



INSTRUCTIONAL MANUAL

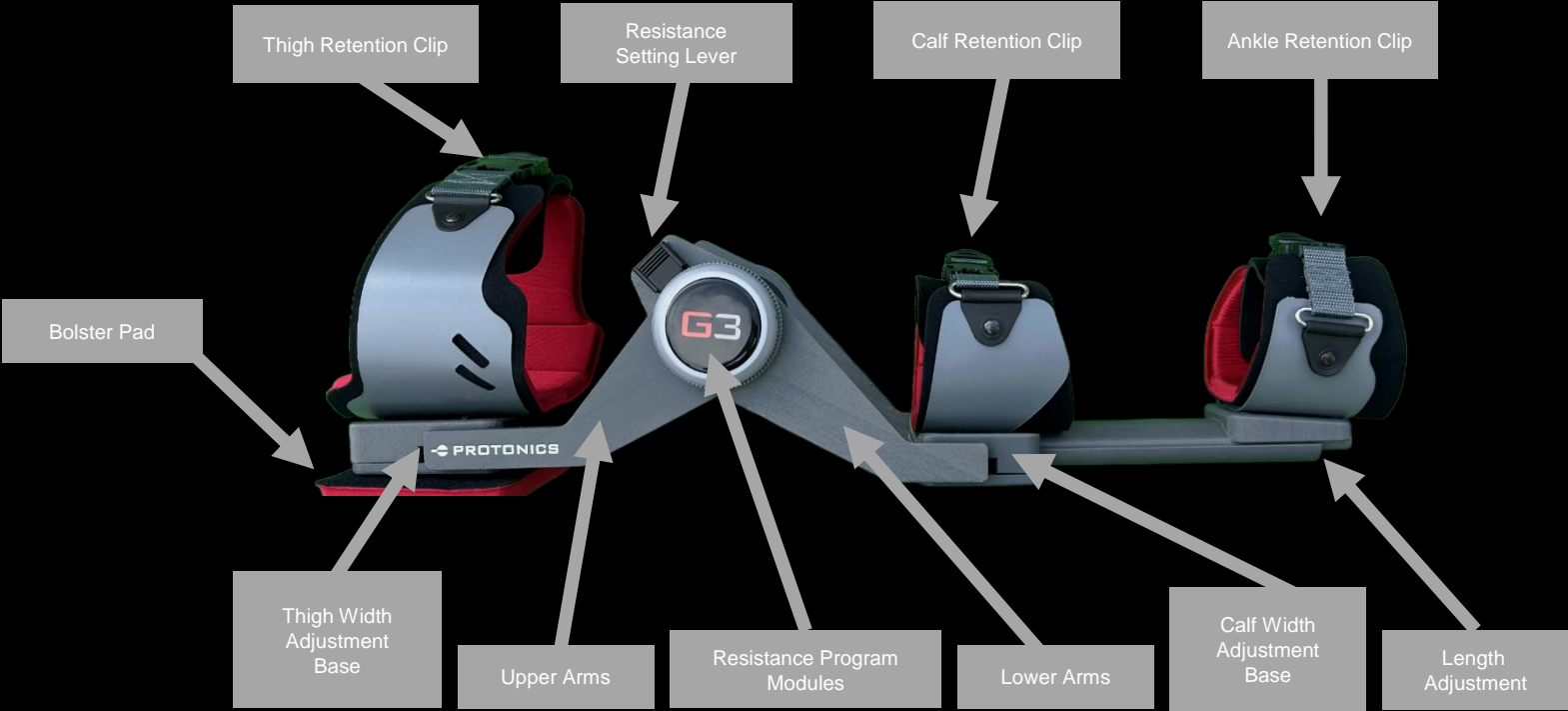


Stop

DO NOT APPLY THE PROTONICS G3 SYSTEM UNTIL YOU READ THE COMPLETE INSTRUCTIONAL MANUAL AND UNDERSTAND THESE KEY POINTS:

- THE PROTONICS G3 SYSTEM IS **ONLY APPLIED TO THE LEFT LEG** AND MUST BE **INITIALLY SIZED** TO THE INDIVIDUAL.
- DO NOT USE THE PROTONICS G3 SYSTEM DURING EXERCISE, SPORTS, OR ACTIVITIES,** BUT ONLY USE PRIOR TO OR AFTER THESE ACTIVITIES.
- YOU **MUST PROPERLY PERFORM** THE REPOSITIONING EXERCISES AND GAIT RETRAINING **EXACTLY** AS ILLUSTRATED IN THE **INSTRUCTIONAL MANUAL** TO ISOLATE THE HAMSTRING MUSCLE AND GAIN OPTIMAL RESULTS.
- DURING REPOSITIONING EXERCISES, BEGIN WITH THE **“LOW” RESISTANCE LEVEL** AND NEVER SET ABOVE A **“HIGH” RESISTANCE LEVEL.**
- DURING GAIT RETRAINING (WALKING) NEVER SET THE **RESISTANCE LEVEL ABOVE “LOW”.**

KNOWING YOUR PROTONICS G3 SYSTEM



INTRODUCTION TO BIOMECHANICAL BALANCE AND GAIT



IMPROPER BIOMECHANICAL BALANCE

Proper biomechanical balance and gait (walking) are important to a healthy lifestyle and athletic performance. As you perform certain activities, like walking, running, working out, or sports training, this can affect your biomechanical pattern.

Some indications of this include a left hyperextended and under-activating hamstring muscle, and reciprocal short and over-activating hip flexor muscles.

This may result in postural and misalignment issues throughout the body causing joint pain, along with less speed, strength and agility.

Protonics optimizes your muscle patterns to influence proper pelvic & skeletal alignment.



NEUTRAL BIOMECHANICAL BALANCE

SECTION A – PREPARING THE PROTONICS G3 SYSTEM FOR YOUR EXACT HEIGHT / WEIGHT

The Protonics G3 System comes initially set at its smallest length and circumference and **MUST** be adjusted to your specific leg length and girth. To do this, follow the steps below:

1. Measure length of outside knee to ankle:

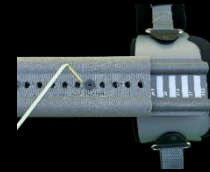
Using the supplied measuring tape, measure the distance between the middle of your knee joint on the outside of your left leg to the middle of your ankle. Note the number, then use this to set the length of the ankle cuff to the calf cuff by using the supplied Allen wrench. (SEE DIAGRAM 1A).



1A

2. Loosen and remove the screws on the length adjustment:

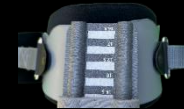
Loosen the black screws as indicated, then slide the two pieces apart until the number you noted shows on the ankle length piece. (SEE DIAGRAM 2A).



2A

3. Re-insert and tighten screws:

Then insert the two screws through the calf extension piece into the nut inserts located within the ankle extension piece and tighten securely. (SEE DIAGRAM 3A).



3A

4. Measure circumference of calf:

Next, using the supplied measuring tape, measure the distance around your calf at its largest point and note this number. (SEE DIAGRAM 4A).

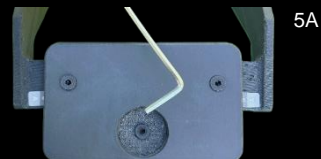


4A

SECTION A – PREPARING THE PROTONICS G3 SYSTEM FOR YOUR EXACT HEIGHT / WEIGHT

5. Adjust calf circumference based on inches measured and chart below:

Loosen (but do not remove) the three black screws on the calf base as indicated, then slide the lower arm outward until the matching number is shown on the arm, then tighten the screws securely. (SEE DIAGRAM 5A).



6. Measure circumference of thigh:

Using the supplied measuring tape, measure the distance around your thigh (6' above the center of the knee) and note this number. (SEE DIAGRAM 6A).



7. Adjust thigh circumference based on inches measured and chart below:

Remove Bolster Pad from Thigh Base. (SEE DIAGRAM 7A). Loosen (but do not remove) the three black screw on the thigh base as indicated, then slide the upper arms outward until the matching numbers are shown on the arms, then tighten the screws securely. (SEE DIAGRAM 8A).

