully charged, the battery indicator will go off.



4 Once the battery is fully charged, unplug the AC adapter and remove the device from the charger.

Battery Life

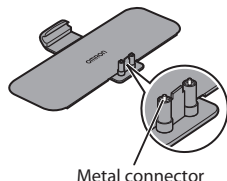
Battery life depends on usage and storage conditions. When fully charged, the rechargeable battery will last for up to 500 uses when used one time per day in normal temperatures. See section 7 for recommended temperature during battery charging.

2.2 Attaching the Device

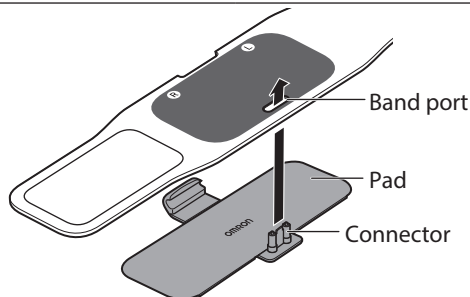
For first time use, remove the pad from the plastic bag and attach it to the device. **Do not remove the plastic film on the back of the pad yet.**

Note:

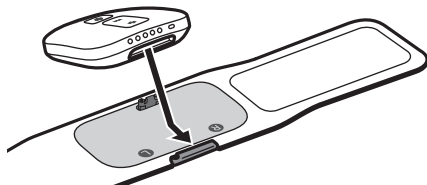
- To avoid damage, take care not to bend or damage metal connectors.



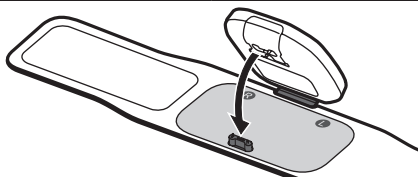
- 1 Put the connector of the pad through the band port.**



- 2 Hook one side of the device onto the band.**

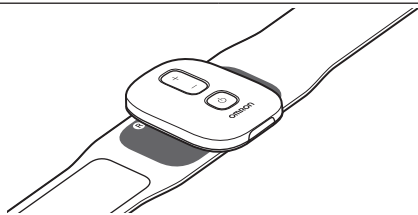


- 3 Attach the connector to the connection port and push the device until it clicks.**



- 4 The pad and band are now attached to the device.**

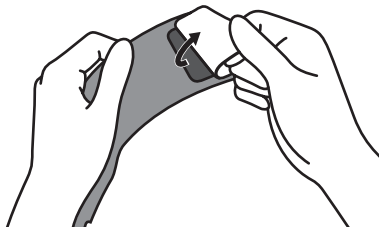
Make sure the connection port is attached firmly to the connector.



3. Using the Device

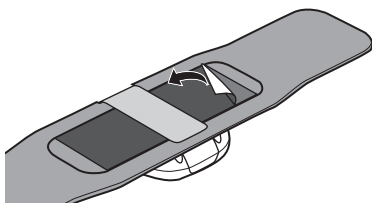
3.1 Attaching the Band Below Your Knee

- 1 Remove the protective sheet from the loop fastener.**



- 2 Remove the plastic films from the pad.**

For first time use, remove and discard the plastic film from the back of the pad.



- 3 Sit on a chair and bend your knee 90°.**

3.1 Attaching the Band Below Your Knee

4 Align the device as shown in the following illustration.

Place the band **on your bare skin directly**.

Face the side with the indicator lights upward.

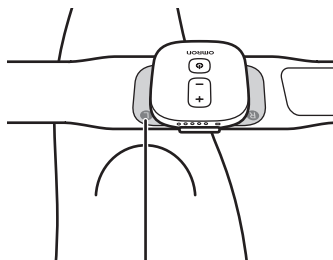
Make sure the device is on the inside of your knee.

If you attach the device on the left knee, align the mark "L" indicated on the band with the center of your knee.

If you attach the device on the right knee, align the mark "R" indicated on the band with the center of your knee.

