

BIOWRAP[®]

SMARTER WEARABLE TECHNOLOGY[®]

Quick Reference Guide

THIGH-CALF BIOWRAP

SILVER

Compression Electrode Garment

Utilizes Advanced Silver Fabric
Electrode Technology



See video at
<https://biowave.com/support-biowraps/>



NOTE: ONLY for use with BioWaveHOME & BioWavePRO.

Questions? Call us!

1-877-BIOWAVE • (1-877-246-9283)

support@biowave.com

Size

Circumference Around
Thigh, Calf or Arm

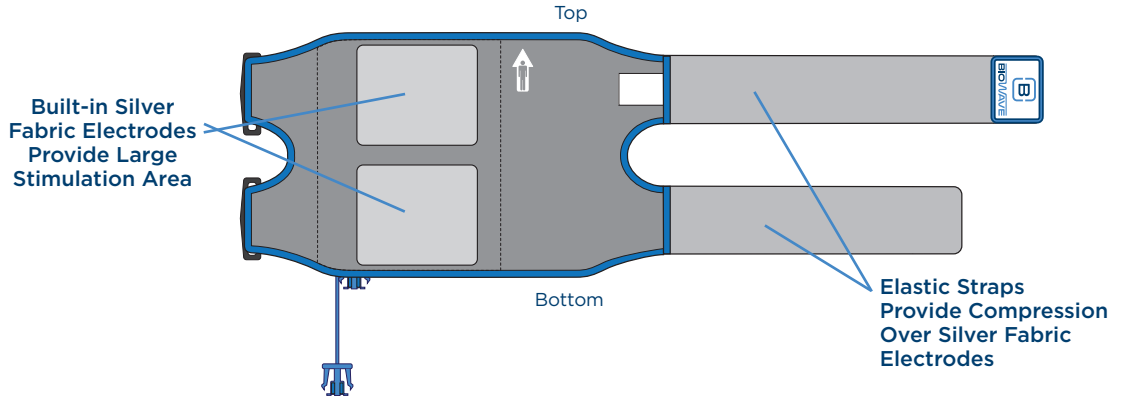
One Size

12" - 30"

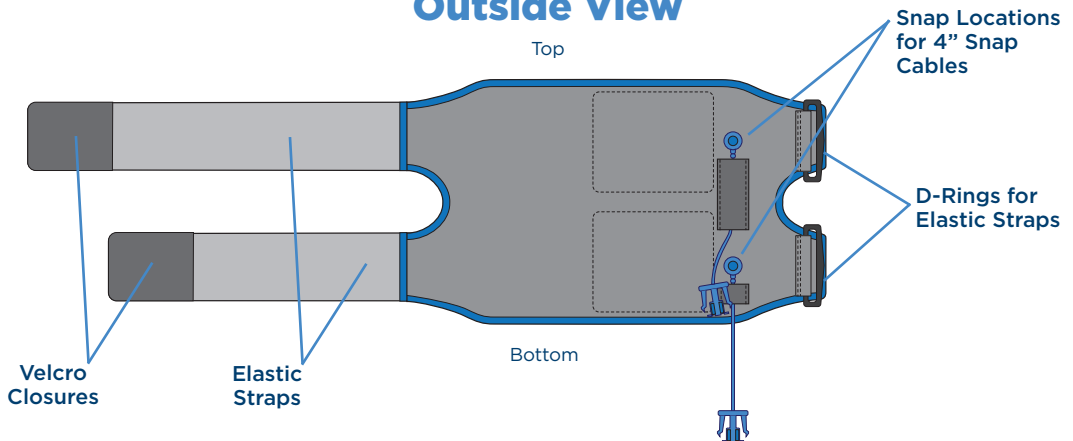
THIS PACKAGE CONTAINS

- One Thigh-Calf BioWrap Compression Electrode Garment - for use on LEFT or RIGHT thigh or calf.
- One 4.2 oz. Bottle of TheraCream Conductive Cream
- Two Spare Replacement Snap Cables

Inside View



Outside View



STEPS BEFORE FIRST USE

- BEFORE FIRST USE:** First Attach BioWrap to your Body **WITHOUT TheraCream** to make sure the BioWrap fits. If BioWrap is too small or too large, **DO NOT** start a treatment. Immediately contact your provider or BioWave Customer Service at 1-877-BIOWAVE (1-877-246-9283) so we can issue a return.
- BEFORE FIRST USE:** If the BioWrap fits, remove both snap cables, **HAND WASH SILVER FABRIC ELECTRODES** with mild soap and water, rinse, pat dry with towel, then let air dry completely. Once dry, reattach both snap cables to the backside of the BioWrap as shown on the prior page.

