

Med-Fit 2 Premier Wireless TENS & Neuromuscular Stimulator

Please read this User Manual before using your device

The TENS⁺
company



**Comes Complete with:**

- 1 x Wireless TENS & Muscle Stimulator Unit
- 2 x Wireless Modules 5.5cm Dia 1.25cm depth
- 2 x 14x5cm Self-Adhesive Electrodes
- 2 x 22x8cm Self-Adhesive Electrodes
- 4 x Oval Self-Adhesive Electrodes
- 2 x USB Charging Leads
- 1 x Mains Charging Adaptor
- 1 x User Manual

The TENS⁺
company

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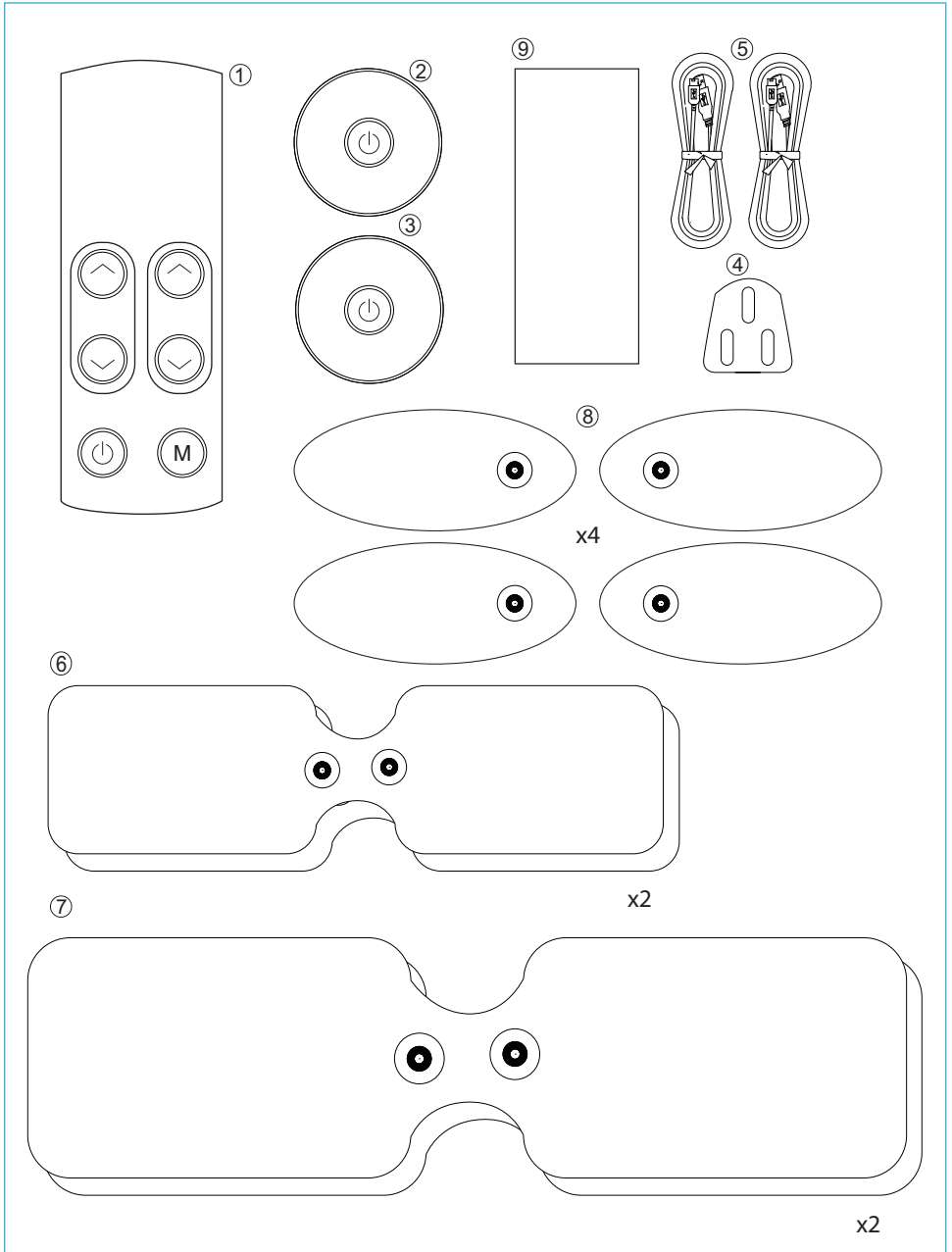
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CONTENTS & GENERAL INFORMATION

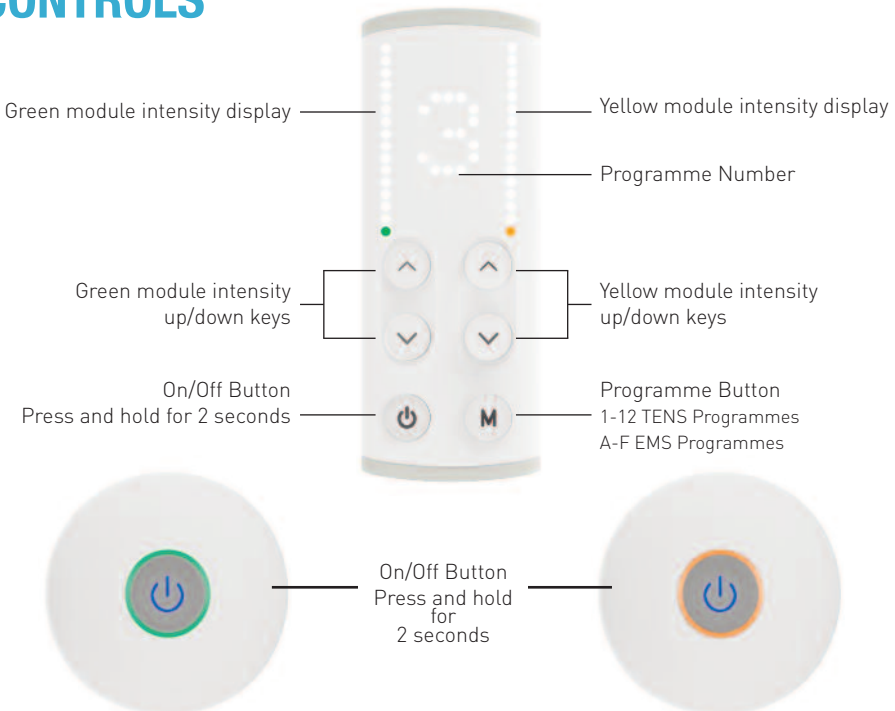


CONTENTS & GENERAL INFORMATION

Please check carefully the contents of the Med-Fit 2 Wireless Premier TENS

1. Remote Control Unit
2. TENS Module Yellow
3. TENS Module Green
4. AC adaptor
5. USB and AC Adaptor Charging Leads x2
6. 14x5cm Self-Adhesive Electrodes x 4 SA550
7. 22x8cm Self-Adhesive Electrodes x 4 SA555
8. Oval Self-Adhesive Electrodes x4 SA800
9. Instruction & User Manual

CONTROLS



A STEP BY STEP GUIDE CHARGING YOUR DEVICE

STEP

1

Please charge the remote control and both modules for a minimum of 3 hours before the first use.

STEP

2

Charging the TENS remote control

Connect the small end of one of your charging cables to the remote control (please ensure that you fit the correct way round) As shown in Fig 2. Plug the adaptor into any mains outlet socket. The red light will turn to green once fully charged.



Fig 2.

Red light appears when the device is connected to the mains

STEP

3

Charging the TENS modules

Connect the USB, as already described, to the modules and plug the AC adaptor into any mains outlet. A red light indicates the modules are in charge mode. Once fully charged the light will turn green.

Both modules and remote control may be charged using the USB or cables connected to your computer or any USB port



Fig 3.

A STEP BY STEP GUIDE CHARGING YOUR DEVICE

STEP 4

Once fully charged turn on your remote control by pressing and holding the Power button for approximately 2 seconds. The remote will indicate a number 1 as shown in Fig 4.

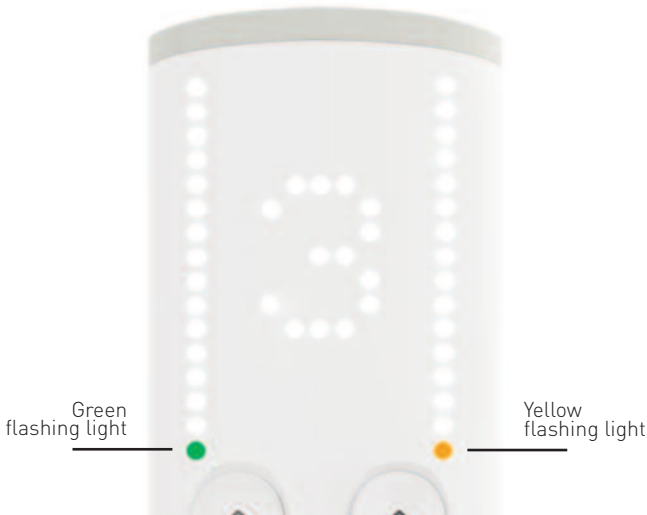
Fig 4.



