

proactive™  
Physiotherapy • Physiothérapie

**Libera**™

Wire-free Physiotherapy Device



## Instructions

**Please read this manual thoroughly  
before using this device for the first time.**

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# INTRODUCTION

Libera™ is a Transcutaneous Nerve Stimulator (TENS) used for pain relief. Libera™ is portable, compact, and stylish in design. It may help relieve pain in various areas of the body, such as the lower back, shoulders, arms, and legs.

## 1. What is pain?

Pain warns our body of injury to prevent further damage. This sensation is important because without it, vital parts of our body might be injured without our knowledge. However, long-lasting, persistent (chronic) pain, once diagnosed serves no apparent purpose and reduces quality of life.

## 2. How does TENS work?

TENS refers to the transmission of small electrical pulses through the skin to the underlying peripheral nerves. The theory of TENS suggests two different modes of operation:

**In conventional (high frequency) TENS**, continuous mild electrical activity may block the pain signal travelling to the brain. If the pain signal does not get through to the brain, the pain is not “felt”.

**In low frequency TENS**, short bursts of electrical activity may stimulate the release of endorphins, the body’s own natural pain-control substance. Ask your physician or therapist for more details. No matter what pain theory is used, TENS has been proven useful in pain management for many patients in helping to make their lives better.

## SAFETY INFORMATION

1. TENS is a symptomatic treatment that suppresses the sensation of pain. It has no curative value and is not effective on pain that is of central origin.
2. **Do not use in the following situations:** Undiagnosed pain syndromes (until etiology is established) • Cancerous lesions that are present in the treatment area • Swollen, infected, inflamed areas or skin eruptions (eg: phlebitis, thrombophlebitis, varicose veins, etc.) • Demand type implanted pacemaker or defibrillator, or any metallic implant • Epilepsy • Serious arterial circulatory problems in the lower limbs • Abdominal or inguinal hernia.

Safety has not been established for use during pregnancy.

### WARNING

For external use only • The long-term effects of frequent electrical stimulation is unknown • This device should be used only under the continued supervision of a licensed medical practitioner

- Do not apply stimulation over the thyroid or carotid sinus regions as this could disrupt breathing, cardiac frequency or blood pressure
- Do not use while connected to high-frequency surgical equipment or near shortwave or microwave therapy equipment.
- Never use in environments with high humidity (eg: bathroom)
- Never place the electrodes anywhere on the front of the thorax or transthoracically as it can increase the risk of ventricular fibrillation, cause cardiac arrhythmia and lead to cardiac arrest
- Never place the gel pad in a way that would cause the current to go through the head
- Never use near the eyes, the genitals, the heart or on areas which lack normal sensation
- This stimulator should never be used by patients who are noncompliant or are emotionally, cognitively or mentally impaired
- Keep the stimulator out of reach of children

### **3. Precautions**

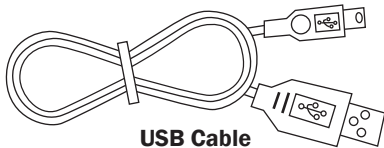
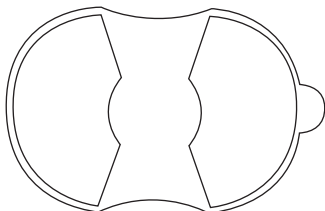
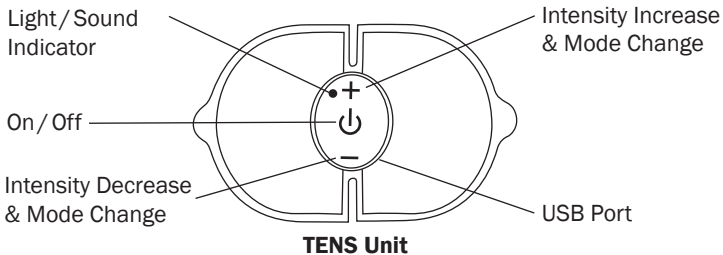
- Do not adjust controls while operating machinery or vehicles
- Turn the stimulator off before applying or removing gel pad
- Only use with ProActive™ gel pads
- Long-term stimulation at the same site may cause skin irritation. Use only as prescribed by a physician
- Never use in rooms where aerosols (sprays) are used or pure oxygen is being administered. Do not use it near highly flammable substances, gases or explosives
- Apply the gel pad to clean, dry, and unbroken skin only
- Should the treatment become unpleasant, discontinue the use of this device until its use has been reassessed by a physician or therapist

### **4. Possible Adverse Reactions**

- Skin irritation or burn under the gel pad
- Allergic skin reaction to gel pad
- Headache and other painful sensations during or following the application of electrical stimulation near your eyes, face, and head.

