

NIAGARA



User Guide
Therapy Pad
Niagara
Model CSTP

The Circulation Stimulation Therapy Pad (CSTP) is used for Cyclo-Therapy (cyclodial vibration therapy). The CSTP pad has been designed for people with lower leg circulation problems due to chronic illness or disability such as diabetes, vascular conditions and high blood pressure.

Clinical studies have shown that Cyclo-Therapy increases circulation, reduce pain and assist muscle relaxation.

As a result the CSTP pad can:

- Improve blood circulation,
- Improve local and general blood flow for a better feeding of the muscles of the body and all organs to eliminate waste materials,
- Assist muscle relaxation,
- Stimulate muscles,
- Improve the mobility and flexibility by increasing the production of synovial liquid in the joints,
- Soothe most rheumatic pains,
- Improve lymphatic drainage to eliminate the tissue fluid,
- Regenerate the tissue, blood and lymph drains for a better convalescence,
- Secrete mucus in the lungs,
- Decrease blood pressure by hypertension,
- Produce the ability to rest and relax easily and naturally,
- Ease simple nervous tension.

We should emphasise that Cyclo-Therapy is not a cure for the cause of these conditions but it can do much to help alleviate the symptoms associated with them. It is designed to complement the range of current therapies available. Its use can always be discussed with a health care professional if you feel necessary. You should not discontinue any current therapies without seeking professional advice.

The Cyclo Therapy should not used in the following circumstances if you have any of the following conditions:

- Active Deep Vein Thrombosis,
- Pulmonary Embolism,
- Pregnancy,
- Active Cancer,
- Acute Thrombophlebitis,
- Osteomyelitis,
- Uncontrolled Epilepsy,
- Aneurism,
- Severe active wound infection and not receiving antibiotic therapy,
- Skin in an inflamed state (red and hot),
- Severe tissue necrose
- Pacemaker,
- Unstable bone structures,
- Over an area of a recent joint replacement.

WHAT IS CYCLO-THERAPY OR CYCLOÏDAL VIBRATION THERAPY (CVT)

Cyclo-Therapy is a Cycloidal Vibration Massage therapy. The unique eccentric motor produces an elliptical movement rather like a gyroscope. This ultimately creates cycloidal vibration with a multi-directional, three way wave, moving North/South, East/West and in a circular direction all at the same time. Cycloidal Vibration is a mechanical form of oscillation vibration producing a three dimensional movement of varying magnitude longitudinal, vertical and transverse to the vibrating surface (fig.1 and 2).

It has a frequency range of between 5 Hz and 105 Hz and an amplitude range of between 0,02 mm and 1,40 mm.

This results in a gentle but deep - penetrating massage with a multitude of therapeutic benefits with no known harmful effects.

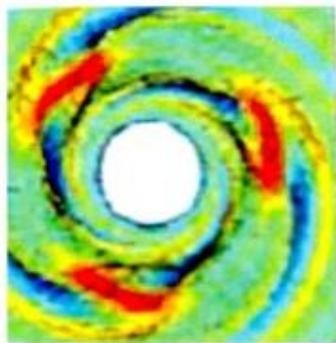


Fig. 1: Three dimensional circular movement.

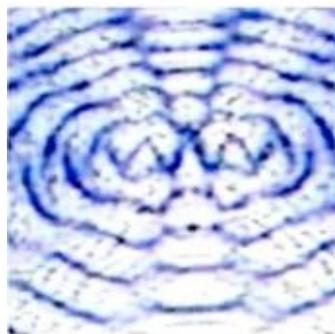


Fig. 2: Three dimensional circular wave.

OPERATING INSTRUCTIONS FOR THE CSTP PAD

The CSTP pad has a handset with a LCD display (fig. 3). The time is displayed by the left LCS screen, the Cyclo-Therapy level (speed) is displayed in the right LCD screen. The CSTP pad has an electrical cable of +/- 3,5 m and is double insulated.

Timer (Time)

Before any of the functions will operate, the CSTP pad must be plugged into the mains (230V). The ON / OFF knob then pressed (fig. 3), a green LED will illuminate and the LCD display will show 0 under the time and speed.

To operate the Cyclo-Therapy, time must first be set. To select time, the upper left arrow button is pressed. Time can be set in 5 minute intervals from 5 to 60 minutes as displayed by the left display screen. To reduce or cancel time, press the bottom left arrow button.

By cancelling time, all functions are cancelled and the LCD-displays will return to 0.

Once time is set, the timer will count down in 1 minute increments as displayed. When time reaches 0 the therapy will stop.

