



Operator's Guide



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1. Preliminary comments

Congratulations on purchasing the Magnetic Resonance Stimulation-System iMRS.

The iMRS-System is designed for inhome use.

The manufacturing of this product complies with the following directives and standards:

- 93/42/EWG
- IEC 60601-1:1988 + A1:1991 + A2:1995
- IEC 60601-1-2 (ed.2)
- FDA 21 CFR 890.5660, regulated as a therapeutic massager

This owners manual is part of the scope of delivery.

It must be kept within easy reach and must remain with the equipment, if the equipment is sold.

Reprinting, translating and copying in any form, in whole or in part, is prohibited without prior written permission from the publisher.

The contents of this manual are subject to periodic revision and update.

The most current version please contact Swiss Bionic Solutions Schweiz GmbH at info@swissbionic.com.

2. Safety instructions – what you should take note of

In case of dizziness: get up very carefully!

There are no negative reports on the application of Magnetic-Resonance-Stimulation anywhere in the world. However, for reasons of safety, we recommend that people with orthostatic problems (dizziness when getting up) get up very slowly and carefully after application.

Avoid humidity:

This device may not be positioned in a damp or wet room!

Low pulsating electromagnetic fields (LPEMF) do not create electrosmog!

Even at the highest intensity settings, the average peak field strength of the Magnetic-Resonance-Stimulation System is less than or equal to 300 μ T (microTesla). This is less than the field strengths produced by common domestic appliances and well below the recommended limit of 400 μ T (microTesla) for compliance with DIN 0848.

Safety is ensured by the fact that the frequencies and field strengths employed are on the same magnitude as naturally-occurring electromagnetic fields within the Earth's ionosphere.

Instructions on electromagnetic compatibility (EMC)

Medical, electric devices are subject to special precautions in terms of EMC and must be installed and brought into operation in accordance with the EMC instructions in the accompanying documents. Electromedical devices can be particularly affected by portable and mobile RF communications equipment, e.g. mobile phones or walkie-talkies.

The manufacturer only guarantees the compliance of the device with the EMC requirement when used with the accessories listed in 16.2. The use of other accessories can lead to an increased emission of electromagnetic interference or to a reduced resistance against such interference. The accessories listed may only be used together with an iMRS system from Swiss Bionic Solutions Schweiz GmbH.

The device may not be operated in combination with other devices, nor be stacked with or located in the proximity of these. Should such an arrangement, however, be necessary, the device must be kept under observation to check its operation for the use intended when in such an arrangement.

The propagation of the magnetic field from the whole-body / pad applicators has largely abated at a distance of about 1.5 metres. Persons not receiving treatment should remain outside such a range during the course of an application.

We are legally obliged, in accordance with the EMC regulations for medical products, to provide you with the following information:

Guidelines and manufacturer's declaration - electromagnetic interference emissions

The iMRS is intended for operation in an ELECTROMAGNETIC ENVIRONMENT as given below. The customer or user of the iMRS should ensure that it is operated in such an environment.

Interference emission measurements	Compliance	Electromagnetic Environment Guideline
RF emissions acc. to CISPR 11	Group 1	iMRS only uses RF energy for its internal FUNCTIONING. Its RF emission is therefore very low and it is unlikely that neighbouring electronic devices will be interfered with.
RF emissions acc. to CISPR 11	B	iMRS is suitable for use in all establishments including those in living areas and such that are immediately connected to the PUBLIC MAINS SUPPLY that also supplies buildings used for residential purposes.
Emission of harmonic frequencies according to IEC 61000-3-2	A	
Emission of voltage fluctuations / flicker according to IEC 61000-3-3	Complies	

Guidelines and manufacturer's declaration - electromagnetic interference emissions


The iMRS is intended for operation in an ELECTROMAGNETIC ENVIRONMENT as given below. The customer or user of the iMRS should ensure that it is operated in such an environment.

Interference Immunity Tests	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment - Guidelines
Discharge of static electricity (ESD) Acc. to IEC 61000-4-2	± 6 kV contact discharge ± 8 kV air discharge	± 6 kV contact discharge ± 8 kV air discharge	Floors should be made of wood or concrete or covered in ceramic tiles. If the floor is covered with synthetic material, the relative air humidity must be at least 30 %.

Fast-transient immunity test/ Bursts acc. to IEC 61000-4-4	± 2 kV for power supply lines ± 1 kV for input and output lines	± 1 kV for power supply lines Not applicable	The quality of the supply voltage should correspond to that in typical business or hospital surroundings.
Surges acc. to IEC 61000-4-5	± 1 kV voltage Outer conductor - outer conductor ± 2 kV voltage outer conductor - earth	± 1 kV voltage Outer conductor - outer conductor Not applicable	The quality of the supply voltage should correspond to that in typical business or hospital surroundings.
Voltage dips, short interruptions and fluctuations in the supply voltage Acc. to IEC 61000-4-11	$< 5\%$ Ut $< (> 95\%$ dip in Ut) for 1/2 period 40% Ut (60% dip in Ut) for 5 periods 70% Ut (30% dip in Ut) for 25 periods $< 5\%$ Ut ($> 95\%$ dip in Ut) for 5 s	0% Ut $< (> 95\%$ dip in Ut) for 1/2 period 40% Ut (60% dip in Ut) for 5 periods 70% Ut (30% dip in Ut) for 25 periods 0% Ut ($> 95\%$ dip in Ut) for 5 s	The quality of the supply voltage should correspond to that in typical business or hospital surroundings. If the user of the iMRS requires uninterrupted functioning, even when interruptions in the power supply occur, it is recommended to feed the iMRS from an uninterruptable power supply or a battery.
Magnetic field at a supply frequency (50/60 Hz) acc. to IEC 61000-4-8	3 A/m	3 A/m	Magnetic fields at mains frequency should correspond to values typical of a business or hospital environment.
Remark: Ut is the mains AC voltage before the application of the test level.			