Power Button. To switch on and off press and hold for 2 seconds.

STEP 5

Now turn on both modules by pressing and holding the buttons in the centre of the modules. One module will glow green and one module will glow yellow. You will also notice that the remote control has two flashing LED's (Green and Yellow). This indicates that the remote control and modules have paired and are ready for use.



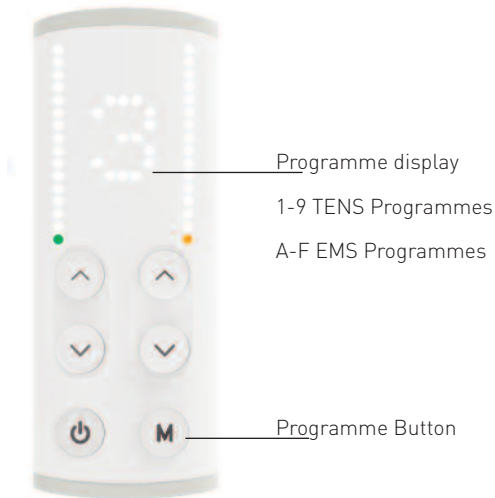
We recommend that you start with one module only so please now turn off the yellow module.

INSTRUCTION FOR USE

STEP Choosing the programmes

6

The Med-Fit Premier 2 Wireless TENS device has 15 clinically validated programmes to choose from. Nine TENS programmes (1-9). Six Muscle stimulation programmes (A-F). To change programmes simply press the M button in the bottom right hand corner of your remote control.



STEP

7

We always recommend that you start with programme 1. This is a gentle TENS treatment with excellent pain block ability and is a good introduction to TENS stimulation.

STEP

8

You are now ready to use your device for the first time.

STEP

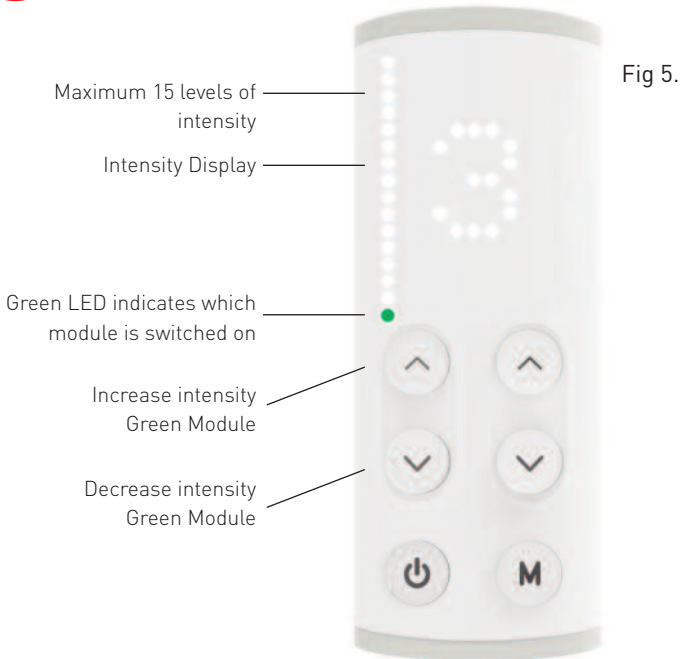
9

Connect the Green Module to the self adhesive electrodes. Please remember you must always connect as shown on pages 11 and 12. Now apply to the painful site to be treated.

Please note you will feel no sensation until you increase the intensity which is described in step 10.

INSTRUCTION FOR USE

STEP 10 To increase the intensity, press the up arrow key as shown in Fig 5. To reduce intensity press the down arrow key



To increase and decrease the intensity press the corresponding keys. Do not hold the up arrow keys down as this will increase the intensity at a fast rate.

All TENS programmes 1-9 run continuously. To turn off please use the arrow down keys before turning off at the on-off button. Please put the modules on charge after each use.

Please note

Turning the remote off will automatically turn off the modules. Always remember to turn off the modules and remote if not in use as this will conserve battery life.

The green and yellow lights on your modules will automatically turn off after 60 seconds. This will help to increase battery life.

INTRODUCTION

Thank you for purchasing the Med-Fit Premier 2 Wireless TENS and Neuromuscular Stimulator.

It is the most advanced Wireless Stimulator and is manufactured to the highest of medical standards which fully comply to the Medical Device Directive (M.D.D).

GENERAL DESCRIPTION

The Med-Fit Premier 2 Wireless TENS/EMS device is a rechargeable battery operated Stimulator which sends electrical impulses from the remote control to the modules.

The TENS device uses the latest bluetooth technology which allows uninterrupted use of the TENS regardless of where you may be. After 2 minutes of operating the device, your remote control will go into sleep mode (saving battery life). By pressing any button on your remote will reactivate the remote control allowing further adjustment if required.

The electrodes are attached to the modules using snap connectors, which are then placed over the painful site. This stimulates the nerves causing the pain, which in turn blocks the pain signals to the brain.

SKIN PATCH TEST

It is recommended that you carry out a patch test before applying your first treatment, To do this, remove one electrode from the packaging and place on a part of your body which is both visible and easy to inspect. After 30 minutes, remove the electrode and inspect the area for any redness or irritations. If no change is noticed, proceed with your first TENS treatment following the User Guide and Instructions provided. If skin irritation has been noticed, we recommended the use of sensitive gel electrodes.

FAQS

Question: The sensation is not as strong as when I first received my TENS.

Answer: Apply a small amount of water to the gel pad as described on page 11 of this guide. Each gel pad has a maximum of 10/15 applications before a replacement gel pad is required.

Question: I need to increase the intensity a little higher each day.

Answer: Applying TENS to the same area each day can dry out your skin. It is important to wipe the treatment area with warm water before applying your electrodes

ELECTRODE GEL PAD AFTERCARE

IMPORTANT PLEASE READ!

The Med-Fit Wireless TENS uses high quality medical grade Self-Adhesive Hydro-Gel pads, which adhere to your skin (please see connecting the self-adhesive electrodes section in this user manual).

Each time you apply the pad to your skin the Hydro-Gel loses a small amount of moisture. After the 3rd or 4th application it is important to smear a small amount of water over the gel pad and wait for approximately one minute for the water to be absorbed into the gel.

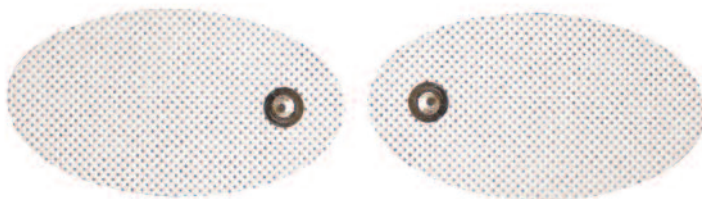
The process re-activates the gel pad and increases the adhesive properties. It also helps to reduce the skin impedance on applications to the skin giving a more pleasant sensation.

SKIN PREPARATION BEFORE APPLYING YOUR ELECTRODES

It is important that your skin is clean and free from any oils gels or creams before applying your adhesive pads to the skin.

We recommend however to rub the area to be treated with warm water before applying the electrodes as this will give the most comfortable stimulation and decrease your skin resistance.

ELECTRODE INSTRUCTIONS



The Med-Fit Premier 2 Wireless TENS is supplied with

2 x 5cm x 14cm Electrodes

2 x 8cm x 22cm Large Back Electrode

4 x 9cm Oval Electrodes (1 pack)

To connect the module simply press the modules onto the snap connectors on your electrodes. Remove the plastic film from the electrode and place directly to the area of the body to be treated.

After each treatment please place your electrodes back onto the plastic film provided.

ELECTRODE INSTRUCTIONS

Turn Stimulator OFF before applying or removing electrodes

Application

1. Skin site must be very clean and dry. Dirty, flaky or oily skin will prevent electrodes from adhering to the skin. If necessary, trim excess hair with scissors. If skin is oily wipe down with an alcohol or electrode skin prep prior to application. Be sure to wash hands before handling electrodes.
2. Remove electrodes from bag and reseal bag to protect remaining electrodes.
3. Grasping a tiny edge of the electrode, peel and remove electrode from the protective plastic liner. Save liner for electrode storage.
4. Place electrode onto skin treatment site (as recommended by your clinician) by firmly applying from the centre of the electrode to the outer edges. Adhesion improves when electrodes reach skin temperature.
5. If gel appears oversaturated with excessive moisture or perspiration, allow the electrode to air-dry in a refrigerator with the gel side facing up until the gel regains its tack. If the gel appears dry, try adding a few drops of water to the gel and allow to rest in a dust-free environment until the gel regains its tack.

