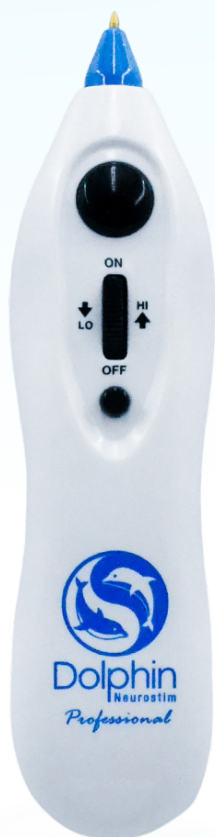


# Dolphin<sup>TM</sup>

Neurostim OTC

*Professional*



PATIENT INSTRUCTION FOR USE



## **Overview of the Dolphin Neurostim OTC Professional**

The Dolphin Neurostim Professional is specifically designed to relieve pain. Dolphin owes its exceptional outcomes to the extremely accurate point location and the unique, gentle stimulation the unit produces.

Dolphin produces thousands of times less stimulation than traditional TENS with pads/gels. The safety factor and powerful outcomes of this form of stimulation have been thoroughly tested over 30 years by 50,000 health professionals around the world.

Dolphin's stimulation is so gentle, safe, and easy to apply, that any person may now enjoy on-the-spot pain relief at home. Dolphin stimulation is also very powerful, so professionals needing adjunctive clinical pain relief now resort to the Dolphin!

For therapists, Dolphin is also a particularly attractive solution for patients with an aversion to needles, or those with a fear of Hepatitis or AIDS transmission through skin penetration.

## **About the Dolphin Neurostim OTC Professional Device**

The Dolphin is intended for treatment of pain where no medical or surgical intervention is appropriate. The Dolphin is classified as TENS device, and therefore provides a symptomatic treatment of non-proven curative value and as such suppresses the sensation of pain, which may otherwise serve as a protective mechanism. Treatment should be prescribed only after a medical diagnosis of the cause of the pain has been established.

## **Technical Description of Dolphin Neurostim OTC Professional**

Intended use: Transcutaneous Electrical Nerve Stimulator for chronic and acute pain management.

Point location: Metal Tip is moved around the skin until audible tone rises in pitch and the indicator light flickers off, signifying accurate point location.

Stimulation: Pressing the stimulation button activates the stimulation mode and applies electro-stimulation

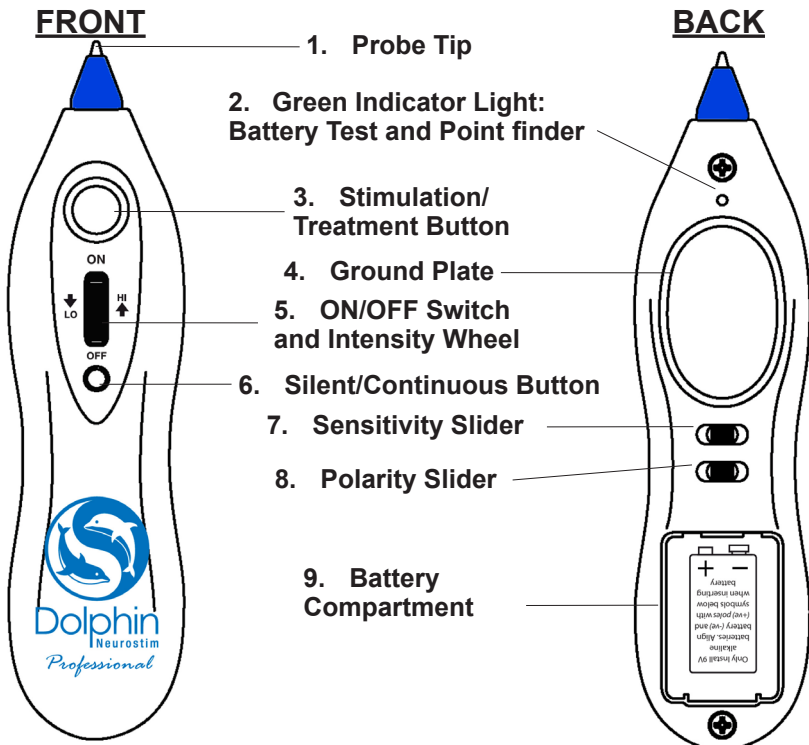
© 2022 - Center for Pain and Stress Research, Ltd. - All rights reserved

The Dolphin Neurostim Professional is manufactured by:

**Center for Pain and Stress Research, Ltd.,** Toronto, Ontario, CANADA

## Product Description

1. Probe (Metal tip)
2. Green Indicator Light: this light is activated when the Dolphin Neurostim unit is switched on. Light flickers off when point has been located. Battery Test Light: This new feature indicated battery strength, if light DOES NOT illuminate when turned on, change the battery.
3. Stimulation/ Treatment Button: press to activate stimulation
4. Ground Plate: thumb or finger must be in contact with the plate when locating or stimulating points
5. ON/OFF switch and Intensity Wheel
6. Silent/Continuous Button: Pressing this button silences the device and produces an on-going continuous stimulation. The device will automatically turn off the silent and continuous treatment cycle after 12-15 minutes and go back to search mode to prevent over-stimulation.
7. Sensitivity Slider: increases point location
8. Polarity Slider: Tonify (+), Disperse (-)
9. Battery Compartment: Dolphin Neurostim is powered by Alkaline 9V



## Description of Electrical Performance

The device is powered by a 9-Volt battery. The electrical output of the device consists of square waveform pulsed DC stimulation. The pulse parameters vary with skin resistance. The Dolphin Neurostim Professional is battery operated; there is no leakage current to the ground.

### Search Mode

**During the Search Mode (locating Points)**

**Dolphin emits Following Parameters:**

Voltage	Pulse Width	Frequency	Duty Cycle
3.8 mV	0.09 ms	5.518KHz	51%

### Stimulation Mode

**During the Search Mode,  
Maximum Parameters are ( at 500ohms):**

Voltage	Pulse Width	Frequency	Duty Cycle
9V	200ms	2.35Hz	51%

### Maximum & Minimum Values

**Output in the Stimulation Mode can be  
varied with the intensity control wheel**

Minimum	85 $\mu$ A
Maximum	$\leq 1$ mA (999 $\mu$ A)

## Dolphin Professional Instructions for Use

1. Select the points for your condition from the accompanying protocol manual.
2. Polarity of stimulation is located beside each point in the manual: Tonify (+) or Disperse (-). Changing this setting causes a reversal of current flow and produces the benefits of heat (+) or ice (-).
3. Set the Sensitivity Slider for Skin type: The Sensitivity slider is located below “polarity” slider and is used to increase/decrease the point finding capabilities of the unit. Choose between wet-normal-dry skin types. Start with normal.
4. On/Off Intensity Wheel. This wheel is located below the treatment button and may be adjusted accordingly. Rolling forward turns device “ON’ and continued rolling forward increases current intensity (strength). Conversely, when the device is on, rolling wheel backward reduces intensity of stimulation.
5. Hold unit properly to ground. Hold unit between thumb and index finger with thumb touching ground plate (opposite side of unit to wheel).
6. **Finding points.** With unit on, roam tip of unit on skin and wait for audible pitch to change and indicator light (located beside ground plate) to flicker off. Slight pressure should be used during point location, so the device slightly “drags” over skin surface.
7. **Treating Points.** After successfully locating point (high pitch +/- or indicator light “off”) press and hold the treatment button for 15-30 seconds.
8. **Silent/continuous mode.** After successfully locating point, press silent button (located below on/off wheel) once. The device will become silent and produces an on-going continuous treatment cycle for 12-15 minutes then go back to search mode to prevent over-stimulation. If the user wishes to continue the treatment after the first cycle, It is best to turn off the unit for at least 5 seconds to have silent and continuous treatment cycle timing reset back to 12-15 minutes.
9. **Treating others.** Because a proper circuit is required for electro-function, you must touch the other person’s skin while locating or stimulating points in order to ground.

## Commonly Asked General Questions

1. Can you use the device in conjunction with needle acupuncture? Yes, it is a very useful adjunct and speeds up the results.
2. Is it a cure? No. The Dolphin Neurostim provides symptomatic relief from pain.
3. Is the Dolphin Neurostim as effective as traditional acupuncture? In science, Dolphin produces the same physiological benefits as traditional acupuncture. However, it is difficult to replace any skilled therapist, so applying Dolphin as an adjunct to any traditional therapies is best approach to reducing pain.
4. Where can I find the list of conditions? A large number of conditions are listed in the book but it is advisable that you make a realistic assessment for each individual condition that you propose to treat as to the results that you may expect to achieve.