Guidelines and manufacturer's declaration - electromagnetic immunity

The iMRS is intended for operation in an ELECTROMAGNETIC ENVIRONMENT as given below. The customer or user of the iMRS should ensure that it is operated in such an environment.

Interference Immunity Tests	IEC 60601 Test Level	Compliance Level	Electromagnetic Environment - Guidelines
<p>Conducted RF interference acc. to IEC 61000-4-6</p> <p>Radiated RF interference acc. to IEC 61000-4-3</p>	<p>3 V effective value</p> <p>150 kHz to 80 MHz</p> <p>3 V/m</p> <p>80 MHz to 2.5 GHz</p>	<p>3V</p> <p>3V/m</p>	<p>Portable and mobile radio devices should not be used at a distance from the iMRS, including the cables, less than the recommended safe distance calculated by the relevant equation for the transmitted frequency.</p> <p>Recommended safe distance:</p> $d = 1,2\sqrt{P}$ $d = 1,2\sqrt{P} \quad \text{for 80 MHz to 800 MHz}$ $d = 2,3\sqrt{P} \quad \text{for 800 MHz to 2.5 GHz}$ <p>with „P“ as the rated power of the transmitter in watts (W) according to the information from the transmitter manufacturer and „d“ as the recommended safe distance in metres (m). The field strength of stationary radio transmitters should be investigated locally for all frequencies ^a lower than the compliance level ^b</p> <p>Interference is possible in the vicinity of devices carrying the following symbol.</p> 
<p>NOTE 1 The higher frequency range applies in the cases of 80 MHz and 800 MHz.</p> <p>NOTE 2 These guidelines may not apply in all cases. The propagation of electromagnetic waves is affected by absorption and reflection from buildings, objects and people.</p>			

^a The field strength of stationary transmitters, such as the base stations of cordless telephones and land mobile radio systems, amateur radio stations, AM/FM and television transmitters, cannot be determined theoretically in advance with precision. To establish the nature of the ELECTROMAGNETIC SURROUNDINGS in terms of stationary transmitters, a study of electromagnetic phenomena should be considered for the location. If the field strength measured at the location where the iMRS is being is used exceeds the COMPLIANCE LEVEL mentioned above, the iMRS should be kept under observation in order to verify the FUNCTION for the intended use. If unusual performance characteristics are observed, additional measures could be necessary, e.g. a change in the orientation or a different location for the iMRS.

^b The field strength should be less than 3V/m over the frequency range 150 kHz to 80 MHz.

⁶⁾ National footnote: User here is meant in the sense of „RESPONSIBLE ORGANISATION“.

Recommended safe distances between portable / mobile RF telecommunication devices and the iMRS

The iMRS is intended for operation in an ELECTROMAGNETIC ENVIRONMENT in which RF interference is controlled. The customer or the user of the iMRS can help here in avoiding electromagnetic interference by keeping to the minimum distance between portable/mobile RF telecommunication devices (transmitters) and the iMRS – dependent on the output power of the communication device as given below

Nominal rating of the transmitter W	Safe distance (m) dependent on transmitter frequency		
	150 kHz to 80 MHz $d = 1,2\sqrt{P}$	80 MHz to 800 MHz $d = 1,2\sqrt{P}$	800 MHz to 2,5 GHz $d = 2,3\sqrt{P}$
0,01	0,12	0,12	0,23
0,1	0,38	0,38	0,73
1	1,2	1,2	2,3
10	3,8	3,8	7,3
100	12	12	23

For transmitters whose maximum nominal output is not given in the above table, the recommended safe distance «d» in metres (m) should be determined from the equation associated with the particular column, where «P» is the maximum nominal output of the transmitter in watts (W) according to information from the manufacturer.

NOTE 1 The higher frequency range applies at 80 MHz and 800 MHz.

NOTE 2 These guidelines may not apply in all cases. The propagation of electromagnetic quantities is affected by absorption and reflection from buildings, objects and people.

2. 1. Contraindications

A Magnetic Resonance Stimulation should not be used:

- during pregnancy
- in case of epilepsy
- if the person has had electronic devices implanted such as a unipolar pacemaker or insulin pump
- In the case of oversensitivity to electromagnetic radiation

The iMRS system may only be used with the approval of a doctor, and under his/her supervision in the case of:

- Tumour illnesses
- Serious cardiac arrhythmia
- Acute attacks of hyperthyroidism

The following applies:

Magnetic-Resonance-Stimulation is a wellness application and **not** a substitute for medical diagnosis or treatment. Please visit your health care provider if you have any illness, disease or physical ailment.

2. 2. Side effects

While used as a wellness application, a slight tingling may be felt in the head or in the hands, or the back may feel warm (due to the electro-magnetic massaging). In the same way it may be that bruises, sprains, wounds, strains, bone, joint, tooth or jaw problems may experience temporary discomfort as a normal consequence of increased blood flow.

In all cases in which reactions of the body occur after application and which had not been noticed before application, we recommend that you consult a trained Swiss Bionic Solutions representative who is experienced in the application of Magnetic-Resonance-Stimulation to help you understand any sensations you may be experiencing.

3. Correct use

The Magnetic-Resonance-Stimulation-System iMRS creates very low pulsating electro-magnetic vibrations, which leads to a massaging effect on the designated areas. The measurable strength of the applied pulsed electromagnetic vibrations are extremely low - on the same order of magnitude as the Earth's magnetic field.

Other uses and applications than those described in these instructions, especially the use of other application instruments, the use of other magnetic field strengths and use of other control units can damage the equipment and result in unintended physical effects and/or adverse reactions, and are therefore prohibited.

3.1. Essential performance characteristic of iMRS

The essential performance characteristic of the iMRS is the generation of specified magnetic field pulses and the reinforcement of the body's own energy fields.