Removal and storage

1. Lift a corner of the electrode and slowly peel the electrode off the skin, touching the adhesive gel as little as possible.
2. Place the electrodes back onto the saved protective plastic liner.
3. While grasping the electrodes connector with one hand, use the other hand to gently twist and disconnect the lead wire pin from the electrode connector. .
4. Return the electrodes back into the storage bag and reseal tightly to prevent dry-out.
5. Store at room or cool temperature and keep out of direct sunlight.
6. The life of the electrode varies depending on skin conditions, amount of use, storage and climate. Electrode life may be extended by carefully following the application, removal, and storage instructions.

Caution

1. DO NOT place electrodes on broken skin. If skin irritation develops discontinue use. Consult physician. Replace electrodes when they do not adhere or when treatment becomes uncomfortable.
2. DO NOT use unit while driving or operating machinery
3. DO NOT wear electrodes when showering, bathing or swimming
4. DO NOT apply electrodes across the head or across the heart or on the front of your neck.
5. Keep electrodes separated during treatment
6. Using stimulation electrodes that are small or incorrectly applied could result in discomfort or skin burns.

WARNINGS & PRECAUTIONS

PLEASE NOTE:

It is imperative that patients read and understand the warnings and precautions before using this device. Do not allow your machine or electrodes to be used by anyone else, as they are designed for single patient use only. It is recommended that proper medical advice on the use of TENS is sought from a Qualified Practitioner (Physiotherapist, Doctor or Nurse) prior to use, in order to ensure safe and effective treatment. If you are taking any medication please carry on as normal but seek advice from your Doctor/Healthcare Professional before using the device.

WARNING! PATIENTS WITH PACEMAKERS MAY NOT BE TREATED WITH TENS

- Do Not use during pregnancy except during labour (under medical supervision)
- Do Not place electrodes over the Carotid Sinus
- Do Not use on broken or damaged skin
- Do Not place electrodes close to the eyes or in the mouth.
- Do Not use TENS whilst driving or operating machinery.

TENS is unsuitable and should not be used in the following situations.

- Persons suffering from conditions where the circulation is impaired.
- Epilepsy, Heart Condition or any form of Malignancy.
- Patients with poor skin sensation and non-compliant patients who are emotionally disturbed or have dementia.
- Over metal implants or in conjunction with sleep apnea or heart monitors.

You should be aware that TENS units provide symptomatic relief only and are not considered curative.

WARNINGS

1. The long term effects of chronic electrical stimulation are unknown.
2. Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.
3. Stimulation should not be applied over the neck or mouth. Severe spasm of the laryngeal and pharyngeal muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
4. Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
5. Stimulation should not be applied transcerebrally
6. Stimulation should not be applied over swollen, infected, inflamed areas or skin eruptions, eg, phlebitis, thrombophlebitis, varicose veins etc.
7. Stimulation should not be applied over or in proximity to cancerous lesions.

Contraindication

Electrical stimulators should not be used on patients with cardiac demand pacemakers.

Adverse Reactions

On rare occasions skin irritation and burns beneath the electrodes have been reported with the use of electrical stimulators. If irritation occurs, discontinue use and consult your Healthcare Professional.

CAUTIONS

1. Safety of powered muscle stimulators for use during pregnancy has not been established.
2. Caution should be used for patients with suspected or diagnosed heart problems.
3. Caution should be used in the presence of the following:
 - a. When there is a tendency to haemorrhage following acute trauma or fracture;
 - b. Following recent surgical procedures when muscle contraction may disrupt the healing process;
 - c. Over the menstruating or pregnant uterus; and
 - d. Over areas of the skin which lack normal sensation.
4. Some patients may experience skin irritation or hypersensitivity due to electrical stimulation or electrical conductive medium. Using an alternate conductive medium, or alternate electrode placement can usually reduce the irritation.
5. Electrode placement and stimulation settings should be based on the guidance of the prescribing practitioner.
6. Powered muscle stimulators should be kept out of the reach of children.
7. Powered muscle stimulators should be used only with the leads and electrodes recommended for use by the manufacturer.
8. Portable powered muscle stimulators should not be used while driving, operating machinery or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

INTRODUCTION TO TENS

What is TENS?

Transcutaneous electrical nerve stimulation is a pain control treatment. It is often called TENS for short.

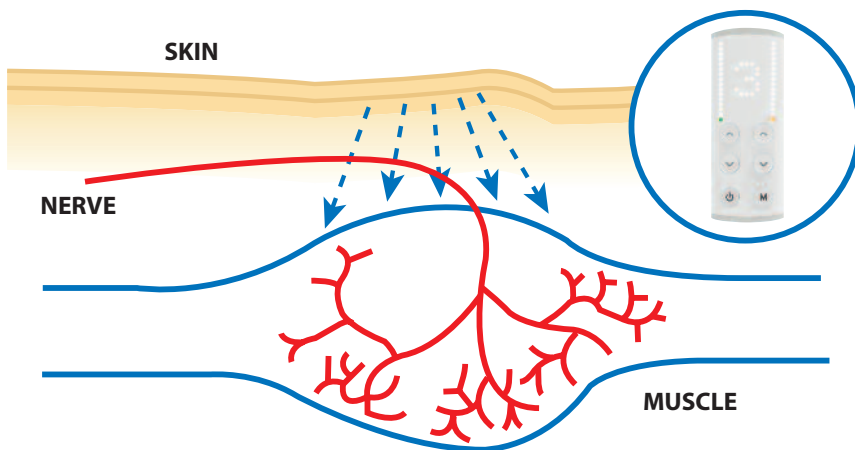
A TENS unit is a portable, pocket-sized, battery-powered device.

The TENS unit uses mild, safe electrical signals to help control pain and delivers the electrical signal to the body through self-adhesive conductive electrodes.

How does TENS work?

The most common TENS programmes use high-frequency stimulation, which is the first choice for both acute and chronic pain. High-frequency stimulation sends impulses to the nervous system's own pain-inhibiting mechanisms, which block the pain. You can use it as often and as long as you like, but each treatment should last at least 1 hour.

Another type of TENS is low-frequency stimulation. Low-frequency TENS treatment can alleviate pain by stimulating muscles to release the body's own morphine-like substances, called endorphins.



INTRODUCTION TO TENS

During the TENS treatment

If your muscles start to twitch, this may mean that the TENS signals are too strong or too fast. If you cannot feel any tingling at all, this may mean that the signal is too weak or too slow.

The electrodes should be removed at least once a day if the TENS treatment is used around the clock. The skin under the electrodes must be checked to see if it is red or tender. The skin should also be cleaned and dried while the electrodes are off. Apply lotion to your skin where the electrodes were placed. The electrodes should be applied to a different area for each new treatment. This will help prevent the skin from becoming red or sore.

TENS can be used for

TENS can be used to treat most types of pain where the cause has been determined including:

- Arthritis
- Back Pain Post Herpetic
- Bruising Neuralgia
- Calf Strain
- Dead Leg
- Fibrositis Finger Pain
- Rheumatism
- Sciatica
- Headaches
- Migraines
- Shoulder Pain
- Sleeplessness
- Knee Pain
- Lumbago Muscle
- Stress
- Sports Injuries
- Tennis Elbow
- Neck Pain
- Neuralgia
- Osteoarthritis

WHICH PROGRAMME SHOULD I USE?

We always recommend you start with programme 3, as already mentioned in your step-by-step guide. The Med-Fit 2 Premier Wireless TENS has 9 programmes P1 to P9, Each programme has been shown to reduce and block pain in a wide range of conditions. It is very difficult to know which programme is best for you. It is therefore recommended that over a period of time you try all 9 programmes. To help get you started, we have included some common conditions with suggested electrode placements including treatment times and recommended programmes you may wish to try.

HOW HIGH SHOULD I TURN THE INTENSITY?

Everybody reacts differently to TENS Stimulation so it is important that you increase the intensity (sensation feeling) to the correct level.

Increase the intensity to a sensation which is comfortable and always perceptible; never turn up to a level which is strong and uncomfortable.

You may use TENS if required for long periods of time to combat long term chronic pain; however, please remember to place the electrodes in slightly different areas around the painful site, as this will help reduce skin irritation.

HOW LONG SHOULD A TYPICAL TREATMENT TIME LAST

The most up to date research in TENS treatment times indicates that a minimum of 1 hour to 1½ hours is required for effective pain relief. Your TENS may be used for much longer periods and you may find treatment times of 3 to 4 hours may work best for you.

Please remember that the intensity level is always kept at a pleasant sensation, never increase the intensity to uncomfortable levels as this can possibly have a detrimental effect on your results.