## Commonly Asked Treatment Questions

1. **Although points in the book are shown one sided, am I supposed to treat both sides of my body?** For presentation purposes, the instruction manual only illustrates one side of the body being treated, which means that only one part of the illustration contains active points represented by dots (i.e. one arm, one leg, one foot). For most conditions, stimulate points in identical positions on both sides. The exception being when you only have one sore ankle, hand, elbow, knee, etc.
2. **How long to stimulate a point?** The duration of treatment is not critical, at least 15 - 30 seconds. However a longer duration for treatment is quite safe if you feel that helps especially for chronic conditions. Stimulate up to a maximum 3 times a day, gradually spacing treatments as improvement occurs. You will be able to determine your own maintenance requirements in time.
3. **Are the finger width measurements my own or the person I am treating?** Measurements are indicated in finger width, and these vary with the size of the individual and so the finger proportion for person being treated.
4. **Can I vary the intensity of the stimulation?** The intensity wheel is designed to reduce the risk of skin irritation by varying the output voltage. There is an output

voltage of 5.5 volts in low setting and 8.5 volts in the high setting at a 500K load. Midrange is 7.0 volts at 500K, and it is located beside the treatment button at the tip of the unit. Start with the low setting and increase output in accordance with the patient's tolerance. Stimulation does not have to be strong to be effective.

**5. How do I search for a point?** To search for a point, move the probe (metal tip) slowly over the desired skin surface using sufficient pressure to maintain skin contact enough to avoid hurting, dragging on or indenting the skin. Listen for a rise in sound pitch and watch for the indicator light to flicker. When the sound reaches its highest pitch and the indicator light goes out, you have successfully located a point.

**Note:** Never jab at the skin to locate a point. Stretching the skin around a point during location will permit greater accuracy. The pressure should never be painful when locating or applying stimulation.

**6. How do I treat the point?** Once you have successfully located a point, apply a slight pressure. Press the stimulation/ treatment button for approximately 15 to 30 seconds. Repeat steps 7 and 8 in each of the areas your doctor recommends to be stimulated.

**7. What should I feel during treatment?** The stimulation perceived by a patient in some areas (inactive points) will be very minimal, if nothing at all. Active points vary in sensitivity and patients report a range of sensations from a faint tingling to slight discomfort.

**NOTE:** Therapeutically, the more active the points are, the stronger the sensation. Points which are most active often provide the strongest response. You may need to stimulate these areas in the low setting until the sensation becomes more comfortable. You do not need to feel the stimulus for it to be therapeutically effective.



## **Dolphin Professional Instructions for Care**

**1. Can you repair any faults?** No, there are no user serviceable parts included – do not open the unit – return to supplier.

**2. Maintenance.** The Dolphin Neurostim contains electronic parts and therefore requires proper handling. Keep the electrodes (Metal tip and ground plate) clean

at all times. Use only a soft dry cloth for cleaning. Never use volatile liquids. Do not drop or handle roughly. Avoid extreme temperatures, moisture, and dust.

3. Is there any danger of infection from the tip or probe? No, unless you treat someone with a skin infection and eventually treat another person while applying too much pressure that could scratch his/her skin. However, for your peace of mind, you may wish to periodically clean the tip with a disinfectant (alcohol swab).

4. **Battery life.** Under normal conditions you should at least expect one or two months use. Rechargeable batteries have not proven satisfactory. The optimum effectiveness is above 8V and rechargeable batteries drop below this very rapidly.

5. **To Replace the Battery.** The battery door can be removed by twisting a coin or similar object in the slot provided. Check and replace the battery first if you experience any problems in the operation of the Dolphin Neurostim. Use only 9 Volts Alkaline batteries (i.e. Duracell, Panasonic 9V).

6. **To Test the Battery.** The battery test light is NOW combined with the indicator light (found in front of ground plate). Just turn device on, if light is active (green) you are able to treat. If indicator light is NOT GREEN, change the battery.

NOTE: Rechargeable batteries must not be used. Remove the battery if the device is not used for quite some time. Battery must be disposed of in accordance with the local Environmental Protection Agency requirements.

7. **Storage & Cleaning.** The Dolphin Professional contains electronic parts and therefore requires proper handling. Keep the electrodes (tip and ground plate) clean at all times. Use only a soft, dry cloth for cleaning. Never use volatile liquids or submerge in liquids. Do not drop or handle roughly. Store in a room temperature between -40°C to +40°C (-40°F to 104°F). If stored outside, or in extreme temperatures, allow device to warm to room temperature before using. Avoid moisture and dust. Contact your local distributor for service. Do not attempt to repair the device yourself. There are no user serviceable parts included.