Cyclo-Therapy level (Speed)

When time is set, the Cyclo-Therapy level (speed) can be selected. Pressing the upper right arrow button, the Cyclo-Therapy will start at minimum as indicated in the right LCD display (0 to 10 level scale). Holding the button down will slowly increase the level until the desired speed has

been reached. To reduce the level, the bottom right arrow button when pressed, will slowly reduce the speed until 0 which will switch the therapy off.

Cycloid Action

When selected, the Cyclo-Therapy remains constant at the level selected.

Polymodulation

Once the speed level selected is above 3.0, pressing the Polymodulation button will select this setting. This provides a pulsing speed action and the Cyclo-Therapy speed will rapidly vary from a lower to upper speed level setting. This provides a deeper penetrating pulse effect. Press the button again or Cycloid Action to cancel and this will return to the standard setting.

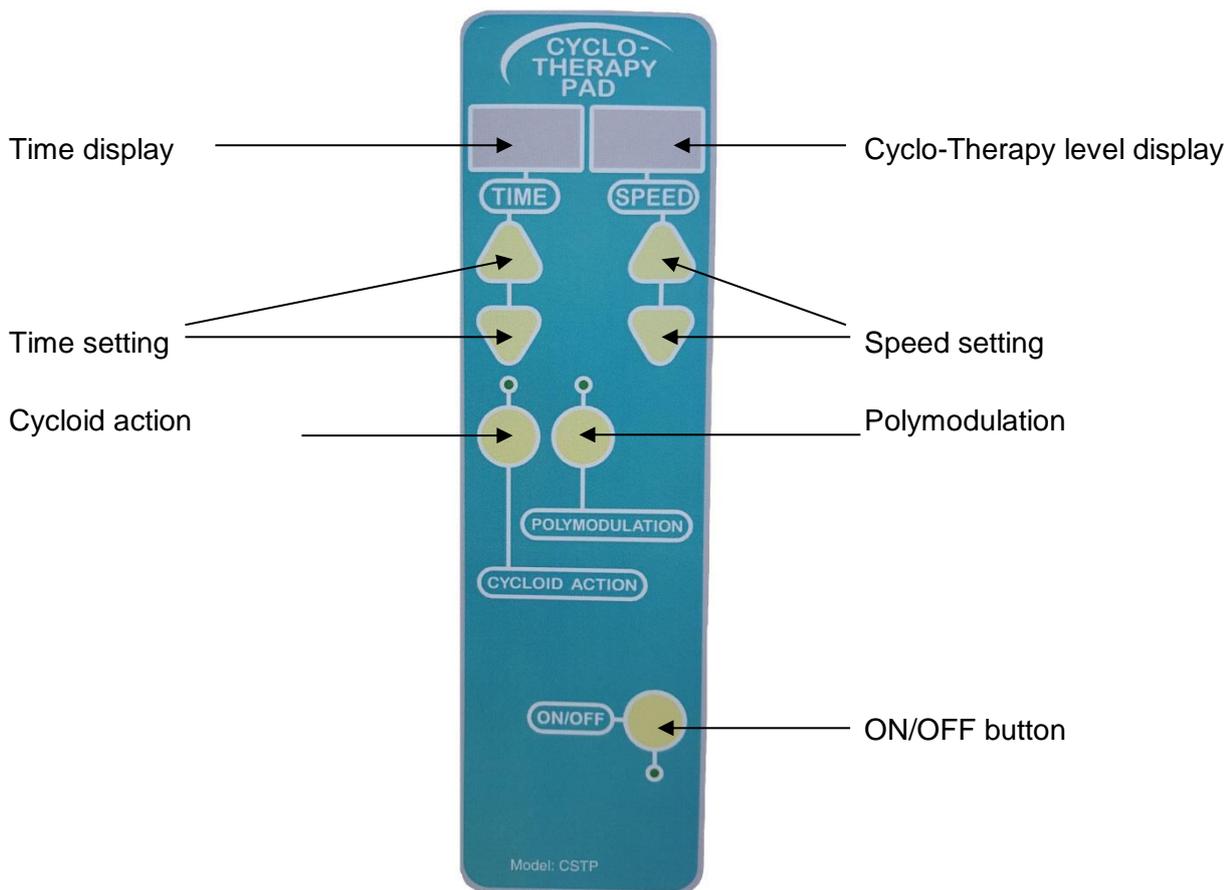


Fig. 3: Handset of the CSTP pad.

USING THE CSTP PAD

For maximum benefit, you should ideally apply a day for 20 to 30 minutes or longer. Adjust to the level that suits you and you find most beneficial and comfortable.

For blood circulation and swelling reduction:

To increase circulation and for swelling reduction set the level between 2 and 4.

For pain reduction and muscle relaxation:

Lower levels of 2 to 5 are preferred to help muscle relaxation, pain relief, and general therapeutic benefit.

