

Setup Instructions

Charging the NESS H200 Wireless System

It is important to charge your H200 Wireless System daily and for at least four hours before a fitting/programming session. Bioness recommends charging the Control Unit and the Orthosis at the same time.

To charge the NESS H200 Wireless System:

1. Select the interchangeable blade that matches your power outlet. Four blades are provided for use in the US, the European Union, Australia, and the United Kingdom. See Figure 8-1.

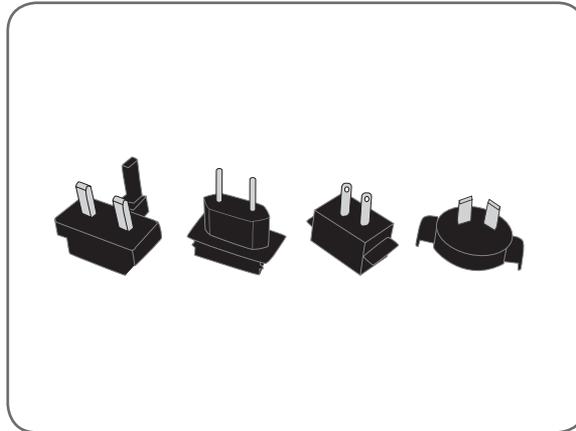


Figure 8-1: System charger interchangeable blades.

2. Slide the selected blade into the system charger. See Figure 8-2.

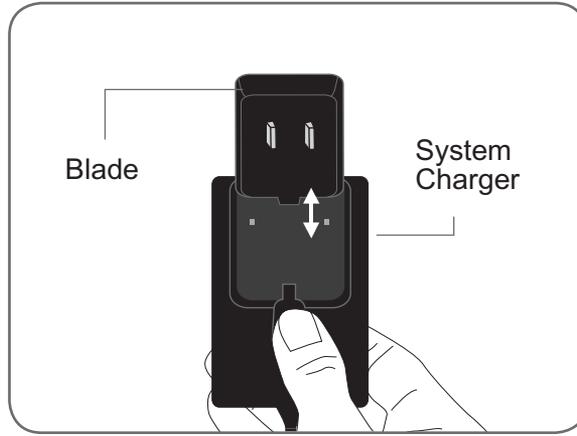


Figure 8-2: Sliding the blade into the system charger.



CAUTION: Use only the charger included in your H200 Wireless System Kit. Use of any other charger could damage the system.

3. Connect the Y cable to the charging ports of the Orthosis and Control Unit. The Control Unit charging port is under the flexible cover. See Figure 8-3.