THE MED-FIT 2 PREMIER WIRELESS TENS PROGRAMMES P1 - P9

NO	PROGRAMME	FREQUENCY	PULSE WIDTH
1	<p>Covential TENS Ideal for first applications of TENS for both acute and long term pain</p> <p>CONDITIONS Neck, Shoulder, Elbow Pain, Rheumatic Pain, Lumbago, Hip Pain, Osteoarthritic Pain in the knee</p>	80Hz	180µs
2	<p>Burst TENS Most effective for radiating pain if arms and legs and deep muscular pain</p> <p>CONDITIONS Osteoarthritic Pain in the Knee, Sciatica Central Pain</p>	2Hz	180µs
3	<p>Modulated TENS Pain relief with a massage effect</p> <p>CONDITIONS Neck, Shoulder, Elbow Pain, Rheumatic Pain, Lumbago, Menstrual Pain, Hip Pain, Osteoarthritic Pain in the knee</p>	80Hz	70-180µs
4	<p>Mixed Frequency TENS</p> <p>CONDITIONS Osteoarthritic Pain in the knee, Neck Pain, Shoulder Pain, Menstrual Pain, Central Pain Lumbago</p>	15Hz/2Hz	180µs
5	<p>Fixed Frequency TENS Effective programmes for long term use with reduced accommodation factor</p> <p>CONDITIONS Osteoarthritic Pain in the knee, Neck Pain, Shoulder Pain, Menstrual Pain, Central Pain Lumbago</p>	80Hz/2Hz	180µs
6	<p>Nausea Specifically for treatment of nausea, most successful placing electrodes over acupuncture point C6</p> <p>CONDITIONS Nausea</p>	10Hz	180µs
7	<p>Migraine/Headaches Reduced pulse width ideal for treating nerve rich areas</p> <p>CONDITIONS Tension Type Headache, Facial Pain, Neck Pain, Postherpetic Neuralgia</p>	80Hz	60µs
8	<p>70% Rate Modulation over 10 seconds</p> <p>CONDITIONS Neck, Shoulder, Elbow Pain, Rheumatic Pain, Lumbago, Menstrual Pain, Hip Pain, Osteoarthritic Pain in the Knee</p>	10Hz	200µs
9	<p>90% Rate Modulation over 10 seconds</p> <p>CONDITIONS Neck, Shoulder, Elbow Pain, Rheumatic Pain, Lumbago, Menstrual Pain, hip Pain, Osteoarthritic Pain in the Knee</p>	50Hz	250µs

HELPFUL TIPS FOR SUCCESSFUL TENS TREATMENT

Once you have familiarised yourself with the controls and features of your TENS device, it is important to place the TENS electrodes in a position which gives the most pain relief. This may take 3 or 4 attempts to find the most suitable position for maximum pain relief.

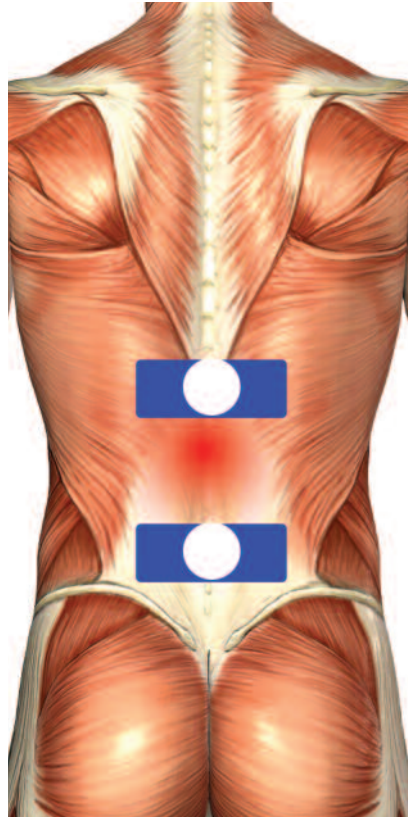
If you are using one module, place the electrode directly onto the painful area.

The alternative method is to use two modules surrounding the painful area. See examples below.

The complete area between the electrodes will now be treated when positioning the electrodes as shown.



One Module



Two Modules

INTRODUCTION

This EMS unit is used for muscle stimulation. The device is provided with controllable output channels, each independent of the other. A pair of electrodes can be connected to each output channel. An independent switch controls the intensity level and settings.

EXPLANATION OF EMS

Electrical Muscle Stimulation is an accepted and proven way of treating muscular injuries. It works by sending electronic pulses to the muscle injuries. It works by sending electronic pulses to the muscle needing treatment: this causes the muscle to contract.

It is derived from the square waveform, originally invented by John Faraday in 1831. It works by directly stimulating motor neurons which causes muscle contraction. It is widely used in hospitals and sports clinics for the treatment of muscular injuries and for the re-education of paralyzed muscles, to prevent atrophy in affected muscles and improve muscle tone and blood circulation.

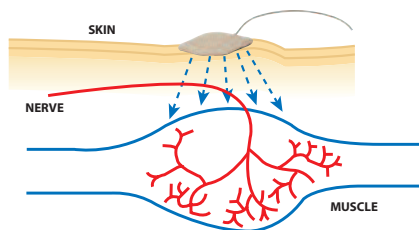
IMPORTANT SAFETY INFORMATION

Read instruction manual before operation. Be sure to comply with all "CAUTIONS" and "WARNINGS" in the manual. Failure to follow instructions can cause harm to user or device.

HOW EMS WORKS

1. Relaxation of muscle spasms
2. Prevention or retardation of disuse atrophy
3. Increasing local blood circulation
4. Muscle re-education
5. Immediate post-surgical stimulation of calf muscles to prevent venous thrombosis
6. Maintaining or increasing range of motion

The EMS units send comfortable impulses through the skin that stimulate the nerves in the treatment area. When the muscle receives this signal it contracts. As the signal strength increases, the muscle contracts as in physical exercise. When the pulse ceases the muscle relaxes and the cycle starts over again, (Stimulation, Contraction and Relaxation). Powered muscle stimulators should only be used under medical supervision for adjunctive therapy for the treatment of medical diseases and conditions.



MUSCLE STIMULATION

The Muscle stimulation programmes are programmes A, B, C, D, E and F.

Please see the chart below for more detailed information. These 6 individual electronic muscle stimulator (E.M.S) programmes have been clinically proven for the treatment of

1. Muscle Re-Education
2. Muscle Training
3. Muscle Strengthening
4. Muscle Toning

When using the muscle stimulator programmes it is important to take professional advice wherever possible to achieve the best results.

PREMIER WIRELESS EMS PROGRAMMES A - F

NO	PROGRAMME	SYN/ALT	Rate (Hz)	Width (µs)	Ramp (sec)	On Time (sec)	Off Time (sec)	Timer (min)
A	ACL repair/joint protection back muscle	SYNCHRONOUS	35	300	3	8	24	20
B	Spasm small muscle	SYNCHRONOUS	80	300	3	10	5	20
C	Muscle Strengthening/Re- Education	SYNCHRONOUS	80	250	2	8	4	20
D	Muscle Strengthening/Training	SYNCHRONOUS	25	200	2	6	30	15
E	Disuse atrophy	SYNCHRONOUS	35	300	2	5	15	30
F	Muscle Strengthening/Re- Education	SYNCHRONOUS	50	300	5	15	50	15

LIMITED WARRANTY

The TENS+ Company warrants to the initial Purchaser (“Purchaser”) (and to no other person) that the product with the exclusion of accessories such as chargers, rechargeable batteries, electrodes, lead wires, self-adhesive electrodes and the component parts thereof, distributed or manufactured for three years from the initial date of purchase from The TENS+ Company (“the Warranty Period”).

Accessories including, but not limited to chargers, rechargeable batteries, electrodes, lead wires and adhesive electrodes are excluded from the warranty and sold “AS IS” because their structure is such that they may be easily damaged before or during use.

Limited of Liabilities and Disclaimer of Warranties

The TENS+ Company sole obligation in the case of any breach of its warranties set forth in the paragraph above, shall be, at The TENS+ Company option, to repair or replace the Product without charge to Purchaser or to refund the purchase price of the Product. In order to recover under this Warranty, Purchaser must send The TENS+ Company written notice of the defect (setting forth the problem in reasonable detail) prior to expiration of the Warranty Period, and within 30 days of discovery of the defect.

COMFORMITY TO SAFETY STANDARDS

The devices are in compliance with the following standards:

- EN 60601-1:2006 Medical electrical equipment -Part 1:
General requirements for basic safety and essential performance
- EN 60601-1-2: 2014 Medical electrical equipment -Part 1-2:
Collateral standard: Electromagnetic compatibility -
Requirements and tests
- R&TTE (Radio and Telecommunications Terminal Equipment
Directive): 1999/5/EC

GRAPHIC SYMBOLS



Refer to instruction manual/booklet



WEEE symbol: This symbol indicates that when the end-user wishes to discard this product, it must be sent to separate collection facilities for recovery and recycling.



