

# AS SUPER 4 digital

Elektrischer Nadelstimulator / Electrical needle stimulator

Art.-Nr. 200510



Gebrauchsanweisung / Instruction Manual - Art.-Nr. 101477

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## Foreword

We are delighted that you have chosen one of our high quality products and would like to thank you for your trust.

Electrical needle stimulation – also called electro-acupuncture – is a recognized part of Chinese medicine and has been used for years with great success as a complementary part of traditional acupuncture. The new AS SUPER 4 digital combines the highest quality electronics, latest technical innovation, easy-to-use operating elements, and reliable safety standards. The electro-acupuncture unit includes, in addition to the standard pre-set programs, 7 free programs in order to give the acupuncturist a larger application field. The multiple selections of frequencies, pulse widths, and therapy duration offer new options of treatment.

**Please read the instruction manual carefully before using the AS SUPER 4 digital.**

### Purpose for use

The device AS SUPER 4 digital serves for the electric stimulation of acupuncture needles on human beings. Do not use it for any other purpose.

## Safety instructions

### General safety instructions

- The AS SUPER 4 digital is registered as a medical device and **CE**-marked by TÜV Rheinland.
- The AS SUPER 4 digital is a medical device and should only be used by professionals.
- Press the **P** key at any time to interrupt the stimulation. The intensity shuts down. Then you can switch OFF the device and disconnect the crocodile clips from the needles.
- Use the AS SUPER 4 digital only with original accessories.
- Do not insert anything into the unit.
- Do not drop the AS SUPER 4 digital.
- Keep the AS SUPER 4 digital away from water or other liquids. Do not use it inappropriately or expose it to extreme temperatures or high levels of humidity (not less than 1 °C or more than 40 °C or a relative humidity of more than 95 %). If liquids enter the device take off the batteries out of the device immediately, and do not use it again before it has been technically checked by an authorized person.
- Always store the AS SUPER 4 digital in its original case to protect it from

damage and dust. Please keep the instruction manual with the device for enhanced safety.

- Be careful when using the AS SUPER 4 digital near or on children. Keep the unit and its plastic film away from children.
- Do not use the AS SUPER 4 digital during the simultaneous operation of other machines, when driving or during an activity which needs attention.
- Do not use the AS SUPER 4 digital close to a source of radiation (e.g. radio, mobile phone, microwave or shortwave unit) or magnetic field. This can cause variations in the output values of the AS SUPER 4 digital.
- Do not use the AS SUPER 4 digital if it is not working properly or if it has been damaged in any way. Misuse of the AS SUPER 4 digital leads to the loss of guarantee.
- Please get in touch with the schwa-medico service team or your dealer if you have any queries regarding the unit, its accessories, and technical questions. Technical checks and repairs may only be performed by qualified and authorized persons.

### Medical safety instructions

- AS SUPER 4 digital may only be used for one person at a time.
- Consider the general precautions and contraindications for acupuncture at any time.
- Stay near children and patients with special risk factors during the stimulation at any time.
- Place the electrodes on points, thus to avoid a current flow to cross the heart region.
- If you use electrodes, these should not be smaller than 2cm<sup>2</sup>.

### Contra-indications

#### Following patients should not be connected to AS SUPER 4 digital:

- Patients with electronic implants such as heart pacemakers, defibrillators or pumps
- Patients with cardiac rhythm disorders
- Patients during pregnancy
- Patients subject to seizure disorder / epilepsy
- Patients with skin disorders in the vicinity of the electrodes
- Patients with malignant diseases in the region of application

### Possible side effects

- **Increase of pain:** If the intensity of stimulation is too high or if the stimulation is too long, the patient might feel an increase of pain. This can be avoided by adjusting the intensity and reducing the treatment time; especially at the first treatments.

**Skin intolerance:** The AS SUPER 4 digital is working with a skin protection system, called AKS. Nevertheless, a patients skin intolerance can occur as a result from the electrodes (needles) or the electric current impulses. Stop the stimulation in cases of reddening, burning, itching or blistering under the electrodes or in the vicinity of the electrodes. Slight skin reddening of short duration in the area of the electrodes after the stimulation is normal, because the blood circulation is improved by the effects of the stimulation.

### Delivery content

Please check if your device includes all accessories. If your new device is not complete, please contact the schwa-medico service team or your dealer.

