



## **Operations Manual**

CE  
0120



*Makers of Exer-Rest®*

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# Chapter 1

## Introduction

### 1.1 Device Description

The Acceleration Therapeutics device model Exer-Rest® is a motorized therapeutic platform designed and developed by Non-Invasive Monitoring Systems, Inc. (“NIMS”) of Florida. It is patented in the United States of America and in countries of the common market.



The top section of the device, which contains the mattress, supports the individual and moves back and forth while in operation. The base remains stationary. The dressed individual puts on the Exer-Rest® boots over his/her shoes or socks, lies down on top of the Exer-Rest® mattress and slides the boots onto the right and left pin located on the footboard. Whole body periodic acceleration is achieved on this non-invasive, bed-like platform by moving the individual repetitively head to foot about 140 times a minute simulating moderate to brisk exercise. The individual operates the device using a wireless remote control unit. On the right side of the platform within arms reach is an Emergency Stop button that can be pushed at any time to cut power to the device. A typical daily therapeutic session on the Exer-Rest® lasts 45 minutes.

## **1.2 Intended Use**

The Exer-Rest® is a powered, non-measuring device intended as an aid to improve circulation, increase joint mobility, and to provide temporary relief of minor aches and pains.

## **1.3 Indications**

The Exer-Rest® is indicated for use by the general population for 45 minutes daily sessions. Pregnant women and persons with spinal pathologies should not use the device as per sections: Contraindications and Warnings and Precautions.

## **1.4 Contraindications**

The Exer-Rest® is contraindicated for pregnant females and for spinal pathologies such as unstable spinal injuries. This device should not be used over swollen or inflamed areas or skin eruptions. Do not use in the presence of unexplained calf pain.

## **1.5 Warnings and Precautions**

 **WARNING:** Read all warnings.

 **WARNING:** Read this manual and follow it carefully before using the device.

 **WARNING:** The Exer-Rest® is contraindicated for pregnant women.

 **WARNING:** This device should not be used over swollen or inflamed areas or skin eruptions. Do not use in the presence of unexplained calf pain. Do not use if you suffer from an unstable spinal cord injury. Consult a physician.

 **WARNING:** Individuals who are unable to read or understand the symbols found on the wireless digital remote control should be assisted by another person in operating the Exer-Rest®.

 **WARNING:** The unit must be properly grounded.

- Connect only to an approved grounded socket.
- Do NOT use extension cords or adapters of any type.

 **WARNING:** Remove the power supply cord when the unit is being moved to avoid damage to the power supply cord.

 **WARNING:** Do not use the unit in the presence of flammable anesthetics or other flammable substances in combination with air, oxygen-enriched environment, or nitrous oxide.

-  **WARNING:** Keep children away from the device.
-  **WARNING:** Setup and operate the device on a solid level surface.
-  **WARNING:** Care should be taken in mounting and dismounting the device.
-  **WARNING:** Maximum user weight allowed is 175 kg or 385 lbs.
-  **WARNING:** There are no user serviceable parts inside the unit.
-  **WARNING:** Before cleaning, turn off the unit and disconnect the power supply cord from the AC power supply.
-  **WARNING:** Do NOT plug in, turn on or attempt to operate an obviously damaged unit.
-  **WARNING:** Always ensure that the supply voltage available that meets the factory set voltage range marking, as provided on the equipment.
-  **WARNING:** The device should be used indoors away from standing or splashing water.
-  **WARNING:** The device should not be used adjacent to or stacked with other equipment.
-  **WARNING:** The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purpose.
-  **WARNING:** Mobile RF communications equipment (transmitters) can affect the device. However, the user can help prevent electromagnetic interference by maintaining a minimum distance as recommended in The Technical Description Regarding Electromagnetic Compatibility.
-  **WARNING:** To ensure continued FCC compliance: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the equipment.

## 1.6 Symbol Definition

The following symbols may appear on the Exer-Rest® device, on labels affixed to the unit, and/or shipping materials. Their meanings are:



Attention! You must take precautions when using the unit.



