

Quick Reference Guide

There are 3 buttons that control the device:

1. Power ON/OFF button
2. PLUS (+) button to increase intensity
3. MINUS (-) button to decrease intensity

NOTE: Turn on device **AFTER** you have completed the set up steps on the next page.

Questions? Contact us!

1-877-BIOWAVE
(1-877-246-9283)
support@biowave.com



Download the BioWaveGO User's Manual at:
biowave.com/users-manuals

Battery Maintenance:

Please charge battery at
least **1X** per week.

Directions for Use

Do not turn on unit until Step 7.

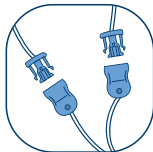
- 1.** Plug in the AC charger into your BioWaveGO unit to charge the battery. (Takes about 1 hour.)



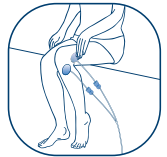
- 2.** Go to **biowave.com/users-manuals** to learn additional information regarding instructions for use for your BioWaveGO device.

- 3.** Find your **PAD PLACEMENT PHOTO** for your specific pain condition in this Quick Reference Guide on pages 7 - 10.

- 4.** Plug blue **PAD CONNECTORS** into blue **LEADWIRE CABLE CONNECTORS**. Connectors will click in place and stick out partway so you can easily pull them apart after treatment.



- 5.** Clean your skin with a damp washcloth in the location the **PADS** are placed. **Apply Pads directly over areas of pain.**



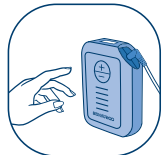
- 6.** Plug **LEADWIRE CABLE** into device so it clicks in place.



- 7.** Press the **power button** to turn unit on. (AC Charger must be disconnected from unit.)



- 8.** Press the **PLUS (+)** button to start treatment. Continue to press the **PLUS (+)** button throughout treatment to keep a strong but **ALWAYS** comfortable sensation.



Indications for Use

BioWaveGO® is indicated for the symptomatic relief of pain, including:

- chronic intractable pain
- post-traumatic acute pain
- post-operative pain

LED Bar Graph Indicator

The LED Bar Graph Provides Treatment Information In Different Colors:

- ◆ **Battery Strength Indicator - GREEN**
Charging the Battery - GREEN
- ◆ **Bluetooth Connection - BLUE**
Signal Intensity - BLUE
- ◇ **Remaining Treatment Time - WHITE**
Pause Treatment - WHITE
- ◆ **Troubleshooting - ORANGE**
If the unit is turned on and the lights blink orange, please make sure that the leadwire cable is firmly plugged into the BioWaveGO unit and into the pain relief pads, and that the pain relief pads have good adhesion to clean skin.



Using the Device

Treatment Tips

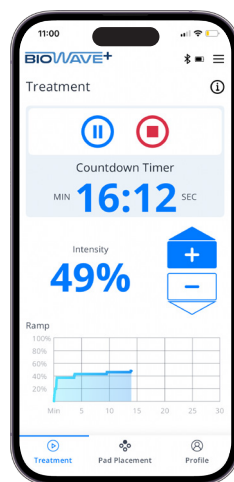
- Make sure pads are tacky and placed correctly on the body based on the Pad Placement Photos in this Guide or in the BioWave+ App.
- Users should increase intensity to a level that is strong but still comfortable by pressing the PLUS (+) button.
- Users should continue to press the PLUS (+) button throughout the 30-minute treatment to keep the sensation at a strong steady level.
- Research shows users should try to reach a minimum intensity level of 3 blue bars (or if you are using the App, 40%) during the course of the treatment for the best effect. Some people may feel comfortable with more, some with less.

Most users generally can tolerate higher intensity levels in the knee, foot and ankle; medium intensity levels on the back and shoulder; and lower intensity levels on the neck, elbow, wrist, hand and fingers.