1	AS SUPER 4 digital
1	mains circuit adapter
4	batteries (1.5V AAA)
4	cables with crocodile clips
1	instruction manual

Please note that acupuncture needles are not supplied with this unit.

Please consult our website for more information on our acupuncture needles:

<http://www.schwa-medico.com>

### Description

The AS SUPER 4 digital is a tried and tested device for the electro-stimulation of acupuncture needles. The aim of electro-acupuncture is to enhance the stimulation effect of the needles. The AS SUPER 4 digital may be used with the medically approved mains circuit adapter or with 4 1.5V AAA batteries/rechargeable batteries. The unit includes 4 channels for the simultaneous stimulation of up to 8 needles/electrodes. The intensity can be regulated separately for each channel. The 37 programs permit a wide selection of parameters. The 4 channels can be used in pairs (1+2 and 3+4) with different programs. The intensity remains individually adjustable for each channel.

The 37 programs are divided into 9 program groups (1.0 to 9.0).

Each program group comprises several subprograms (1.2 or 9.6).

Each program is set with a specific frequency, pulse width and stimulation time for an appropriate treatment. The intensity of each channel can be modified with the ▲▼ keys from 0.1 mA to 20 mA in steps of 0.1 mA. Frequency, pulse width and therapy time can be modified in 7 programs. If the parameters are changed in one of these programs, it is these which are saved and the original pre-set parameters are no longer available. AS SUPER 4 digital runs with an output short circuit control element (AKS) for enhanced skin protection.

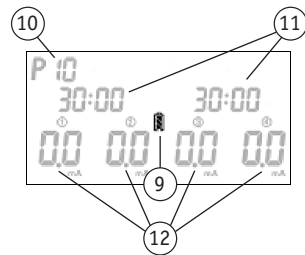
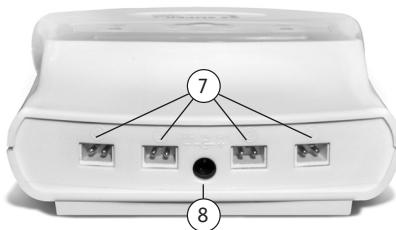
## Operating elements



1. Display
2. Selection of the program group
3. Selection of the subprogram
4. ▲▼ keys for the intensity settings of each channel (1 to 4)
5. ON and OFF
6. Battery compartment
7. Output sockets for the cables
8. Output socket for the battery charger

### Display:

9. Battery charge level
10. Program number
11. Therapy time
12. Intensity



## Before starting the AS SUPER 4 digital

### Power supply


The AS SUPER 4 digital may be used with the medically-approved mains circuit adapter or with 4 AAA batteries/rechargeable batteries.


#### Using the 220 Volt mains adapter

Connect the cable of the mains adapter to the central supply plug of the device. Connect the mains adapter to the mains circuit socket. The battery symbol displays 3 bars. The device is ready for mains circuit mode operations.

#### Using the batteries

Open the battery compartment, place the 4 AAA batteries into the compartment (check polarity), close the compartment. The battery symbol displays the battery level. A completely charged battery shows all bars in the symbol. The fewer bar symbols appear, the lower the battery charge level is.

 Symbol for fully charged batteries

 Symbol for empty batteries (batteries need to be changed)

Important: If you are using rechargeable batteries, the mains circuit adapter will not recharge the rechargeable batteries. If you are not using AS SUPER 4 digital for a longer period, please remove the batteries from of the device.

Please dispose the batteries separately at an appropriate collection point. Do not deposit it in the household garbage. To the benefit of environmental protection, please observe those laws and regulations of your country.

### Malfunctions

Please contact the schwa-medico service team or your dealer if problems arise when using the AS SUPER 4 digital.

The AS SUPER 4 digital constantly monitors the correct connection of needles/electrodes, cables and device. The device does not allow an increase in intensity in excess of 4 mA, and automatically discontinues the stimulation if:

- a needle/electrodes detaches itself from the skin
- needles/electrodes are not connected correctly in pairs
- needles/electrodes are not sufficiently conductive
- the connection between the cables and the needles/electrodes is interrupted
- the connection between the cables and the device is interrupted

The intensity then returns to 0 mA; this is indicated by a short acoustic signal.



### Acoustic signal



The AS super 4 digital emits an acoustic signal at each change of settings, switching ON/OFF and at the end of a therapy session.

To switch OFF the acoustic signal press simultaneously the ▼ key of channel 1 and channel 3 until the “beep” menu appears on the display. Press the **E** key to switch ON and OFF the acoustic signal, press the ● key to get out of the acoustic signal mode.