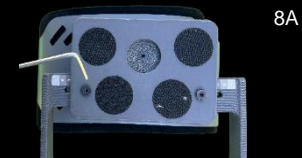


8. After completing all initial sizing requirements above, GO TO SECTION B.

CIRCUMFERENCE CHART

Calf Conversion	
Setting A	= < 14 inches
Setting B	= 14 – 16 inches
Setting C	= 16 – 18 inches
Setting D	= > 18 inches

Thigh Conversion	
Setting A	= < 16 inches
Setting B	= 16 – 20 inches
Setting C	= 20 – 24 inches
Setting D	= > 24 inches



SECTION B - APPLYING AND REMOVING THE PROTONICS G3 SYSTEM

1. Unlatch all the retention clips:

Pinch side buttons on the receptor clips to release the adjustment clips. (SEE DIAGRAM 1B)



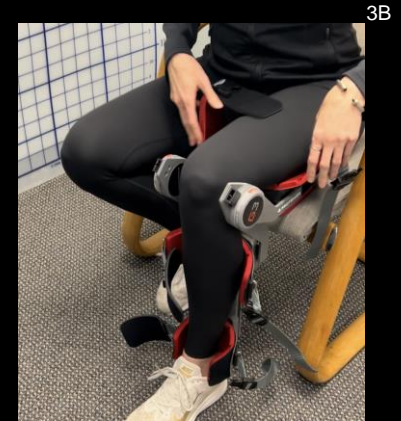
2. Adjust tension of straps if needed:

The adjustment clips have the ability to adjust the strap length and are initially set to the largest circumferences for the thigh, calf, and ankle. Pull on strap after fastened to tighten the strap, then push down on clip to secure. (SEE DIAGRAM 2B)



3. Sit down and position the system:

Sit down. Center the system on your **LEFT** knee, with the upper shell on your thigh and the lower shell on your shin. (SEE DIAGRAM 3B)



4. Secure the ankle strap:

Wrap the ankle strap just above your ankle so that the bottom of foam pad rests against the top of the ankle. Fasten the retention clips on the left side of the system. Then, tighten the strap securely. (SEE DIAGRAM 4B)



SECTION B - APPLYING AND REMOVING THE PROTONICS G3 SYSTEM

5. Attach the calf strap:

Securely attach the calf strap and fasten the retention clip on the left side of the system. Tighten the calf strap if needed to secure. (SEE DIAGRAM 5B)



5B

6. Attach the thigh strap:

Securely attach the thigh strap and fasten the retention clip on the left side of the system. Adjust the thigh strap tension if needed. (SEE DIAGRAM 6B)



6B



7B

7. Checking the Fit:

Ensure the Protonics G3 System is centered on your knee, with loose thigh straps and tight calf straps and adjust to the retention clip. (SEE DIAGRAM 7B)

8. Removing the system:

Reverse application steps above used to remove system starting by removing the thigh strap first by pushing in on the sides of the retention clip. Then repeat for the calf, and then the ankle. **IMPORTANT:** After releasing all clips, grab the system by grasping the back thigh bolster pad and base.

DO NOT PUT HANDS BETWEEN THE TWO SYSTEM ARMS TO AVOID PINCHING! (SEE DIAGRAM 8B)



8B

SECTION C – SETTING THE RESISTANCE PROGRAM

The resistance program needs to **ALWAYS** be set the **SAME** on both left and right **modules** and initially is set at a **“LOW”** level 4 setting.

1. Push in on release mechanism:

Push in on the release mechanism as shown. (SEE DIAGRAM 1C)



1C

2. Turn dial to desired setting:

Turn the dial while holding the release mechanism to the desired setting for performing repositioning exercises first. It is advised to start at a “LOW” setting before moving to a “MED” or “HIGH” level. (SEE DIAGRAM 2C)



2C

3. Release mechanism to lock in setting:

Once you have lined up the desired setting number with the middle of the release mechanism, stop pushing down on the release mechanism to lock in your desired program resistance level. (SEE DIAGRAM 3C)



3C

SECTION D – HOW TO PERFORM REPOSITIONING EXERCISES

SEATED HAMSTRING CURL

Set resistance program on both modules to a starting setting of 7 (which is typically set higher than other exercises due to gravity). If the resistance is too high to perform exercise correctly, then lower one setting. **NEVER SET THE PROGRAM BEYOND A LEVEL 9.**

YOU SHOULD EXPECT TO FEEL YOUR HAMSTRING (the muscle on the back of your thigh) **ACTIVATE DURING THE EXERCISE AND AFTERWARDS IF YOU ARE PERFORMING THE EXERCISE PROPERLY AND ARE AT THE CORRECT RESISTANCE SETTING - THIS IS NORMAL - IF YOU DO NOT FEEL HAMSTRING ACTIVATION, THEN EITHER TURN UP THE RESISTANCE ONE SETTING AND/OR PUSH YOUR THIGH DOWN HARDER INTO THE BOLSTER WHILE PERFORMING THE EXERCISE.**