Get the most from your device with the BioWave+ app

Download the BioWave+ App and Create an Account

- Control treatments from your smartphone
- Track your progress during the treatment
- Change languages, check information on pad placements, troubleshooting and more on your BioWaveGO device
- Track intensity and duration of treatment for each location treated on your body



The BioWave+ app can be downloaded on your smartphone at:



Troubleshooting

My BioWaveGO is turned on and all it does is beep and the lights blink ORANGE.

Answer: The device does not see a complete connection to your skin. Therefore, please make sure of the following:

1. The leadwire cable is firmly plugged into the BioWaveGO unit.
2. Both pads are plugged into the other ends of the leadwire cable.
3. Your skin has been thoroughly cleaned with a damp towel.
4. The pads are tacky and have good adhesion to your skin.

I cannot get the BioWaveGO and my cell phone to pair.

Answer: Make sure the bluetooth function on your phone is turned on. Next, connect BioWaveGO to your body and then turn on the unit. Now launch the app and click the pair button that appears on your iPhone. Android phones will pair automatically. Once you hear a couple of tones, your phone has paired with your BioWaveGO.

The pads are not sticking to my skin.

Answer: It is important to clean the skin prior to placing the pads directly over locations of pain. Rub the skin vigorously with a slightly damp towel in the two areas the pads will be placed. Make sure skin is dry and intact prior to placing pads on the skin.

If there is a lot of hair in the area of the pain site, shave the hair before placing the pad(s) in that location. The gel on the pads needs to have good direct adhesion to the pores of the skin to allow the therapeutic signals to pass into deep tissue.

If the pads are not tacky, place a few drops of saline on the gel side of the pad and rub it in with your finger across the entire surface of the pad so the gel glistens. Wait 60 seconds to allow the saline to absorb in and rehydrate the gel. The pads can now be used or stored on the plastic liner. Only use saline to rehydrate electrodes. **DO NOT** rehydrate more than 2X, otherwise you risk a burn.

You can also use a wrap, ace bandage or piece of medical tape over the pads to help hold them in place, however the pads still need to be tacky.

Questions?

Contact technical support: 1-877-BIOWAVE • (1-877-246-9283) • support@biowave.com
Go to BioWave+ App or biowave.com/users-manuals

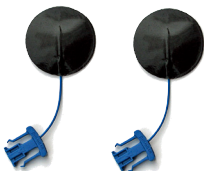
Electrodes (Pads)

2 LOCATIONS OF PAIN

B

Use B-set Pads or GOPADS:

Two 2" diameter round pads should be each placed directly over a painful area.

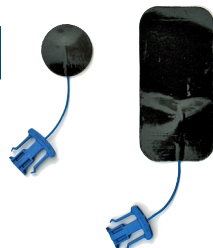


1 LOCATION OF PAIN

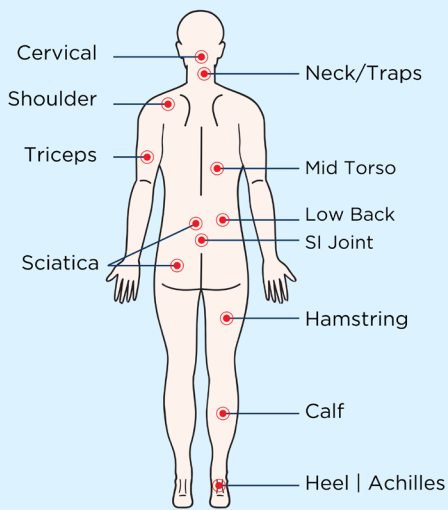
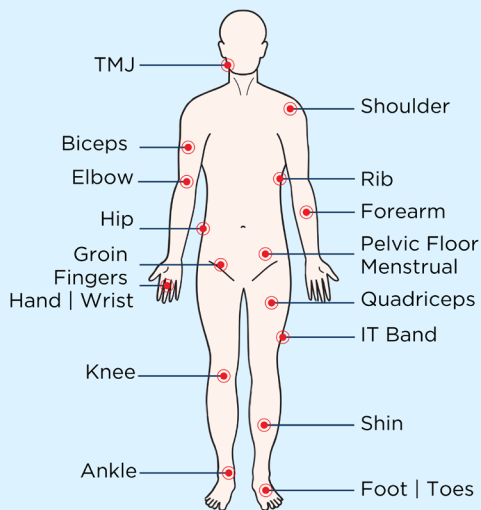
E

Use E-Set Pads:

One small 1.38" diameter round pad is placed directly over a single location of pain; the second 2" x 4" rectangular dispersive pad is placed over a bony area which is a comfortable location to receive stimulation.