4. Possible applications

The Magnet-Resonance-Stimulation-System iMRS can be used:

- For therapeutic use in bone fractures, esp. in pseudoarthrosis and non-union conditions
- For therapeutic use in degenerative diseases of the bones and joints, e.g. arthritis and arthrosis
- For therapeutic use in promotion of bone growth and pain reduction in case of poor bone growth around hip-joint prostheses
- For therapeutic use in cerebral blood circulation disorders
- For therapeutic use for decreasing of varicosity
- For therapeutic use in pain, headache, migraine, and rheumatic pains
- For therapeutic use in fatigue reduction for multiple sclerosis patients
- For therapeutic use to stimulate nerve regeneration, esp. in treating diabetic polyneuropathy
- For therapeutic use to accelerate wound healing

5. Unpacking/keeping the packaging

Unpack the control unit and the equipment carefully. Please keep the packaging in case you need to transport the equipment at a later date. The components must not be disposed of with household waste.

6. Scope of Delivery

Delivery of the iMRS-System includes:

No.	Description
Basic Equipment	
1	Control unit (V1.03)
2	Operator's Guide (iMRS 2012 V1.0)
3	SD Card (Scan Disk 4GB)
4	Plug-In Power Pack (FW7362M/18)
Applicaton Equipment	
5	Applicator mat (V1.0)
6	Applicator cushion (V1.0)
7	Applicator probe (V1.0) (part of the iMRS complete and iMRS professional as standard, not included in delivery for the iMRS wellfit)
8	Hardcase for Applicator Probe (V1.0) (part of the iMRS complete and iMRS professional as standard, not included in delivery for the iMRS wellfit)



1 iMRS Control unit



2 Operator's Guide



3 SD Card



4 Plug-In Power Pack



5 Applicator mat



6 Applicator cushion



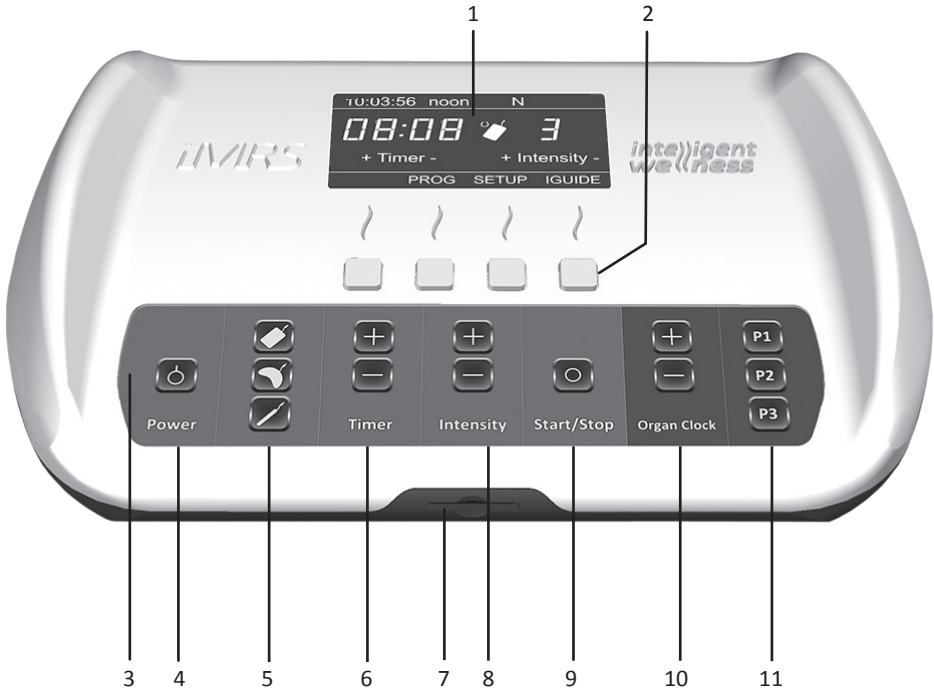
7 Applicator probe



8 Hardcase

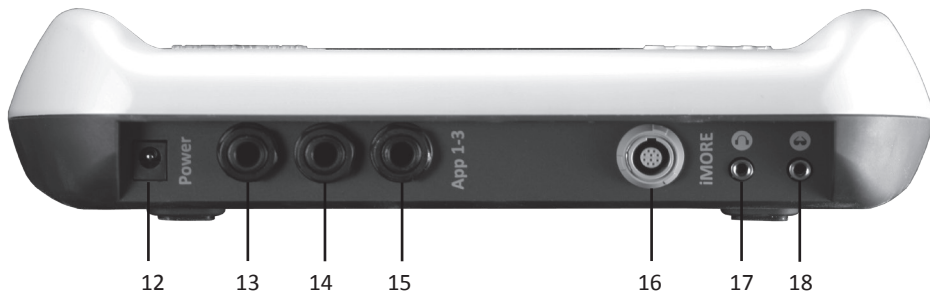
7. Installation and description of the equipment

Front of the control unit:

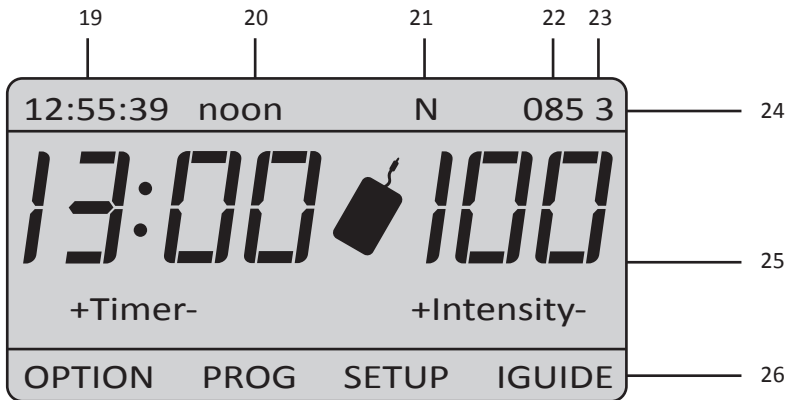


1. Display
2. Softkey-buttons
3. Membrane keyboard
4. Power-button
5. Applicator selection: (applicator mat, applicator cushion, applicator probe only for iMRS complete and iMRS professional)
6. Time selection display for the length of the application
7. SD Card slot
8. Intensity selection key
9. Start/Stop key
10. Manual organ clock
11. Memory-buttons (P1, P2, P3)