Comply with MDD 93/42/EEC requirements as amended by 2007/47/EC. Notify body Det Norske Veritas (DNV)



Class II equipment (Double insulation)



Manufacturer: Everyway Medical Instruments Co., Ltd.
3F., No.5 Ln. 135, Sec. 3, Beishen Rd., Shenkeng Dist.,
New Taipei City 22203, Taiwan

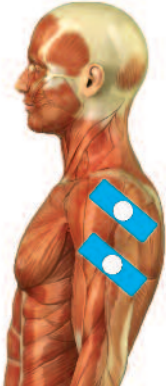


Caution: Read instructions, warnings and cautions



TENS ELECTRODE PLACEMENT

Frozen Shoulder



Primary Placement

Suggested Programmes

P8, P9

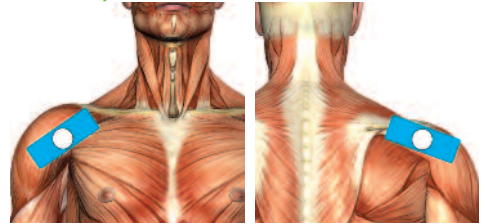
Shoulder Pain



Primary Placement

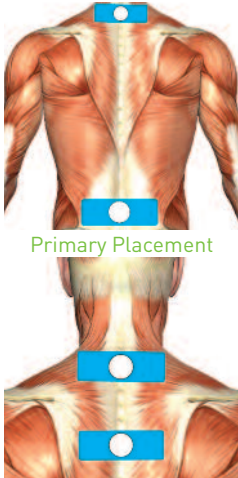
Suggested Programmes

P8, P9



Alternative Placement

Degenerative Arthritis: Cervical and Lumbar



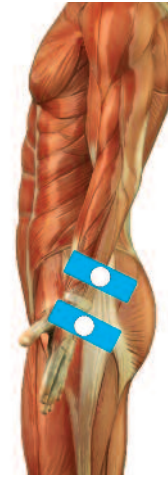
Primary Placement

Alternative Placement

Suggested Programmes

P1, P4

Chronic Hip Pain



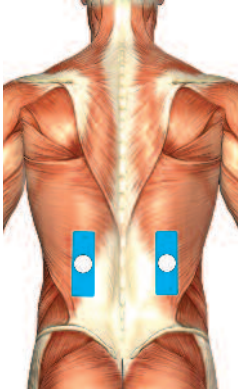
Primary Placement

Suggested Programmes

P1, P4, P5

TENS ELECTRODE PLACEMENT

Lower Back Pain

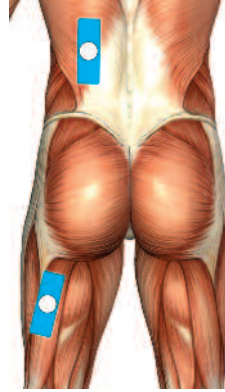


Primary Placement

Suggested Programmes

P8, P9

Hip Neuralgia

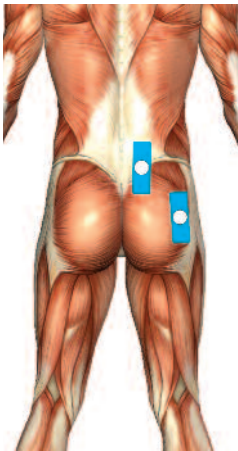


Primary Placement

Suggested Programmes

P1, P4

Phantom Limb, Lower Extremity



Primary Placement

Suggested Programmes

P8, P9

Sciatica



Primary Placement

Suggested Programmes

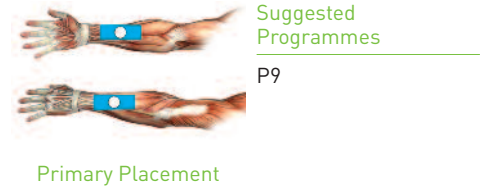
P2, P4, P5

TENS ELECTRODE PLACEMENT

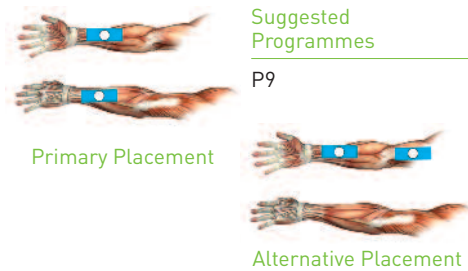
Low Extremity Pain



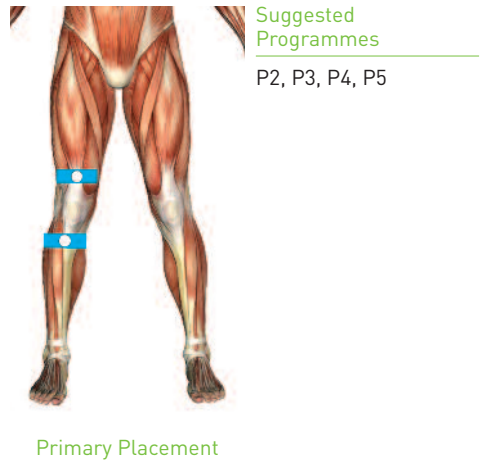
Wrist Pain



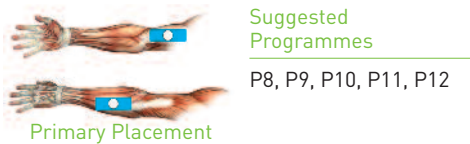
Carpal Tunnel Syndrome



Degenerative Arthritis - Knee Pain

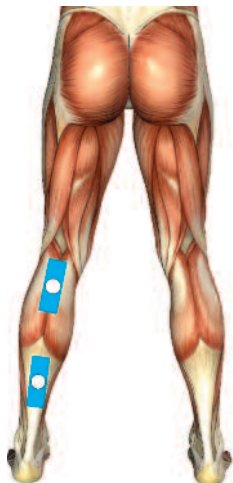


Elbow & Forearm Pain



TENS ELECTRODE PLACEMENT

Lower Leg Pain



Suggested Programmes

P8, P9

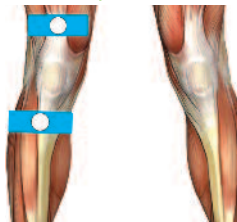
Knee Pain - Post-Op



Suggested Programmes

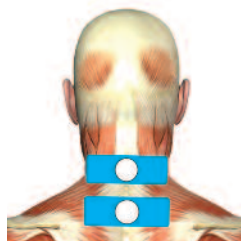
P2, P3, P4, P5

Primary Placement



Alternative Placement

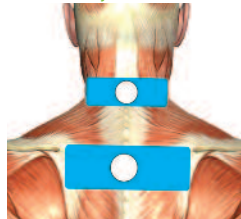
Cervical Placement



Primary Placement

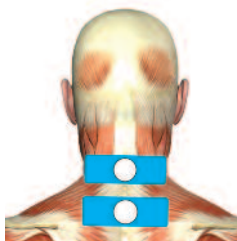
Suggested Programmes

P1, P5



Alternative Placement

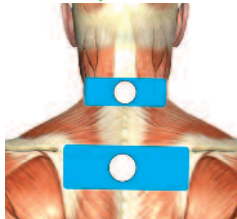
Chronic Cervical Strain



Primary Placement

Suggested Programmes

P1



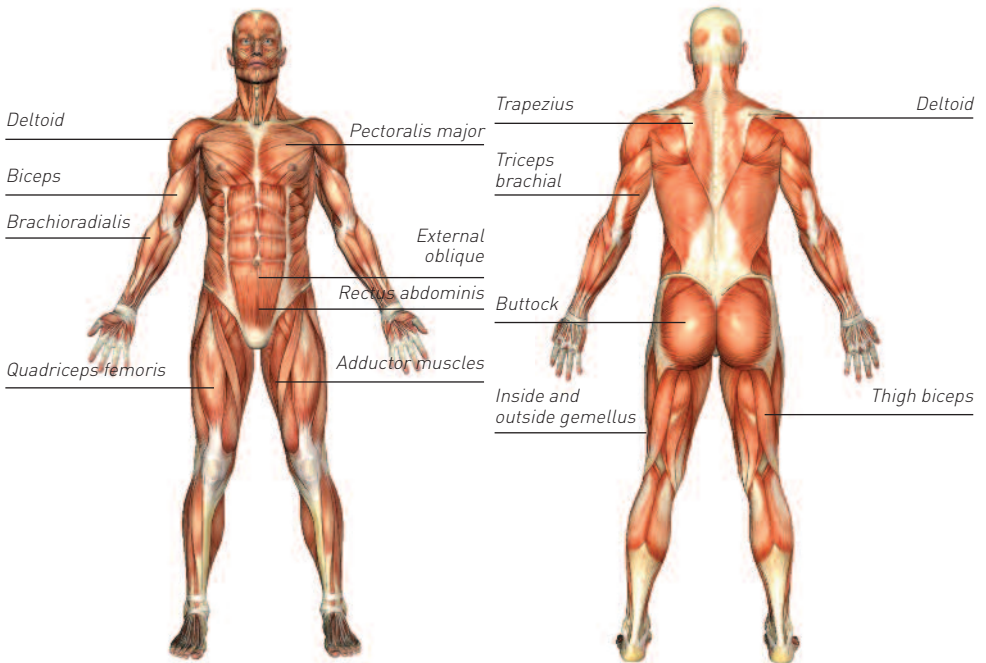
Alternative Placement

STIMULATOR ELECTRODE PLACEMENT

There are many questions as to the optimal position for the adhesive electrodes during an electro-stimulation session. Consequently, we are going to try to answer your various question by setting out below the effective positions for the sport (rectangular) and beauty (round) electrodes for different areas of the body.