Areas of Treatment



Pad Placement Photos

BioWaveGO pad placements are different from TENS and other conventional electrical stimulation. The BioWave active electrical field forms beneath and surrounding each pad.

As a result, **pads need to be placed directly over specific locations of pain.**

See **WARNINGS** on page 11.

The edges of the Pads must never touch each other. If they touch you risk a burn.

Check used Pads before you place them on your skin.

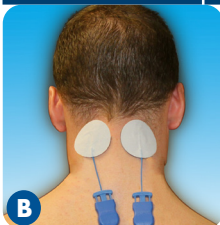
If Pads are not tacky or the hydrogel is worn out or the electrode wire is exposed, discard and use a NEW set of pads. Otherwise you risk a burn.

TMJ/Trigeminal Nerve

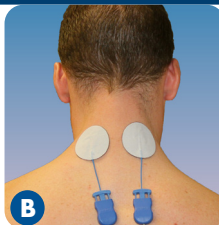


TMJ/Trigeminal Nerve Pain

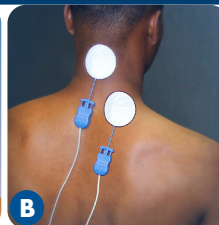
Neck/Cervical



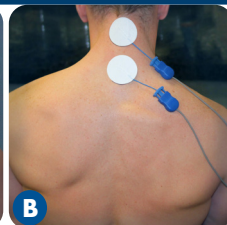
Pain that Originates in the Upper Cervical Region of the Posterior of the Neck



Bilateral Neck/Trap Pain

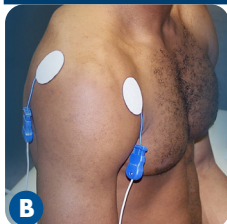


Neck or Cervical Pain in Two Locations or Radiating Neck Pain

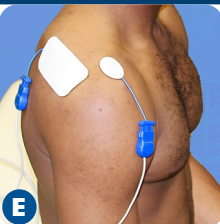


Neck or Cervical Pain in Multiple Discs

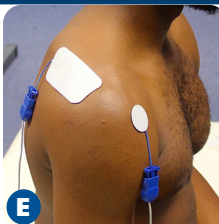
Shoulders



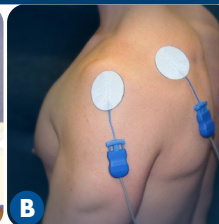
Shoulder Pain in Two Locations or Frozen Shoulder



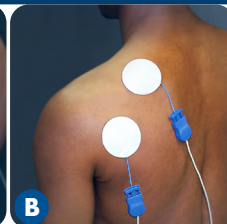
Pain at Top of Shoulder (e.g. AC Sprain or Frozen Shoulder)



Pain in Front of Shoulder (e.g. Biceps Tendinitis)



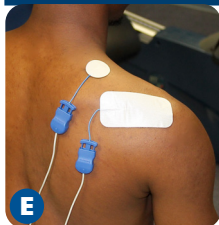
Pain in Edge of Shoulder (e.g. Rotator Cuff Tendinitis)



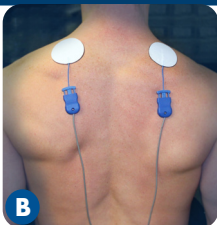
Pain in Back of Shoulder (e.g. Infraspinatus Strain)

Pads Must Never Touch Each Other

Shoulders



B
Trapezius Pain in One Location
(e.g. Trigger Point)

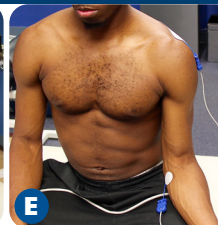


B
Trapezius Pain in 2 Locations
(e.g. Bilateral Trapezius Pain)

