

SAFETY & CONTRAINDICATIONS

DO NOT use if you have:

- A cardiac pacemaker, implantable defibrillator or any other implantable electrical device fitted
- Any suspected or diagnosed serious heart conditions, disease or disorders
- Suspected or diagnosed epilepsy
- Suspected or confirmed pregnancy
- Suspected or diagnosed cancers of any type cautioned to seek medical advice

Not suitable for use on babies, infants or young children.

If you have any medical concerns or serious health conditions, consult your doctor or healthcare provider before use. Microcurrent (MCS/MC5) is not suitable for use at any time during pregnancy. All other modes may be used from 3rd trimester during pregnancy.



mediliev™
touch

QUICK START GUIDE

3 clinically proven bioelectrical technologies combined to make the mediliev touch a complete rehab system.

5 treatment apps, 16 treatment options and mc⁵ microcurrent

NuroKor® PNS
Peripheral Nerve Stimulation

NuroKor® NMS
Neuromuscular Stimulation

mc⁵ Microcurrent

mediliev touch can be used with the following accessories:

- KorBand
- KorShoe
- KorGlov

For more information, tutorials, FAQ'S and more, scan the QR code or visit gonurokor.com



mediliev touch empowers everyone to harness their body's own ability to manage pain, improve muscle function and tissue recovery.

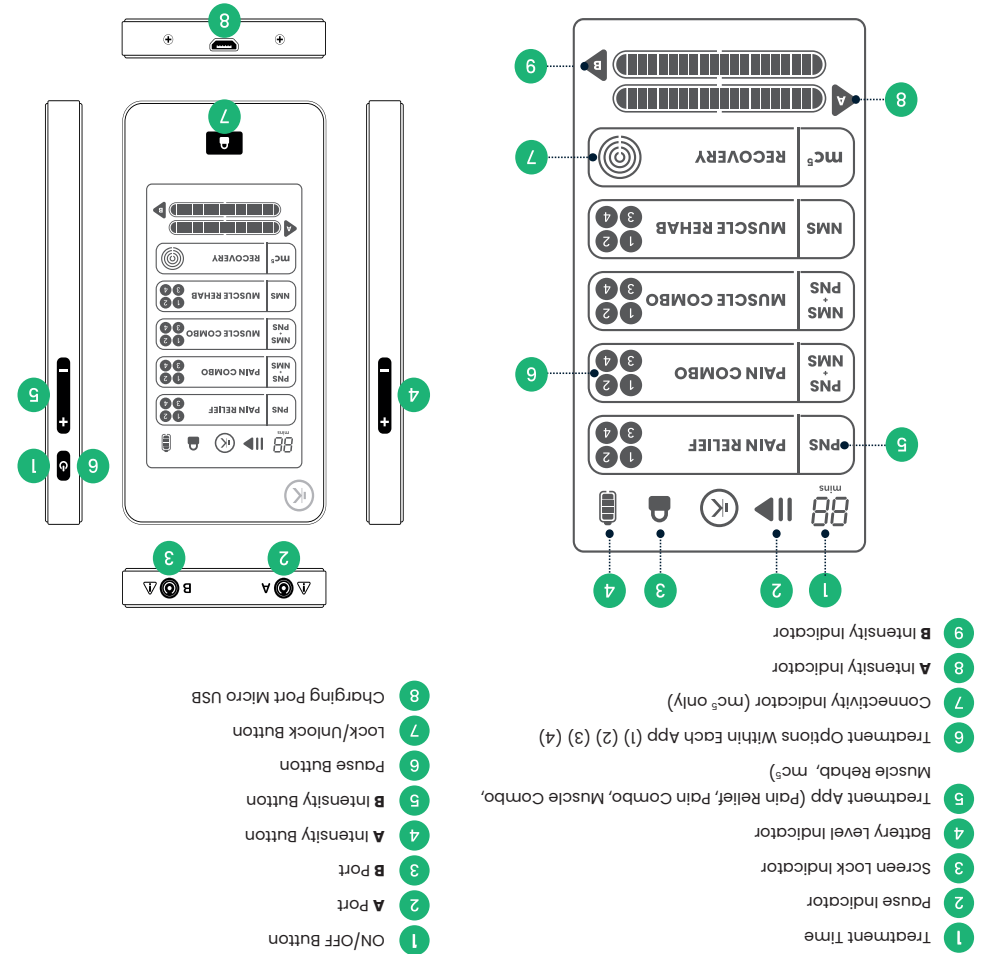
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EN-USA



For best results, explore each treatment app and experiment with what works best for you.