We are definitely not trying to give an anatomy class here but it is necessary to understand the whole muscle system to get a more precise grasp of the human muscle system.

The muscle map of the human body comprises of a large number of muscles with wild names such as manducatory muscles or mime muscles, the thenar muscle, or even the gluteal muscles.

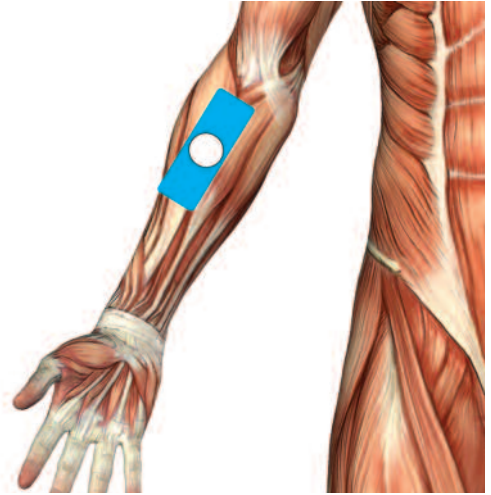


STIMULATOR ELECTRODE PLACEMENT

Forearm

You men want to gain more volume and you women are fed up with this little bit of skin that dangles under your arms ! Here are the solutions for you :

Long supinator muscle of the forearm



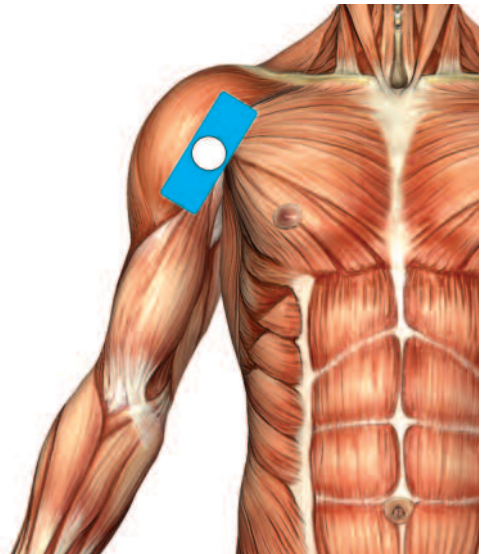
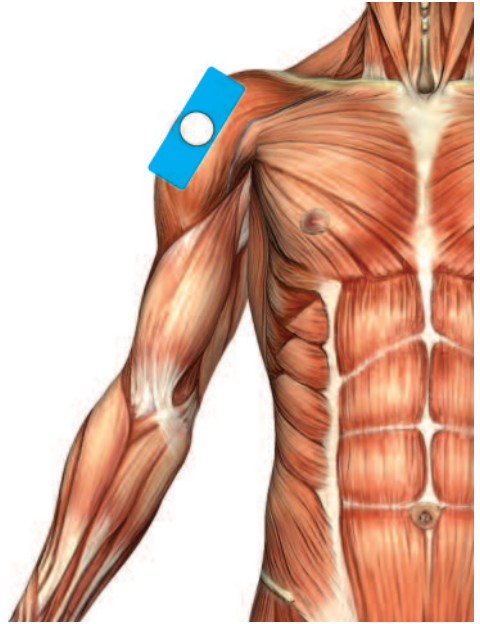
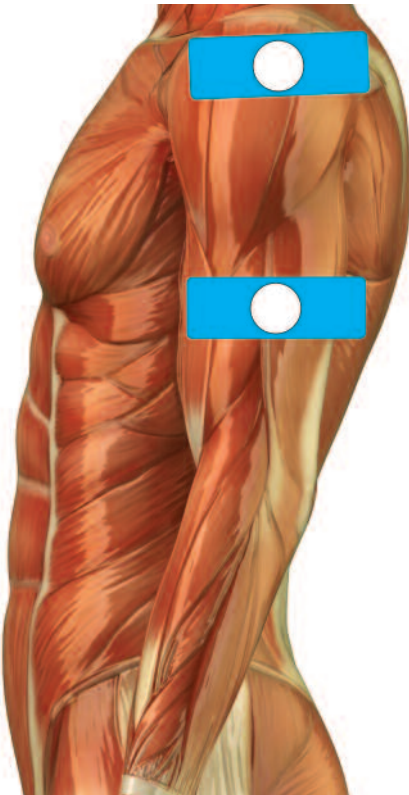
Biceps

This position is useful for muscle training and for gaining volume using the devices' muscle strengthening programmes. But it is equally very useful for diminishing the effects of lactic acid (substances manufactured by the muscles after sporting exertion and that result in pain during the following few hours).



STIMULATOR ELECTRODE PLACEMENT

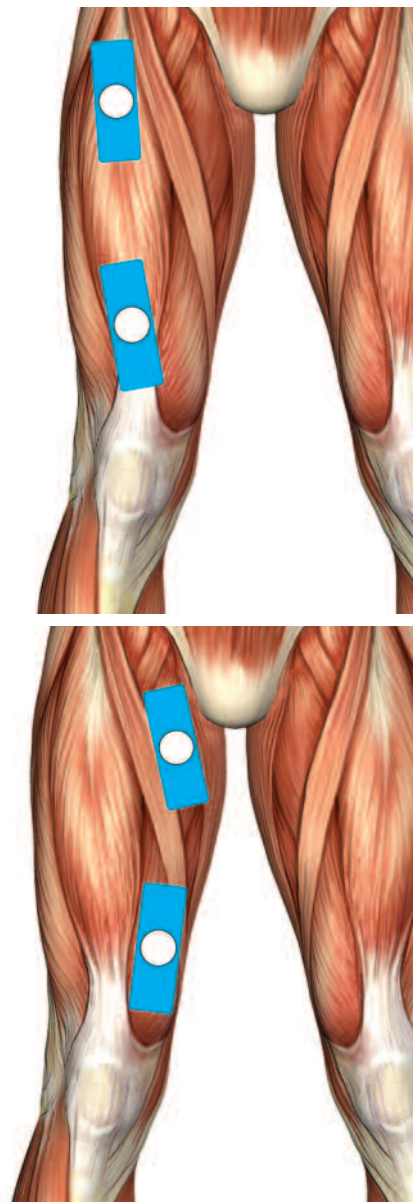
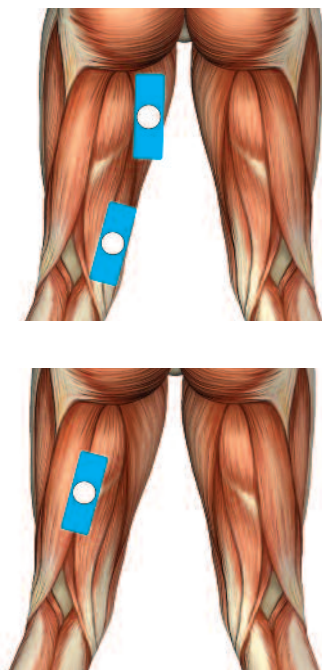
This position is useful for muscle training and for gaining volume using the devices' muscle strengthening programmes. But it is equally very useful for diminishing the effects of lactic acid (substances manufactured by the muscles after sporting exertion and that result in pain during the following few hours).



STIMULATOR ELECTRODE PLACEMENT

For you men, this strengthening brings you more noticeable muscle build-up for sports such as tennis or even football.