## Operating the AS SUPER 4 digital

### Needle placement and connecting to the device

Connect the cables to the AS SUPER 4 digital unit.

Place the needles into the skin on the appropriate acupuncture points.

Connect each needle with the crocodile clips at the end of the cables. Please clip at the lower part of the needles in order to keep the needles approximately straight. The crocodile clip should not be in contact with the patient's skin. Please note that you always need 2 needles per cable.

### Switching ON the device

Press the ● key to switch ON the AS SUPER 4 digital.

### Program selection



#### Program group

Select a program group (1.0 to 9.0) by pressing the **P** key.

To scroll through the program groups, press the **P** key as often as necessary until you have selected the program group of your choice.

Once you have reached the last program group, you will return to the first one.

#### Subprogram

Select a subprogram by pressing the **E** key.

To scroll through the subprograms, press the **E** key as often as necessary until you have selected the subprogram of your choice.

Once you have reached the last subprogram, you will return to the first one.

#### Example: Selecting the program 2.2 (Han 3)

Turn ON the device by pressing the ● key.

Press the **P** key until 2.0 is shown on the upper left side of the display. You have selected the program group no. 2.

Press the **E** key until 2.2 is shown on the upper left side of the display. You have now selected the subprogram no. 2.2.

The stimulation can then be started by increasing the intensity with the **▲▼** keys of each connected channel.

### Stimulation with 2 different programs



The AS SUPER 4 digital offers the possibility to stimulate with one program for channels 1 and 2 and with another program for channels 3 and 4.

#### Enter the selecting mode:

Press the **P** key for 4 seconds to enter the selecting mode. This is indicated by an acoustic signal as shown on the display by 2 different programs flashing in the illustration beside.



#### Select a program for channels 1 and 2:

Press the **▲▼** key of channel 1 to select the program group.  
Press the **▲▼** key of channel 2 to select the subprogram.

#### Select a program for channels 3 and 4:

Press the **▲▼** key of channel 3 to select the program group.  
Press the **▲▼** key of channel 4 to select the subprogram.

The frequency and the pulse width of the selected programs also flash on the display.

If you do not make any changes for 4 seconds, the device automatically returns to the stimulation mode. This is indicated by an acoustic signal. The stimulation can then be started by increasing the intensity with the **▲** keys of each connected channel.

### Example: Selecting program 1.0 for channels 1 and 2 and program 1.3 for channels 3 and 4

Switch ON the device by pressing the **●** key.

Press the **P** key until you have selected the program group no. 1.

Press the **E** key until you have selected the subprogram no. 0.

Press the **P** key for 4 seconds to enter the selection mode for the stimulation with 2 different programs. Both programs flash on the display.

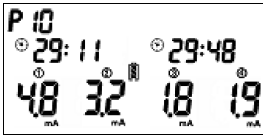
Press the **▲▼** key of channel 3 to select the program group no. 1.

Press the **▲▼** key of channel 4 to select the subprogram no. 3.

4 seconds after pressing the last key, the device returns to the stimulation mode. This is indicated by an acoustic signal.

The stimulation can then be started by increasing the intensity with the **▲** keys for each connected channel.

### Setting the intensity



Start the stimulation by increasing the intensity with the ▲ key of the channel(s) connected to the needles/electrodes.

Press the ▲ key to increase the intensity.  
Press the ▼ key to decrease the intensity.

The intensity of each channel is displayed on the screen.

The intensity can be set between 0 and 20 mA in steps of 0.1 mA.

By keeping the ▲▼ keys pressed, the intensity will increase/decrease more rapidly.

The program starts after increasing the intensity. The clock symbol then appears on the display and indicates the remaining therapy time.

The AS SUPER 4 digital constantly monitors the correct connection between the needles, cables and device. The device does not permit the intensity to exceed 4 mA if the circuit is not closed. The intensity then returns to 0. This is also indicated by an acoustic signal. Please refer to the chapter "Malfunctions".

### Switching OFF the device

Once the program is completed, the intensities automatically return to 0. This is also indicated by an acoustic signal. Press the ● key to switch OFF the device. You can then remove the crocodile clips from the needles and remove the needles from the patient's skin.

