



COMBO WIRELESS 3

TENS | EMS | MASSAGE

- Pain Relief
- TENS Machine
- Muscle Stimulation
- Massage



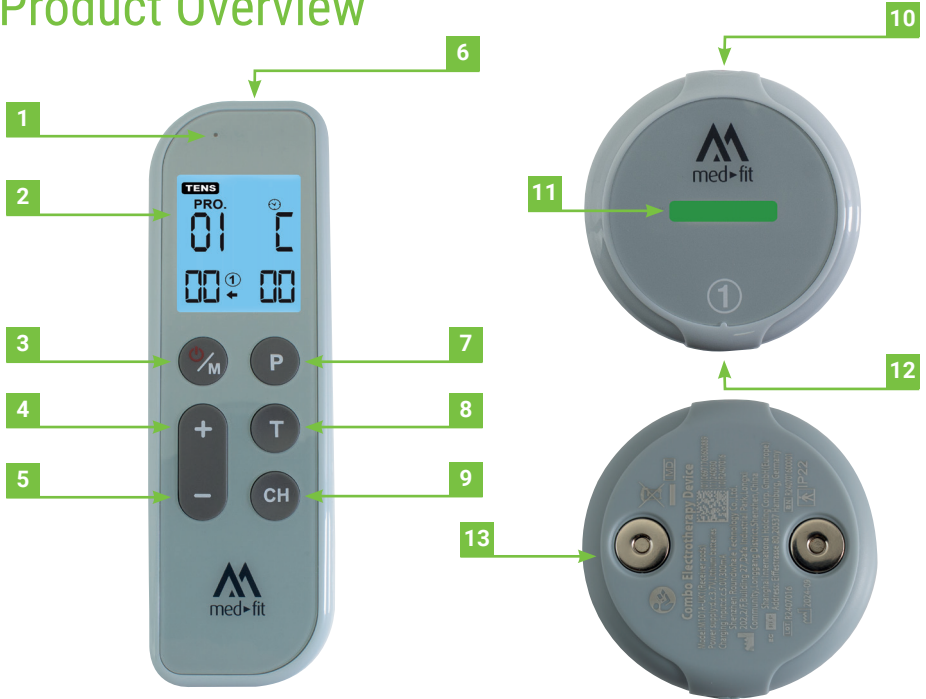
Quick Start Guide Combo Electrotherapy TENS, Muscle Stimulation and Massage