Refer to accompanying documents before using the Exer-Rest®



If present, this device complies with the IEC 60601-1, IEC 60601-1-2 and IEC 60601-2-38 standards



Federal Communications Commission



Non-Ionizing Radiation



Manufacturer Identification



Safe Working Load



For Indoor Use Only



Type B Equipment



Serial Number of the device. The first 4 digits represent the year in which the device was manufactured



Power Off



Power On



Alternating Current



Remote Control Clock

-  Remote Control Mode Selector
-  Remote Control Exercise Mode
-  Remote Control Rest Mode
-  Remote Control Timer
-  Remote Control Speed – vibration frequency
-  Remote Control Travel – vibration displacement
-  Remote Control Alarm Selector
-  Remote Control Alarm On Indicator
-  Remote Control Alarm Off Indicator
-  Remote Control Error Indicator
-  Adjust Down Button
-  Enter Button
-  Adjust Up Button
-  Start Button
-  Power Button



End Button

## 1.7 Assistance Information

+1.305.861.0075  
[info@nims-inc.com](mailto:info@nims-inc.com)

## 1.8 How Supplied

The Exer-Rest® device is supplied with the following components:

- Exer-Rest® platform
- Exer-Rest® Removable Foot Board
- Nims Memory Foam Mattress with cover
- Exer-Rest® Boots
- Wireless Digital Remote control
- Operations manual

## 1.9 Risks and Benefits

The benefits of the Exer-Rest® include the following 1) as an aid to improve circulation, 2) to increase joint mobility, and 3) to provide temporary relief of minor aches and pains. No known risks exist.

## 1.10 Conformance to Standards

The Exer-Rest® device complies with the following applicable requirements:

Underwriters Laboratories (UL) Standard UL60601-1:2003, Medical Electric Equipment, Part 1: General Requirements for Safety.

CAN/CSA C22.2 No. 601.1-M90, Medical Electric Equipment, Part 1: General Requirements for Safety

IEC 60601-2-38, First Edition, Medical Electric Equipment, Part 2: Particular Requirements for the Safety of electrically operated hospital beds, First Edition, 1996 plus Amendment 1, 1999

IEC 60601-1:1988, Medical Electric Equipment, Part 1: General Requirements for Safety, including Amendment 1(A1:1991) and Amendment 2 (A2:1995).

EN 60601-1-2

## **1.11 Device Classification**

Class I Type B

IPX0

Disinfection method - Refer to Chapter 4 - Cleaning Instructions

Not for use with flammable anesthetics

Rated for continuous operation

## **1.12 Federal Communications Commission Interference Statement**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## Chapter 2

### Device Setup

#### 2.1 Specifications

Device Dimensions:	Single: 239 cm long, 96 cm wide, 104 cm to the top of the foot board Twin: 239 cm long, 120 cm wide, 104 cm to the top of the foot board
Mattress Dimensions:	Single: 203 cm long, 75 cm wide, 15 cm high Twin: 203 cm long, 99 cm wide, 15 cm high
Weight:	Single: Frame: 165 kg Mattress: 14 kg Twin: Frame: 185 kg Mattress: 16 kg
Power Requirements:	100 to 120 VAC, 50/60 Hz, 5 Amp. 220 to 240 VAC, 50/60 Hz, 5 Amp.
Vibration Frequency:	Exercise Range: 0 to 180 CPM (0 to 3 Hz) Rest Range: 10 to 24 CPM (0.16 to 0.4 Hz)
Travel:	Exercise Range: 0 mm to 24 mm Rest Range: 80 mm
Current Leakage:	Forward and Reverse Polarity: 100 micro ampere maximum
Environmental:	<b>Operating:</b> Temperature 5 to 50C (40 to 120F) Relative Humidity 15% - 95%. Non-condensing Pressure 10.3 to 15.4psia (708 to 1059hPa)  <b>Transport/Storage:</b> Temperature -20 to 60C (-5 to 140F) Relative Humidity up to 95%. Non-condensing Pressure 7.3 to 15.4psia (503 to 1059hPa)

## 2.2 Setup

Place the Exer-Rest® device on a flat, stable surface. The minimum clearance required around the device for safe passage is 130 cm (51 inches) for non-passage clearance. Lock the device in place by activating the brakes on the wheels.