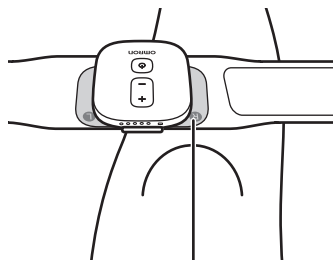
Make sure the band is below the back of your knee for maximum comfort.

L Left Knee Placement

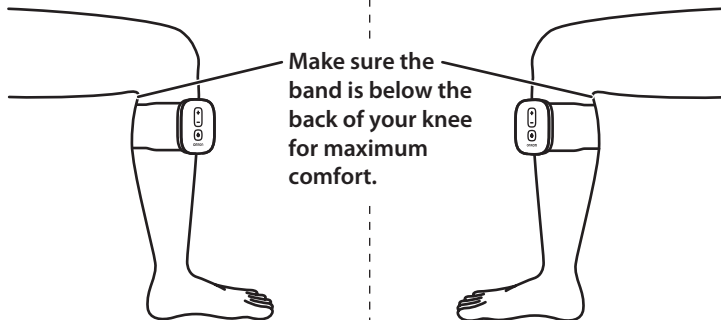


L located on the center of your knee

R Right Knee Placement



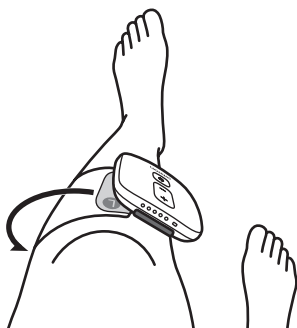
R located on the center of your knee



Make sure the band is below the back of your knee for maximum comfort.

- 5** Wrap the band below your knee, then attach the hook and loop fastener so that the band does not slip.

L Left Knee Placement



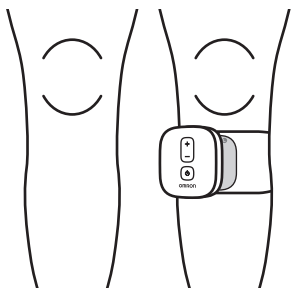
R Right Knee Placement



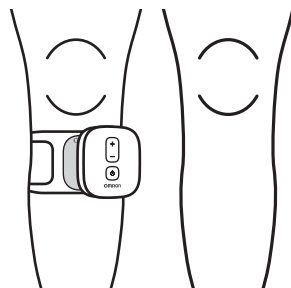
Make sure the band is placed below your knee as shown in the following illustration. The device should be on the inside of your knee.

This device stimulates the area preventing the knee pain, NOT the area you have pain. The stimulation prevents transmission of the pain and relieves it.

L Left Knee Placement



R Right Knee Placement



3.1 Attaching the Band Below Your Knee

WARNING

- DO NOT use this device during vigorous exercise such as playing sports or climbing.
- DO NOT use this device in areas other than below the knee.
- Apply the pad ONLY to normal, intact, clean, healthy skin of adult patients.
- NEVER bend or fold the pad.

NEVER APPLY THE PADS TO THESE BODY AREAS:

- On or near **the head**, mouth or face.
- On your **neck** because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- **Near the heart or genitals area.**
- On both sides of the **chest cavity** simultaneously (lateral or front and back), or **across your chest** because the introduction of electrical current may cause rhythm disturbances.

CAUTION

For optimal therapy,

- DO NOT overlap the adhesive surfaces of the pad or put them on top of each other.
- DO NOT apply any lotion, cream or ointment to the pad.
- Clean and dry affected area so it is free of all lotions, oils and sweat.
- The pad is for Single Patient Use Only. NEVER share the pad with another person.

