





NEW Enhanced Features

Oska Pulse now runs longer per session and lasts longer between charges making it easier than ever to get convenient pain relief.

90-MINUTE
SESSIONS



DOUBLE THE
BATTERY LIFE

Pulsed Electromagnetic Field Therapy will help:



Increase Circulation



Decrease Inflammation



Improve Mobility



Relieve Pain

Relieve Your Pain Anytime, Anywhere

- ✔ Back
- ✔ Neck
- ✔ Joint
- ✔ Knee
- ✔ Muscle
- ✔ Chronic

Hear What Oska Pulse Users Have to Say...



"I have been using Oska Pulse for over a year now and it has given me the life I never imagined possible."

Cynthia C.
Fibromyalgia & psoriatic arthritis sufferer



"My pain is negligible, and range of motion and dexterity have greatly improved...all within 2 months."

Bill S.
Osteoarthritic knee



"I'm not in the constant pain that I used to be in. I can't even say I'm in chronic pain anymore."

Shelby S.
Spinal fusion from T4 - L4

Imagine Your Life with Less Pain

Try Clinically Proven Oska Pulse*



OSKA®

(844) 630-9932

oskawellness.com



OSKA® | PULSE

Drug Free | Easy to Use | Wearable

Doctor Recommended and Clinically Proven



“I truly believe that the Oska device is one of the safest and most effective treatments for pain to come along in my 25-year career as a board-certified pain management specialist.”

Dr. Jonathan Kost
 Medical Director at Hartford Hospital Pain Treatment Center
 Spine and Pain Institute at Midstate



In a randomized, double-blind placebo clinical study, the majority of patients achieved significant pain reduction with **Oska Pulse**.*

If you're like millions of others in pain, you've tried almost everything to feel better. Now it's time to try non-drug pain relief from Oska Pulse.

Clinically proven to reduce inflammation, increase circulation, improve mobility and relieve pain, Oska Pulse is part of your pain management toolkit. Use it at home, on the go or in partnership with your doctor.

3 Easy Steps to Pain Relief



Turn on your Oska Pulse



Place on or near area of pain



Enjoy a 90-minute session

Consistency is key to receive the most benefit from your device.

RECOMMENDED USAGE

Pain Status	Frequency of Use
I Have Pain	2+ times per day
Pain is Improving	1-2x per day
Pain is Almost Gone	1x per day
Maintenance	As Needed

There are no reported side effects and the device cannot be overused.

Drink plenty of water to maximize results.

Oska Pulse	VS	TENS Unit
\$		\$\$\$
Long term relief		Acute pain only
Easy-to-use		Complicated

* Shurman, J., Wiederhold, BK., Kasendorf, R., Qian, J., Miller, I., Wiederhold, MD. Treating Chronic Pain Using the Oska Pulse Device: A Double Blind Clinical Trial Using Placebo. www.practicalpainmanagement.com. 2018 Feb.





**Clinically Proven
Pain Relief**



100% Drug Free



Wearable Device



Easy To Use



**No Known
Side Effects**



OSKA™ | PULSE

OSKA[®] | PULSE

USER MANUAL



Your Partner in Pain Management

For Technical Support and Customer Service:

Phone: **(844) 630-9932**

Website: **www.oskawellness.com**



Manufacturer:

Oska, Inc. DBA Oska Wellness
300 Carlsbad Village Drive, #111A
Carlsbad, CA 92008
USA

PLEASE READ ALL INSTRUCTIONS BEFORE USE

NOTE: YOUR OSKA® PULSE WILL NEED TO BE FULLY CHARGED BEFORE USE.

REFER TO THE CHARGING OSKA PULSE SECTION OF THE MANUAL. (REFER TO PAGE 10)

Oska Pulse can be worn on or near the area of pain and passes through all tissue types to work with your body at the cellular level for long term recovery. Most people begin to feel relief within a few days to a week, and while it may take longer for others, those integrating Oska Pulse into their life will receive the most profound benefit. Repeated and consistent use is recommended for best results.

With PEMF therapy you won't feel anything. No heat. Vibration-free.

SAVE THESE INSTRUCTIONS

INTRODUCTION

Oska Pulse is a wearable, portable, cordless, rechargeable, easy to use device using Pulsed Electromagnetic Field (PEMF) technology that works at the source of pain to decrease inflammation, increase circulation, improve mobility, and relieve pain.