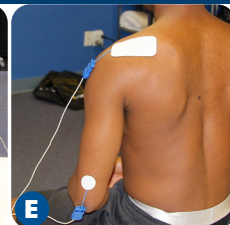
Elbows



E
Pain in Outside of Elbow
(e.g. Tennis Elbow)

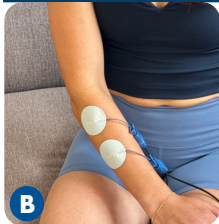


E
Pain in Inside of Elbow
(e.g. Golf Elbow)

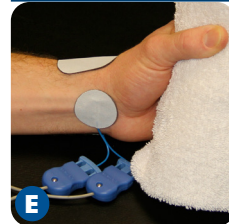


E
Pain Behind Elbow
(e.g. Triceps Tendinitis)

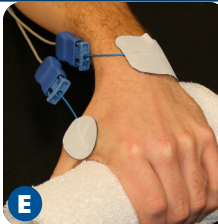
Forearm



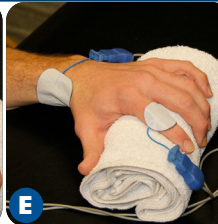
B
Forearm Pain



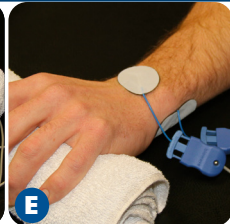
E
Pain in Front of Wrist
Second Pad on Back of Wrist
(e.g. Sprains, Strains, Tendinitis)



E
Thumb Pain
(e.g. Thumb or UCL Sprain)



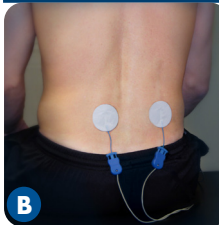
E
Pain in Finger Joints



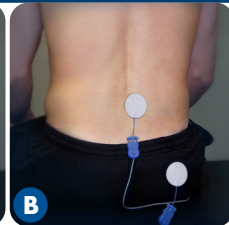
E
Pain in Back of Wrist
Second Pad on Front of Wrist
(e.g. Sprains, Strains, Tendinitis)

Wrists | Hands | Fingers

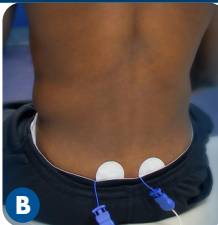
Back



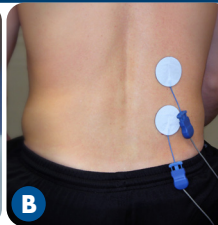
B
Back Pain in 2 Locations
(e.g. Bilateral Low Back Pain)



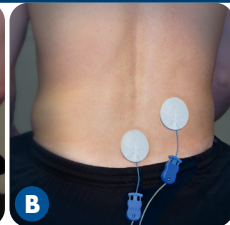
B
Sciatica/Radiating Back Pain -
One Pad Over Origin of Pain,
One Pad Over First Pain Site
(Pads Must be on Skin)



B
Sacroiliac (SI) Joint Pain



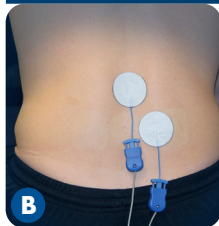
B
Back Pain Over Large Area
(e.g. Rotational Strain)



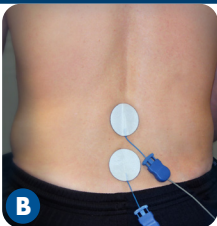
B
Back Pain in 1 Location
(e.g. Unilateral Low Back Pain
to the Right of the Spine)

