

MYTREX

Distributor: SOTSU MEDICAL Co., Ltd.
 3-1-10-5F, Hakata-ku, Fukuoka-shi,
 Fukuoka Prefecture, Japan
<https://mytrex.jp>
 #2024SOTSUMEDICAL CO., LTD.
 202409KB

MYTREX Customer Support

Business hours: 9:00 - 17:30
 (excluding Saturdays, Sundays, public, summer and New Year holidays)

Contact by phone: **092-260-7366**
 Contact via the web: <https://mytrex.jp/support/>

MYTREX ELEXA HAND

Instruction Manual



For Storage
Includes Warranty Card

Thank you very much for purchasing this product. Please read this instruction manual carefully and use the product correctly and safely. This instruction manual includes a warranty card. Please keep it properly even after reading it.

Safety Precautions

This section explains important safety precautions that must be strictly followed to prevent injury to the user or others, as well as damage to property.

About Warning Labels

The following symbols are used to indicate the severity of hazards or damage that may result from improper use:

- WARNING** Indicates "a risk of death or serious injury" if the product is used improperly.
- CAUTION** Indicates "a risk of minor injury or property damage" if the product is used incorrectly.
- Indicates sections that are strictly prohibited.
- Indicates "mandatory" actions that must be strictly followed.

Disclaimer

Our company shall not be held liable for any damage caused by fire, earthquake, riot, acts of terrorism, or other events beyond our control, nor for any damage resulting from the customer's intentional acts, negligence, misuse or use of the product.

3. This warranty card cannot be returned, so please keep it safe.
 4. When returning the product, please send it back in the same packaging conditions as received, including parts and packaging.

*This warranty card assures free repair or replacement under the specified period and conditions and does not limit your legal rights.
 *Minimum storage period for performance parts: The minimum storage period for performance parts of this product is 3 years after the product is discontinued. Spare parts for performance refer to the components necessary to maintain the functionality of the product.

Warranty Card Model Number: **MT-EH24B**

Customer's Name, Address, TEL

Dealer's Name, Address, TEL

Warranty Period: 1 year
 Purchase Date: Year Month Day

Manufacturer's Specifications

This warranty card guarantees free repair or replacement in the event of a malfunction if the product is used according to the instruction manual. If a malfunction occurs during the warranty period from the date of purchase, please present the product, warranty card, and a certificate of purchase (receipt, delivery note, etc.) to the retailers or our customer support. After the warranty period, repairs will be charged if the functionality can be maintained.

The warranty period is 1 year from the date of purchase. (for the main unit)

1. Even during the warranty period, this warranty does not apply to accidents caused by the following reasons or similar situations:
 - Malfunction or damage caused by improper usage or storage, contrary to the instruction manual.
 - Malfunction or damage due to improper handling (misuse, dropping, etc.), modification, or repair.
 - Malfunction or damage caused by natural disasters such as fire or lightning, environmental pollution, salt damage, gas damage, abnormal voltage, or other external factors.
 - Replacement of consumables and accessories such as batteries, due to wear and tear.
 - Malfunction or damage when purchased from unauthorized retailers or distributors.

2. Even during the warranty period, the customer is generally responsible for shipping costs when sending the product to us.

WARNING

Prohibited

- Do not use this product in conjunction with the following medical devices or other electrical devices such as pacemakers.
 - Life-supporting medical electrical devices such as artificial heart-lung machines
 - Wearable medical electrical devices such as electrocardiographs
- Do not use in the following cases:
 - Doing so can cause accidents or skin/body issues.
 - Individuals who are unable to communicate their intent or operate the product independently.
 - Individuals who are pregnant. Have recently given birth, or may be pregnant.
 - Individuals who have been prohibited from exercising by a doctor.
 - Individuals with wounds from the fingers to the arms.
 - Individuals with metal implants, such as bolts/nodes who have consumed alcohol.
 - Individuals with a fever (38°C or higher).

WARNING

Prohibited

- Do not use on the following areas:
 - This can cause electric or sensory issues.
 - Areas other than the hands and fingers
 - Areas with wounds, abrasions, or cuts
 - Areas that have undergone orthopedic surgery
- Areas with metal, plastic, or silicone implants
- Do not use when you are feeling unwell, drowsy, have consumed alcohol, or immediately after eating. Also, do not use while eating, drinking, smoking, or driving. This can cause accidents or injuries.
- Do not use in ways other than the prescribed method. This can cause accidents, injuries, or health issues.
- Do not allow metal to come into contact with the product while it is operating. This can cause electric shock.
- Do not use, store, or charge the product in bathrooms or other humid environments. Also, do not place it in areas where it is prone to water exposure. This can cause electric shock or fire.