INTENDED USE

Oska Pulse is a non-invasive pulsed electromagnetic therapy device intended for relief or reduction of pain, stiffness, muscle spasms and joint contractures, as well as promotion of the body's natural recovery processes to increase mobility.

Oska Pulse is also intended for adjunctive use in the palliative treatment of postoperative pain and edema of soft tissue.

CONTRAINDICATIONS

- Do not use if you have a heart pacemaker, defibrillator, or insulin delivery implant, unless your physician has approved it first.
- Do not use if you have an implant made from magnetic or metallic materials at the site of your pain. However, almost all implants used today are non-magnetic. Ask your physician first if you are not sure.
- Do not use if you are pregnant or nursing.
- Do not use if you have cancer or are being treated for cancer unless you have consulted your physician.
- Do not use if you feel pain but do not know the cause or origin of your pain. Consult your doctor prior to use.
- Do not use if you have a tendency for bleeding following acute injury or breaks in bones.
- Do not use if you or any other, including children, have reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.

WARNINGS

- Do not apply electromagnetic field therapy in the presence of electronic monitoring equipment (e.g., heart monitors, heart tracing, SpO2) which may not operate properly when Oska Pulse is in use.
- Do not place Oska Pulse in the vicinity of operating MRI equipment as it may adversely affect Oska Pulse operation through electromagnetic interference as well as magnetic force.
- Do not use Oska Pulse near products that may have strong magnetic fields, such as microwaves or strong audio speakers. The device may not work properly around these products.
- An AC charging adapter **MUST** be certified UL60950, IEC60950-1 or IEC60335-2-29 with an output marked Class 2 or meeting limited power source (LPS) requirements, not to exceed 16V.
- Always use the USB cable supplied with Oska Pulse.
- Always store Oska Pulse out of reach of small children to avoid the risk of choking or strangulation.
- Do not apply the wrap too tightly as it may affect blood circulation.
- The compression wraps contain natural rubber latex which may cause allergic reactions.
- Do not use Oska Pulse when it is being charged.
- Do not connect Oska Pulse to high potential power source.

- Do not modify or repair this device because sharp edges or electrical components may cause finger injury or electrical shock. Return the device to Oska Wellness for examination and repair if you believe the device is not working properly.
- Do not use Oska Pulse while near heat, fire, flammable gases or oxygen-enriched environment.
- Never heat or throw the battery of Oska Pulse in a fire. Dispose of the device and its battery per local regulations.
- If the device begins to generate heat, stop the session immediately and place the device in a cool place.
- Keep all electrical appliances (including Oska Pulse and charging cable) away from water, including baths, showers, toilets, and sinks.
- Do not submerge or drop Oska Pulse in any liquid while the device is being charged.
- Do not use soap, cleanser, bleach or any other cleaning agent that may potentially damage the device.
- If the device begins to overheat during charging, unplug device from the charging cable. Do not touch overheated device.
- Do not use Oska Pulse or the charging cable if there are exposed wires or appear damaged.



PRECAUTIONS

- If you have recently had or are planning to have any surgery or laser/cosmetic procedure, please consult your doctor before using Oska Pulse.
- If you suspect that you have had a negative reaction from using the electromagnetic field device, discontinue use and consult your doctor immediately.
- Do not store Oska Pulse in direct sunlight or on a hot surface. The device should be operated, transported and stored in a manner outlined in the SPECIFICATIONS section of this manual. (Refer to page 16)
- Never store Oska Pulse or any of its parts in an automobile in cold or hot weather.
- Do not use Oska Pulse after it is submerged or dropped in any liquid because exposure to liquids may cause irreparable damage to the electronic components.
- Use caution prior to using the device if it has been stored or not used for long periods. Inspect the device and do not use the device if you see any signs of internal battery leakage.
- Oska Pulse is approved for air and ground transportation. However, if requested, please hand the device to designated authorities for inspection.