A sheet should be placed over the NIMS Memory Foam mattress.

Verify that power settings match local supply voltage. To change the power setting refer to Chapter 4.6

Plug in the Exer-Rest®.

Special protection comes in the form of an **Emergency Stop Button** on the right side of the frame within easy reach of the individual that brings the machine to a safe stop should discomfort be experienced.

The individual's weight should not exceed 175 kg or 385 pounds. Individuals using this device should be cooperative and non-combative.

## 2.3 Remote Control

The Exer-Rest® device has a wireless touch screen remote to control two modes of operation: Exercise and Rest.







### Power On/Off

The Power button is used to turn the device ON or OFF. If the power button is pressed during a session the vibration immediately stops.



### Start

Press the Start button to start the vibration of the device.



### End

Press the End button to stop the vibration at any time during a session. The device remembers the last settings and will restore these settings at the next power on.



### Enter

After adjusting the setting for Timer, Speed or Travel, press the Enter button to lock in the new setting. The display will stop flashing. If the Enter button is not pressed after an adjustment is made, the display will keep flashing for about 20 seconds before defaulting back to the previous setting.



### Up

Press the Up button to increase a setting while it is flashing.



### Down

Press the Down button to decrease a setting while it is flashing.



### Clock

The remote control has a built in clock. To adjust the clock, you touch the clock symbol on the screen and using the up and down adjustment buttons while the digits are flashing to set the time. Press the Enter button to save the clock setting.



### Exercise/Rest Mode Selector

The device operates in either of the following 2 modes:



#### Exercise



#### Rest

The user can only switch modes prior to starting a session or after a session has ended. The active mode is illuminated. Touching the Exercise/Rest Mode Selector symbol will allow switching from one mode to the other.



### Timer

The Timer indicates the time remaining before a session ends. The Exer-Rest® allows sessions up to a maximum of 45 minutes (0:45) in length in Exercise mode and up to 2 hours (2:00) in Rest mode. Touching the Timer symbol will activate the timer setting for up and down adjustments in 5 minute increments. Pressing the Enter button saves the new setting. When the timer expires, the Exer-Rest® automatically stops vibrating.



### Speed

The Speed display indicates the vibration frequency of the device. The Exer-Rest® allows a vibrating frequency range from 0 to 180 in Exercise mode and between 10 and 24 in Rest mode. Touch the Speed symbol and use the up and down buttons to adjust the setting. In Exercise mode the adjustment occurs in increments of 5 with a therapeutic range between 120 and 150. In the Rest mode, the Speed can be adjusted in increments of 1.



### Travel

The travel display indicates the distance of travel of the top section of the device containing the mattress. In Exercise mode, The Exer-Rest® allows a travel range between 0 and 24. One can adjust the settings in steps of 2, by touching the travel symbol and using the up and down buttons to modify the setting. Press the Enter button to save the new travel distance. In Rest mode the travel distance is fixed to 80.



### Alarm Selector

As with the mode selector the device allows for either of the following alarm modes:



Alarm ON or



Alarm OFF.

The Alarm defaults to being OFF. Touching the Alarm Selector symbol allows for switching from one setting to the other. The selection will be illuminated. When Alarm ON is active, the alarm will sound when the timer runs down to 0. Pressing anywhere on the touch screen or any of the up, down or enter buttons will turn the alarm sound off.



### Error Code

An error code will be displayed when an error occurs. Look up the code in Chapter 5 – Trouble Shooting, to resolve the problem.

## **2.4 Emergency Stop Button**

An Emergency Stop Button is located on the right side of the platform within easy reach of an individual on the Exer-Rest®. Pressing this stop button immediately cuts all power to the device. To release the emergency stop, the user pulls the red button out or turns it clockwise in the directions of the arrow.