Higher levels of 5 plus may suit others for pain relief or muscle stimulation but should be used for short periods of time for less than 20 to 30 minutes.

How to use the CSTP pad?

The following series of photographs shows how the CSTP pad can be used in a variety of positions for therapeutic effects and relief from a range conditions.

Increasing leg circulation:



Fig. 4: Upper leg and knees.



Fig. 5: Lower leg and knees.



Fig. 6: Lower leg and ankle.

Feet:



Fig. 7: Arches.



Fig. 8: Flat.

Back and abdomen:



Fig. 9: Back.



Fig. 10: Abdomen.

Back in sitting position:

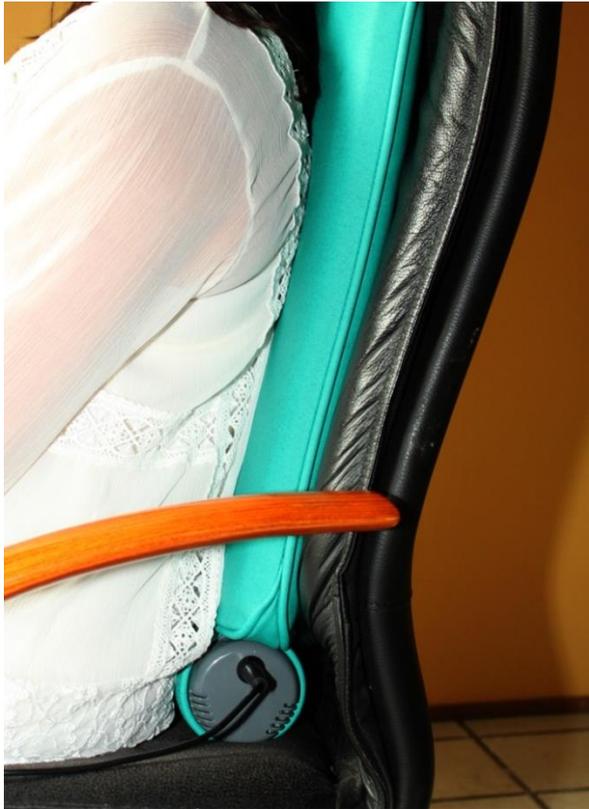


Fig. 11: Lower back.

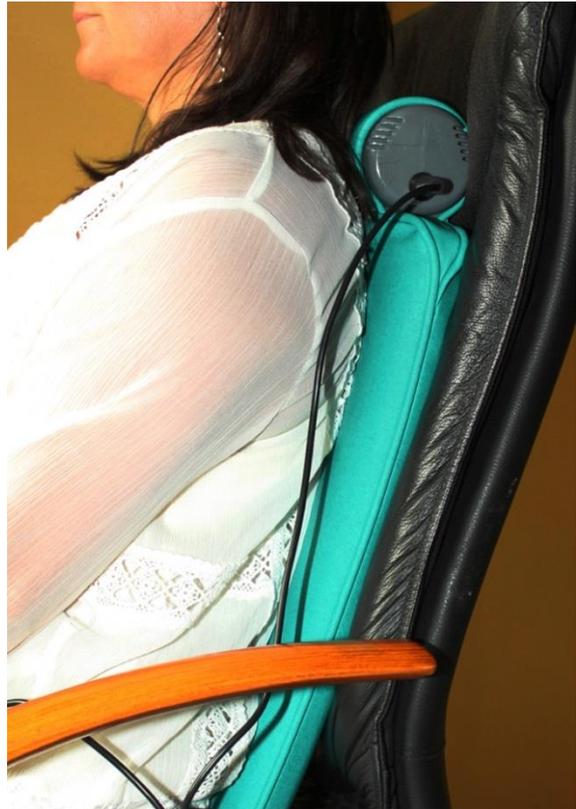


Fig. 12: Upper back and shoulder.

Hands and arms:



Fig. 13: Underarms.



Fig. 14: Upper arms and armpit.

For better results also try the CSTP pad with a Cyclo-Therapy Hand Unit:



Fig. 15: Upper leg and shoulder.



Fig. 16: Feet and abdomen.

SAFETY INSTRUCTIONS

The following safety instructions must be considered:

- Keep beyond the reach of children.
- Do not use in the bath or in a humidity environment.
- Do not use solvent based cleaners, dry cleaning products, bleach, abrasive compounds and phenol based cleaning solutions as these will damage the surface coating.
- The ventilation holes in the motor housing should not be covered.
- Take care to prevent string, pins etc. from entering the vents.
- Do not pick up the pad by the power cord or by the handset.