Rear of the control unit:



- 12. Connecting socket for the power plug of the plug-in power pack
- 13. Connecting socket for the plug of any of the three available applicators
- 14. Connecting socket for the plug of any of the three available applicators
- 15. Connecting socket for the plug of any of the three available applicators
- 16. Connecting socket for the plug of the iMORE-sensor (iMORE optional)
- 17. Connection socket for the headphones (iSLRS optional)
- 18. Connection socket for the goggles (iSLRS optional)

The Display:

- 19. Clock
- 20. Organ clock
- 21. Display for the polarity of the magnetic field (N= North, S= South)
- 22. Heart-/Pulse frequency
- 23. Heart Rate Variability (1, 2 and 3)
- 24. Info display level
- 25. Main display
- 26. Softkey display level

8. Installation

Remove all individual parts from the packaging. Remove the cable binder from the cable of the applicator mat. Place the applicator mat onto a stable, level surface, for example the floor, a day-bed or underneath the mattress (not an interior coil mattress) of a bed. Please avoid placing it on contoured and soft furniture such as settee, armchair, very soft carpets or sun loungers as the coils integrated in the mat can be damaged if they are subjected to pressure on uneven surfaces.

Please also make sure that your surroundings are as free from "electrosmog" as possible. This means there should be no equipment such as television, microwaves, mobile telephones etc. actively in use in the vicinity.

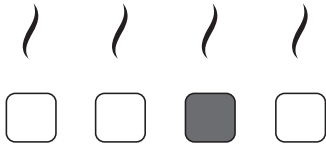
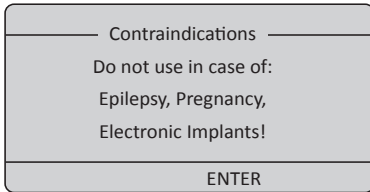
Position the control unit some distance away from the head end of the mat (the connecting cable is 7.7ft/2.37m long) and plug the jack plug of any applicator mat into one of the sockets (13, 14 and 15) on the rear of the control unit. The iMRS automatically detects the connected applicator. Use only original accessories and when plugging the plugs into the sockets please check the firm connection between the jack and the socket.

Now connect the plug attachment of the power pack with the socket (12) and plug the power pack into a wall socket nearby (voltage 110 V - 240 V / 50 Hz - 60 Hz).

Slide the SD Card into the slot (7) to activate the unit.

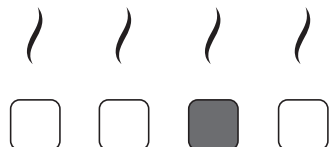
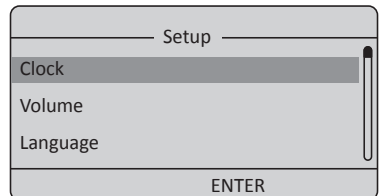
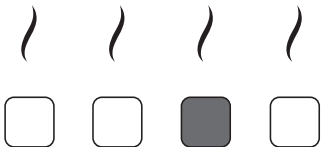
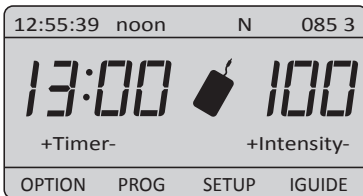
The system only works if the SD Card is installed. SD Cards are available for the use with or without the optional iSLRS Sound & Relaxation System and the optional iMORE System. If no SD Card has been installed in the system, the main display shows the error message "NO SD CARD PLUGGED" and the system cannot be started.

9. Starting up



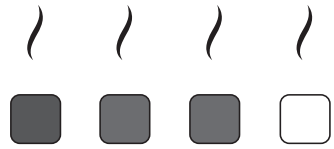
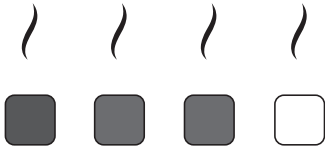
After you have installed the iMRS system and connected it to the electrical outlet, switch the device on by pressing the ON / OFF key (4) on the membrane keyboard. After the switching on process the iMRS-Logo appears together with a short melody, followed by the information of the legally required contraindications. Please confirm by pressing the softkey below „ENTER“. The iMRS is now retrieving the SD Card information and displays the available options as well as the serial number of the control unit. After the successful boot process, the main display of the iMRS changes to the start menu and is ready to use.

9.1 Basic Settings:



Using the softkey below „SETUP“ you get to the main settings of the iMRS. Please be aware, that you must adjust several basic settings before using the iMRS for the first time. Pls choose your language (English, German, French) as well as the basic volume of the build-in speaker for the signal melodies and possible failure alerts. The setting of the digital clock is mandatory for the automatic adjustment of the build-in organ clock.

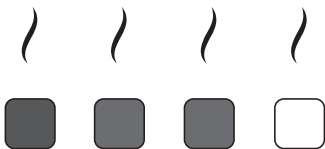
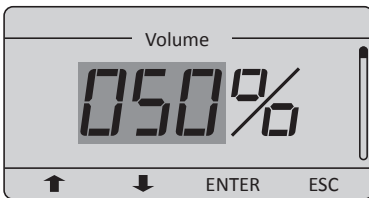
9.1.1. Clock:



By using the arrow-up and arrow-down buttons you can adjust the hours and after pressing the soft key below „ENTER“ you can adjust the minutes. All numbers are shown in military time. After you finished setting the clock please confirm with the soft key below „ENTER“ and leave the menu by pressing the soft key below „ESC“.