Maximum Load Capacity	30kg
Auto-off Timer	15 minutes
Operating Environment	Temperature 5°C to 40°C, Relative Humidity 50% RH
Country of Manufacture	China

*Do not use an adapter with more than 2A output. (Please use a commercially available USB-compatible AC adapter.)

This product contains a lithium-ion battery. When disposing of this product, please follow your local waste separation rules.

For safety precautions regarding lithium-ion battery products, please refer to: <https://mytrex.jp/support/safety/battery/>

Product Specifications

Brand	MYTREX
Product Name	ELEXA HAND
Model Number	MT-EH24B
Rated Power Supply	DC5V / 1A(USB)
Power Consumption	Approximately 0.15W
Battery	Lithium-ion battery 350mAh, 3.7V
Power Source	AC adapter / USB port of PC, etc.
Compatible AC Adapter	5V / 1A or 5V / 2A*
Size / Weight	Approximately 68mm / Approximately 107g
EMS Frequency	Approximately 25Hz
Materials	ABS resin, Elastomer, TPU

WARNING

Prohibited

- Do not use, store, or charge the product in places where it is exposed to direct sunlight or high temperatures (such as near fire, in a car under the blazing sun, etc.) This can cause fire, overheating, burns, or malfunctions.
- Do not store the product in places within reach of infants or children, and do not allow them to use it. Do not rest it on pets. This can cause accidents or injuries.
- Do not place heavy objects on the product or handle it roughly. This can cause electric shock or fire due to short circuits.
- Do not store the product in unstable locations. Also, do not drop the product or its accessories, or dust to strong impact. This can cause injury or damage to the product.
- Do not allow liquid, metals, foreign objects, or dust to adhere to the gaps or connectors of the product and its accessories. This can cause electric shock or fire due to short circuits.

WARNING

Mandatory

- Individuals who fall under the following categories must consult a doctor before using the product. Do not fall into these categories but have any concerns about using the product, consult a doctor.
 - Individuals experiencing fatigue, chills, blood pressure fluctuations, or weakness
 - Individuals with nerve damage or skin sensory impairments
 - Individuals with sensory impairments due to severe peripheral circulation disorders, such as diabetes
 - Individuals with allergies
 - Individuals with balance disorders, such as dizziness or lightheadedness
 - Individuals with eye disorders such as glaucoma, retinal detachment, or conjunctivitis, or with ear disorders such as otitis media
 - Individuals who are menstruating
 - Individuals with skin diseases (various skin inflammations, skin infections, skin irritation, or those prone to bruising)

How to Clean and Store

How to Clean

- Always turn off the power and disconnect the USB cable before cleaning.
- Never wash the main unit and USB cable with water.
- Wipe the main unit with a dry, soft cloth to remove dirt. If the dirt is noticeable, dip a soft cloth into a diluted neutral detergent with lukewarm water, wring it out well, and gently wipe the surface of the main unit.
- Do not use solvents such as alcohol, thinner, or benzene.

How to Store

- When not in use, turn off the main unit and unplug the USB cable from the AC adapter or another power source before storing.
- Do not leave the product near fire, under the blazing sun, or in high-humidity environments such as bathrooms or inside a car. Store it in a clean, well-ventilated, cool, and dry place.
- Store the product out of reach of children.
- If the product is not used for a long period, clean the main unit, fully charge it, and then store it. Additionally, operate the product once a month and recharge it. If it is left uncharged for a long period, it may not be able to charge again.

4 Press and hold the Off button (Off) for approximately 2 seconds to stop operation during use.

*If approximately 15 minutes passed or the EMS off (no stimulation) state continues for 1 minute, the product will automatically turn off.



Off button

Automatically turns off after 15 minutes or Press and hold to turn off

WARNING

Mandatory

- Individuals with heart disease, circulatory disorders, cerebral artery high blood pressure, or abnormalities in blood pressure or blood vessels (such as individuals with a history of stroke, cerebral infarction, heart disease, thrombosis, those on anticoagulants, phlebitis, aneurysms, or varicose veins)
- Individuals with injuries, internal bleeding, or those prone to internal bleeding
- Individuals with bone abnormalities such as fractures, osteoporosis, or hernias
- Individuals with respiratory disorders
- Individuals feeling abnormalities in their brain or nerves (such as epilepsy)
- Individuals with functional disorders
- Individuals with malignant tumors
- Individuals with acute symptoms of internal organ disorders (gastritis, enteritis, hepatitis, etc.)
- Individuals with sprains, strains, or similar injuries, individuals prone to these conditions, osteomyelitis, tendinitis, whiplash, cervical spine injuries, rheumatoid arthritis, osteoarthritis, spinal stenosis, herniated discs, gout, or acute (pain-related) diseases

WARNING

Mandatory

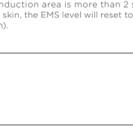
- Individuals undergoing treatment for an illness, with a history of diseases, taking medication, or who have undergone surgery
- Individuals experiencing numbness in the body
- Individuals requiring rest or those with a disability in their limbs
- Individuals feeling unwell or abnormal in the body

Stop using the product immediately if pain or discomfort, such as the following symptoms, occurs during or after use. If symptoms persist, consult a doctor. This can cause accidents or health issues. Chest pain, skin irritation, rash, redness, itching, burns, inflammation, dizziness, lightheadedness, palpitations, chest tightness, body pain, or other physical or mental abnormalities

For first-time users or elderly individuals, start with a low EMS level and gradually increase the intensity. Sudden increases in exercise intensity can cause injuries or health issues.