Tel: 0161 429 7330

email: sales@med-fit.co.uk

CE 2460

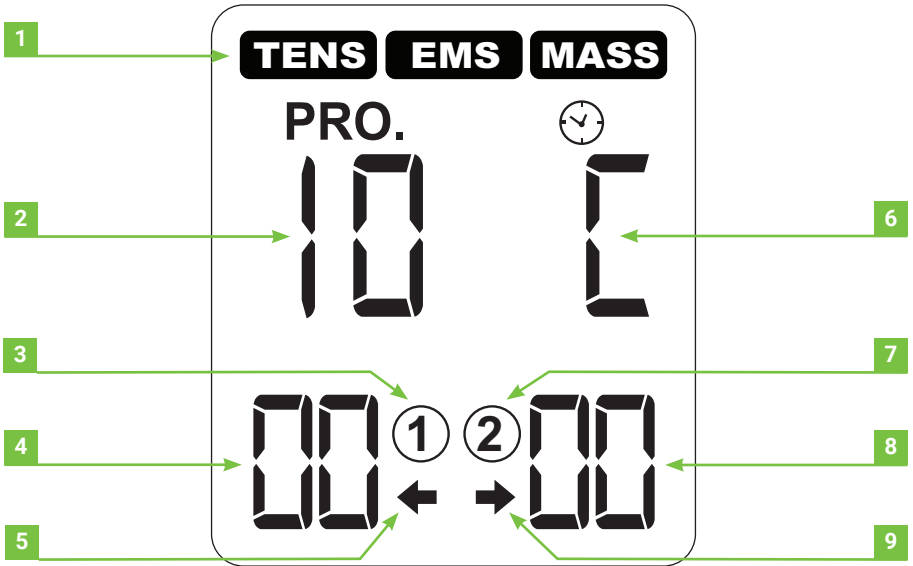
Product Overview



No Function description

- | | |
|-----|---|
| 1. | Charging light. |
| 2. | LCD Display. |
| 3. | ON/OFF Button and treatment mode selection button. |
| 4. | [+] Button - press the [+] button to increase the intensity |
| 5. | [-] Button - press the [-] button to decrease the intensity |
| 6. | Charging Port |
| 7. | [P] Button - press the [P] button to select the treatment programme |
| 8. | [T] Button - press the [T] button to change the treatment time. |
| 9. | [CH] Button - press the [CH] button to select the required channel |
| 10. | On/OFF button for the modules |
| 11. | Module indicator light shows when the module is turned on |
| 12. | Charging Port |
| 13. | Magnetic pad connection studs |

Product Overview



No Function description

- | | |
|----|--|
| 1. | Treatment Mode |
| 2. | Programme Number |
| 3. | Channel 1 Symbol |
| 4. | Intensity Channel 1 |
| 5. | Channel Arrow Channel 1 - Indicates which module has been chosen |
| 6. | Treatment Time - 10 - 90 minutes and continuous [C] |
| 7. | Channel 2 Symbol |
| 8. | Intensity Channel 2 |
| 9. | Channel Arrow Channel 2 - Indicates which module has been chosen |

Quick start guide

The quick start guide provides step-by-step instructions on operating your wireless TENS but does not replace the user manual provided please read the user manual before using the device, as the user manual includes important information for the safe and effective use of the stimulator.

Getting to know your device

What's in the box

The Med-Fit Combo 3 stimulator is supplied with the following:

- 1 x Remote control.
- 2 x Receiver modules.
- 2 x Self-adhesive electrode pads 15cm x 10cm.
- 1 x Large lumbar self-adhesive pad 20cm x 10cm.
- 1 x Twin Pad 2 pads 9cm x 7cm.
- 1 x Dual charging cable.
- 1 x User manual.

Charging the remote control and modules

Before using your device

When using your device for the first time, it is recommended that you place on charge for approximately 2 hours or until the charging light turns green for both the remote control and the modules.

- Charging - Red light.
- Full charge - Green light.
- The device cannot be used whilst on charge.

Please note:

Please note the backlit screen only stays on for around 10 seconds to conserve battery life. Press the [-] button on your remote to reactivate the backlit screen.

How to Operate

Remote control features

- [1] On / Off button - Press once to turn on press and hold for 2 seconds to turn off.
- [3] Programme button
Pressing this button changes the programme from one to the next programme.
TENS programmes 01-09
EMS programmes 10-14
Massage programmes 15-18
- [5] To charge your modules flip open the protective port cover to access the charging port.
- [8] Timer button - The timer is adjustable from 10 minutes to 90 minutes and continuous mode..
- [9] Channel selector button - Pressing this button selects either the channel 1 module or the channel 2 module.

Module Pod features

- [10] On / Off Button - Press once to turn on press and hold for 2 seconds to turn off.
- [12] Charging ports -
To charge your modules flip open the protective port cover to access the charging port.
- [13] Magnetic stud connecting points for the self-adhesive pads.

Standby features

This term refers to when the remote and one or both modules are turned on.

To operate and set features of the remote control, you must also turn on one or both modules you are now in standby mode.

Setting your device ready for use

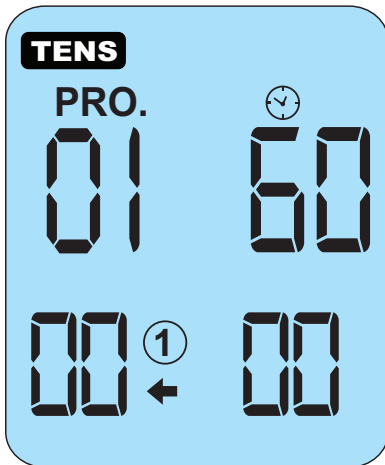
We recommend you start the first treatment with one module only (module number 1).

To do this turn on your remote control and module number 1.

Once both are turned on press the [CH] button and select channel 1, adjust the timer to the required setting, adjust the programme button to the required programme.