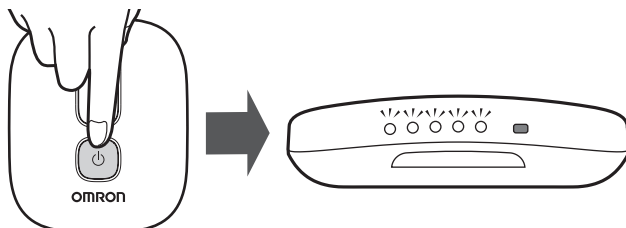
Note:

- Check to make sure that the pad is not peeling off during treatment sessions.
- DO NOT use the pad after expiration date.
- DO NOT touch the adhesive surface of the pad with your fingers.
- If the pad accidentally sticks to clothing, slightly moisten the pad from the opposite side of the clothing and then, peel it off. DO NOT forcibly peel the pad off of the clothing.
- Clean or change the pad when it loses adhesion.

3.2 Get Started with Your Therapy

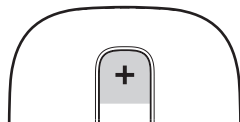
1 Press the power button.

5 intensity level indicators on the left flash white.

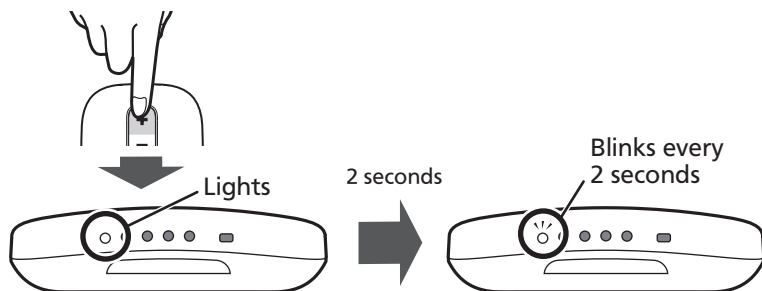


2 Press the [+] button.

The therapy will start at the lowest intensity level (1) and slowly increase by pressing the [+] button.



You can select the intensity level by pressing the [+] or [-] button. Press the [+] button several times and find your most comfortable intensity level. If you press the [+] or [-] button once, the indicators on the left will flash for 2 seconds.



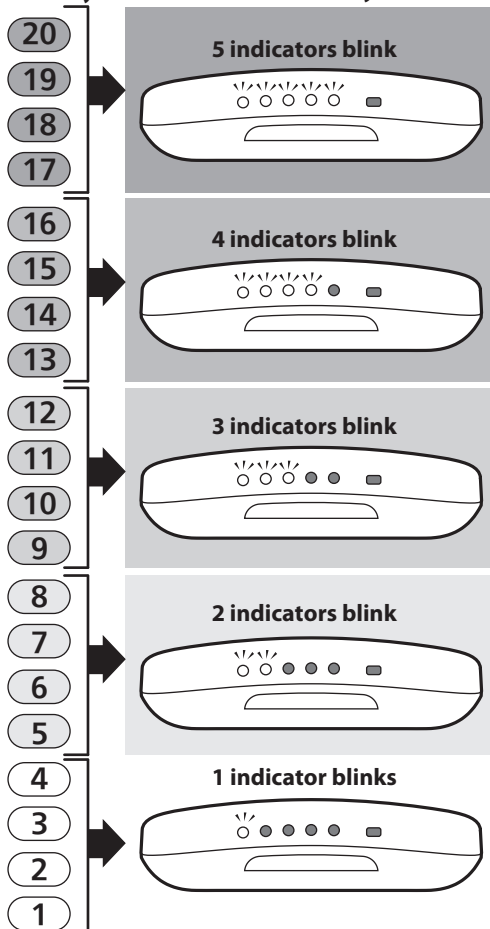
If the device does not work, check to be sure that:

- The pad is placed properly below your knee (Refer to sub-section 3.1)
- The device is placed properly onto the pad. (Refer to sub-section 2.2)

3.2 Get Started with Your Therapy

Select intensity level from 1 - 20.
Indicators change every 4 intensity levels.

