



Congratulations on purchasing **Plantarcure**, the most effective treatment for plantar fasciitis and heel pain.

Charging your Plantarcure



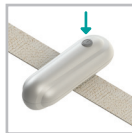
Insert the charging cable through the centre of the green rubber pad. The plug should be pressed fully into the device. Insert the other end into any USB port.

When charged your device will light up green. Charging takes around 4 to 6 hours. Remove the cable before turning on the device.

How to use your device



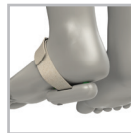
Thread the strap through the slots



Press and hold to turn on



Device flashes green 4 times and starts on mode 1



Strap to the foot with the applicator nozzle on the point of pain



Press green button to cycle through the modes

Press and hold the button to turn off.

Pulse modes

- | | | | |
|---|-------------------------------------|----|------------------------------------|
| 1 | Low frequency | 6 | Maximum power pulse |
| 2 | Mid range frequency | 7 | Short pulse, fast pulse, repeating |
| 3 | High frequency | 8 | Slow pulse |
| 4 | Standard repeating pulse | 9 | Fast pulse |
| 5 | Fast pulse alternating with 1,2 & 3 | 10 | Long pulse, alternating |

Which modes to use

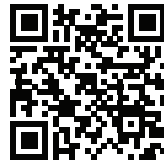
Day 1 & 2: Start with setting one, a low frequency non-pulsed setting. Use this three times a day for 10 minutes each time to start.

Day 3 - 5: Increase the mode to 2 or 3 if necessary, keeping the same frequency.

Day 7+: Use each of the modes to see which provides the greatest level of pain relief. You can reduce usage frequency to twice a day using modes 4 and upwards.

Ongoing: Use modes 8, 9 and 10 for occasional use after the 4th week.

Need more help or advice
on using your device?



Scan this QR code or visit
www.plantarcure.com/fitting

Send us an email at
support@plantarcure.com or
message us on facebook

Specification: Frequency: 150Hz nominal | Weight (incl battery): 60g
Operating Conditions: 5°C to 40°C; <90% RH | Storage/Transport Conditions: 0°C to 45°C; <90% RH

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