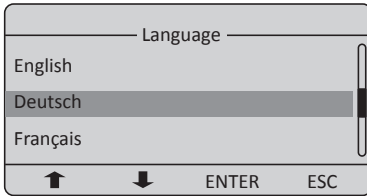
Pls note: If the iMRS is not connected to an electrical outlet, a build-in high performance condenser maintains the build-in clock up to 3 months. An additional memory battery is not necessary. If the iMRS is not connected to an electrical outlet for more than 3 months, you must adjust the clock again manually. The iMRS must hereby be connected to an electrical outlet

9.1.2. Volume:

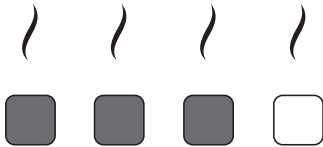


The volume of the build-in speaker (melodies and failure alerts) can be adjusted from 0% - 100% in 1% steps. By using the arrow-up and arrow-down buttons you can adjust the volume, by remaining on the arrow-up and arrow-down buttons the volume automatically counts up or down. Pls choose a suitable volume according to our personal preference, confirm with the soft key below „ENTER“ and leave the menu by pressing the soft key below „ESC“.

9.1.3. Language:



By using the arrow-up and arrow-down buttons you can choose the desired language (English, German, French). After choosing the language please confirm with the soft key below „ENTER“ and leave the menu by pressing the soft key below „ESC“.



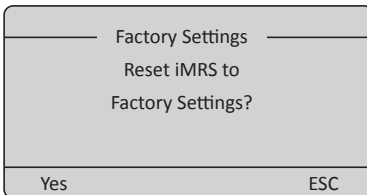
9.1.4. Contraindications:

By using the arrow-up and arrow-down buttons you can enable or disable the notice of the legally required contraindications during the initial boot process of the iMRS. After choosing your option (ON or OFF) please confirm with the soft key below „ENTER“ and leave the menu by pressing the soft key below „ESC“.

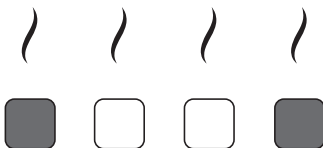
9.1.5. iMRS Options:

Here you can check your SD Card options and the serial number of the control unit (The serial number is a necessary information in order to upgrade your iMRS with additional options).

9.1.6. Factory Settings:



By pressing the soft key below „YES“, the iMRS will be restored to factory settings. A reboot of the iMRS will be initiated, the basic settings of the iMRS (Language, Clock, preprogrammed settings P1, P2 and P3) need to be configured again. By pressing the soft key below „ESC“ you can cancel the process.

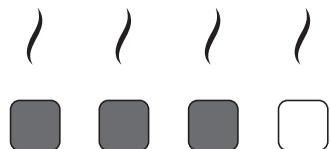
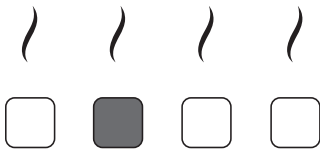
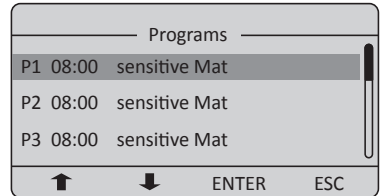
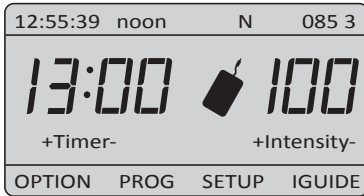


BE AWARE: All stored settings will be lost!

9.2. Save and recall of preprogrammed settings

All 3 iMRS variants (wellfit, complete, professional) provide you with the possibility of pre-programmed settings for 3 different users (P1, P2 and P3).

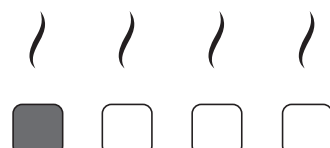
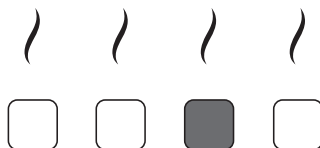
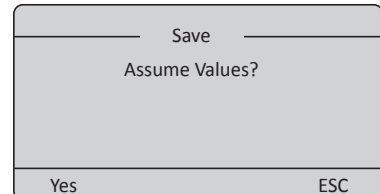
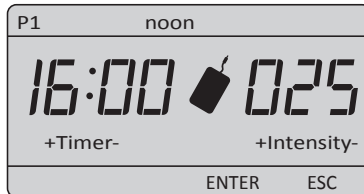
You can preprogram all 3 available applicators over all 4 organ clocks with all available intensities and time ranges and activate them by pressing the designated memory location on the membrane keyboard (11).



9.2.1. Saving a preselected program:

By pressing the soft key below „PROG“ you will be guided to the program menu. Choose a memory location (P1, P2 or P3) and confirm with the soft key below „ENTER“.

Die Timer- und Intensitätswerte können Sie durch Drücken der jeweiligen Tasten (6 und 7) auf der Folientastatur verändern.



After confirmation you will be automatically guided to the next organ clock. Once you pre-programmed all 4 organ clocks for one applicator, you will be automatically guided to the next applicator. Please repeat the settings as described above. Once you preprogrammed all 2 (iMRS wellfit) or 3 (iMRS complete and iMRS professional) applicators, please confirm by pressing the soft key below „YES“. The settings are now stored in the internal memory unit of the iMRS.

9.2.2. Recall the storage:

After the initial boot of the iMRS please select the applicator (5), choose the designated user P1, P2 or P3 (11) on the membrane keyboard and start the application by pressing the start/stop button (9). The iMRS now uses the presettings out of the internal memory unit.

9.3. Starting an application:

After the successful initial boot of the iMRS please choose the designated applicator (applicator mat, applicator cushion, applicator probe (iMRS complete/iMRS professional)) by pressing the button (5) on the membrane keyboard.

By pressing the +/- buttons (6) on the membrane keyboard you can choose the application duration, 8, 16 or 24 minutes. The iMRS professional can be individually adjusted between 2 and 60 minutes in one minute steps.