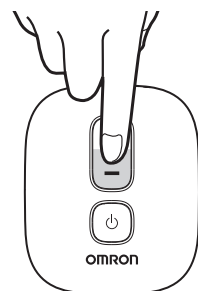
Intensity **Indicators (blink every 2 seconds)**



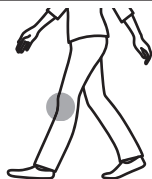
Press the [+] button once to increase 1 intensity level.



Press the [-] button once to decrease 1 intensity level.



3 Start your therapy.



4 The session automatically stops after 30 minutes.

To stop the session before 30 minutes, press the power button.

The device will automatically turn off within 30 minutes when:

- The battery is depleted. (The battery indicator will flash orange, then the power immediately turns off. Charge the battery fully.)
- The pad has been removed from below your knee during the session.
- The therapy has not started for more than 3 minutes.

After each session, clean the device, pad and band. Refer to sub-section 4.1 for cleaning instructions.

4. Maintenance

4.1 Cleaning

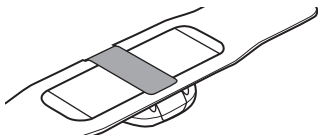
4.1.1 Drying the Pad

When the adhesive surface of the pad contains excess fluids such as sweat, dry it by following these instructions. Using the pad without drying it may cause peeling or shifting of the adhesive surface.

Turn the device over and dry the adhesive surface of the pad.

Air-dry it until moisture is gone (approximately 8 hours).

- Avoid direct sunlight.
- Drying the pad too long may cause adhesive strength to weaken. Store it immediately after drying. Refer to sub-section 4.2.

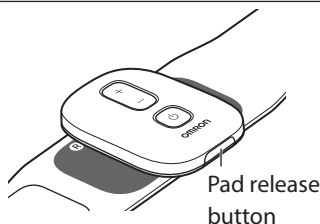


4.1.2 Cleaning the Pad

When the pad becomes dirty or the adhesive strength is weak, clean it by following these instructions. If the pad is used without cleaning, the treatment intensity may feel weak.

1 Remove the device from the pad.

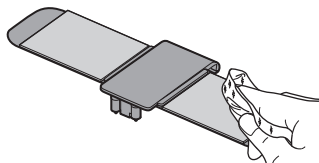
Lift the device while pressing the pad release button.



2 Clean the adhesive side.

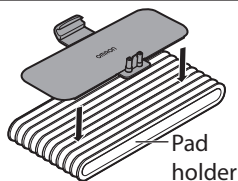
Wipe the surface with a soft non-paper based cloth moistened with water. Do not damage the gel.

- Adding too much water to the adhesive surface of the pad may reduce its adhesion.
- Do not wash the pad with running water.



3 Place the pad onto the pad holder to allow the adhesive surface to air-dry.

- Do not wipe the adhesive surface with tissue or paper-based cloth.
- If the adhesive surface is too wet, turn it over and let it air dry before placing the pad onto the pad holder.



4.1.3 Cleaning the Band

1 Remove the device and pad from the band.

2 Hand-wash and air-dry it in a shaded area.

- Wash the band by hand according to the instructions indicated on the band.
- Do not soak the band in water for long periods of time.
- Align the shape of the band while letting it dry.
- Repeated washing may gradually change the color and sheen of the band.
- Do not use any sterilization chemicals, disinfectants, or softeners.

4.1.4 Cleaning the Device

1 Turn the device off.

2 Wipe the surface of the device with a soft cloth that has been lightly moistened with water or mild detergent, then dry completely using a soft cloth.

- Do not use chemicals such as thinners and benzenes to clean the device.
- Do not let water get into the internal area of the device.