## **2.5 Boots**

The individual puts the boots on over his/her shoes or socks and lies down on the mattress. At the back of the boots are slides that are designed to lock onto a pin attached to the footboard. The individual slides the boots over the foot board until the boots lock into place.



## 2.6 Wheels

There are 4 wheels on the Exer-Rest which are only to be used for transportation of the device. When in transport the feet are released so they do not touch the floor. When the device has reached its destination, the user will extend the four feet next to four wheels for fixing the device in place.



First unscrew the upper nut.



Next rotate the lower nut counterclockwise until the foot reaches the floor and the wheels do not.



After the four feet reach the floor, confirm the device is balanced and screw the upper nuts.

## **Chapter 3**

### **Operating Instructions**

#### **3.1 Pre-Use Check**

Before using the Exer-Rest® for the first time perform the following steps to confirm proper setup and operation:

- Confirm the Exer-Rest is stationary by performing the setup procedure detailed in section 2.6 Wheels.
- Plug Exer-Rest® device in an AC wall outlet.
- Turn on the main power switch, which is located below the foot board.
- Press the Remote Control Power button to turn it on.
- Press the Remote Control Start button and confirm the device starts moving slowly from head to foot.
- Run the Exer-Rest® device for 2 minutes in the Rest Mode.
- Press the Remote Control End button and confirm the Exer-Rest® motion stops.
- Press the Remote Control Mode Selector for Exercise/Rest and switch to the Exercise mode.
- Touch the Remote Control Speed symbol followed by the Up button to increase the Speed to 100.
- Press the Remote Control Start button and confirm the device is moving rapidly from head to foot.
- Run the Exer-Rest® device for 2 minutes in the Exercise Mode.
- Press the Emergency Stop Button located on the right side panel of the Exer-Rest and confirm the device stops moving.
- Pull the Emergency Stop button out or rotate the Emergency Stop button clockwise (indicated by the arrows on the button) to reset the button.
- Press the Power button to turn off the Remote Control.

If any of the above checks failed please contact NIMS customer service at +1.305.861.0075.

### **3.2 Start an Exercise Session**

The individual first puts on the Exer-Rest boots over his/her flat sole shoes or socks and tightens the straps. On the back of the boots is a slide that locks onto the pins attached to the footboard. While the individual is lying down on their back, he or she slides the boots against the locking mechanism. The individual's feet are attached to the platform so as not to create sliding between the body and mattress during vibration. A pillow can be placed below the knees to bend the legs for comfort. Before turning on the Exer-Rest, identify the location of the Emergency Stop Button on the right side of the frame. To operate the device using the Wireless Digital Remote Control:

- Press the Power button to turn on the Exer-Rest device and the remote control. If not in Exercise Mode, touch the Exercise/Rest Mode Selector to switch to Exercise mode. The Timer indicator resets to the maximum 45 minutes.
- To adjust the Timer for a shorter session, touch the Timer symbol followed by the Down button to decrement in 5 minute steps. Press the Enter button to save the setting.
- Touch the Speed symbol next, followed by the Up to gradually increase the vibration frequency to a normal operating setting between 120 and 150. 140 is preferred but can be varied to achieve optimal benefits. Again press the Enter button to save the setting.
- Press the Start button to initiate the vibration.

### **3.3 Start a Rest Session**

With the remote control powered on perform the following steps:

- If not already in Rest mode, touch the Exercise/Rest Mode Selector to switch to Rest mode. The Timer indicator resets to 45 minutes and the Speed to 17.
- To adjust the Timer, touch the Timer symbol followed by the Up or Down button to adjust in 5 minute steps. Press the Enter button to save the setting.
- To adjust the Speed, touch the Speed symbol next, followed by the Up or Down button to modify the setting in steps of 1 to a restful operating setting between 10 and 24. Again press the Enter button to save the setting.
- Press the Start button to initiate the motion.