Pads Must Never Touch Each Other

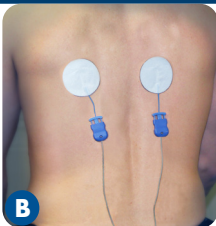
Back



Low Back Pain Focused
over a Facet Joint

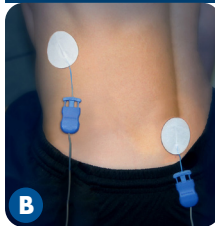


Low Back Pain Focused
over the Spine



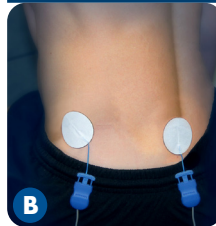
Mid-Back Pain
(e.g. Bilateral Thoracic Pain)

Rib/Oblique



Rib/Oblique Pain

Hip

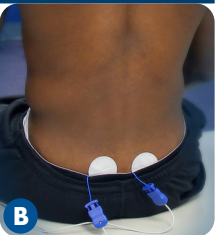


Hip Pain

Pelvic Floor/Menstrual Cramps



Pelvic Floor Pain,
Menstrual Cramps
(Pudendal Nerve Stimulation)



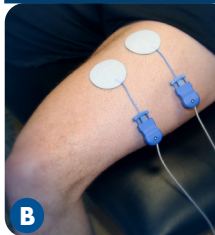
Pain from Interstitial Cystitis
(Sacral Nerve Stimulation)

Groin



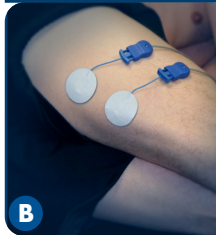
Groin Pain

Quadriceps



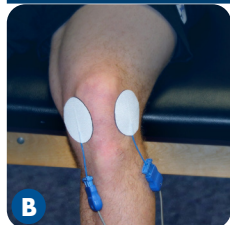
Quadriceps Pain

Hamstrings

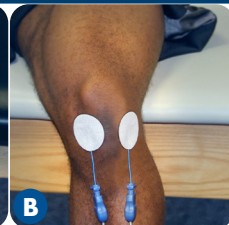


Hamstring Pain

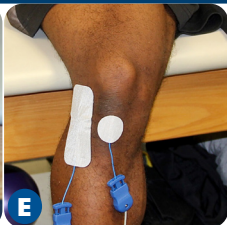
Knees



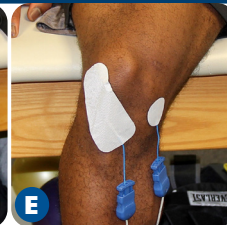
Pain Throughout Entire
Knee (e.g. OA or Total Knee
Replacement)



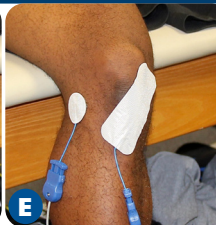
Central Knee Pain Near Front
of Knee (e.g. ACL Sprain)



Pain Below Kneecap
(e.g. Patellar Tendinitis)



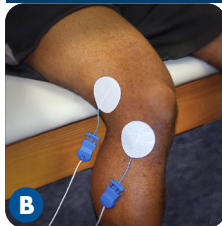
Pain in Inside of Knee
(e.g. Bursitis, OA, MCL Sprain)



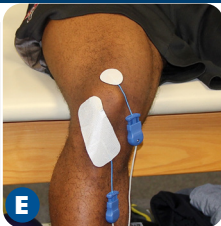
Pain in Outside of Knee
(e.g. Bursitis, OA, LCL Sprain)

Pads Must Never Touch Each Other

Knee



Pain in Iliotibial
(IT) Band



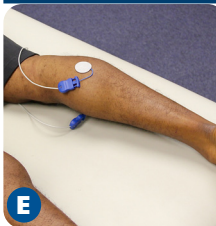
Pain Above Knee
(e.g. Quadriceps Tendinitis)



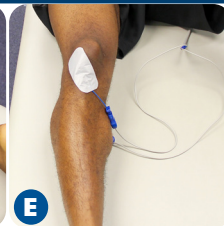
Pain in Back Side of Knee
(e.g. PCL Sprain)

Calf

(small pad over pain site; large pad angled across bottom of kneecap)