4.1 Cleaning

4.1.5 When to replace the pad and band?

- Replace the pad after 30 uses. The life of the pad may shorten due to your skin condition or the amount of perspiration that accumulates under the band while wearing it. If the adhesive surface peels off or slides or you feel that the treatment intensity has weakened, replace the pad immediately.
- Replacing the band every 6 months is recommended.
- To purchase a new pad or band, call 1-800-634-4350 or visit OmronHealthcare.com

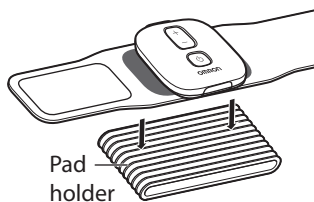
4.2 Storage

In between uses, store the pad, band and device on the pad holder in the soft case. To extend the life of the pad, use and store properly.

1 Place the pad onto the pad holder.

The pad can be placed onto either side of the pad holder.

- Make sure the device has been turned off.
- Discard the plastic films that were removed from the pads prior to use.
- The device, pad and band on the pad holder can be stored together.



2 Wrap the band around the pad holder.

⚠ WARNING

- NEVER bend or fold the pad.



3 Place the pad holder into the included soft case.

- Do not keep the device in areas subject to direct sunlight, high or low temperatures, humid areas, near fire, vibration or shock.

Storage temperature
+32 - +104 °F (0 - +40 °C), 30 - 80% relative
humidity

- Keep this device and pad out of the reach of infants, toddlers and children.



4.3 Disposal

Dispose of the device , battery and accessories in accordance with local government regulations.

5. Troubleshooting

If any of the below problems occur, check to make sure that no other electrical device is within 12 inches (30 cm). If the problem persists, refer to the table below.

Problem	Possible cause	Solution
The intensity is not felt. The intensity level is too weak.	The adhesive surfaces of the pad are overlapped.	Check placement of the pad. Refer to sub-section 3.1.
	Intensity is set too low.	Press the [+] button.
	The adhesive surface is damaged.	Replace the pad.
The skin turns red or feels irritated.	Therapy duration is too long.	Shorten session to less than 60 minutes.
	The pad is not placed properly below your knee.	Refer to sub-section 3.1 and place correctly.
	The adhesive surface of the pad is damaged.	Replace the pad.
The device cannot be turned on.	The battery is depleted. The battery indicator lights orange.	Charge the battery fully.
The device, the charger or the AC adapter is abnormally hot when charging the battery.	The device, the charger or the AC adapter may be damaged.	Unplug the AC adapter from the charger immediately. Remove the device from the charger immediately.
The band length is too short or too long.	The band size may be wrong.	Choose the appropriate band. Refer to section 6.

5. Troubleshooting

Problem	Possible cause	Solution
The device cannot be charged.	The AC adapter or the charger is not connected properly.	Check to ensure that the AC adapter is properly connected to the charger. Check if the AC adapter is connected to an electrical outlet.
	The device is not placed on the charger properly.	Place the device properly on the charger. Make sure there are no foreign objects on the charger area.
	The device is under high heat or cold temperatures.	Under high heat or cold temperatures, the battery may stop charging and it may take more time to be fully charged.
Power cut off during use.	The battery is depleted. The battery indicator lights orange.	Charge the battery fully.
	The device power will automatically turn off after: • 30 minutes of therapy is complete. • the therapy has not started within 3 minutes. • the pad has been removed from below your knee.	• Check if the therapy has already finished. • Press [+] button after turning the power on. • Check to make sure the pad is placed on below your knee correctly.

5. Troubleshooting

Problem	Possible cause	Solution
Therapy does not start.	The pad is not placed below your knee properly.	Refer to sub-section 3.1 and place correctly.
	The device is not attached to the pad properly.	Remove the device from the pad, then attach the device to the pad properly. Refer to sub-section 2.2.
	Plastic films have not been removed from the adhesive surface of the pad.	Peel off the film from the adhesive surface of the pad.
	The pad is damaged.	Replace the pad.
The adhesive surface of the pad does not stick to skin.	Plastic films have not been removed from the adhesive surface of the pad.	Peel off the film from the adhesive surface of the pad.
	The pad or your skin is wet.	Air dry the adhesive surface of the pad or your skin.
	The adhesive surface is damaged.	Replace the pad.
	There is too much hair on your skin.	Shave the immediate area for proper pad adhesion.
	The pad was stored under high temperature, high humidity or direct sunshine.	The pad is unable to be used due to storage conditions. Replace the pad.
The 1st, 3rd and 5th indicators from the left flash white.	An error occurred.	Contact 1-800-634-4350.