Apps	Treatment Technology	What does it do?	Uses	Treatments
RECOVERY (MC ⁵)	mc ⁵	MCS ⁵ microcurrent helps the body's repair process by restoring and normalising cell local blood flow and metabolic function in local area of contraction. Stimulate and	Musculoskeletal injuries, inflammation, muscle or muscle groups and coordination retraining. Reduce pain, muscle spasm, improve range of motion and increase local circulation. Ex: atrophied muscles, painful symptoms of neuropathy.	1
MUSCLE REHAB	NMS	Stimulate and improve muscle function (NMS) and PNS to provide additional pain relief and facilitate more contraction. Soft stimulation to	Rehabilitation of muscle or muscle groups and coordination retraining. Reduce pain, muscle spasm, improve range of motion and increase local circulation. Ex: low back pain, shoulder, neck, and other muscle groups.	4
MUSCLE COMBO	NMS PNS	Soft stimulation to improve muscle function (NMS) and PNS to provide additional pain relief and facilitate more contraction. Stimulate and	Muscle relaxation and rehabilitation. Reduce pain, muscle spasm, improve range of motion and increase local circulation. Ex: low back pain, shoulder, neck, and other muscle groups.	4
PAIN COMBO	NMS PNS	Combines the management of painful inflammatory conditions or where deeper stimulation may be required. PNS to provide immediate pain relief of PNS and a strong, but comfortable muscle stimulation	Pain and muscle symptoms of neck, back, and other muscle groups. Reduce pain, muscle spasm, improve range of motion and increase local circulation. Ex: low back pain, shoulder, neck, and other muscle groups.	4
PAIN RELIEF	PNS	Precise stimulation of peripheral sensory nerves to suppress the transmission of pain signals. Combines the	Chronic and acute pain, post-operative symptoms of neck, back, and other muscle groups. Reduce pain, muscle spasm, improve range of motion and increase local circulation. Ex: joints: ankle, knee, elbow, and other painful areas.	4



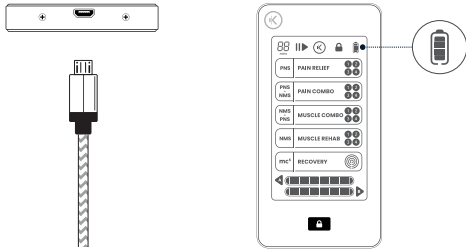
- 1 ON/OFF Button
- 2 A Port
- 3 B Port
- 4 A Intensity Button
- 5 B Intensity Button
- 6 Pause Button
- 7 Lock/Unlock Button
- 8 Charging Port Micro USB

- 1 Treatment Time
- 2 Pause Indicator
- 3 Screen Lock Indicator
- 4 Battery Level Indicator
- 5 Treatment App (Pain Relief, Pain Combo, Muscle Combo, Muscle Rehab, mc⁵)
- 6 Treatment Options Within Each App (1) (2) (3) (4)
- 7 Connectivity Indicator (mc⁵ only)
- 8 A Intensity Indicator
- 9 B Intensity Indicator

QUICK START GUIDE

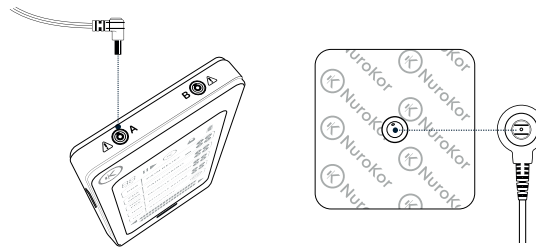
1 Charging

Connect the charging cable to a USB charging source.
Charge until the battery indicator shows full.