PACKAGE CONTENTS

Your Oska Pulse package contains the following items:

- 1 Oska Pulse Device
- 1 Large Compression Wrap
- 1 USB Charging Cable
- 1 User Manual
- 1 Quick Start Guide

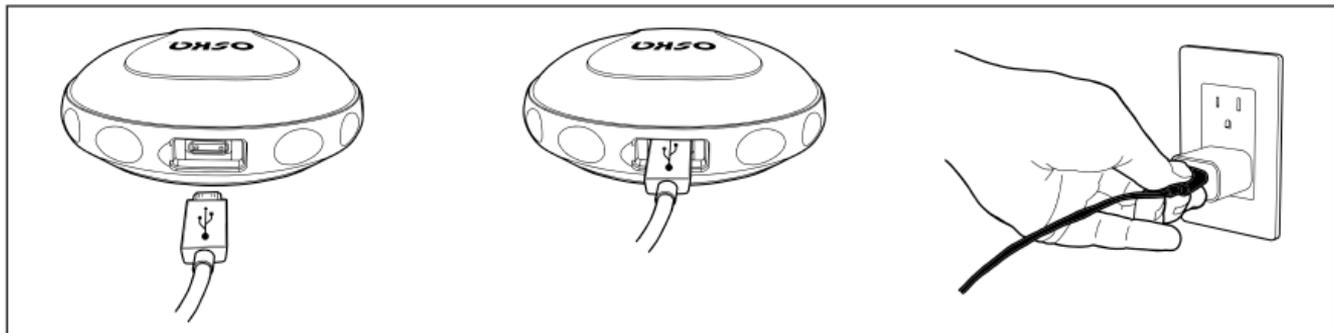


Figure 1: Oska Pulse Contents

CHARGING OSKA PULSE

To charge your Oska Pulse, plug the charging cable into the USB port on your computer or an AC charging adapter and plug the micro-USB end into the docking port on the end of the Oska Pulse device.

During the recharging phase, as soon as the Oska Pulse device connects to a power source, the LED lights located at the opposite end of the charging port will illuminate. The LED lights will remain lit until the device is fully charged. It may take up to 3 hours to reach a full charge. A fully charged battery should provide up to 20 hours of use. The battery is not user replaceable.



OPERATING OSKA PULSE

Press the single button on top of the device to turn your Oska Pulse on. You will hear a soft beep and notice the LED lights begin to blink. The session starts as soon as the device is on.

Oska Pulse will run for 90 minutes without interruption and automatically turn off at the end of the 90 minutes. It is recommended to use Oska Pulse at least 2 times per day for a total of at least 3 hours.

To stop the device, simply press the button 3 times. You will hear 3 short beeps and the lights on the device will turn off to let you know the device is off.



Figure 2: Turn on your Oska Pulse

The device will start a new session when powered back on.

Low battery is indicated by an additional 3 short beeps during power off and on. When the device powers off within a few seconds of turning on, this is an indication of the battery at critically low charge. The device will require charging before use can resume.

(Refer to page 10 for CHARGING OSKA PULSE)

USING THE COMPRESSION WRAP



Figure 3: Compression Wrap

A large compression wrap is included in the package. The wrap is elastic to help secure Oska Pulse on or near the area of pain.

Step 1: Slip the device in the loop located at the end of the wrap, Oska label and top of device positioned up. Be sure the ends of the device are visible, centered, and the device is secure.

Step 2: Position the device on or near the area of pain.

Step 3: Attach the wrap around your limb, torso, or other area of pain and fasten it with the Velcro.

Note: The electromagnetic field extends approximately 11 inches from the device in all



**Caution: This Product Contains
Natural Rubber Latex Which May
Cause Allergic Reactions**

directions. Optimal strength is within 9 inches. The further away from the area of pain, the weaker the magnetic strength.

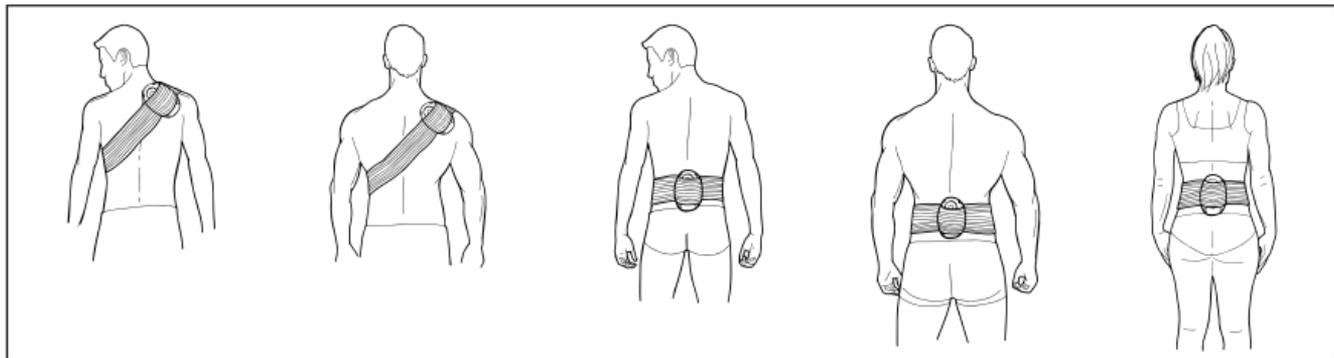
You can wear Oska Pulse under or over garments.