TO PERFORM THE EXERCISE: Sit with your legs over the edge of a firm bed, table, or high enough chair, to swing your leg underneath. Keep the knees at the hip level by pushing your thigh down into the attached bolster, allow your back to round slightly while performing the repositioning exercise. (SEE DIAGRAMS 1D - 4D)

Perform 10-15 reps (as shown below) without cramping up. **IF HAMSTINGS CRAMP, LOWER THE RESISTANCE SETTING.**



1D



2D



3D



4D

SECTION D – HOW TO PERFORM REPOSITIONING EXERCISES

PRONE (ON STOMACH) HAMSTRING CURL

Set resistance program on both modules to a setting of between 2 – 7, start low initially if this is your first time using the Protonics G3 System. **NEVER SET THE PROGRAM BEYOND A LEVEL 9.**

YOU SHOULD EXPECT TO FEEL YOUR HAMSTRING (the muscle on the back of your thigh) **ACTIVATE DURING THE EXERCISE AND AFTERWARDS IF YOU ARE PERFORMING THE EXERCISE PROPERLY AND ARE AT THE CORRECT RESISTANCE SETTING - THIS IS NORMAL - IF YOU DO NOT FEEL HAMSTRING ACTIVATION**, THEN EITHER TURN UP THE RESISTANCE ONE SETTING AND/OR PUSH YOUR HIP DOWN TO THE SURFACE YOU ARE USING WHILE PERFORMING THE EXERCISE.

TO PERFORM THE EXERCISE: Remove the attached bolster from the back of the Protonics G3 System. On a matt, table or firm bed, lie on your stomach with your legs extended and place the bolster underneath your left thigh. Place a pillow under your lower ribs. Bend the left leg at the knee, moving your heel towards buttocks, while pushing your thigh into the surface. Then, lower the leg slowly until your knee is fully extended (straight). (SEE DIAGRAMS 5D - 8D).

Perform 10-15 reps (as shown below) without cramping up. **IF HAMSTINGS CRAMP, LOWER THE RESISTANCE SETTING.**



SECTION D – HOW TO PERFORM REPOSITIONING EXERCISES

STANDING HAMSTRING CURL

Set resistance program on both modules to a setting of between 2 – 7, start low initially if this is your first time using the Protonics G3 System. **NEVER SET THE PROGRAM BEYOND A LEVEL 9.**

YOU SHOULD EXPECT TO FEEL YOUR HAMSTRING (the muscle on the back of your thigh) **ACTIVATE DURING THE EXERCISE AND AFTERWARDS IF YOU ARE PERFORMING THE EXERCISE PROPERLY AND ARE AT THE CORRECT RESISTANCE SETTING** - THIS IS NORMAL - **IF YOU DO NOT FEEL HAMSTRING ACTIVATION**, THEN EITHER TURN UP THE RESISTANCE ONE SETTING AND/OR KEEP YOUR LEFT KNEE FARTHER BEHIND YOUR RIGHT KNEE WHILE PERFORMING THE EXERCISE.

TO PERFORM THE EXERCISE: Stand on your right leg and allow your back to round slightly forward and pull the heel of your left leg toward your buttocks. As you stand upright and perform curls, the thighs and knees should stay in line with one another and the shoulders maintained directly above the hips. **IT IS IMPORTANT** that you do not let your left knee move in front of your right knee during the repetitions as this will make it more difficult to isolate the hamstring muscle. Lower the leg slowly until the knee is fully straight. (SEE DIAGRAMS 9D - 12D).

Perform 10-15 reps (as shown below) without cramping up. **IF HAMSTINGS CRAMP, LOWER THE RESISTANCE SETTING.**



9D



10D



11D



12D

SECTION E – HOW TO PERFORM GAIT RETRAINING



FIRST, Make sure program resistance setting is in the “**LOW**” level, so it does not impede your walking with the system on. (SEE DIAGRAMS 1E - 4E)

Walk correctly, striking heel first then rolling through the toe (SEE DIAGRAMS 1E - 4E). Do this on a treadmill or a flat surface for at least 2 – 5 minutes, but no longer than 1 hour.

The **Gait Indicator** will click when resistance is not engaged, which reinforces the proper gait pattern.

After completing retraining, remove the system and perform your sports or daily activities.