GUARANTEE

We undertake that if, within 2 years from the date of delivery, this pad or any part thereof is proved to be defective by reason only of faulty workmanship or materials, NIAGARA IMPORT at our own discretion, repair or replace the same free of charge for labour, materials or carriage on conditions that:

- The unit has been correctly installed and used for normal purposes only, and in accordance with our operating instructions.
- The appliance has not been serviced, maintained, repaired, taken apart or tampered with by any person not authorised by NIAGARA IMPORT.
- The unit is still in the possession of its original purchaser or is accompanied with the original purchase invoice.

After the 2 years guarantee, a defective unit can be repaired, where this is possible, by NIAGARA IMPORT. The unit can be sent to the address below. Before reparation, a proposition will be made. The proposition is free when the reparation may be accomplished.

A guarantee of 6 months will be provided.

There will be no guarantee when reparation is executed by others not authorised by NIAGARA IMPORT.

TROUBLESHOOTING

When the unit is defect, remove the power cord from the mains supply.

Contact NIAGARA IMPORT (see below).

Overview of spare parts with reference, see below 'Spare parts'.

CLEANING PROCEDURE

It is not necessary to clean the CSTP pad on a regular basis but should the pad require cleaning, the following steps can be taken:

- Before cleaning, make sure the pad has been disconnected from the main power.
- Wipe all exposed surface with a cloth which has been moistened in simple detergent and water.
- The ventilation holes in the motor should be kept clean, this can be carried out by using a vacuum cleaner, placing the cleaner hose over the ventilation holes.

The product has been designed to require little maintenance if kept clean and used sensibly in accordance with these instructions.

TECHNICAL INFORMATION

Voltage: 230 Volt
Frequency: 50 Hertz
Power motor: 46 / 55 W
Range frequency speed: 20 to 80 Hertz
Dimensions pad: Length: 590 mm
Width: 365 mm
Thickness: 50 mm
Weight: 3,150 Kg

CUSTOMER SERVICE

NIAGARA IMPORT
HAUWIJKSTRAAT 36
1790 AFFLIGEM
BELGIUM
Tel Frank Vanelslande: + 32 (0)473 47 18 19

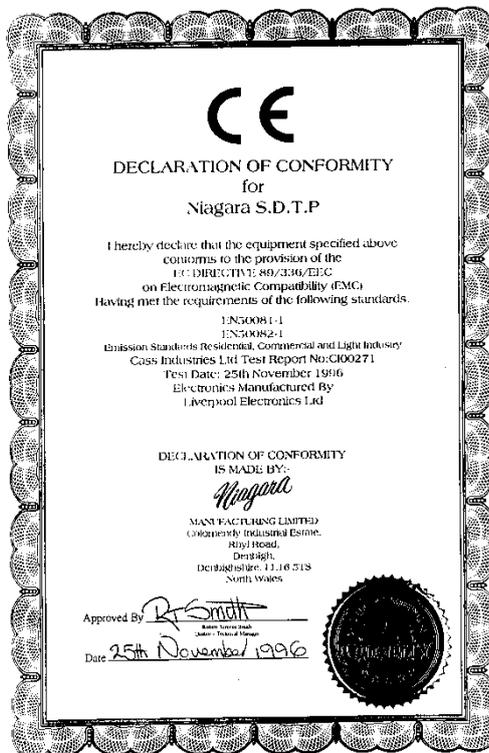
www.niagara-import.be

SPARE PARTS

Lcd-301:handset (empty box)	Lcd-302: module LC (control unit)
Lcd-303: motor DC	Lcd-304: motor unit
Lcd-305: handset (complete unit)	Lcd-306: 6 wire cable with connector
Lcd-307:transformer unit	Lcd-308: ventilation unit
Lcd-309: rubber matting for handset	Lcd-310: sticker handset

Optional: Lcd -311: deployment bag for handset	
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SAFETY CONFORMITY



Niagara

NIAGARA MANUFACTURING LTD.
COLWYNNY INDUSTRIAL ESTATE, RHYD ROAD, DENBIGH, CLYDD, NORTH WALES, LL16 5TS
TELEPHONE: 0745 513660 TELEFAX NO: 617596 NIAGARA G FAX NO: 0745 816106

**DECLARATION OF CONFORMITY TO
I.E.C. 601.**

Name Of Manufacturing Company: *Niagara Manufacturing Ltd*
Address Of Manufacturing Company: *Colwynny Industrial Estate,
Rhyd Road,
Denbigh, Clwyd,
North Wales, LL16 5TS*

Description Of Apparatus: *Message Pad*
Type: *S.D.T.P.*
Serial No: *W05055*
Construction Year: *Feb. 1993*

The subscriber declares that the apparatus described above is built and made to conform to I.E.C.601.1

Signed at: *Denbigh* Signed: *R. Smith*
(Place)

Name - first and given: *Robert Tevance Smith*
Date: *19th Feb 93* Position: *Quality
MANAGER*