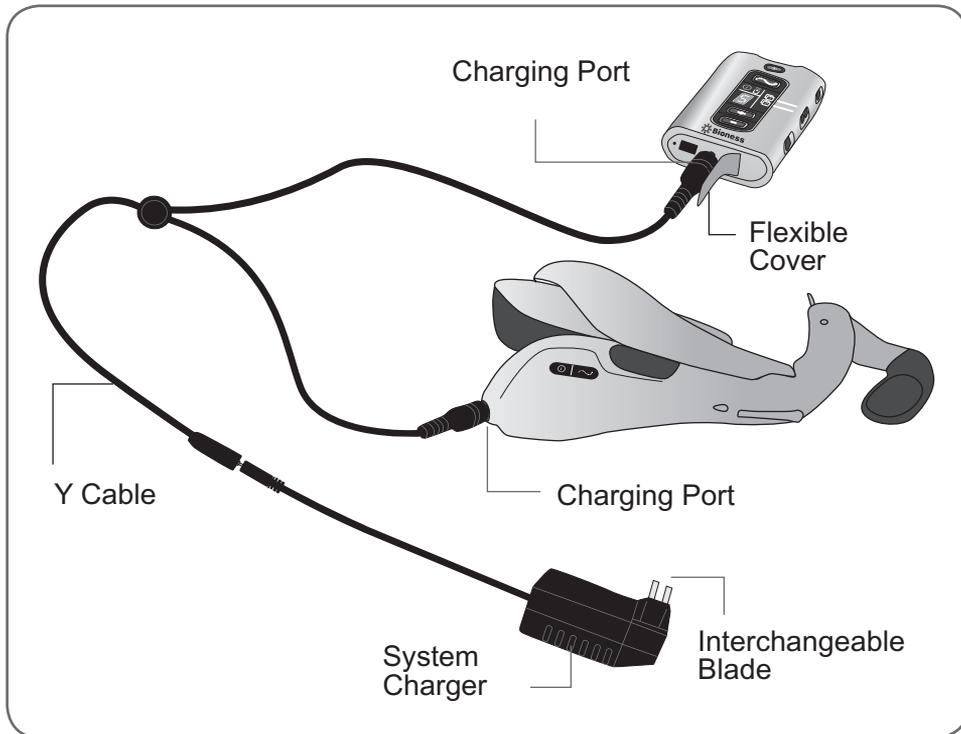


Figure 8-3: Charging setup.



CAUTION: Make sure your hands are dry before connecting the system charger to a power outlet.

4. Plug the system charger into a power outlet.
5. If the Control Unit is charging, a  rotating GREEN circle will appear in the Control Unit digital display. See Table 8-1.

Control Unit Display	Description	Definition
	Rotating GREEN Circle in Digital Display	Battery Charging
	Horizontal GREEN Line in Digital Display	Battery Fully Charged
	Status Light is SOLID RED	Charging Error

Table 8-1: H200 Wireless Control Unit charging displays.

6. If the Orthosis is charging, the  status light on the Orthosis will ALTERNATELY FLASH YELLOW and GREEN. See Table 8-2.

Orthosis Display	Description	Definition
	Status Light ALTERNATELY FLASHES YELLOW and GREEN	Battery Charging
	Status Light is SOLID GREEN	Battery Fully Charged

Table 8-2: H200 Wireless Orthosis charging displays: left Orthosis.

The charging process is complete when:

- A horizontal GREEN line  appears in the Control Unit digital display.
- The status light  on the Orthosis is solid GREEN.

The charging process should last approximately four hours. The Control Unit can take up to six hours to charge.

Note: Keep the Control Unit and Orthosis connected to the system charger until ready for use.

Checking the System Components

Before using your H200 Wireless System:

- Visually inspect the Orthosis and Control Unit for signs of damage.
- The cloth electrodes must be replaced every two weeks. If the cloth electrodes are old or damaged discard them. Open a new set of cloth electrodes.
- Open the Orthosis and check the electrode bases to see if they are clean. If necessary, clean the electrode bases. See the Maintenance and Cleaning chapter of this guide.
- Make sure your Orthosis and Control Unit are charged.

Do not use your H200 Wireless System if a component appears to be damaged. If you have any questions about your H200 Wireless System, contact the Bioness Client Relations Department at (800) 211-9136, Option 3.



CAUTION: Extreme temperatures may damage your system. Store your H200 Wireless System where it will not be exposed to extreme temperatures or humidity. See the environmental ranges in the Technical Specifications chapter of this guide for safe storage conditions.

Preparing Your Skin

Before putting on your Orthosis, always check your skin for signs of irritation. If any irritation is present, do not put on the Orthosis and contact your clinician. Wait for complete healing before using the NESS H200 Wireless System. For optimal stimulation, the skin under the Orthosis should be clean and healthy.

To prepare the skin:

1. Remove any jewelry from your hand, wrist, and forearm.
2. Clean the skin where the cloth electrodes will touch with a wet washcloth. If any lotions are on the skin, clean the skin with soap and water. Rinse well.
3. If necessary, trim excess body hair from the area using an electric shaver or scissors. Do not use a razor. A razor can irritate the skin.



CAUTION: Do not wear the Orthosis over broken skin.

Wetting/Attaching the Cloth Electrodes

1. Make sure the H200 Wireless System is turned off.
2. Place the Control Unit where it cannot be splashed.
3. Wet the cloth electrodes until they are saturated. See Figure 8-4.