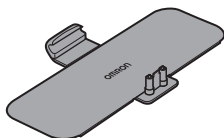
If you are not able to solve your problem, contact 1-800-634-4350.

6. Optional Accessories

6.1 Optional Accessories

Knee Pad

PMKNPAD REF HV-KNPAD-Z



The same Knee Pad is used for either the Knee Band M or the Knee Band L.

Knee Band M

PMKBAND-M REF HV-KBAND-MZ

17.7" (W) × 2.5" (H) (450 mm × 64 mm)

Band circumference:

12.5" - 15" (320 - 380 mm)



Knee Band L

PMKBAND-L REF HV-KBAND-LZ

20" (W) × 2.5" (H) (510 mm × 64 mm)

Band circumference:

15" - 17.7" (380 - 450 mm)



If the circumference of your knee is 15" or greater, choose "Knee BAND L".

Note:

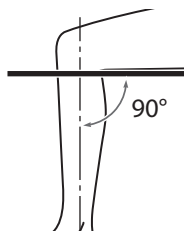
If a replacement band is needed, follow the instructions on sub-section 6.2 for the steps to take when measuring your knee circumference.

To order, visit: OmronHealthcare.com

6.2 Optional Accessories - How to Measure for Band Size

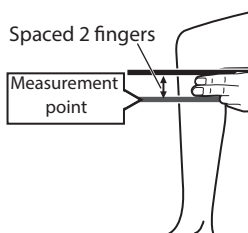
Measure the circumference of your knee by following the steps below to select the appropriate band size for you.

1 Sit on a chair and bend your knee 90°.



2 Measure the circumference that is two fingers (middle and forefinger) below your knee with a measuring tape.

Make sure your knee is exposed when you measure the circumference.
Refer to the illustration on the right.



7. Specifications

Product name	Focus
Model #	PM710-M/PM710-L REF HV-F710-MZ/HV-F710-LZ
Power source	AC adapter (INPUT AC 100-240 V, 50-60 Hz, 0.12-0.065 A) 1 Lithium-ion battery (3.7 V; Approx. 295 mAh)
Rechargeable battery	Will last for 500 uses under the following conditions: new battery, fully charged, used 1 time/day in temperatures of 73.4 °F (23 °C)
Frequency	Approx. 1 to 250 Hz
Pulse duration	60 µsec or less
Maximum output voltage	55.3 V (during 1000 Ω load)
Power control	20 intensity levels
Operating conditions	+32 to +104 °F (0 to +40 °C), 30 to 80 % RH (non-condensing), 700 to 1060 hPa
Transportation and storage between uses conditions	+32 to +104 °F (0 to +40 °C), 30 to 80 % RH (non-condensing)
Battery charging conditions	+41 to +95 °F (+5 to +35 °C)
Transportation conditions	-4 to +140 °F (-20 to +60 °C), 10 to 90 % RH
Weight	Device: Approx. 1.5 oz (43 g) / Knee pad: Approx. 0.4 oz (10 g) Knee band M: Approx. 0.9 oz (25 g) / Knee band L: Approx. 1.0 oz (27 g) Charger: Approx. 2.2 oz (61 g)
Dimension	Device: Approx. 2.3 (W) × 2.8" (H) × 0.6" (D) (60 × 72 × 16 mm) Charger: Approx. 3.5" (W) × 3.1" (H) × 0.9" (D) (90 × 80 × 23.5 mm) Knee pad: Approx. 5.1" (W) × 2.4" (H) × 0.5" (D) (130 × 62 × 11.5 mm) Knee Band M: Approx. 17.7" (W) × 2.5" (H) (450 × 64 mm) Knee Band L: Approx. 20" (W) × 2.5" (H) (510 × 64 mm)
Protection against electric shock	Internally powered ME equipment (operating) / Class II (charging)
IP classification	Device: IP22 / Charger: IP21 / AC adapter: IP21
Applied Part	Type BF (Knee Pad)
Operation Mode	Continuous operation