8. **Calibration & Disposal.** Dolphin Neurostim produces an electrical output with fixed parameters, and therefore does not require yearly calibration. Disposal of Dolphin Neurostim must be disposed of in accordance with the local Environmental Protection Agency requirements.

## Contraindications:

Dolphin Neurostim Professional T.E.N.S device should not be used by patients with Implanted Cardiac Pacemakers.

Dolphin Neurostim Professional T.E.N.S. should not be used in the area of the carotid sinus nerves or elsewhere in the region of the front of the neck or in the mouth.

Dolphin Neurostim Professional T.E.N.S. should not be used for an undiagnosed pain condition and should only be used on the advice of a medical practitioner.

Dolphin Neurostim Professional T.E.N.S. should not be used on pregnant women.

## Warnings

---

Dolphin Neurostim Professional T.E.N.S for use during childbirth or pregnancy should only be used after full evaluation of each case by a physician.

Dolphin Neurostim Professional T.E.N.S equipment should be kept out of the reach of children.

Dolphin Neurostim Professional T.E.N.S is a symptomatic treatment and has no curative value.

Dolphin Neurostim Professional T.E.N.S should be used only under continued supervision of a physician.

Dolphin Neurostim Professional T.E.N.S stimulation may cause electronic monitoring equipment to malfunction.

Dolphin Professional T.E.N.S may also suppress other sensations that might otherwise serve as a protective mechanism on the outcome of a clinical process.

Dolphin Professional T.E.N.S is not effective for pain of central origin (headache).

**Precautions:** Dolphin Professional T.E.N.S effectiveness is dependent on individual patient characteristics including such parameters as psychological state and drug use.

**Adverse Reactions:** Dolphin Professional (T.E.N.S) should not be continued if irritation occurs on or near the electrodes sites. Skin irritations should be clinically investigated. NOTE: Do not discontinue any medical treatment you may be receiving without consulting your medical advisor. Continue medication intake as per your doctor's advice. If problems persist, despite the use of the Dolphin Neurostim, seek medical attention.

# Directions for Use

## Turning On Unit - How To



The on/off intensity wheel is located at the top/front of the unit. The wheel has two functions: **First**, rolling wheel forward (wheel will click), turns unit on. When "on" Dolphin emits an audible tone, and green point location light (beside metal ground plate) will turn on.

**2nd**, continued rolling the wheel forward increases strength of stimulation. Higher forward, lower backwards.

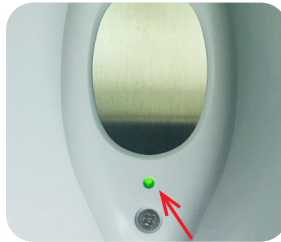
## Testing the Battery for Strength

### To Test Battery Strength

When the unit is "on", the indicator light at the back of unit will also indicate battery strength and determine if it needs replacement. When the unit is "on" you should hear a buzzing sound and the indicator light should glow. If the light does not glow, it is time to change the battery.



If you can hear a buzzing sound but the light does not glow, change the battery



If you can hear a buzzing sound and the light glows, it means battery is GOOD!

## Selecting the Polarity for Treatment

The Polarity Setting is found at the bottom/back of unit. Negative (-) is similar to applying "ice", positive (+) is like applying "heat". The recommended polarity for each pain condition is illustrated (-) or (+) beside each point in this manual.



# Holding the Dolphin Properly

## Hold and Ground DNS with your Thumb

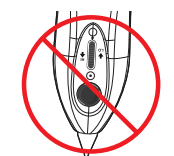
The DNS produces electrical current and therefore human skin must be touching the metal plate during point location/stimulation for grounding purposes. The DNS is designed to be held like a pen with the thumb firmly placed on the ground plate and the index/middle finger wrapped around and gripping the top of unit.



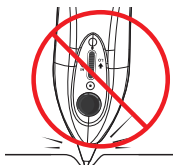
## Point Location & Using the Sensitivity Slider to Assist in Location

The point indicator light is located above the ground plate on the top of the back of the unit. This light, which turns bright green when unit is turned on, will flicker “off” when a point has been successfully located. Difficulty locating points often means dry skin, so slide sensitivity slider to “Dry” to increase sensitivity. Finding too many points often means moist skin, then slide sensitivity slider to “Wet” to decrease sensitivity.

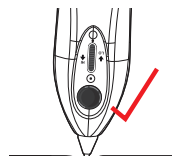
## How Much Pressure to Apply During Point Location



Too little



Too much



Just right

# Treating with the Dolphin

## Treatment Button:

The activation/treatment button is the big button located on top of unit in front of wheel. Once a point has been successfully located, press and hold treatment button for 20-30 seconds, or 20-30 "beeps."