### Pausing the stimulation



Press the E key during the running stimulation to pause the stimulation. The word "PAUSE" then flashes on the display. Press the E key again to restart the stimulation. If you do not restart the stimulation within 2 minutes, the device switches OFF automatically.

### Stopping the stimulation

Press the P key at any time to stop the stimulation. The intensity of all channels returns to 0. Press the ● key to switch OFF the device. You can then remove the crocodile clips from the needles and remove the needles from the patient's skin.

### Free programs (own parameter settings)



The frequency, the pulse width and the therapy duration of the programs no. 1.0, 1.1, 1.2, 1.3, 3.0, 3.1 and 3.2 can be modified for own parameter settings.

#### Setting parameter for program no. 1.0, 1.1, 1.2, 1.3 (standard stimulation)

Select the program with the **P** and **E** key.

Press the **E** key for 4 seconds to enter the parameter modification mode. This is indicated by an acoustic signal and the word "SET" flashes on the display.

Press **▲▼** key of channel 1 or 3 to modify the intensity between 1 Hz and 120 Hz.

Press **▲▼** key of channel 2 or 4 to modify the pulse width between 50  $\mu$ s and 300  $\mu$ s.

Press the **E** key to save the changes.

Press **▲▼** key of channel 1 or 3 to modify the time between 10 min and 90 min.

4 seconds after pressing the last key, the device automatically returns to the stimulation mode. This is indicated by an acoustic signal.

The stimulation can then be started by increasing the intensity with the **▲** keys of each connected channel.



#### Setting parameter for program no. 3.0, 3.1, 3.2 (HAN stimulation)

Select the program with the **P** and **E** key.

Press the **E** key for 4 seconds to enter the parameter modification mode. This is indicated by an acoustic signal and the word "SET" flashes on the display.

Press **▲▼** key of channel 1 or 3 to modify the intensity between 1 Hz and 120 Hz.

Press **▲▼** key of channel 2 or 4 to modify the pulse width between 50  $\mu$ s and 300  $\mu$ s.

Press the **E** key to save the changes.

Press **▲▼** key of channel 1 or 3 to modify the time between 10 min and 90 min.

Press the **E** key to save the settings of the first frequency. You can now set the second parameters which will alternate every 3 seconds with the first parameters you have selected.

Press **▲▼** key of channel 1 or 3 to modify the intensity between 1 Hz and 120 Hz.

Press **▲▼** key of channel 2 or 4 to modify the pulse width between 50  $\mu$ s and 300  $\mu$ s.

4 seconds after pressing the last key, the device automatically returns to the stimulation mode. This is indicated by an acoustic signal.

The stimulation can then be started by increasing the intensity with the **▲▼** keys of each connected channel.

### Factory settings

Press the **●** key for 4 seconds to retrieve the factory settings and delete the changed parameters in the AS SUPER 4 digital. This is indicated by an acoustic signal.

## Description of the programs

Program no.	Name	Fixed parameters	Free parameters for own settings
<b>1</b>	<b>Standards</b> <b>Continuous stimulation with one frequency and one pulse width</b>		
1.0	Low frequency	2 Hz, 210 µs, 30 min	1-120 Hz, 50-300 µs, 10-90 min
1.1	High frequency	100 Hz, 120 µs, 30 min	1-120 Hz, 50-300 µs, 10-90 min
1.2	Gentle low frequency	2 Hz, 150 µs, 30 min	1-120 Hz, 50-300 µs, 10-90 min
1.3	Gentle high frequency	80 Hz, 70 µs, 30 min	1-120 Hz, 50-300 µs, 10-90 min
<b>2</b>	<b>Han stimulation (according to Prof. Han)</b> <b>These programs run with 2 different phases (different frequencies and pulse widths) which alternate every few seconds.</b>		
2.0	Han stimulation 1	Alternating 2 Hz, 210 µs, 3 s ↔ 100 Hz, 120 µs, 3 s, 30 min	/
2.1	Han stimulation 2	Alternating 2 Hz, 210 µs, 4 s ↔ 100 Hz, 120 µs, 2 s, 30 min	/
2.2	Han stimulation 2	Alternating 2 Hz, 210 µs, 2 s ↔ 100 Hz, 120 µs, 4 s, 30 min	/
<b>3</b>	<b>Free Han stimulation: free parameter settings</b> <b>These programs run with 2 different phases (different frequencies and pulse widths) which alternate every few seconds.</b>		
3.0	Free Han stimulation 1	Alternating 2 Hz, 210 µs, 3 s ↔ 100 Hz, 120 µs, 3 s, 30 min	Alternating F1: 1-120 Hz, 50-300 µs for 3 s F2: 1-120 Hz, 50-300 µs for 3 s 10-90 min
3.1	Free Han stimulation 2	Alternating 2 Hz, 210 µs, 3 s ↔ 100 Hz, 120 µs, 3 s, 30 min	Alternating F1: 1-120 Hz, 50-300 µs for 3 s F2: 1-120 Hz, 50-300 µs for 3 s 10-90 min
3.2	Free Han stimulation 3	Alternating 2 Hz, 210 µs, 3 s ↔ 100 Hz, 120 µs, 3 s, 30 min	Alternating F1: 1-120 Hz, 50-300 µs for 3 s F2: 1-120 Hz, 50-300 µs for 3 s 10-90 min