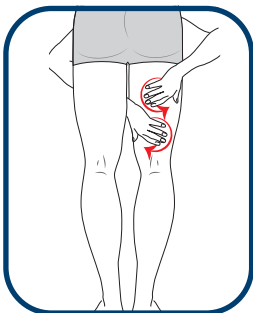
DIRECTIONS FOR USE

Step 1. TheraCream Application

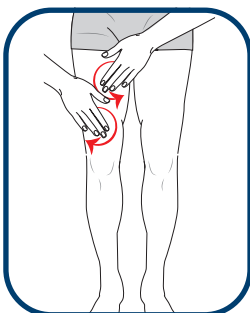
- First clean skin around the location you want to treat (e.g. Hamstring, Quadriceps, IT Band, or Calf etc.). If there is a lot of hair in the location you want to treat, shave excess hair.
- Use a generous pea-sized amount of TheraCream, for EACH of the two SILVER fabric electrodes (SEE PHOTO to the right).
- Rub the TheraCream INTO THE SKIN in the area under each SILVER fabric electrode.
- **DO NOT** rub TheraCream onto the SILVER fabric electrode.
- TheraCream should be absorbed into the skin without leaving a white coating.
- It is fine to spread TheraCream beyond the electrode area, as long as it is evenly distributed under the SILVER fabric electrode.



1.



Clean Hamstring Example



Clean Quadriceps Example

First clean skin around the location you are treating (e.g. Hamstring, Quadriceps, IT Band, or Calf etc.)

Squeeze a generous pea size amount of TheraCream onto your finger tip and rub into your skin thoroughly **in the locations on your THIGH or CALF that the SILVER FABRIC touches your skin.**

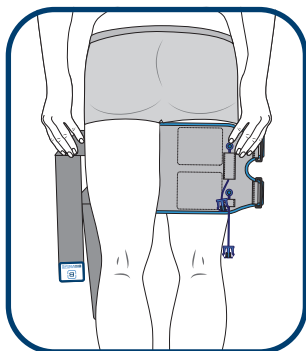
DIRECTIONS FOR USE

Step 2. Attach Leadwire Cable and BioWrap

These instructions are for attaching the Thigh-Calf BioWrap to the **RIGHT** or **LEFT** Thigh. Illustrations show examples for attaching the BioWrap for treating Hamstring or Quadriceps. Both 4" Snap Cables should already be snapped onto the 2 snaps on the back side of the BioWrap.

- **Click the blue Snap Cable electrode connectors into the blue Leadwire Cable connectors.**
- **Plug the single end of the Leadwire Cable into the BioWave device (or dongle attached to the device).**

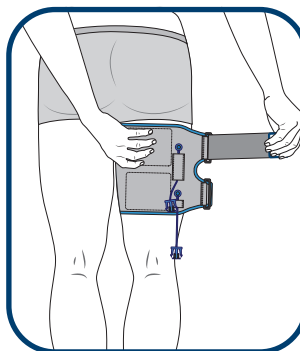
2A.



HAMSTRING

Line up the Silver Fabric Electrodes over where it hurts on the back of your thigh.

2B.

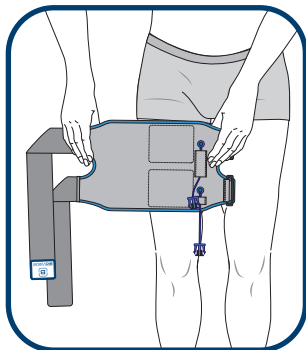


HAMSTRING

Insert top elastic strap through top D-ring.

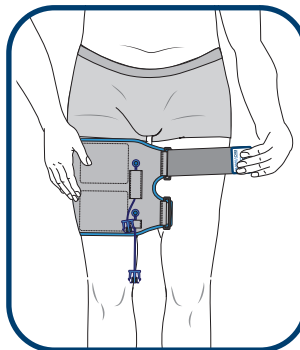
Pull top elastic strap so BioWrap is tight.