By pressing the +/- buttons (8) on the membrane keyboard you can choose the intensity (flux density) of the applied pulsed electromagnetic field. The intensities are divided in 7 steps, sensitive, 10, 25, 50, 100, 150, 200 (iMRS wellfit) or in 8 steps, sensitive, 10, 25, 50, 100, 150, 200, 400 (iMRS complete, iMRS professional).

Start the application by pressing the start/stop button (9). The iMRS initiates the beginning of the application with a short melody. The main display level (25) shows the remaining time of the application, the selected applicator and the selected intensity. The information of the magnetic field polarity (N= North, S=South) (21) and the automatically selected organ clock (20) will be displayed within the info level (24).

A short melody signalizes the end of the application. After the application period has finished the iMRS automatically switches into stand-by mode. After remaining in stand-by mode for approx. 2-4 minutes, the iMRS switches off automatically. **IMPORTANT:** The system cannot be switched off manually!

10. Applicator mat



The applicator mat serves to massage the entire body. Three flat pairs of coils with a different number of windings have been integrated in the applicator mat. The upper coil pair at the head end (cable exit to applicator socket) has the lowest number of windings. The lower coil pair (at the foot end) has the highest number of windings. Please make sure, that you lie with the head on the side of the applicator mat, where the cord is coming out of the mat.

The applicator mat can be folded in two places (arrows) (along 1/3 and 2/3 of the length) but to protect the coils, it cannot be bent or rolled. It is covered by a cushion cover which can be disinfected and is made of medically approved vinyl (Permaguard®).

NOTE: Please fold like an „S“ and not like an „U“ (Counterfold)!

Care and Cleaning Guide

The vinyl should be cleaned periodically in order to maintain its appearance and prevent build-up of dirt and contaminants. Any stain, spills or soiling should be cleaned up promptly to prevent the possibility of permanent staining.

The electro-magnetic vibration does not only work directly above the applicator mat, it exposes in all directions simultaneously. On the applicator mat, the average peak field strength is less than 45 μT (micro Tesla) at the highest intensity level which is approximately equivalent to the Earth's magnetic field. According to the preliminary standard DIN 0848, the recommended upper limit for 24-hours constant use is 400 μT . Horizontally, the vibration of the magnetic field in the head area has dissipated at a distance of approximately 3.2ft/1m and in the foot area at a distance of approximately 5ft/1.5m.

This application can only be used with the original applicator mat. If no applicator has been

connected or an applicator is defective, the display of the iMRS signals a failure (Applicator not plugged, Applicator broken). In both cases, you are unable to start the application.

11. Applicator cushion

The applicator cushion can be used for local applications, e.g. knee, foot, hand, shoulder etc. It is covered with a cover made of medically approved vinyl (Permaguard®) which can be disinfected.

A pair of coils has been integrated into the cushion, therefore it cannot be folded or rolled, but it can be bent in the middle (do not crease).



Care and Cleaning Guide

The vinyl should be cleaned periodically in order to maintain its appearance and prevent build-up of dirt and contaminants. Any stain, spills or soiling should be cleaned up promptly to prevent the possibility of permanent staining.

Please make sure, that the applicator cushion is not covered completely by the body or a blanket or similar when in use. Air circulation must be guaranteed, otherwise moisture can lead to corrosion of the coils inside.

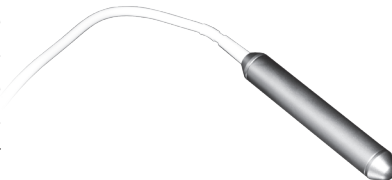
The electro-magnetic vibration does not only work directly above the applicator cushion, it vibrates in all directions but prefers to radiate perpendicular to the plane of the applicator cushion. At the highest intensity setting, the average peak field strength of the applicator cushion is less than 40 μT (iMRS wellfit) or 70 μT (iMRS complete and iMRS professional) which is approximately equivalent to the Earth-Magnetic-Field. According to the preliminary standard for DIN 0848, the recommended upper limit for 24-hours constant use is 400 μT . Parallel to the plane of the applicator cushion, the vibration of the magnetic field has dissipated virtually completely at a distance of approximately 5ft/1.5m.

If the applicator cushion is used, the iMRS automatically selects a fixed specified program for local application.

This application can only be used with the original applicator cushion. If no applicator has been connected or an applicator is defective, the display of the iMRS signals a failure (Applicator not plugged, Applicator broken). In both cases, you are unable to start the application.

12. Applicator probe (iMRS complete, iMRS professional)

The applicator probe, made of anodized metal, is only included in delivery of the iMRS complete and the iMRS professional. It is used for the localized application of individual areas or little spots on the body. The magnetic field vibration from the probe has a maximum peak average strength of approximately 300 μT and has dissipated at a distance of 5ft/1.5m in the direction of the probe, it has dissipated virtually completely 3.2ft/1m from the probe at right angles to the probe.



If the applicator probe is used, the iMRS automatically selects a fixed specified program for local application.

This application can only be used with the original applicator probe. If no applicator has been connected or an applicator is defective, the display of the iMRS signals a failure (Applicator not plugged, Applicator broken). In both cases, you are unable to start the application.

13. Application

13.1. Mat application

Connect the applicator mat to the control unit (13, 14 or 15). Switch the control unit on using the ON / OFF switch (4). The device is ready to be used once the initial boot process has been completed successfully. Choose the applicator mat by pressing the button (5) on the membrane keyboard.

You can select an application period of 8, 16 or 24 minutes (iMRS wellfit, iMRS complete) using the time selection key (6). The iMRS professional can be individually adjusted between 2 and 60 minutes in one minute steps.

Using the +/- keys for the intensity selection key (8) you can select the required intensity of the electro-magnetic vibration. The intensity of the electromagnetic vibration can be set to the levels "sensitive", 10, 25, 50, 100, 150 and 200 (iMRS wellfit). The iMRS complete and iMRS professional can also be set to an intensity level of 400.