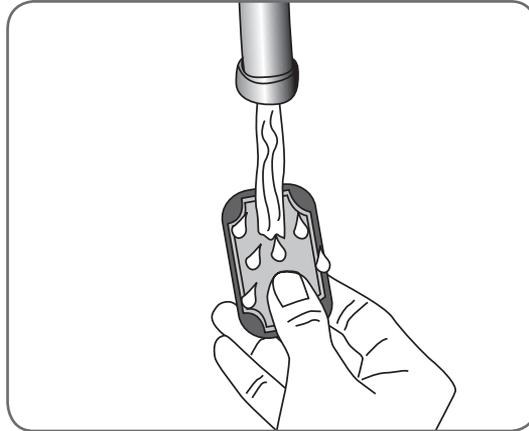


Figure 8-4: Wetting the cloth electrodes.



CAUTION: Before wetting the cloth electrodes, always remove them from the Orthosis.

4. Blot excess water from the cloth electrodes. See Figure 8-5.

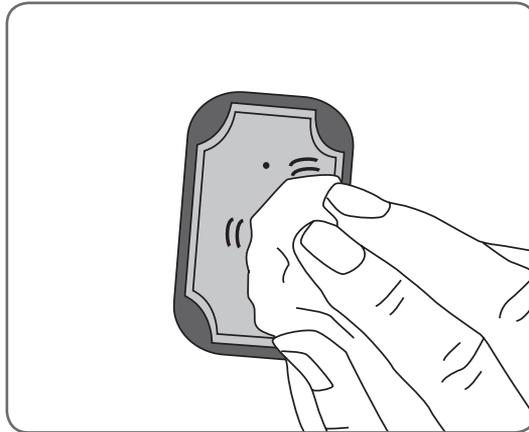


Figure 8-5: Blotting the cloth electrodes.

Note: Remove and rewet the cloth electrodes every time you remove the Orthosis from your arm for more than one hour, and after every three to four hours of use. If the cloth electrodes dry out, your response to the stimulation may change. If you need to adjust stimulation intensity more often than usual, try rewetting the cloth electrodes.



CAUTION: Use only cloth electrodes supplied by Bioness Inc.

