

## Care Select Stim<sup>®</sup>

### Digital TENS & Muscle Stimulation



#### TENS Programs

- Low Back Pain
- Neck Pain
- Shoulder Pain
- Knee Pain
- Ankle and Foot Pain
- Arthritis
- Tendonitis
- Fibromyalgia

#### NMES Programs

- Muscle Reeducation
- Post Injury or Surgery
- Prevention or Retardation of Disuse Atrophy
- Increasing Blood Circulation
- Edema Reduction
- Immediate Postsurgical Stimulation of Calf Muscles to Prevent Venous Thrombosis
- Maintaining or Increasing Range of Motion

Care Select Stim<sup>®</sup> comes with 9 preset TENS and 6 preset NMES programs. Patients with a need for both applications can now receive them in one convenient home device, saving money for the patient and insurance company. Preset programs allow for quick and simple applications for pain or muscle reeducation.



***Be Active. Stay Active.***

# Care Select Stim®

Digital TENS and Muscle Stimulation

Easy to read  
high resolution  
digital display

Compact size  
2 units in 1

User friendly  
(lockable  
parameters)

Built-in  
treatment  
timer

Belt clip

Lightweight,  
ergonomic design

Case closes  
to protect keys



## SPECIFICATIONS:

**Dual channel:** Individually isolated circuits.

**Amplitude:** 0-90 mA; indication only; actual mA will tend to be less than indicated due to electrode impedance.

**Type:** Constant current.

**Waveform:** Asymmetrical, rectangular bi-phasic with zero DC current.

**Selectable pulse width:** 30  $\mu$ S - 400  $\mu$ S  
[+/- 2% accuracy].

**Pulse rate selection:** In the continuous mode 2-150 Hz [+/- 2% accuracy].

**Maximum charge per pulse:** 41 microcoulombs.

**Maximum average current:** 3.6 mA.

**Duty cycle:** Ranges from 0.006% at 30  $\mu$ S, 2Hz to 4% at 400  $\mu$ S, 100 Hz.

**Time duration of the treatment selectable:** 15, 30 or 60 minutes or continuous.

**Open electrode detect:** If an open circuit is detected at the output of channel 1 or 2 the output current will be reset at zero.

**NMS** on time 5 -15 seconds. NMS off time 5 - 60 seconds. NMS ramp up time 0.1 - 9.9 seconds. NMS ramp down time < 1 second.

**Low battery indicator:** If the battery goes below 6.9 volts +/- 0.2 volts the battery symbol will flash on/off once every second. If the battery voltage is below 6.6 volts (+/- 0.2) the unit will not turn on.

**Physical dimensions:** 4.0" x 2.6" X 1.4".

**Weight:** 8 oz (including battery).

**Environmental conditions for storage & transport:** +14 to +95 degrees, 0-90% humidity.

**Tolerances:** All electrical specifications are +/- 10% into 500 ohm resistive load.

## SUPPORTING RESEARCH AND REFERENCES:

Arch Phys Med Rehabil. 1997 Jan;78(1):55-60. "Combined neuromuscular electrical stimulation and transcutaneous electrical nerve stimulation for treatment of chronic back pain: a double-blind, repeated measures comparison." PMID: 9014958

J Bone Joint Surg Am. 1995 Aug;77(8):1166-73. "Strength of the quadriceps femoris muscle and functional recovery after reconstruction of the anterior cruciate ligament. A prospective, randomized clinical trial of electrical stimulation." PMID: 7642660

Federal Law (USA) restricts this device to sale by or on the order of a physician so licensed by the state.



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