The organ clock will be automatically adjusted by the system clock of the iMRS. You can manually overwrite the organ clock by pressing the designated +/- buttons for the manual organ clock (10).

The application is started by pressing the Start / Stop key (9). The start of the application is signaled by a short melody. The display (1) indicates the remaining time of the application, the selected applicator and the selected intensity. The polarity of the electro-magnetic vibration (21) and the organ clock (20) is displayed on the info level (24).

A short melody signalizes the end of the application. After the application period has finished the iMRS automatically switches into stand-by mode. After remaining in stand-by mode for approx. 2-4 minutes, the iMRS switches off automatically. **IMPORTANT:** The system cannot be switched off manually! To completely disconnect the device from the mains, the Plug-In Power Pack must be removed from the wall outlet.

The following rule applies:

Without any detailed knowledge, an application on the mat for an adult person from the age of 40 years onwards should always be started with a lower intensity level, e.g. an intensity level of 25/8 minutes in the morning and an intensity level of 10/8 minutes in the evening. You should

only deviate from this rule if you can assume that your body has a higher vitality level, e.g. which is the case for a young or a very active person who has a generally higher level of physical capacity. The intensity level "sensitive" is intended for very sensitive people.

Intensity levels of 100 or more with the applicator mat are not necessary for most individuals. Please consult with your certified Swiss Bionic Solutions LifeStyle Consultant.

If the applicator mat is positioned underneath a mattress (no interior coil mattress), you can adjust the next highest intensity level. This means e.g. if the mattress is 7 in/20 cm thick, you can e.g. use the setting 100 instead of 50 or 50 instead of 25.

In general, we recommend that you do the application twice a day – in the morning and in the late evening. In addition, the electro-magnetic massage can be supplemented by an additional application at mid-day and another one in the late afternoon. More frequent mat applications are not recommended.

13.2. Local application using the applicator cushion

We recommend the use of the applicator cushion for local application such as hand, knee, hip, elbow, shoulder and neck.

Connect the applicator cushion to the control unit (13, 14 or 15)). Switch the control unit on using the ON / OFF switch (4). The device is ready to be used once the initial boot process has been completed successfully. Choose the applicator cushion by pressing the button (5) on the membrane keyboard.

If used for local application, higher intensity levels can be selected. We recommend that you select lower intensity levels for the head/neck region of the body (e.g. shoulder = 25 - 50, back = 50 – 100, hips = 100 – 150, thigh = 150 – 200, calf and foot = 200 (iMRS complete and iMRS professional – 400). To select the intensities, please use the +/- buttons (8).

The cushion is positioned on the part of the body to be covered. Please do not cover the cushion completely so that sufficient air can still circulate over the device and protect the inner part of the cushion from moisture. Select the application period of 8, 16 or 24 minutes (6) and start the application. The system switches off automatically once the specified application period is over, the application can also be stopped prematurely at any time using the Start/Stop key (9). The

iMRS professional can be individually adjusted between 2 and 60 minutes in one minute steps. After positioning the applicator cushion on the designated area the application is started by pressing the Start / Stop key (9). The start of the application is signaled by a short melody. The display (1) indicates the remaining time of the application, the selected applicator and the selected intensity. The polarity of the electro-magnetic vibration (21) and the organ clock (20) is displayed on the info level (24).

A short melody signalizes the end of the application. After the application period has finished the iMRS automatically switches into stand-by mode. After remaining in stand-by mode for approx. 2-4 minutes, the iMRS switches off automatically. **IMPORTANT:** The system cannot be switched off manually! To completely disconnect the device from the mains, the Plug-In Power Pack must be removed from the wall outlet.

13.3. Local application using the applicator probe

The applicator probe will be delivered with the iMRS complete and iMRS professional. Connect the applicator probe to the control unit (13, 14 or 15)). Switch the control unit on using the ON / OFF switch (4). The device is ready to be used once the initial boot process has been completed successfully. Choose the applicator probe by pressing the button (5) on the membrane keyboard.

Certain points of the body can be applied specifically using the applicator probe, e.g. joints, trigger points or smaller areas of the body by manually holding the probe over the area.

The standard application duration of 8 minutes should be selected when applying a electro-magnetic vibration by "covering" small parts of the body. However you can select the application period of 8, 16 or 24 minutes with the designated button (6) on the membrane keyboard.

An appropriate local program is selected automatically. For local applications, higher intensity levels can be used. We recommend that you select lower intensity levels for the head/neck region of the body (e.g. shoulder = 25 – 50, back = 50 – 100, hips = 100 – 150, thigh = 150 – 200, calf and foot = 200 , iMRS complete and iMRS professional - 400).

Start the application. The system switches off automatically once the specified application period is over, the application can also be stopped prematurely at any time using the Start/Stop key (9). The iMRS professional can be individually adjusted between 2 and 60 minutes in one minute steps. To completely disconnect the device from the mains, the Plug-In Power Pack must be removed from the wall outlet.

14. Cleaning and caring for the system

Control unit:

The control unit can be cleaned and disinfected using conventional cleaners for synthetic materials or disinfectants which can be used for surfaces.

Applicators:

The cover of the applicator mat and the applicator cushion is made of medically approved vinyl and can be wiped clean or disinfected using the appropriate cleaning agents and surface disinfectants as described under section 10 and 11.

15. Maintenance/check

The iMRS-systems are designed to be maintenance free.