7. Specifications

Number of usable times per a charge	10 uses (fully charged, 73.4 °F environment, intensity level 10, 30 minutes per a use)
Durable Period (Service Life)	Device: 5 years Knee pad: 30 times (30 minutes/use) Knee band: 6 months Charger: 5 years AC adapter: 5 years
Auto Power Off	The device power will automatically turn off when: • 30-minutes of therapy has been completed. • the therapy has not started within 3 minutes. • the pad has been removed from below your knee.

- These specifications are subject to change without notice.
- IP classification is degrees of protection provided by enclosures in accordance with IEC 60529. The device and charger, AC adapter are protected against solid foreign objects of 12.5 mm diameter and greater such as a finger. The charger and AC adapter are protected against vertically falling water drops which may cause issues during a normal operation, and protected against oblique falling water drops which may cause issues during a normal operation.

8. FCC Statement

FCC CAUTION

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 and Part 18 of FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

9. Limited Warranty

Your PM710 Focus is warranted to be free from defects in materials and workmanship appearing within 1 year from the date of purchase, when used in accordance with the instructions provided with the device.

The pad is warranted to be free from defects in materials and workmanship appearing within 30 days from the date of purchase when the device is used in accordance with the instructions provided with the device. The above warranty extends only to the original retail purchaser.

We will, at our option, replace without charge any device covered by the above warranty. Replacement is our only responsibility and your only remedy under the above warranty.

To obtain warranty service contact Customer Service by calling 1-800-634-4350 for the address of the inspection center and the return shipping and handling fee.

Enclose the original printed receipt. Include a letter, with your name, address, phone number, and description of the specific problem. Pack the product carefully to prevent damage in transit. Because of possible loss in transit, we recommend insuring the product with return receipt requested.

THE FOREGOING IS THE SOLE WARRANTY PROVIDED BY OMRON IN CONNECTION WITH THIS PRODUCT, AND OMRON HEREBY DISCLAIMS ANY OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IMPLIED WARRANTIES AND OTHER TERMS THAT MAY BE IMPOSED BY LAW, IF ANY, ARE LIMITED IN DURATION TO THE PERIOD OF THE ABOVE EXPRESS WARRANTY.

OMRON SHALL NOT BE LIABLE FOR LOSS OF USE OR ANY OTHER SPECIAL, INCIDENTAL, CONSEQUENTIAL OR INDIRECT COSTS, EXPENSES OR DAMAGES.

This warranty provides you with specific legal rights, and you may have other rights that vary by jurisdiction. Because of special local requirements, some of the above limitations and exclusions may not apply to you.

FOR CUSTOMER SERVICE	
Visit our website at:	OmronHealthcare.com
Call toll free:	1-800-634-4350

10. Guidance and Manufacturer's Declaration

OMRON Focus

Information for Accompanying Documents in the Scope of IEC60601-1-2:2014

Important information regarding Electromagnetic Compatibility (EMC)

PM710-M and PM710-L conforms to IEC60601-1-2:2014 Electromagnetic Compatibility (EMC) standard.

Further documentation in accordance with this EMC standard is available at OmronHealthcare.com/emc. Refer to the EMC information for PM710-M and PM710-L on the website.



OMRON HEALTHCARE Co., Ltd.

53, Kunotsubo, Terado-cho, Muko,
Kyoto, 617-0002 JAPAN

Distributed by:

OMRON HEALTHCARE, INC.

1925 West Field Court,
Lake Forest, IL 60045 U.S.A.
OmronHealthcare.com

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For questions, call: 1-800-634-4350