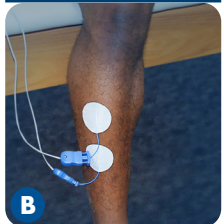


Calf Pain
(e.g. Gastrocnemius Strain)



Calf Pain - Rectangular Pad
is Angled Across Bottom of
Knee Cap

Shin

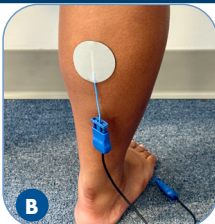


Shin Pain (e.g. Shin Splints)

Ankles/Feet



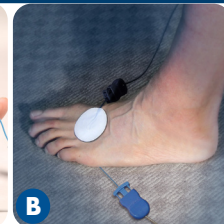
Neuropathic Foot Pain (1 of 2)
(1st Pad on Bottom of Ball of Foot)



Neuropathic Foot Pain (2 of 2)
(2nd Pad Centered on
Back of Gastrocnemius)



Pain from Diabetic Neuropathy
(Tibial Nerve Stimulation)

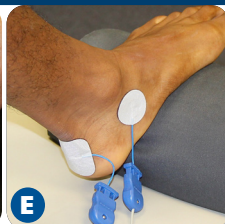


Pain in Top of Foot.
Second Pad on Bottom of Foot
Opposite Top Pad
(e.g. Metatarsal or Neuroma Pain)

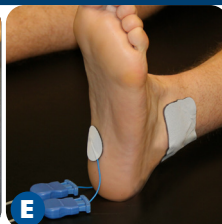
Ankles/Feet



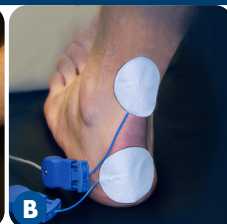
Ankle Sprain or
Foot Pain on Outside of Foot



Ankle or Foot Pain on
Inside of Foot



Plantar Fasciitis



Achilles Tendinitis

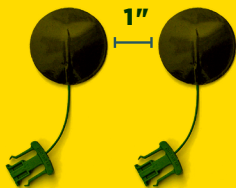
Important

Contraindications – When Not to Use BioWaveGO

- **Do NOT use BioWaveGO** if you have an implanted cardiac pacemaker.
- **Do NOT use BioWaveGO** if you have epilepsy or are prone to seizures.
- **Do NOT place electrodes** over the heart, or across the thoracic volume. Electrodes can be applied to the back of the thorax and lateral aspect of the upper limb (i.e. below/down the shoulder).
- **Do NOT place electrodes** on the front or side of the neck.
- **Do NOT place electrodes** on top of the head.
- **Do NOT place electrodes** over open wounds, broken skin, rashy skin or sensitive skin areas.

NOTE: Electrodes MAY BE PLACED directly over or in the proximity of implanted metal hardware including total joint replacements, rods, plates, screws, anchors and pins. See BioWaveGO User's Manual for more information.

Warning:



- **Pads Must Never Touch Each Other During the Treatment**
- **If the edges of the Pads touch during the treatment, it may cause a burn**
- **Do NOT Use Electrodes if:**
 1. **The metal portion of the wire is exposed; or**
 2. **The gel has worn out; or**
 3. **The gel has peeled apart from the black carbon surface**
- **1.0 inch (2.6 cm) is the minimum spacing between Pads**
- **There is NO maximum spacing between any Pads**
- **Pads typically can be reused about 6-10 times**

Questions?

Contact technical support: 1-877-BIOWAVE • (1-877-246-9283) • support@biowave.com
Go to BioWave+ App or biowave.com/users-manuals



SMARTER PAIN BLOCKING TECHNOLOGY

Need help?

Contact Us at:

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support@biowave.com

Download the BioWaveGO User's Manual at:

<https://biowave.com/users-manuals>

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[Learn more at biowave.com/terms-of-use](https://biowave.com/terms-of-use)

BIO WAVE



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Oxford OX4 6LB
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MET
c ^{us} **E114972**

Complies with
UL 60601-1
CSA C22.2 No.606.1



Device must only be
used with power
supply provided.



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