Possible Failure Alerts:

Failure	Explanation
Battery at 10%	Battery condition
Same Appl.	Same applicator multiply connected
Appl. broken	Applicator is defective (Call for Service)
Appl. not connected	Selected applicator is not connected properly or not connected at all
No SD Card	SD Card is not plugged in properly or not inserted at all
SD Card n. valid	Wrong SD Card (i.e. wrong serial number, not formatted)

Repairs and service can only be carried out by the manufacturer:

Manufacturing:

Swiss Bionic Solutions Schweiz GmbH
 Schulhausstrasse 17
 8834 Schindellegi
 Switzerland

Phone: +41-62-2955951

Fax: +41-62-2955952


Email: ch@swissbionic.com

16. Identification, technical data

16.1. Identification

Identification plate iMRS:

Typ:	iMRS V1.21
Hersteller/	Swiss Bionic Solutions Schweiz GmbH
Vertrieb:	Schulhausstrasse 17 8834 Schindellegi, Schweiz
Versorgung:	18 V  / 30VA
Betrieb nur mit Original-Zubehör und	
Steckernetzteil	FW-7362M/18V
Steckernetzteil <small>oder</small>	ANHG-2011-004/18V
SN:	

CE 0483

CE-Kennzeichnung:

CE 0483



Attention: follow the manual instructions



Applied part, Type B



law for used electric devices



DC-Symbol (direct current)



Protection class II

The conformity according to EC directives is explained for the equipment described in this Operators Guide.

16.2. Technical data iMRS

Nr.	Bezeichnung	Grösse / Einheit / Art / Ausführung
Steuergerät		
1	Type of device	Magnetic-Resonance-Stimulation
2	Type description	iMRS
3	Nominal voltage	18 V $\overline{\text{m}}$
4	Nominal power	1.66 A
5	Max. peak power consumption	30 VA
6	Average power consumption	9 W
7	HF frequency	none
8	Operation mode	Continuous operation
9	Construction type	Portable device
10	Protection class	II
11	Applied part	Type B
12	Humidity protection class	Covered device
13	Measures taken to separate mains and secondary circuit	Power pack Type FW-7362/18
14	Output voltage at applicator socket	Max. 20 V direct voltage
15	Sockets for simultaneous connection of mat and cushion	Stereo jack plugs 6.3 mm
16	Casing	V0
17	Average peak magnetic field strength at highest setting (400%)	< 300 μT
18	Application period, selectable (with automatic switch-off function)	8, 16 and 24 minutes, 2 - 60 minutes with the iMRS professional
19	Weight	671 g
20	Outside dimensions	26.5 x 16.9 x 6.1 cm
21	Temperature (Operating)	+10°C to +40°C
22	Temperature (Storage)	-20°C to +45°C
23	Humidity (Operating)	30% - 75% RH (without condensation)
24	Humidity (Storage)	10% - 95% RH (without condensation)

25	Air Pressure (Operating)	700 - 1060 hPa
26	Air Pressure (Storage)	700 - 1060 hPa
Plug-in power pack		
1	Type	FW-7362/18
2	Supply	100 V - 240 V~ / 50 Hz - 60 Hz / 700 mA
3	Cable length	1,83 m
Alternate Plug-in power pack		
1	Type	ANHG-2011-004 (Ansmann)
2	Supply	100 V - 240 V~ / 50 Hz - 60 Hz / 500 mA
3	Cable length	1,80 m
Nr.	Description	Size / unit / type / model
Applicator mat		
1	Coils	3 pairs of coils
2	Cover	Vinyl, can be disinfected. (can be folded in two places, 1/3 and 2/3 of the overall length, do not roll or crease)
3	Dimensions	173 x 59 x 3.8 cm
4	Cable length	2.37 m
Applicator cushion		
1	Coils	1 pair of coils
2	Cover	Vinyl, can be disinfected. (do not roll or crease)
3	Dimensions	49 x 28 x 3.8 cm
4	Cable length	2.37 m
Applicator probe		
1	Coils	1 coil with core
2	Cover	Anodized metal
3	Dimensions	1.9 x 12.3 cm
4	Cable length	2.6 m

Intensity in %	Applicator mat (area):			Measurements in μ T Applicator cushion
	foot	centre	shoulder	
Sensitive	0,27	0,22	0,09	0,35
10	1,35	1,22	0,54	1,70
25	4,00	3,60	1,60	5,00
50	8,00	7,20	3,20	10,00
100	16,00	14,40	6,40	20,00
150	24,00	21,60	9,60	30,00
200	32,00	28,80	12,80	40,00
400	45,00	30,00	17,50	65,00

17. Guarantee

The iMRS systems are the result of innovative research and development. Swiss Bionic Solutions will grant a 36 month warranty – from the date of purchase – on materials and workmanship. This warranty can only be honored if the device and all accessories are used as specified. Therefore please follow the instructions in this manual very carefully. It is not possible to claim for faults, damage or defects arising from neglecting to take note of the instructions in the user manual under this warranty.

The warranty only applies if original iMRS accessories are used.

To make any claims under the warranty, please retain the receipt of purchase for this device.

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Swiss Bionic Solutions Schweiz GmbH

Schulhausstrasse 17 | 8834 Schindellegi, Schweiz

Phone: +41 (62) 295 5951 | Fax: +41 (62) 295 5952 | E-Mail: ch@swissbionic.com

Swiss Bionic Solutions Deutschland GmbH

Biberacher Str. 87 | 88339 Bad Waldsee, Deutschland

Phone: +49 (7524) 996 950 | Fax: +49 (7524) 996 9518 | E-Mail: de@swissbionic.com

Swiss Bionic Solutions USA Inc.

1200 NE 7Th Ave Suite 7 | Fort Lauderdale, Florida 33304, USA

Phone: +1 (954) 766 4153 | Fax: +1 (954) 766 4156 | E-Mail: us@swissbionic.com

Swiss Bionic Solutions Canada Inc.

1195 North Service Rd. West | Oakville, Ont. L6M 2W2, Canada

Phone: +1 (905) 465 0753 | Fax: +1 (1 866) 792 8182 | E-Mail: ca@swissbionic.com

Swiss Bionic Solutions Asia Ltd.

998 Canton Road | Mongkok | Kowloon | Hong Kong

Phone: +852 2337-8774 | E-Mail: asia@swissbionic.com

www.swissbionic.com