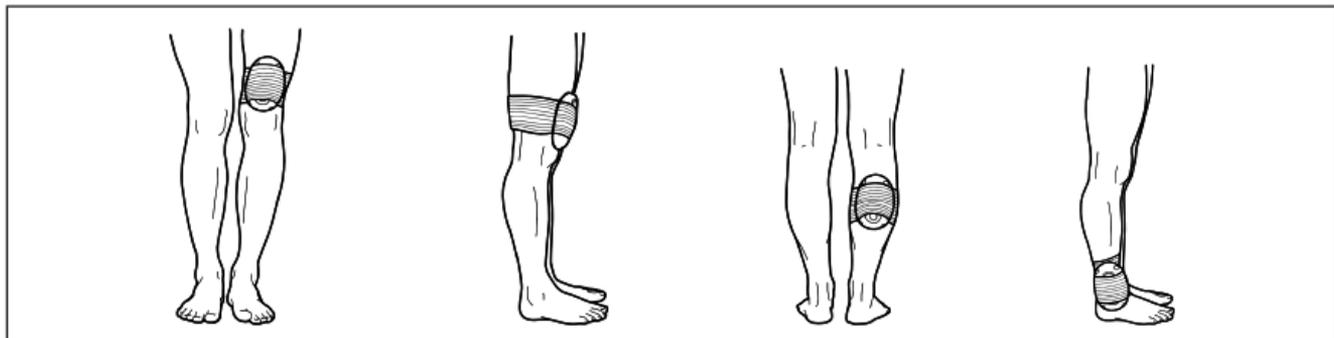
Do not apply the wrap too tightly as it may affect blood circulation if worn for an extended period.



You may forget that you are wearing Oska Pulse and accidentally drop it into water, liquid, or a toilet. Should this occur, do not charge or use the device because exposure to liquids may cause irreparable damage to the electronic components.



Examples of how to use the long compression wrap for shoulder, upper, middle, and lower back.



Examples of how to use the short compression wrap for knee, calf, and ankle.

Short wrap is sold separately.

DEVICE CARE AND MAINTENANCE

- Clean the surface of Oska Pulse with a slightly damp cloth only. Periodically disinfecting the device with an isopropyl alcohol wipe is recommended.
- Always store Oska Pulse in a cool, dry place. Never keep it where the temperature is less than -10°C (14°F) or greater than 70°C (158°F).
- Use caution prior to using the device if it has been stored or not used for long periods. Inspect the device and do not use if you see any signs of internal battery leaks.
- Never store Oska Pulse for an extended time with the battery charge depleted.
- Do not charge or use Oska Pulse after it is submerged or dropped in any liquid because exposure to liquids may cause irreparable damage to the electronic components.



Do not use soap, cleanser, bleach, or any other cleaning agent that may potentially damage the device.

If you encounter any problem in the operation of the device, first turn OFF then turn back ON again. This will allow the e-Tec program to reboot and reset itself. If the problem persists, please contact the Oska Wellness Customer Care at (844) 630-9932.

SPECIFICATIONS

Manufacturer:	Oska, Inc. DBA Oska Wellness
Model	Oska Pulse
Part Number	CS011A
Operating Temperature	10°C (50°F) to 38°C (100°F)
Operating Humidity	Maximum 95% Relative Humidity, non-condensing
Storage & Transportation Temperature	-10°C (14°F) to 70°C (158°F)
Protection from Solid Particle & Liquid Ingress	IP22
Weight	2.12 ounces (60 grams)
Dimensions	5¼ inches x 3½ inches x 1¼ inches (13.3cm x 8.9cm x 3.2cm)
Rechargeable Battery	3.7V Li-Ion battery, rechargeable. The battery is not replaceable.
Operation Time	90 minutes

SYMBOLS

Symbol	Descriptions
	Manufacturer Symbol
	Date of Manufacture
	Catalog Number or Part Number
	Warning or Caution, refer to accompanying documents
	Temperature Range
	Waste of electrical and electronic equipment is designated for separate collection at an appropriate collection point. Do not dispose of as household waste.
	This product contains natural rubber latex which may cause allergic reactions.