2 Press and hold the On button (On) for about 2 seconds to turn on the power.

*When the power is turned on, the status indicator lights will start blinking and the product will enter standby mode (EMS off).



On button Press and hold to turn on.

Decrease the EMS level. Increase the EMS level.

Status indicator lights

3 Press the (+) or (-) button to adjust the EMS level.

*The EMS level can be selected from 5 levels.
 *If the EMS conduction area is more than 2 seconds away from the skin, the EMS level will reset to EMS off (no stimulation).

How to Use

CAUTION

- Be sure to use with one hand, holding the product as specified in this manual.
- Use the product once per day (maximum 15 minutes) per hand.

1 Place the main unit with the operation button facing up and hold it in the center of your palm, gripping it to enclose it.

*For details on the grip and each function, please refer to "Read This First" (from page 19).



WARNING

Mandatory

- Remove all metal and electrically conductive accessories from the body before using the product. There is a risk of receiving strong shocks.
- Before use, always check the product for any damage. If any abnormalities are found, stop using the product immediately and contact customer support.
- During use, do not allow anyone other than the user to touch the operation buttons, and ensure that no one else touches the user. This can cause fires or unexpected accidents.
- Stop using the product if the main unit or accessories emit a strong odor or abnormal heat. This can cause damage or fire.
- Disconnect the USB cable from the main unit when not in use or if there is a thunderstorm.
- In case of any abnormalities, immediately turn off the power of the main unit and disconnect the USB cable during charging.
- Do not use the product if it is in an abnormal condition, such as emitting smoke, strange noises, or odors.

WARNING

Do Not Disassemble

- Do not disassemble, repair, or modify. This can cause fire, electric shock, injury, or malfunction.

Do Not Handle with Wet Hands

- Do not splash water on the main unit or accessories, nor wash them with water. Also, do not touch with wet hands. This can cause electric shock, fire from short circuits, burns, and other hazards.

How to Grip



Step 1. Grip firmly as if pressing the silicone, taking about 3 seconds.

Tip: It is more effective if you apply force not only with your hands but also with your arms.

Step 2. Loosen the grip for about 3 seconds.

*Repeat steps 1 and 2 for 1 to 2 minutes, using a comfortable range.

How to Train Effectively

Once getting used to EMS stimulation and training, try the following.

This product can be used with a light grip, but applying pressure by gripping the silicone part firmly allows for more effective training of the hands and forearms.



Silicone

*Be careful not to only touch the EMS conduction area with your fingertips. If the area of contact between the EMS conduction area and your hand is small, the electrical current may not flow evenly, which may cause strong stimulation or pain. If the EMS stimulation is too painful, lower the EMS level or adjust the position so that the EMS conduction area touches only the palm, not the fingertips.

WARNING

Prohibited

- Do not use for more than once per day (maximum 15 minutes) per hand. Prolonged use may cause adverse effects or injury.
- Do not stand or sit on the main unit, and do not use while applying excessive weight. This can cause damage to the product or injury.
- Do not use with other electrical appliances or beauty products. This can cause health issues or injury.

CAUTION

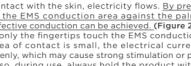
Prohibited

- Do not use for purposes other than training. This product is intended for hand and finger training and is not developed for rehabilitation purposes.
- When unplugging the USB cable, hold the connector and do not pull the cable. Also, do not unplug with wet hands. This can cause electric shock, short circuit, or fire.
- Do not use if the USB cable is damaged or if the connection is loose. This can cause electric shock, short circuit, or fire.
- Do not apply excessive force to the USB cable, such as damaging, modifying, or bundling it. Also, do not place heavy objects on it, handle roughly, or pinch it. This can cause electric shock, short circuit, fire, or malfunctions.
- Do not coil the USB cable around the main unit or other items during storage. The cable may become stressed and cause wire breakage, which can cause short circuits and fires.