5. Match each cloth electrode to its corresponding electrode base. See Figure 8-6.

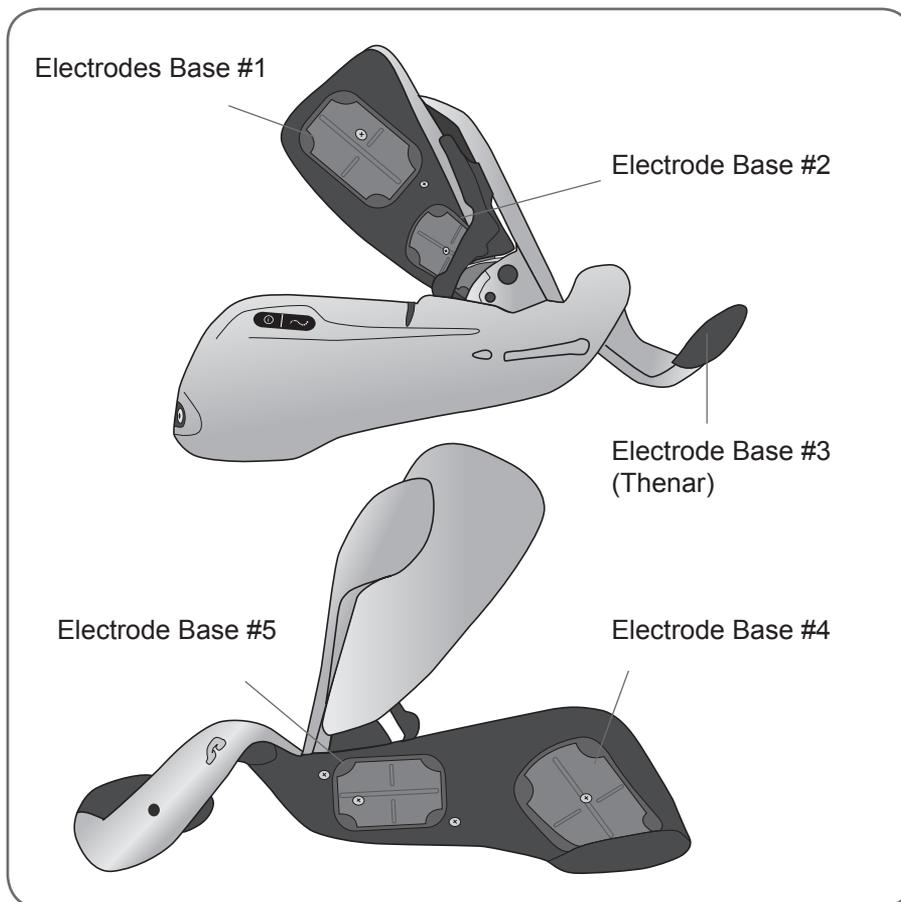


Figure 8-6: Electrode bases #1–#5.

6. Snap cloth electrode #3 to the thenar.

Note: The #3 large cloth electrode is for large thenars.

7. For cloth electrodes #1, 2, 4, and 5, face the white dot on the cloth electrode toward the electrode base. Insert the corners of the cloth electrode into the electrode base. See Figure 8-7.

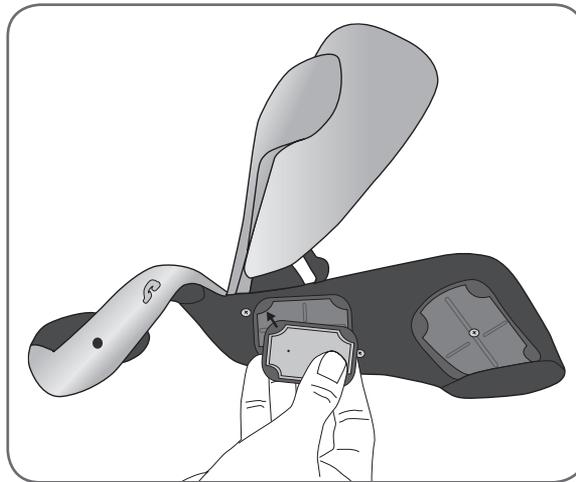


Figure 8-7: Inserting the #5 cloth electrode into the #5 electrode base.