SECTION F – MAINTENANCE PROGRAM

Usage of the Protonics G3 System depends on your lifestyle. Whether you are working out every day, doing sports specific training, or just doing activities of daily living, you will want to use the Protonics G3 System prior to these activities that cause your imbalance to maintain a healthy lifestyle.



SECTION G - WARNINGS AND CONTRAINDICATIONS

Warnings:

•**Follow instructions.** Always follow the user manual's instructions for optimal results and to minimize the risk of injury. **IT IS IMPORTANT THAT YOU REVIEW THE OWNER'S MANUAL COMPLETELY PRIOR TO THE USE OF THIS SYSTEM.**

Proper use. The Protonics G3 System is designed for specific conditions and should not be used as a general support system or during sports activities, it is designed to be used prior to, or after activities that may cause a biomechanical imbalance. Never use during operation of any vehicle or bike. Never use swimming or allow system to get wet during usage.

Resistance settings. Resistance setting should never be set above a "9" or below a "1" as this may cause the system damage and can result in improper function or possible injury.

Fitting guidelines. The Protonics G3 System must be fitted and adjusted by referring to the pictures shown on the owner's manual or by reviewing the videos on the website www.protonics.com. Improper fit may result in an adverse reaction and/or discomfort.

Avoid skin irritation. Do not use the system on damaged or irritated skin as usage may result in discomfort. In addition, lotions and creams may interfere with the system function.

If unusual symptoms occur. If you experience any unusual pain, discomfort, or other adverse reactions, STOP USING THE DEVICE and consult your influencer, trainer or healthcare provider.

Muscle Activity. It is not unusual for you to experience increased hamstring/low back activity or NEW muscle awareness during or after repositioning with the Protonics G3 System.

IF YOU EXPERIENCE PAIN OR CRAMPING AT YOUR CURRENT RESISTANCE SETTING WHILE PROPERLY PERFORMING EXERCISE, DECREASE RESISTANCE SETTING BY AT LEAST 2 LEVELS.
(ex. if you are set at a "MED" level 7, then turn down to a "MED" level 5).

Contraindications:

Do not use the Protonics G3 System if you have any of the following conditions:

Posterior Cruciate Ligament (PCL) post-surgery or acute injury

Acute hamstring injury

Severe osteoporosis

Thrombophlebitis at or near the treatment area

Acute skeletal or muscle injury

If you are pregnant, consult your doctor prior to usage.

**If you experience any discomfort or difficulty, consult the user manual or contact customer support at:
Phone: 833-562-7200
Email: support@protonics.com**

SECTION H - MAINTENANCE

Your Protonics G3 System requires minimal maintenance.

Cleaning:

Wipe down the plastic components with a warm, damp cloth.
Clean the foam pads and retention clips with a warm, damp cloth.
Do not use harsh chemicals or abrasive materials.
Allow the system to air dry completely before storing.

Storage:

Store the system in a cool, dry place away from direct sunlight.

Part Replacement:

If the pads, straps, or retention clips become worn or damaged, contact Protonics G3 System at 1-833-562-7200 to order replacements.

By following these simple guidelines, you can help maintain the performance and longevity of your Protonics G3 System.

Remember:

Do not attempt to disassemble the system.
Do not expose the system to extreme temperatures or humidity.

Environmental Requirements:

To ensure optimal performance and longevity of your Protonics G3 System, please adhere to the following environmental guidelines:

Operating Temperature: The recommended operating temperature is between 5°F (-15°C) and 115°F (46°C).

Storage Temperature: Avoid storing the device in extreme temperatures. Prolonged exposure to temperatures above 115°F (46°C) can damage the system.

SECTION I - WARRANTY

Protonics G3 System Warranty:

Your Protonics G3 System is covered by the following warranty:

- Hardware:** 2 years from the date of purchase.
- Foam Pads:** 6 months from the date of purchase.

This warranty applies to the original owner and is valid for single customer use only.

What is covered:

Replacement or repair of defective parts.

What is not covered:

Damage caused by misuse, abuse, accidents, or unauthorized modifications.
Normal wear and tear.
Loss of use, time, or revenue.

Warranty Claims: To initiate a warranty claim, email support@protonics.com and include your serial number on the device, the issue you are having, and your contact information. A Protonics representative will follow up within 48 hours.

QUESTIONS?

PLEASE CONTACT US AT:

SUPPORT@PROTONICS.COM

TOLL FREE: 833-562-7200