Make sure silver fabric electrodes are centered over locations of pain on your hamstring.



QUADRICEPS

Line up the Silver Fabric Electrodes over where it hurts the front of your thigh.



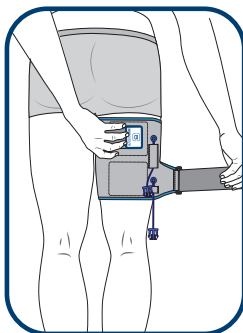
QUADRICEPS

Insert top elastic strap through top D-ring.

Pull top elastic strap so BioWrap is tight.

Make sure silver fabric electrodes are centered over locations of pain on your quadriceps.

2C.

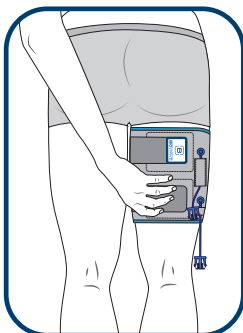


HAMSTRING

Pull top strap across back of thigh so BioWrap is tight. Secure Velcro strap to close.

Insert bottom elastic strap through bottom D-ring and pull tight.

2D.

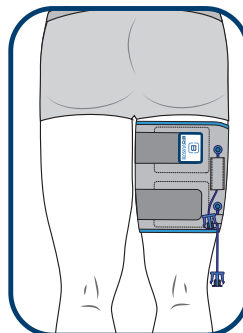


HAMSTRING

Pull bottom strap across back of thigh so BioWrap is tight.

Secure Velcro strap to close.

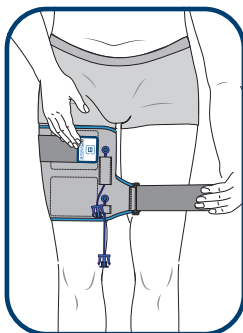
2E.



HAMSTRING AND QUADRICEPS

The silver fabric electrodes should be centered over locations of pain.

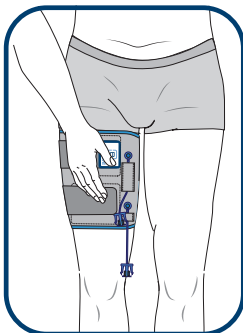
Both the top and bottom strap should provide a similar feeling of compression.



QUADRICEPS

Pull top strap across front of thigh so BioWrap is tight. Secure Velcro strap to close.

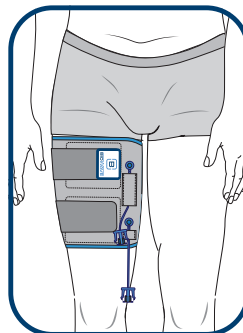
Insert bottom elastic strap through bottom D-ring and pull tight.



QUADRICEPS

Pull bottom strap across front of thigh so BioWrap is tight.

Secure Velcro strap to close.



DIRECTIONS FOR USE

Step 3. Compression Guide

- **Just Right:** Should be snug and comfortable, like a sock. See photo examples below:
- **Too Loose:** Gapping between the silver fabric and skin can lead to an ineffective treatment and a possible intermittent shock or sting.
- **Too Tight:** Can cause stinging near the snap connector, leading to burns.



Just Right/Snug



Too Loose



Too Tight

See video at biowave.com/support/biowrap

Step 4. Treatment

- Press the power button to turn on the BioWave device.
- Start the treatment by pressing the PLUS (+) button to gradually increase intensity so the sensation felt is strong but still comfortable. As your body adapts to the electrical field and the sensation fades, keep pressing the PLUS (+) button to increase the intensity to maintain a strong but **ALWAYS** comfortable sensation at the treatment location.
- **DO NOT** exceed 50% intensity as this may cause discomfort.
- When the 30-minute treatment is over, remove the BioWrap from your body, disconnect the BioWave Leadwire Cable from the two Snap Cable connectors, and store the BioWrap in a cool dry place.
- Clean the Silver Fabric Electrodes in your BioWrap after every 2 treatments.