## Silent & Continuous Button:

The silent & continuous button is the small button located on top of unit in back of wheel. Once a point has been successfully located, press the silent button, the device will become silent and produces an on-going continuous stimulation.

The device will automatically turn off the silent and continuous treatment cycle after 12-15 minutes and go back to search mode to prevent over-stimulation.



## Treating Someone Else:

Using the same hand positioning as above to hold unit, touch the skin of your patient with opposite hand (see "good" below) to ground and locate points.



Not good ❌



Good ✅

## Increasing/Decreasing Strength of Stimulation/Current

Wheel permits for increasing/decreasing of the output current strength. Rolling wheel forward turns unit on, when it is on low setting. Continued rolling forward increases strength. There is no difference therapeutically between high or low, just patient preference as to what "feels right". Many therapists believe optimal outcomes are achieved when you start on low, and then roll wheel forward during application until the Dolphin "beeps".



Roll backward to decrease



Roll forward to Increase

## Dolphin's Extension Probe-Remote Therapy

**Extension Probe (Optional Accessory).** An optional extension probe is included in order to reach more distant points. To use, firmly place the extension cap on tip of unit. Hold unit, as shown, so that the indicator light is visible beside the thumb/ground plate. Then, locate and stimulate points with the tip of the extension probe in the same manner as you would with the tip of the unit, as illustrated in steps 5-8, page 7.

The extension probe is used to treat hard to reach areas of the body, such as the upper and lower back. Use the tip of the probe as you would the tip of the unit to locate points. The probe is also pliable so you can bend it for easier application.



### Instructions for Daily Care

**Metal Tip:** The metal tip requires regular cleaning. Although the tip is hypoallergenic and non-invasive, it is recommended that alcohol swabs be applied to the tip prior to each usage. This is especially true if the DNS is being applied to different patients in a clinical setting.

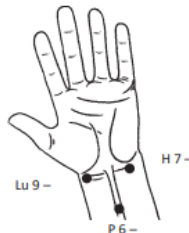


# Common Questions and Troubleshooting

- When should the light indicator blink/ flicker?
  - The indicator light will blink during treatment and silent mode but will stay off when the unit is on the negative and low-intensity setting (refer to table below).
  - If the indicator light is not turning ON but you can hear the buzzing sound, please follow the battery test instructions on page 9.

<b>Polarity\ Intensity</b>	<b>Low Intensity</b>	<b>Medium Intensity</b>	<b>High Intensity</b>
<b>Negative (-)</b>	Light will stay OFF	Light will Blink	Light will Blink
<b>Positive (+)</b>	Light will Blink	Light will Blink	Light will Blink
<b>Biphasic (+/-)</b>	Light will Blink	Light will Blink	Light will Blink

- The Black Wire slipping off the unit. (Extension Probe or Ear Clip Extension)
  - Clean the inside cap of the black wire and the cone of the unit with alcohol wipes.
- I do not feel the stimulation or I stop feeling the stimulation during treatment.
  - The Dolphin Neurostim produces microcurrent stimulation 98% less voltage and current than other TENS devices, and some users may not feel this stimulation during treatment.
  - At the start of using Dolphin Neurostim, treatment points relating to your pain will be the most tender and the Dolphin stimulation will feel the strongest. As you treat these points over time, their tenderness will diminish as your pain levels are reduced.
  - Always ensure that you are properly grounded before pressing the treatment button. Once you find the point you should hear the high pitch sound and the light should turn OFF.
  - Ensure that the battery voltage is good. Please follow the battery test instructions on page 9.
- What polarity should I use?
  - (-) is to Disperse and produces the benefits of ice
  - (+) is to Tonify and produces the benefits of heat.
  - (+/-) is mainly use on one of the devices when performing MPS Scar Release Therapy.
  - The protocol manual will indicate which polarity to use depending on the protocol. Please refer to below sample.





**Manufactured by:**

Center for Pain & Stress Research, Ltd.  
3679A Lake Shore Blvd. W.  
Toronto, Ontario,  
Canada M8W 1P7  
Tel: 1-800-567-7246



**Distributed by:**

Acumed Medical, Ltd.  
3728 Philips Hwy, Unit 18  
Jacksonville, Florida,  
USA 32207

Device Name: DOLPHIN NEUROSTIM  
Device Model: Professional  
Device Identifier/ UDI: 00628176737010