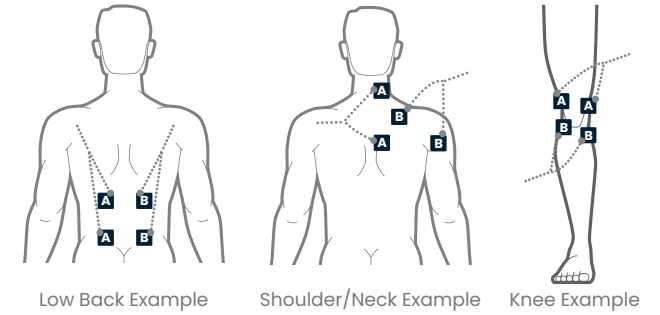
2 Getting started

Insert treatment lead into port A (and B if using 4 electrode pads). Attach each electrode pad to each of the stud connectors on the treatment leads.



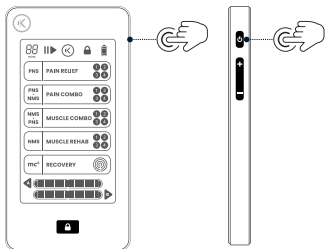
3 Pad Placement

Remove the plastics protectors from the electrode pads and place pads onto the skin, spanning the desired treatment area. Pads should be placed at least 6cm (2.3") apart, either side of the affected area.



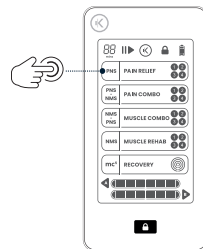
4 Turning ON

Press and hold ON/OFF button until device turns on.



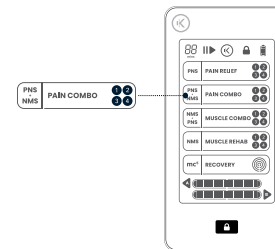
5 Selecting an app

Using the touchscreen press an icon to select the desired treatment app.



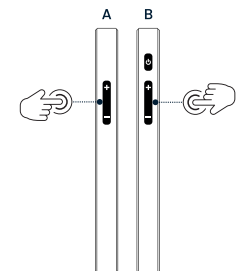
6 Selecting a treatment

Each app has 4 treatment options, each will feel slightly different. Press the app icon again to move through treatment options 1, 2, 3 & 4.
When using the mc⁵ app there is no need to select a treatment option.



7 Adjust intensity

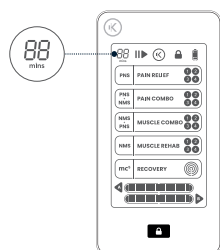
If using Port A, use the A intensity button on the left hand side of the device to increase or decrease the intensity of the treatment.
If using Port B, use the B intensity button.




⚠ There are 20 intensity levels.
Intensity defaults to zero at the start of each treatment and will not increase unless pads are connected.

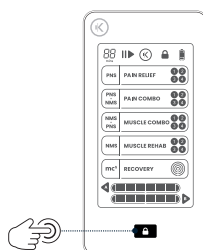
8 Treatment time

Select desired treatment time using 10-60 minute timer (each touch increases time by 10 minute increments)



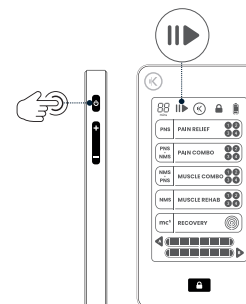
9 Screen lock

Lock the home screen to reduce accidental disruptions or changes during your treatment, once treatment time and intensity are set. Press  button to lock and unlock touchscreen.



10 Pausing treatment

Briefly press the ON/OFF button to pause the treatment.
Press again to resume.



11 Turning OFF

Press and hold  button to manually turn OFF the mediliev touch.