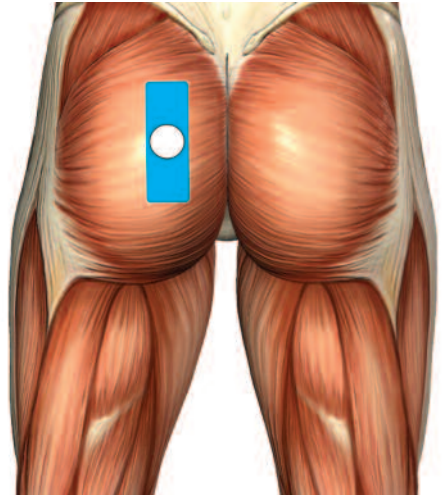
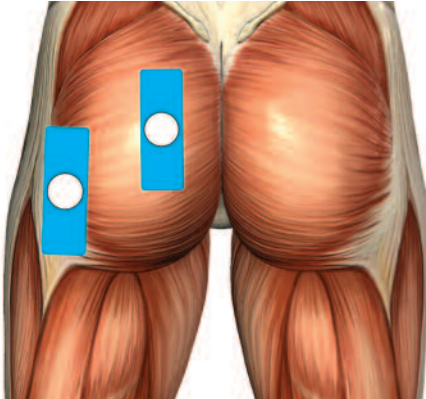
But for you women, this area, which is very difficult to build up muscles in, will become curvy and well-toned thanks to this position. Even so, this should be carried out in moderation to avoid over-developing the muscle.



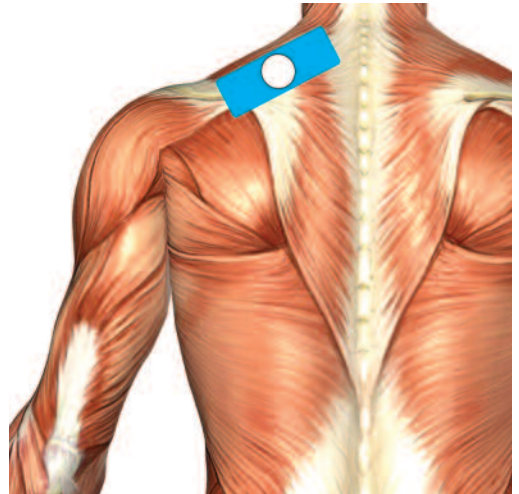
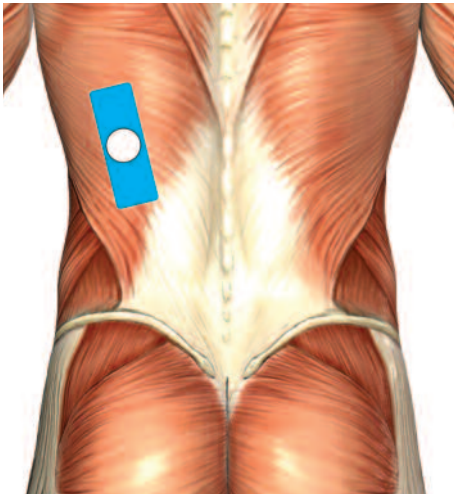
STIMULATOR ELECTRODE PLACEMENT

The Gluteals

This position is ideal for shaping the gluteal muscle.



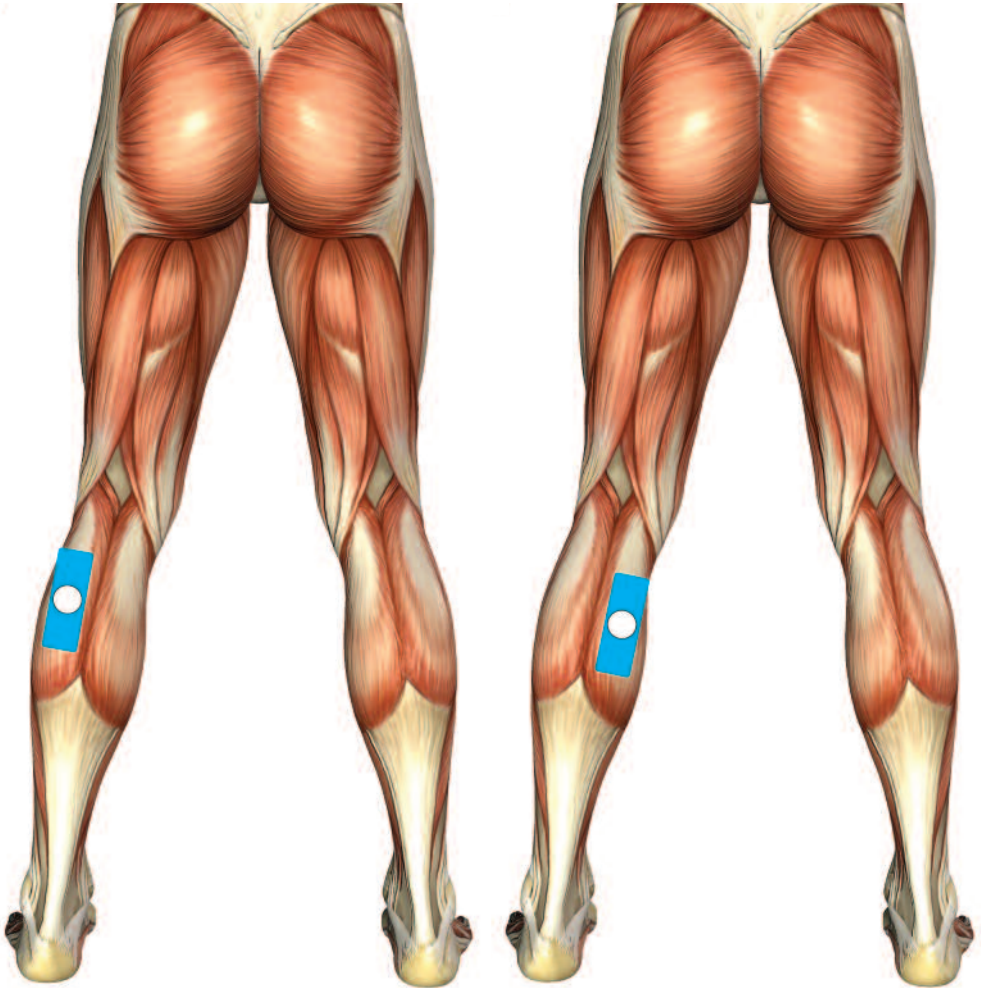
The Trapezius muscles and Dorsals



STIMULATOR ELECTRODE PLACEMENT

The Legs and Calves

The medial and lateral gastrocnemius

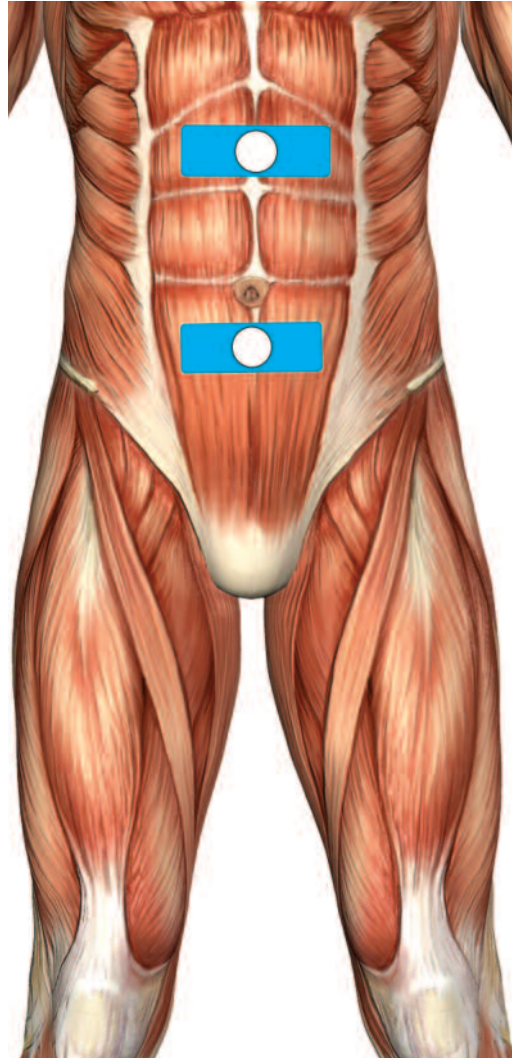
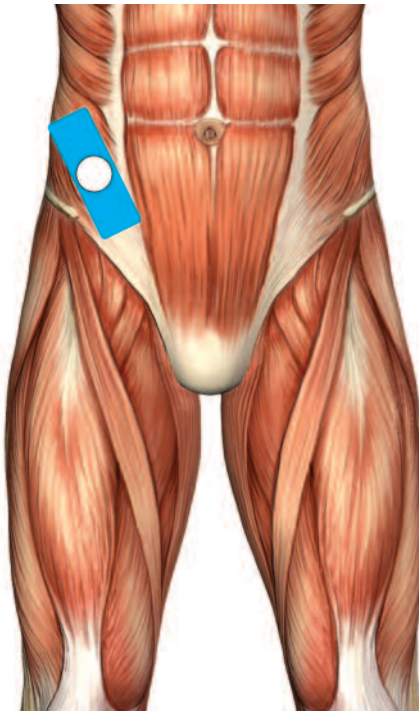


STIMULATOR ELECTRODE PLACEMENT

The Abdominals

It is the abdominal muscle which, when electro-stimulated, will make a six-pack appear and get rid of this little pot-belly

These muscles are very difficult and painful to work on. So, go on, the electrodes positioned like this will allow you to work on your muscles... at will !