8. Check that each cloth electrode is securely attached to its corresponding electrode base. See Figure 8-8.

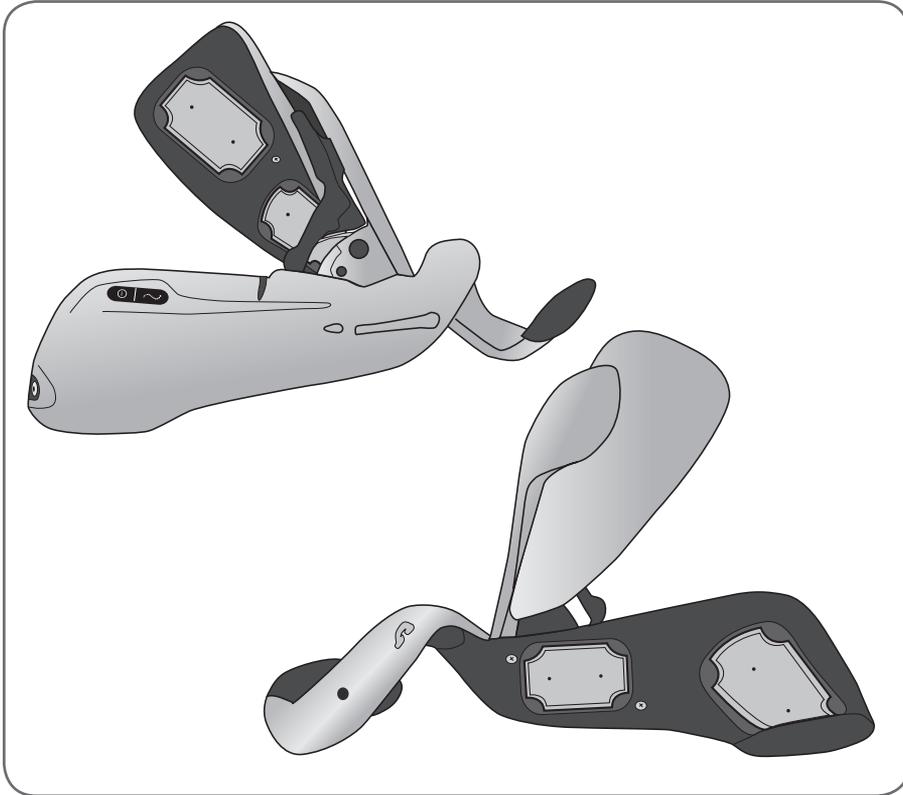


Figure 8-8: Cloth electrodes in place on the Orthosis.



CAUTION: Do not wear the Orthosis without the cloth electrodes.

Putting on the Orthosis

Make sure you are sitting upright and centered (not leaning to one side). Your arm should be comfortable and your shoulder relaxed.

To put on the Orthosis:

1. Position the Orthosis on a stable surface, and place your hand in the spiral end of the Orthosis. The #3 thenar cloth electrode should rest at the base of your thumb. See Figure 8-9.

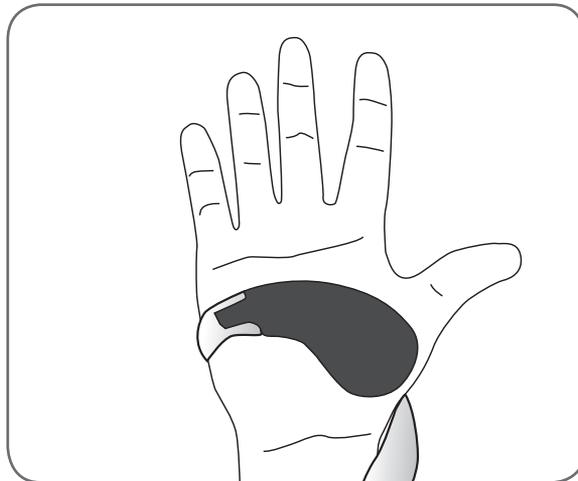


Figure 8-9: Positioning the thenar.

2. Position the Orthosis wrist bridge comfortably on the back of your wrist. See Figure 8-10.

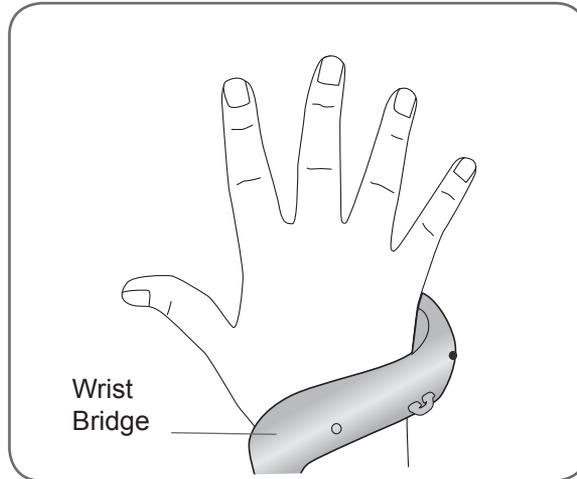


Figure 8-10: Positioning the wrist bridge.



WARNING: Do not turn on stimulation until your Orthosis is completely set up and correctly attached to your arm.

3. Place your forearm in the Orthosis flexor support. See Figure 8-11.

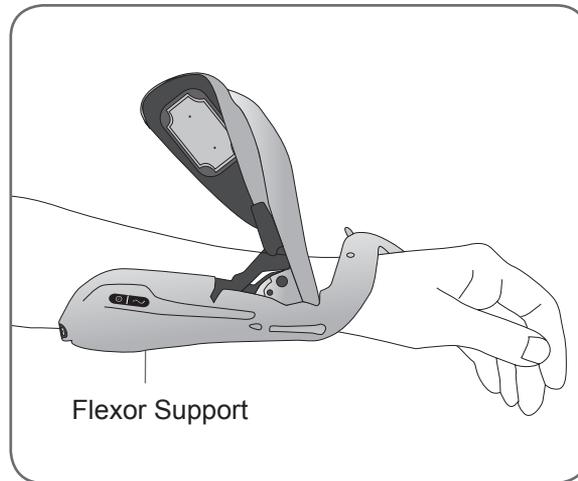


Figure 8-11: Positioning the flexor support.