Program no.	Name	Fixed parameters	Free parameters for own settings
<b>4</b>	<b>Frequency modulation (FM) - The frequency is automatically modified within a specific range: Min frequency - Max frequency - Min frequency The pulse width is constantly adapted depending on the frequency.</b>		
4.0	Frequency modulation 1	60 Hz ↔ 120 Hz, 120 μs ↔ 100 μs in 60 s, 30 min	/
4.1	Frequency modulation 2	2 Hz ↔ 120 Hz, 210 μs ↔ 100 μs in 60 s, 30 min	/
4.2	Frequency modulation 3	2 Hz ↔ 15 Hz, 210 μs ↔ 200 μs in 60 s, 30 min	/
<b>5</b>	<b>Pulse width modulation - The program uses a fixed frequency but the pulse width is automatically modified within a specific range: Min pulse width - Max pulse width - Min pulse width</b>		
5.0	Pulse width modulation 1	2 Hz, 100 μs ↔ 210 μs in 120 s, 30 min	/
5.1	Pulse width modulation 2	15 Hz, 100 μs ↔ 210 μs in 120 s, 30 min	/
5.2	Pulse width modulation 3	80 Hz, 60 μs ↔ 150 μs in 120 s, 30 min	/
<b>6</b>	<b>Burst - Burst programs use a high frequency stimulation in a low frequency rhythm: impulse packages of 100 Hz are applied for a fraction of time with pauses between the packages.</b>		
6.0	Burst 1	100 Hz (150 μs) impulses packages for 0.25 s, then 0.25 s pause (2 Hz), 30 min	/
6.1	Burst 2	100 Hz (150 μs) impulse packages for 0.5 s, then 0.5 s pause (1 Hz), 30 min	/
6.2	Burst 3	100 Hz (60 μs) impulse packages for 0.25 s, then 0.25 s pause (2 Hz), 30 min	/
<b>7</b>	<b>Programs according to Dr. Paul Nogier</b>		
7.0	Nogier A	2.28 Hz, 210 μs, 30 min	/
7.1	Nogier B	4.56 Hz, 210 μs, 30 min	/
7.2	Nogier C	9.12 Hz, 210 μs, 30 min	/
7.3	Nogier D	18.52 Hz, 210 μs, 30 min	/

Program no.	Name	Fixed parameters	Free parameters for own settings
7.4	Nogier E	36.50 Hz, 210 µs, 30 min	/
7.5	Nogier F	73.00 Hz, 210 µs, 30 min	/
7.6	Nogier G	146.00 Hz, 210 µs, 30 min	/
7.7	Nogier U	1.14 Hz, 210 µs, 30 min	/
<b>8</b>	<b>Random Generator - Random parameters are automatically chosen by the device for all 4 channels in the range of 1-100 Hz and 100-180 µs.</b>		
8.0	Random	1-100 Hz, 100/180 µs, 30 min	/
<b>9</b>	<b>Programs according to Peter De Vilder and Lieven Wauters TSEA group: Traditional and Scientific approach to Electro-Acupuncture</b>		
9.0	TSEA standard high frequency (for non opioid pain treatment)	80 Hz, 180 µs, 20 min	/
9.1	TSEA standard low frequency (for opioid pain treatment)	2 Hz, 180 µs, 20 min	/
9.2	Sensitive high frequency (pain treatment in sensitive regions, eg. face, scalp)	80 Hz, 60 µs, 20 min	/
9.3	Burst sensitive (pain treatment in sensitive regions, eg. face, scalp)	100 Hz, (60 µs) impulse packages for 0.25 s, then 0.25 s pause (2 Hz), 20 min	/
9.4	Frequency modulation (alternative to 9.0 to avoid accommodation)	20 ↔ 100 Hz in 8 s, 180 µs, 20 min	/
9.5	Hypertonic (for spastic muscles, contractions of the muscles)	100 Hz, 300 µs, 20 min	/
9.6	Edemas	4 Hz, 180 µs, 20 min	/
9.7	Energetic tonification after TSEA	3 sequences: Seq. 1: 2 Hz 180 µs, 7 min Seq. 2: 4 Hz 180 µs, 7 min Seq. 3: 6 Hz 180 µs, 7 min 21 min in total	/
9.8	Energetic sedation after TSEA	3 sequences: Seq. 1: 80 Hz 180 µs, 5 min Seq. 2: 100 Hz 180 µs, 5 min Seq. 3: 120 Hz 180 µs, 5 min 15 min in total	/