Questions?

biowave.com/support/biowrap • support@biowave.com

1-877-BIOWAVE (1-877-246-9283)

TREATMENT TIPS

- Start at a low intensity and gradually increase so sensation is medium strong but still comfortable.
- **DO NOT** increase intensity to >50% as this may cause discomfort. If the sensation is minimal at 50% intensity, **STOP THE TREATMENT**. Shave any excessive hair in the location the silver fabric electrodes touch the skin. Clean the skin thoroughly with soap and water, dry the skin with a towel, reapply and rub in slightly more TheraCream to the skin than the first time. Reattach the BioWrap, then gradually increase the intensity. If the sensation is still minimal at 50% intensity, continue the treatment to obtain beneficial results.
- **IF YOU HAVE NO SKIN SENSATION** on your thigh or calf at the treatment site: Increase intensity slowly to 30% over 3 minutes. After 10 minutes, you may increase the intensity as desired by not more than 2% per minute.
- **DO NOT** exceed 50% intensity as this may cause discomfort.
- **NOTE:** If you have a neuropathy, for example, and do not have proprioception (skin sensation), you do not have to feel the sensation of the active electrical field for the device to be working.

CONTRAINDICATIONS

When Not to Use BioWraps

- **DO NOT** use if you have an implanted cardiac pacemaker.
- **DO NOT** place the silver fabric electrodes in the BioWrap, over open wounds, broken skin, rashy skin or sensitive skin areas like sunburned skin.

NOTE:

- BioWrap Wearables **MAY BE PLACED** over or in the proximity of implanted orthopedic hardware, including total joint replacements, anchors, plates, rods, screws, pins and clips.
- Any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.

Issues or discomfort? Contact Customer Support:

biowave.com/support/biowrap • support@biowave.com

1-877-BIOWAVE (1-877-246-9283)

TROUBLESHOOTING

1. My BioWave shows a connection error but my BioWrap is plugged in

If your BioWave device shows a connection error when you are fully connected to the BioWrap, remove the BioWrap and follow these steps:

If you forgot to apply TheraCream:

- **CLEAN YOUR SKIN.** Remove BioWrap and clean your skin with soap and water in the region that the silver fabric electrodes touch your skin. Shave any excessive hair in the locations that the silver fabric electrodes touch your skin.
- **APPLY A GENEROUS PEA-SIZE AMOUNT OF CONDUCTIVE CREAM** directly to skin areas that will be against each of the silver fabric electrodes inside the BioWrap. Gently massage TheraCream into the skin allowing it to absorb, before putting on the BioWrap.

If you applied too much TheraCream (excess cream remained on the skin):

- **CLEAN YOUR SKIN.** Remove BioWrap and use a dry towel to remove all excess TheraCream from your skin and any excess cream from the silver fabric in the BioWrap. Next, reattach the BioWrap and begin the treatment.

2. The treatment feels stronger under one electrode versus the other

If the treatment feels stronger under the electrode (for example) around your upper thigh as compared to under the electrode around your lower thigh, it may be because the elastic strap around the upper thigh is too tight and/or the elastic strap around the lower thigh is too loose. Adjust the compression of each strap to increase or decrease the relative sensation during the treatment.

• **Tighter Compression and/or More TheraCream = Stronger Treatment Sensation**

• **Looser Compression and/or Less TheraCream = Less Treatment Sensation**

3. I feel a tingle when the BioWave device is first turned on.

This is normal. When the BioWave device is turned on, you may feel a tingle for one second prior to starting the treatment as the device checks it is properly connected to you.

CLEANING INSTRUCTIONS

CLEAN BEFORE FIRST USE AND AFTER EVERY 2 USES:

1. Remove both snap cables
 2. Hand wash silver fabric with mild soap and water
 3. Rinse
 4. Pat dry with towel
 5. Let air dry completely
 6. Reattach snap cables
- **CLEAN your BioWrap after every 2 treatments**
 - **NEVER** clean using an alcohol or other chemical wipe
 - **DO NOT** clean in a washing machine
 - **DO NOT** dry in a dryer

Questions? Call us!

Technical Support:

1-877-BIOWAVE (1-877-246-9283)

biowave.com/support/biowrap

support@biowave.com



Need help?

Contact us at:

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support@biowave.com

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