Medical Electrical Equipment needs special precautions regarding Electromagnetic Compatibility (EMC) and needs to be installed and put into service according to the EMC information provided. Portable and mobile radio frequency (RF) communication equipment can affect Medical Electrical Equipment.

## DEVICE OVERVIEW



# INSTRUCTIONS FOR USE

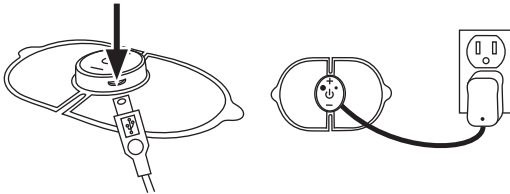
## Prepare the Unit

1. Before use, charge Libera™ with the enclosed USB cable.

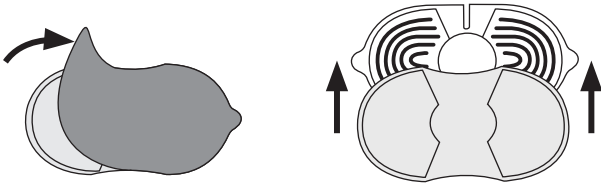
It can be plugged into a computer's USB port or into a wall socket using an adaptor (not included). Charging time: 2 hours.

**Notes:** The LED light on the device will keep flashing while charging and will become solid after it is completed.

Fully charge the battery of the unit at least every 3 months if the unit will not be used regularly.

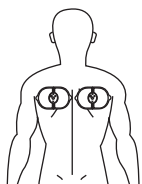
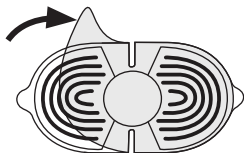


2. Peel off the **blue** plastic film from the gel pad to expose the adhesive. Then apply the gel pad onto the back of the TENS unit, as illustrated.

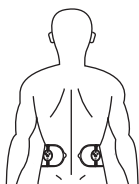


## Apply to Treatment Area

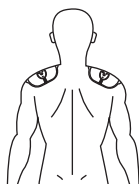
3. Carefully peel the **clear** backing from the gel pad and apply the unit to the treatment area (eg: shoulder or leg). Press down firmly to ensure a full and firm contact with skin.



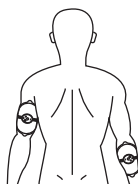
Back



Waist



Shoulders



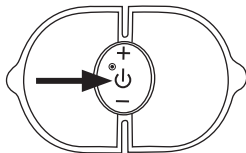
Arms



Legs

## Set the Pulse Mode and Intensity

4. Press the “On/Off” button to turn on the unit. The LED will light up and the unit will beep once, indicating that it is ready. The default pulse mode (mode 1) is called “Scraping”.

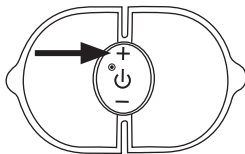




**5.** Use the “+” and “-” buttons to increase and decrease the pulse intensity to suit your needs and comfort level. The LED will flash and the unit will beep once to confirm that the intensity level was changed. The maximum intensity level is 15.

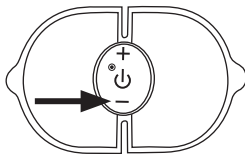
- Press once to increase intensity.

Press and hold for 3 seconds to select next mode up.



- Press once to decrease intensity.

Press and hold for 3 seconds to select next mode down.



**6.** Press the “+” or “-” buttons for 3 seconds to navigate to the desired pulse mode. Pulse modes in order are:

Mode 1 – Scraping

Mode 2 – Massage

Mode 3 – Tapping

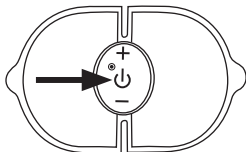
Mode 4 – Acupuncture

Mode 5 – Combination of the above four modes

When the mode is changed from one to another, the LED light will flash and the sound will beep to represent the corresponding mode selected. For example, if Mode 3 is selected, the LED light will flash and the sound will beep three times.

