ARP PRS – YOUR PERSONAL **R**ECOVERY **S**YSTEM

by MyARP

THE MyARP PRS IS INTENDED FOR

- The MyARP PRS is intended to stimulate healthy muscles in order to improve or facilitate muscle performance.
- The MyARP PRS is not intended to be used in conjunction with therapy or treatment of medical diseases or medical conditions of any kind.
- The ARP PRS is not designed for use on injured or ailing muscles and its use on such muscles is contraindicated.
- The PRS's electrical impulses allow triggering action potential on motoneurones of motornerves (excitations). These excitations of motoneurones are transmitted to the muscle fibers via the motor endplate where they generate mechanical muscle fiber responses that correspond to muscle work. Depending on the parameters of the electrical impulses (pulse frequency, duration of contraction, duration of rest, total session duration), different types of muscle work can be imposed on the stimulated muscles.
- The various types of muscle work that the PRS can impose on the stimulated muscles are able to improve or facilitate muscle performance.
- The MyARP PRS is considered a technique of muscle training.

TECHNOLOGICAL CHARACTERISTICS

The ARP PRS device is a portable powered muscle stimulator producing electrical impulses through user electrodes.

MyARP

A.R.P. CONCEPT (EUROPE) SA | ERLENSTRASSE 2 | 8832 WOLLERAU, SWITZERLAND
TELEFON +41 43 888 92 37 | INFO@MYARP.CH | MYARP.CH

SPECIFICATIONS

This device should not be used at extreme temperatures below 32° F (0° C) or above 100° F (38° C) or especially near fire. If this occurs, the device will need to warm up or cool off for approximately one hour before it is used again. The device can be stored at temperatures from 0° F (-18° C) to 110° F (43° C). Exposure to temperatures outside this range will void the warranty.

The ARP PRS is normally used indoors. It can be used outdoors but should not be exposed to rain, snow, condensing fog, or condensing humidity, and should not be subjected to long-term exposure to direct sunlight.

- Main Pulse frequency — 245 pulses per second (PPS).
- Main Pulse duration — 375 µs.
- Background Pulse frequency — 10 kHz carrier signal.
- Background Pulse duration — 25 µs.
- Output Power — Between 0 and 0.61 watts RMS.
- Output Power - into one channel.
- Battery — Lithium-Ion Battery.
- External Charger — 8.4 volts.

The signal generated by the ARP PRS consists of a 10 kHz carrier signal (background pulse) that is expressed continuously over a lower frequency main pulse that is 245 PPS (Hz). When power is delivered to the user during an application, the power output of the ARP PRS will be reduced from its no-load levels in direct proportion to the load impedance presented by the body of the user (refer to the following table).

Load Resistance	**Output Voltage**
500 Ω	18 Vrms
2 k Ω	34 Vrms

CONTRAINDICATIONS

ARP PRS should not be used:

- On users with implanted electrical devices
- Over known cancers
- On pregnant women

WARNINGS

ARP Manufacturing, LLC makes the following warnings:

- Long term effects of chronic electrical stimulations are unknown.
- If you are in the care of a physician, consult with your physician before using this device.
- Adequate precautions should be taken in the case of persons with suspected or diagnosed heart problems.
- You should follow precautions recommended by your physician.
- Adequate precautions should be taken in the case of persons with suspected or diagnosed epilepsy. You should follow precautions recommended by your physician.
- The safety of electrical stimulation during pregnancy has not been established.

WARNINGS

- Do not stimulate over the carotid sinus nerves, especially in users with a known sensitivity to the carotid
- sinus reflex.
- Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty breathing, or adverse effects on heart rhythm or blood pressure.
- Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- Do not apply over painful areas. If you have painful areas, you should consult with your physician before using this device.
- MyARP PRS should not be applied transcerebrally (across the head) since the effects of stimulation of the brain are unknown. Electrodes should not be placed on opposite sides of your head.
- MyARP PRS should not be used over swollen, abraded, infected or inflamed areas on skin eruptions, e.g. phlebitis, thrombophlebitis, or varicose veins. It should only be used on normal, intact, clean, healthy skin.
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- Do not use MyARP PRS with an external power source during storms.
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- Caution should be used in the transthoracic application in that introduction of electrical current into the heart may cause arrhythmias.
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- Do not apply stimulation when in the bath or shower.
- The MyARP PRS should not be used in conjunction with high frequency surgical equipment or with shortwave or microwave therapy equipment.
- Because of the power output capabilities of the ARP PRS, the user should pay careful attention to power output settings and the resulting stimulus effects.

PRECAUTIONS

ARP Manufacturing, LLC further states that precautions should be observed in the presence of the following:

- Over a menstruating uterus
- If you have a tendency to bleed internally, such as following an injury or fracture
- Consult with your physician prior to using the device after a recent surgical procedure, because stimulation

ADVERSE REACTIONS

You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin.

- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.
- You should stop using the device and should consult with your physician if you experience adverse

MyARP
A.R.P. CONCEPT (EUROPE) SA | ERLENSTRASSE 2 | 8832 WOLLERAU, SWITZERLAND
TELEFON +41 43 888 92 37 | INFO@MYARP.CH | MYARP.CH