### **3.4 End a Session**

As the timer expires the Exer-Rest® device will automatically stop moving. If the Alarm was set it will sound when the timer expires. When the device is no longer moving, turn off the remote control, unlock the boots from the footboard and slowly sit up. Wait half a minute before getting off the Exer-Rest® device. To stop the motion prior to the timer running out, press the End button.

The Exer-Rest® device can also be stopped by pushing the Emergency Stop Button on the side of the frame, bypassing the remote control. If the device is stopped in this manner it will not turn back on until the Emergency Stop button is pulled back out, or rotated clockwise.

## Chapter 4

### Maintenance Instructions

#### 4.1 Monitoring Exer-Rest® Device Performance

The remote control provides direct indication of device operational speed and travel distance. If the device is not achieving normal speed and travel performance, it will be indicated on the digital display of the remote control.

Malfunction of the device during operation will usually be accompanied by an error indication on the remote control or by an audible indication, i.e. unusual noises coming from within the machine. In the event of persistent unusual noises coming from within the machine, contact NIMS Customer Service at +1.305.861.0075, email [info@nims-inc.com](mailto:info@nims-inc.com).

#### 4.2 Cleaning Instructions

- Turn off and unplug the Exer-Rest from the AC power supply before cleaning.
- Exterior surfaces and cables of the Exer-Rest may be cleaned with an ordinary leather protecting solution. Care must be taken to not drip liquids into the interior of the device.
- Wipe or air-dry the cables and the device before using.
- The mattress may be wiped clean and disinfected with standard phenol or quaternary type disinfectants.

#### 4.3 Maintenance Description

There are **no user serviceable parts** on the Exer-Rest®. The device life is 5 years and requires no maintenance. If the device requires service, please contact your local representative or NIMS Customer Service at +1.305.861.0075, email [info@nims-inc.com](mailto:info@nims-inc.com).

#### 4.4 Storage Instructions

The Exer-Rest should be stored in a clean indoor environment, free from rain, standing water, excessive dust, insect and animal infestation, etc.

#### **4.5 Expected Failure Time and Mode and its Effect on the Subject**

Expected failure modes include:

- Belt, roller and bearing wear - resulting in increased operational noise and eventual cessation of function

In the event of any failure, turn off power to the device and have the individuals dismount the device normally. Contact your local representative or NIMS Customer Service at +1.305.861.0075, email [info@nims-inc.com](mailto:info@nims-inc.com).

#### **4.6 Switching Operating Voltage**

The Exer-Rest® device has a voltage selector switch next to the power inlet at the foot end of the device. To change the voltage setting, turn the main power switch off and remove the power cord from the power inlet. Use a Philips screw driver to remove the 2 screws holding the transparent acrylic cover over the selector switch. Switch to the desired operating voltage. Re-attach the transparent cover, plug in the appropriate power cord and turn on the main power switch.

#### **4.7 European Authorized Representative**

Emergo Europe  
Molenstraat 15  
2513 BH, The Hague  
The Netherlands  
+31.70.345.8570 - phone  
+31.70.346.7299 – fax

## Chapter 5

### Trouble Shooting

<b>Problem</b>	<b>Condition</b>	<b>Action</b>
WILL NOT WORK	No Response	Confirm device is connected to mains electrical power
	No Speed increase when Speed button pressed	Confirm device is turned ON, on/off switch should be set to ON position
		Confirm Speed not already at maximum setting
	No Travel increase when plus button pressed	Confirm device is turned ON, on/off switch should be set to ON position
		Confirm Travel not already at maximum setting
Error Code: 01	Emergency stop button is pressed in	Release the Emergency stop button or rotate it clockwise before restarting the device
Error Code: 02	Driver power is turned off because the left limit switch is active	Push the motion frame component of the device towards the middle. It will not move easily
Error Code: 03	Drive power is turned off because the right limit switch is active	Push the motion frame component of the device towards the middle. It will not move easily
Error Code: 04	The driver has no power	Turn off the main switch for 30 seconds and re-start it. If it still does not work, please contact customer service
Error Code: 11	Over-current protection	Turn off the main switch for 3 minutes and re-start it. If it still does not work, please contact customer service
Error Code: 12	Represents the encoder error of the motor	Turn off the main switch for 3 minutes and re-start it. If it still does not work, please contact customer service
Error Code: 13	The motor is in over-speed protection	Turn off the main switch for 3 minutes and re-start it. If it still does not work, please contact customer service