The + and - electrodes are arranged as shown in the figure below on the EMS conduction area. (Figure 1)

When both the + and - electrodes simultaneously come into contact with the skin, electricity flows. By pressing both sides of the EMS conduction area against the palm of your hand, effective conduction can be achieved. (Figure 2)

If only the fingertips touch the EMS conduction area, or if the area of contact is small, the electrical current may not flow evenly, which may cause strong stimulation or pain. Also, during use, always hold the product with one hand, and avoid using both hands or touching the hand in use.



(Figure 1) (Figure 2)

EMS conduction area Press it against the palm side.

Turn off this product, the skin may temporarily turn red due to stimulation. This will fade over time and is not a problem. If the symptoms do not improve, please consult a specialist.

Read This First

About EMS

EMS (Electrical Muscle Stimulation) can stimulate the muscles of the hand using electrical currents. EMS levels can be selected from 5 levels. Immediately after starting to use or for individuals with sensitive skin, it is recommended to start with a lower EMS level and gradually increase the level as tolerance improves.

EMS stimulation requires moisture, such as water. If the skin is dry, it may be difficult to feel the EMS stimulation. In that case, wet the hand with water and wipe off the excess moisture before use. Do not use with wet hands. Also, do not apply hand cream or any other moisturizing products before use. The sensation of EMS stimulation may vary depending on the individual.

Remove accessories (such as rings and bracelets, etc.) before use. There is a risk of receiving strong shocks, injury, or damage.

CAUTION

Prohibited

- Use the included USB cable only. Do not use it with other products. This can cause malfunction or accidents.

Mandatory

- When using, make sure to hold the product properly before turning it on. After use, always turn off the product and then place it down. There is a risk of receiving a strong shock.
- Regularly clean the main unit and accessories by wiping off any dirt. Dirt or dust buildup can cause adverse effects or malfunction. Additionally, prolonged use may lead to rust or wear, resulting in part degradation.

Package Contents

If any items are missing from the package, please contact customer support.

Main unit	ELEXA HAND	1 unit
Accessories	USB cable	1 piece
	Instruction manual	1 copy

*The illustrations in this manual are for illustrative purposes only and may differ from the actual product.
 *Designs and specifications are subject to change without notice.
 *This product is not a medical device.

3 When charging is complete, disconnect the USB cable.

*During charging, the status indicator lights will blink and light up sequentially. When all lights are lit, charging is complete.
 *After charging, disconnect the USB cable from the main unit and close the rubber cover of the charging port.

About the Battery

- If the usage time becomes extremely short even after charging, the battery may be at the end of its life. (Battery life can vary depending on usage and storage conditions. The number of charge/discharge cycles is 300 to 500.)
- The battery is not replaceable.

1 Open the rubber cover of the charging port on the bottom surface of the main unit and connect the Micro B connector of the included charging USB cable.

*Make sure the connector shapes match before inserting.
 *Do not pull the rubber cover forcefully.

2 Connect the Type-A connector of the USB cable to the USB port of your AC adapter or another power source.

*Use a USB port from a computer, mobile battery, or commercially available AC adapter (SV1A or SV2A) for power supply. Do not use an AC adapter with more than 2A output. Avoid using a fast charger as it may cause malfunction.
 *Some computers, mobile batteries, or AC adapters may not be compatible with charging.
 *The main unit cannot be charged during charging.

Names of Parts

Main unit

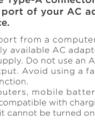
- Control buttons
- Silicone: Effective for training when squeezed with pressure.

Bottom surface

- Charging port
- EMS conduction area

Operation buttons

On button Press and hold to turn the power on.



Decreases the EMS level. **Increases the EMS level.**

Off button Press and hold to turn the power off.

Status indicator lights

EMS level display (during operation) Battery level display (during charging)

Level 1 Level 2 Level 3 Level 4 Level 5

*During operation, the status indicator light will show the EMS level by the number of lights that are lit. (Example: If three lights are on, the EMS level is set to level 3. *Five lights lit indicates the EMS is off (no stimulation).)

Before Use (How to Charge)

When using the product for the first time or when the charging level is low, turn off the power before charging.

When the battery level is low

All status indicator lights will blink five times every 30 seconds. The power will turn off 5 minutes after blinking starts.



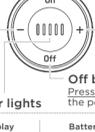
Charging/Operating time guidelines*

Charging time	Approximately 2.5 hours
Operating time	Approximately 68 hours

*The operating time is an estimate based on using EMS level 1. With EMS level 5, it can be used for approximately 21 hours (at room temperature of 25°C). Charging and operating times may vary depending on battery level, charging conditions, and usage environment. Please note that operating time may be shorter at temperatures below 10°C.
 *Recommended charging temperature is 15°C to 35°C. Charging outside of this range may result in longer charging times or failure to charge.
 *If the product is charged for the first time or after a long period of non-use, the battery runtime may be shorter. Charging and usage multiple times will restore normal function.

Operation buttons

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Decreases the EMS level. **Increases the EMS level.**

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