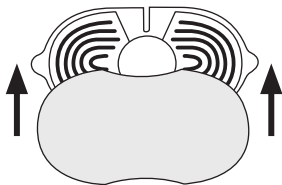
## After Treatment

- The unit will stop automatically after 20 minutes of treatment. The treatment can also be stopped at any time by pressing the “On/Off” button. The LED will then flash 3 times and three “beeps” will sound to indicate that the unit has been turned off.



**Note:** To preserve the battery and prevent unexpected shock, the device will default to the lowest intensity level when not used on any treatment area, and will automatically turn off after 20 minutes.

- Place the clear plastic liner back on the gel surface to preserve adhesiveness and store the TENS unit in its plastic case until next use.



## **TO GET THE BEST RESULTS FROM YOUR TENS**

- Use for the full 20 minutes per treatment site.
- Start at the lowest intensity (1) and gradually adjust to a comfortable level (up to 15).
- Before applying the unit to the treatment area, ensure that the skin is clean, dry and healthy (free of perspiration, dirt or lesions). Wipe off body lotion or cream with an alcohol pad if needed.
- Cover the electrode gel surface with the clear plastic liner and store the unit in its case immediately after use. Keeping the gel pads clean will extend their lifespan, which depends on the frequency of use. Avoid touching the adhesive pads with fingertips, as skin oils can damage them.
- The gel pad is disposable and should be replaced when it loses its adhesiveness. Replacement gel pads can be purchased at your local pharmacy or by contacting A.M.G. Medical Inc. at 1-800-363-2381.
- If the LED becomes blurry and/or the stimulation intensity weakens, it means that battery power is running low and the device must be charged again.

## **CLEANING AND STORAGE**

- Always turn off the device before cleaning.
- The device can be cleaned with a soft, damp cloth.
- Never use excessive water or cleaning agents to clean the device.
- The gel pad must remain attached to the unit between uses, covered by the plastic film to prevent it from getting dirty or drying up.
- Fully charge the battery of the unit at least every 3 months if the unit will not be used regularly.
- Avoid exposure to extreme moisture or temperature.

## **TROUBLESHOOTING**

If this device is not operating properly, please check below for suggested solutions. If the recommended action does not solve the problem, please contact the seller.

### **If stimulation is weak or non-existent**

- Verify that skin is clean and pads are firmly attached to skin.
- The battery may be low and needs to be charged.

### **If the device does not turn on when “On / Off” is pressed**

- The battery may be low and needs to be charged.

### **If gel pads are not sticky**

- The gel pad will lose adhesiveness over time.  
Visit your pharmacy to purchase replacements.

### **If skin turns red**

- Stop treatment on this area. If problem persists, contact your physician.

## TECHNICAL SPECIFICATIONS

- Size: 11.7 x 7.1 x 1.1 cm
- Weight: 19 g
- Power Supply: DC 3.7V
- Output Voltage: 55 V at 500  $\Omega$
- Pulse Width: 50-100  $\mu$ S
- Frequency: 0-200 Hz
- Timer: 20 Minutes
- Intensity: 15 Levels
- Mode: 5 Pulse Modes.
- Operating Condition: -10 ~ 40 °C, 30% ~ 85% Humidity
- Storage Condition: -10 ~ 50 °C, 10% ~ 95% Humidity
- Transportation Condition: -10 ~ 50 °C, 35% ~ 85% Humidity

Note: Adaptor not included.

Use 0.5 to 2A adaptor to charge your Libera™.

## LIMITED WARRANTY

A.M.G. Medical Inc. warrants Libera™ to be free from defects in material and workmanship for a period of one (1) year, to be proven by means of the sales receipt or invoice. This warranty is valid for the original purchaser only. Any alterations, abuse, misuse or accidental damage voids this warranty. Repairs under warranty do not extend the warranty period.

For service under warranty, call us at: **1-800-363-2381**, between **8:30 AM** to **5 PM EST**.

- The following is excluded under the warranty:
  - A) All damage which has arisen due to improper treatment, eg: nonobservance of the user instructions.
  - B) All damage which is due to repairs or tampering by the customer or unauthorized third parties.
  - C) Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
  - D) Accessories which are subject to normal wear and tear.
- Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.

Questions? Comments?  
**1-800-363-2381 • [www.proactive-painmanagement.com](http://www.proactive-painmanagement.com)**



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**A.M.G. Medical Inc.** 8505 Dalton, Montréal, QC H4T 1V5  
Canada • **1-800-363-2381**

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**AMG Medical, Inc. (USA)** 8396 State Route 9, West Chazy, NY 12992  
USA • **1-888-412-4992**