## General information

### Description of the symbols



Please note: First read the operating instructions manual!



BF type application part. Protection against electric shocks.



The production year follows this symbol.



The article or order number of the product follows this symbol.



The serial number of the product follows this symbol.



This equipment is marked with the recycling symbol. It means, that at the end of the working life of the equipment you must dispose it separately at an appropriate collection point and not place it in the household garbage. In the interests of environmental protection, please observe those laws and regulations of your country which relate to battery disposal.



Conformation with Council Directive 93/42/EEC of 14 June, 1993, concerning medical devices.

### Technical specifications

Four-channel stimulator with electrically insulated channels, constant current characteristic, output short circuit control element (AKS), 37 integrated programs (7 of which are subject to modification of frequency, pulse width, therapy duration).

Output current :	max 20 mA (with a Load resistor of 1k $\Omega$ )
Frequency range:	1-120 Hz
Impulse width:	50-300 $\mu$ s
Power supply:	mains supply transformer or 4 x 1.5 V battery (AAA)
Dimensions:	17.5 x 11.3 x 4.5 cm
Weight: approx.	191 g (without batteries)

There may be up to +/- 5% tolerance for all specification.

### Combination of accessories

The AS SUPER 4 digital may only be used together with original schwa-medico accessories. The manufacturer cannot guarantee the reliable operation of the device if not used with original accessories.

### Guarantee

We give a guarantee of 2 years from the date of purchase of the AS SUPER 4 digital. This guarantee does not cover accessories such as cables, needles/ electrodes, mains circuit adapter.

### Maintenance and cleaning

No special cleaning or care agents are required for the AS SUPER 4 digital. Clean the unit with a soft, lint-free cloth. Please ensure that no moisture permeates the unit. If moisture does permeate the unit, a technical check must be carried out before re-use.

### Classification

In accordance with the Law on Medical Devices, the AS SUPER 4 digital is classified as being a Class IIa medical device.

### Technical check

The manufacturer recommends a technical check on the AS SUPER 4 digital every 24 months. This includes:

1. Confirming that user instructions have been included in the accompanying documentation.
2. Checking the equipment for completeness.
3. Visual check:
  - for mechanical damage
  - for damage to all cables and sockets
4. Functional Safety
  - Checking the output signals with a load of 1 k $\Omega$  real current and voltage
  - Checking the frequency
  - Checking the pulse width

These technical checks shall only be performed by qualified persons. The results must be documented with the date and name of the person who carries out the check.

**Re-adjustments,  
modifications and repairs**

The manufacturer is only responsible for the safety and performance of the AS SUPER 4 digital when readjustments, alterations and repairs are carried out by authorized persons and when the unit is used in accordance with the operating instructions.

## Short instruction manual

● key to switch ON / OFF the device

**P** key to select the program group (1 to 9)

**E** key to select the subprogram

Press **P** key for 4 seconds to enter the selecting mode for a second program

Press the ▲ key to increase the intensity

Press the ▼ key to decrease the intensity

Press the **E** key to pause the stimulation

Press the **P** key to stop the simulation

Press the **E** key for 4 seconds to enter the set up mode

for free programs (Group 1 and 3)

Press the ● key for 4 seconds to delete the changed parameters  
and return to factory settings





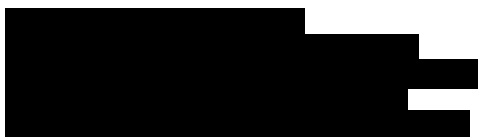


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