4. Place your hand on top of the wing arm and grasp under the extensor wing with your fingers.
5. Pull the extensor wing out while pushing down on the wing arm. See Figure 8-12. Push down until no more clicking can be heard.

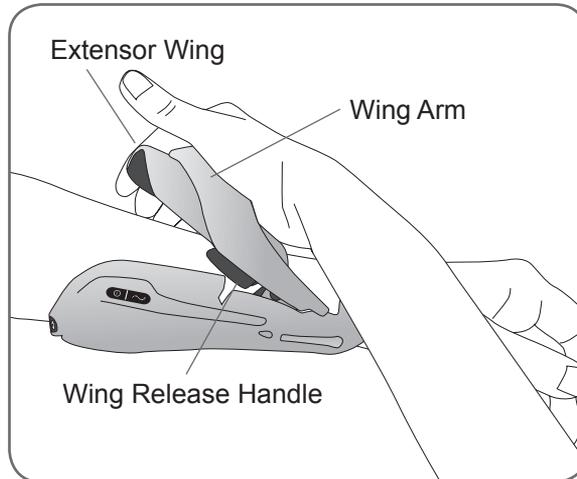


Figure 8-12: Closing the wing.

6. Attach the hook on the Orthosis wrist strap to the wrist strap attachment ring. See Figure 8-13.

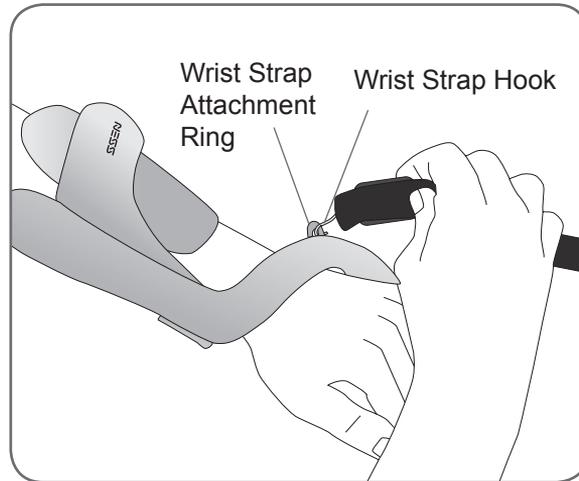


Figure 8-13: Attaching the Orthosis wrist strap.

7. Bring the wrist strap under the wrist. Make sure the cushion on the wrist strap is touching the wrist.
8. Pull the wrist strap up and through the wrist strap attachment bar. See Figure 8-14.

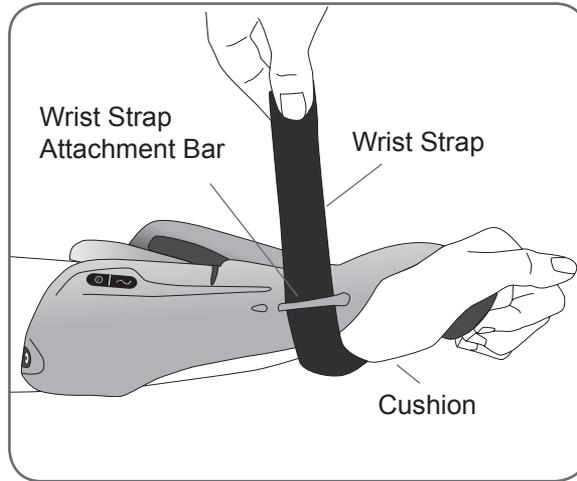


Figure 8-14: Attaching the wrist strap.

9. Bring the wrist strap down and press to fasten.



CAUTION: Do not pull down on the wrist strap. Pulling down on the wrist strap can break the wrist strap attachment bar.



CAUTION: Do not tighten the wrist strap so much that it interferes with blood flow to the hand.