

Need Help Starting?

If you need help, our Education Team is here for you.

Primary Education Line

☎ 704-274-2690 Ext. 5

Heather | Education & Support

☎ 980-518-7272

Katie | Education & Support

☎ 980-264-7073

*Mon–Thu, 9:15 AM–5:30 PM CT/MT • Closed Fri, weekends & federal holidays

Bridget | JumpStart Support

☎ 472-260-7879

Bonnie | Shipping & Warranty

☎ 704-401-0399

Questions? Contact us before you begin; Educational Support may also reach out within 3 business days of delivery.

Business Hours (EST)

Mon–Thu: 9:15 AM – 5:30 PM

Fri: 9:15 AM – 4 PM

Closed weekends & federal holidays

Prefer to Schedule?

<https://jettmed.com/schedule>

Support Your Recovery.

Get back to what matters.



OSKA Pulse® Quick Start Guide



Your OSKA Pulse device uses gentle pulsed electromagnetic field therapy (PEMF).

It helps reduce pain, reduce swelling, improve circulation, and support healing.

How to Use Your Oska Pulse

Step 1: Charge Your Device

- Charge before your first use.
- A full charge takes about 3 hours.
- A full charge lasts about 18–20 hours.
- Blue light = charging.
- Light off or dim = ready to use.
- You do not need to charge after every session.
- To turn off the Oska, quickly press the power circle 3 times. You will hear 3 beeps.
- OSKA turns off on its own after 3 hours.

Step 2: What You Will Feel

- You will not feel the pulses.
- You may feel mild warmth.
- For best results, use OSKA every day.

Step 3: How Long to Use

- Each session lasts 3 hours.
- For the first few weeks, use OSKA as much as possible.
- Aim for 9–12 hours of use per 24 hours, including overnight.
- You can use back-to-back sessions if needed.
- You can wear OSKA while moving or through clothing.
- After 4–6 weeks, you may not need to use it as often.

Step 4: Placement Basics

- OSKA does not need to sit directly on the painful area.
- Try placing it above, below, or beside the painful area.
- Avoid placing the hard part of the device directly on your spine if it feels uncomfortable.

Oska Pulse Tips & Reminders

Night Use & Lights

- OSKA turns off automatically after 3 hours.
- OSKA works within 11 inches in all directions.
- If the lights bother you, place OSKA in a black sock. PEMF will still work.

Sensitive Areas

- Start by placing OSKA near the painful area.
- OSKA works within 11 inches.
- Move OSKA closer as you get used to it.
- You can start by using OSKA off the body and slowly transition to wearing it.

Cleaning

- Remove the silicone cover and wipe with a slightly damp cloth.
- You can lightly spray the cloth with hand sanitizer.
- Hand-wash the straps and air-dry.
- OSKA is designed for daily use.

Stay Hydrated

- Drink plenty of water while using OSKA.
- Staying hydrated supports circulation and your body's natural healing process.

Have questions?

Our Care Team is here to help you get the most from your OSKA Pulse. Our VOR Team may also reach out within 3 days of delivery to check in and answer questions.



More Oska Pulse Resources

Where Should I Place the Oska?

Scan here for placement tips for different pain areas.



¿Prefiere español?

Escanee aquí para ver la guía en español.

