

Conductive Silver Garments

The ENAR range of conductive silver garments features silver threads woven into elasticised fabric. These threads form a single flexible electrode for dispersing ENAR micro-current electro stimulation. Garments are placed around limbs / hands / feet and a secondary sticky pad is used to make a circuit. A garment is one electrode in a circuit, so it is used with the 2-way lead, and one electrode sticky pad. (**Note:** Secondary sticky electrode when using a single garment should be a minimum of 9 x 4 cm)

Self Treatment:

A garment is one electrode in a circuit so it is used with the 2-way lead and an adhesive electrode. **NB:** unless it is a dual knee or a dual sock then it has the two ports and will work independently. **Note:** The adhesive electrode should be a minimum of 9 x 4 cm. (Large adhesive pad)

Conductive Silver Electrode Garments



Conductive Silver Garments

Getting started:

Reset your ENAR or take the power down to ensure there is only one click of power.

Insert the two pins of the 2-way lead into the garment and electrode or both ports of a dual garment.

Apply the garment and, if using, the electrode onto the body.

Insert the plug of the 2-way lead into the ENAR port.

Adjust power to a comfortable sensation with both the garment and electrode on the area to be treated.

Keep the garment and electrode still while adjusting power.

To increase the sensation you can dampen the garment

The garments can be used for 20 minutes up to an hour at a time.

FM plus AM is an ideal setting while using the garments.

Notes on Glove Use:

If you wish to use the glove to massage the face or another part of your body you can prevent the signal going through your hand by placing a food preparation glove on your hand, underneath the conductive glove. Place an adhesive pad near where you are treating and connect the two-way leads.

Reset your ENAR to ensure there is only one click of power and insert the plug of the two way lead into the ENAR port. **To adjust power, both your gloved hand and the reference electrode must be on the body** to be treated, whether it is yourself or another person. Adjust power to a comfortable sensation.

To increase the sensation you can dampen the garment with a spritz of isotonic solution before connecting the 2-way lead. Do not wet the garment. Only give a quick spray. In general, this will definitely be needed on the conductive socks as the feet are less sensitive.

Note: An isotonic solution is a quarter of a teaspoon of salt or Epsom salts in 250 ml of water. Place in a spray bottle.

General Use:

The Knee garment may be used for pain and swelling in the knee e.g. Joint replacement, injury, arthritis.

The Glove may be used for pain and swelling in the hands e.g. arthritis, RSI, injury.

The Sock may be used for pain and swelling e.g. peripheral neuropathy, arthritis, plantar fasciitis, injury.

Cleaning:

- Unclip the snap connection cable.
- Wash the glove in cold water with a neutral detergent.
- Dry flat.
- When dry snap the cable back on. Do not wet the snap connection cable.