Error Code: 14	Over-load protection	Turn off the main switch for 3 minutes and re-start it. If it still does not work, please contact customer service
Error Code: 15	Motor is locked due to drive mechanism malfunction	Check to see if the mechanism get stuck by unwanted object
Error Code: 16	Voltage Low protection	Confirm device is connected to mains electrical power. If connected, turn off the device and wait for voltage to stabilize before using the device again
Error Code: 17	Driver in over-heat	Turn off the device and wait for the motor to cool down for a few hours
Error Code: 18	Motor in over-heat protection	Turn off the device and wait for the motor to cool down for a few hours

## **Chapter 6**

### **Disposal and/or Return of the Device**

#### **6.1 Disposal**

The bulk of the Exer-Rest® frame is a metal alloy frame, which may be recycled. The covering is a plastic material which also may be recycled.

#### **6.2 Device Return Information**

Contact your local representative or NIMS Customer Service:  
at +1.305.861.0075, email [info@nims-inc.com](mailto:info@nims-inc.com) to obtain an RMA number.

RMA numbers must be obtained from Nims prior to returning the device. Please clean the equipment and cables if soiled before packaging and shipping. Include the following:

1. Written description of complaint or malfunction.
2. Warranty information-invoice copy or applicable document must accompany device.
3. Purchase Order (PO) number for repair if the device is no longer under warranty.
4. Shipping and bill to information.
5. Contact person (name, phone, fax, country etc.) for any questions that may arise.

## Chapter 7

# Replacement Components

### 7.1 Instructions on Replacing Components

To replace the mattress, remove the old mattress and place a new mattress back inside the frame.

To connect the power cable, push the power cable connector into the receptacle on the Exer-Rest®, pull out to disconnect.

### 7.2 Ordering Replacement Components

These items may be ordered from NIMS.

Phone Number: +1.305.861.0075

Description	Part Number
Mattress Single	203-064-01
Mattress Twin	203-064-02
Replacement Boots (pair)-Large	110-153-01
Replacement Boots (pair)-Small	110-153-02
Operations Manual	302-026-02

## **Chapter 8**

## **Warranty**

The Exer-Rest® is sold by Non-Invasive Monitoring Systems, Inc. (NIMS) under the warranties described below. These warranties are granted only for the purchase of this product, directly from NIMS, Inc., or an authorized representative, as a new device and are extended to the first purchasers only, other than for resale.

**Limited warranty** – NIMS, Inc. warrants that the product meets its published specifications at the time of shipment from the factory.

**Guarantee** - The Exer-Rest® is guaranteed against defects in parts, workmanship, and performance for 1 year from the date of delivery provided that the device is not abused or repaired by unauthorized personnel.

**Conditions** – This warranty is valid only when NIMS trained personnel service the Exer-Rest®. For return of product, please contact NIMS, Inc. for merchandise authorization. Tel: +1.305.861.0075, email: [info@nims-inc.com](mailto:info@nims-inc.com)

**Exclusions** – Verbal statements about the Exer-Rest® do not constitute warranties, shall not be relied on by the buyer or user, and are not part of any warranty extended by NIMS, Inc.

Except as set forth in this limited warranty, NIMS makes no warranties, expressed or implied, including implied warranty of merchantability and the implied warranty of fitness for a particular purpose. Except for the obligations under this limited warranty, NIMS shall not have any obligation or liability for any incidental or consequential damages (including those from commercial loss) or other loss, damage, or injury resulting directly or indirectly from the Exer-Rest® device.