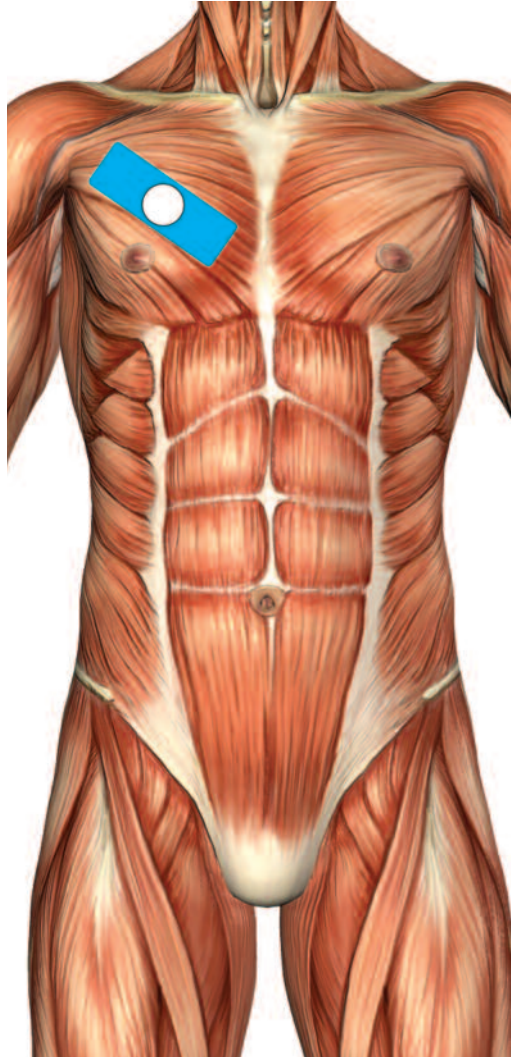


STIMULATOR ELECTRODE PLACEMENT

The Pectorals

BE SURE to follow the positioning.

DO NOT POSITION ON THE HEART AREA !



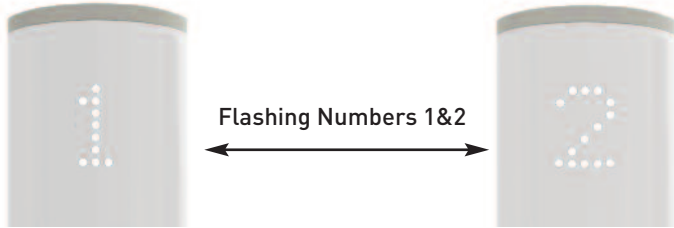
PAIRING THE MODULES

Step 1&2

Press and hold the “M” button down, whilst holding the button press and hold down the On-Off button.



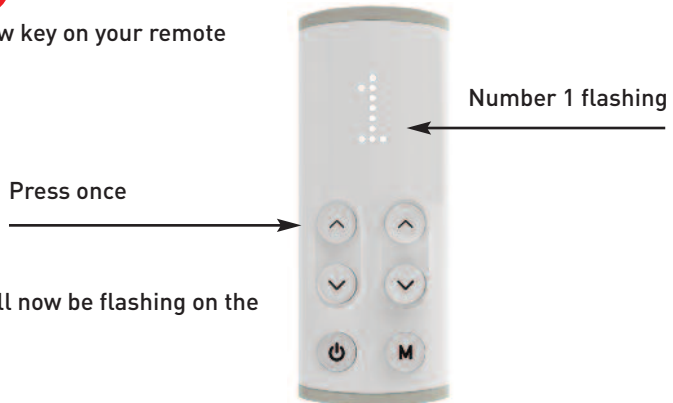
After approximately 3 seconds the display will alternate between the numbers 1&2.



Release both buttons once the numbers 1&2 are flashing on the screen.

Step 3

Push the up arrow key on your remote



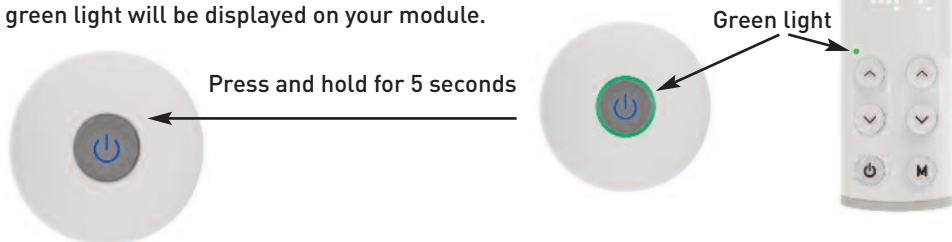
The number 1 will now be flashing on the screen

IMPORTANT

Your tens remote comes factory paired to the modules, you only need to pair new or replacement modules.

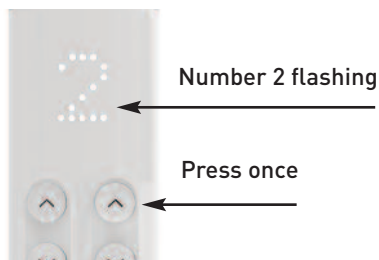
Step 4

Now take one of your modules press and hold the button until you hear a single beep followed by 2 further beeps immediately after the 3rd beep release the button, the remote control will now display an OK and then the green light will be displayed on your module.

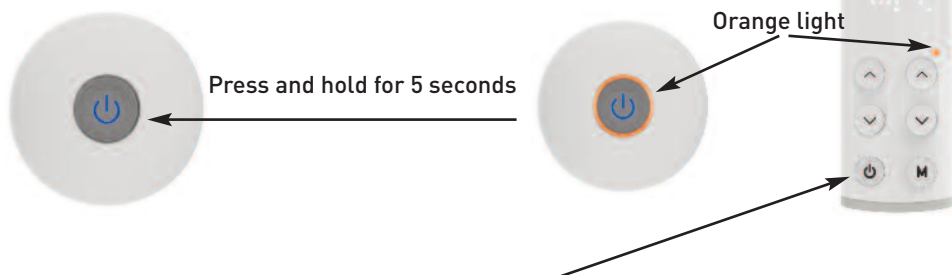


Step 5

Now press the right hand up arrow key the number 2 will now flash



Now take your other module press and hold the power button for approx 3 seconds then repeat the pairing as described in step 4, the remote control will now display an OK and then the orange light will be displayed on your module.



Finally press the power key on the remote control.

If both modules turn off you have successfully paired you modules.

EMC INFORMATION

The device complies with current EMC regulations.

The radio frequency emissions of the device are extremely low and in all probability do not cause any interference with other devices in the proximity. It is recommended that you do not place the device on top of or close to other electronic devices.

Guidance and manufacturer's declaration - electromagnetic emissions			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
Emissions test	Compliance	Electromagnetic environment - guidance	
RF emissions CISPR 11	Group 1	The device must emit electromagnetic energy in order to perform its intended function. Nearby electronic equipment may be affected.	
RF emissions CISPR 11	Class B	The device is suitable for use in all establishments other than domestic those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.	
Harmonic emissions IEC 61000-3-2	Class C		
Voltage fluctuations / flicker emissions IEC 61000-3-3	Complies		
Guidance and manufacturer's declaration - electromagnetic immunity			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of the device should assure that it is used in such an environment.			
IMMUNITY test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 % .
Electrical fast transient/burst IEC 61000-4-4	± 2 kV for power supply lines	± 2 kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) and neutral <5 % U_T	± 1 kV line(s) to line(s) and neutral	Mains power quality should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	(>95 % dip in U_T) for 0,5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5 s 3 A/m	<5 % U_T (>95 % dip in U_T) for 0,5 cycle 40 % U_T (60 % dip in U_T) for 5 cycles 70 % U_T (30 % dip in U_T) for 25 cycles <5 % U_T (>95 % dip in U_T) for 5 s	Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8		Not applicable	Not applicable
NOTE U_T is the a.c. mains voltage prior to application of the test level.			

EMC INFORMATION

Recommended separation distances between portable and mobile RF communications equipment and the device

The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150KHz bis 800MHz $d = 1,2\sqrt{P}$	80MHz bis 800MHz $d = 1,2\sqrt{P}$	80MHz bis 2.5GHz $d = 2,3\sqrt{P}$
0,01	0,12	0,12	0,23
0,1	0,38	0,38	0,73
1	1,2	1,2	2,3
10	3,8	3,8	7,3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.



The TENS⁺
company