RETURN & WARRANTY INFORMATION

Oska Pulse Return Policy

If you would like to return your Oska Pulse, please first call Oska Wellness Customer Care at (844) 630-9932 to obtain a Return Materials Authorization (RMA). Please note that only devices purchased directly from Oska, Inc. are eligible for return. Purchases from an authorized affiliate or reseller are subject to the policies of that seller. Devices purchased from unauthorized sources are not eligible for return.

CONDITIONS

1. Returns must occur within 30 days of delivery and an original receipt is required (occasionally, we may offer certain purchasers a time extension of this guarantee at our sole discretion, which will be confirmed, to them, in writing).
2. Returns must be approved by the Oska Wellness team first.
3. The Oska Pulse device, compression wrap(s), and charging cable (and other variable contents of the package) are ALL required to be returned to us (not just the device itself).
4. Refunds will NOT be processed until we have received the device and other components.
5. If the device has been damaged (as determined by Oska Wellness) from mistreatment, exposure to water, or has been tampered with, no refund will be issued.

ONE-YEAR MANUFACTURER WARRANTY

Oska Pulse is warranted to be free from defect in materials and workmanship for a period of one year from the date of purchase subject to normal use of the device. This warranty only extends to the original retail purchaser so long as purchased directly through Oska, Inc. or an authorized Oska Pulse affiliate or retailer. If the product should become defective within the warranty period, contact Oska Wellness Customer Care at **(844) 630-9932**.

Oska, Inc. reserves the right to determine whether the device meets the warranty policy and to replace a defective product with the most comparative product currently available. Proof of valid purchase is required. Please review the terms of service and detailed warranty information on our website at **www.oskawellness.com**.

30-DAY COMPLIANCE TRACKER *(Use this daily to track your progress)*

Day 1 _____	Day 16 _____
Day 2 _____	Day 17 _____
Day 3 _____	Day 18 _____
Day 4 _____	Day 19 _____
Day 5 _____	Day 20 _____
Day 6 _____	Day 21 _____
Day 7 _____	Day 22 _____
Day 8 _____	Day 23 _____
Day 9 _____	Day 24 _____
Day 10 _____	Day 25 _____
Day 11 _____	Day 26 _____
Day 12 _____	Day 27 _____
Day 13 _____	Day 28 _____
Day 14 _____	Day 29 _____
Day 15 _____	Day 30 _____

MORE QUESTIONS?

Please contact an Oska Wellness
Customer Care representative:

(844) 630-9932
info@oskawellness.com

OSKA | PULSE

Quick Start Guide

OSKA
www.oskawellness.com



HOW TO USE YOUR DEVICE

Oska Pulse will need to be fully charged before use. Refer to “How to Charge” instructions.

Turn on: Press the single button once to start a 90-minute session. You will hear 1 soft beep and notice the LED lights begin to blink.

Place the device on or near your area of pain.

Turn off: If needed prior to the end of a session, simply press the button 3 times. You will hear 3 soft beeps to let you know the device is off. The lights will also turn off. The device will automatically turn off at the end of a session.

WHAT TO EXPECT

Oska Pulse is designed to be fully integrated into your lifestyle, so you can benefit from it anytime, wherever you are.

The device is safe to use as often as you like. There have not been any reports of adverse side effects.

PEMF therapy works differently for everyone. Some users experience relief within a few days, and others may take a few weeks or more.

With Oska Pulse you won't feel any heat, pulsing or tingling. Some may notice a slight warming of the area due to increased blood flow.

HOW TO CHARGE OSKA PULSE

Plug the charging cable provided into the USB port on a wall adapter and plug the adapter into a power outlet. Plug the micro-USB end of the cable into the charging port located on the end of Oska Pulse.

During the charging phase, the lights on the opposite end of the docking port will illuminate. When the lights turn off, the device is fully charged.

A full charge may take up to 3 hours and should provide up to 20 hours of use.

See the User Manual for additional specifications.

PAIN RELIEF ANYTIME, ANYWHERE

Using Oska Pulse at least 2 times each day is going to give you the most benefit of pain relief.

You can break up your sessions, as needed. For example, enjoy a session in the morning and evening. Or, take Oska Pulse with you as you go about your daily activities.

You can track your progress with the 30-Day Compliance Tracker on the back of this guide.



Be sure to drink plenty of water to help your body maximize the benefits.