For your first treatment session, we recommend using programme 01 which is a TENS programme 80Hz constant, this programme is the most commonly used by NHS pain clinics. This setting is extensively used by numerous NHS chronic pain clinics and creates an excellent pain block.

An example of a setting is shown below



Solid Green Light
In standby mode
ready for use.



Please note:

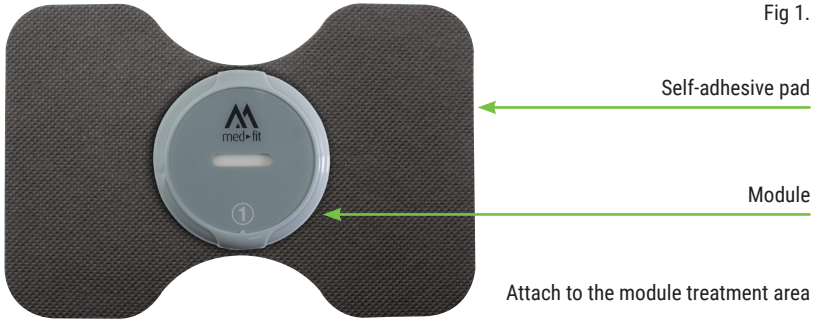
Please note the backlit screen only stays on for around 10 seconds to conserve battery life.

Press the [-] button on your remote to reactivate the backlit screen.

Already to go

Step 1

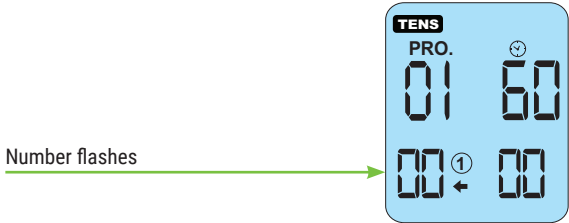
Please ensure both the remote and module/modules are turned off.
Connect one of the self-adhesive pads to the area to be treated. By removing the plastic film and connecting the module to the self-adhesive pad as shown in Fig 1.



Please make sure both connecting studs of the module are attached to both studs on the self-adhesive pads.

Step 2

Turn on your remote control and module, and set up as previously described.



Step 3

Press the [+] button to increase the intensity to the desired level. You should feel a tingling sensation which should be set at a level which is comfortable (do not increase to a level above this). The timer will count down in minute intervals during your treatment session.

At the end of the treatment session remove the self-adhesive pad from the back of the module and place it onto the plastic film. Turn off your remote and module.

Electrode Instructions

Please read these instructions

It is important to smear warm water over the gel side of the pad every 3rd or 4th application allowing 5 minutes for the water to be absorbed before re-applying the electrode.

This process re-juvenates the hydrogel and increases the longevity of your electrodes.

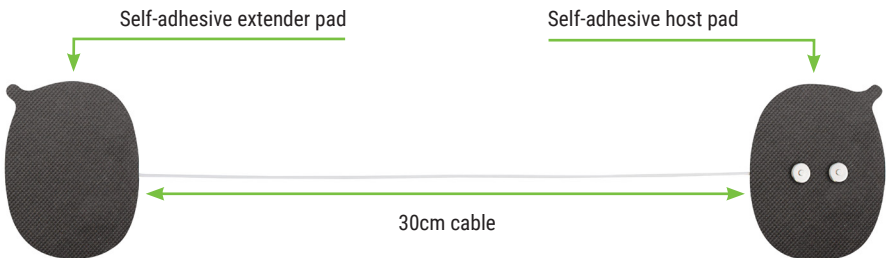
Skin Patch Test

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 it 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 recommend the use of sensitive gel electrodes.

Twin Range Extender Electrode Pad

The Twin Range Extender Electrode Pad allows you to treat a variety of body areas that may not be possible with single pads. This design is ideal for treating referred pain, such as sciatica, and areas that require vertical pad placement. Additionally, this pad is useful when using one of the EMS programmes, as it allows for precise placement of the electrodes over the insertion and origin of the muscle.



Smear water on the gel side of the self-adhesive pad after the 3rd or 4th application. Allow 5 minutes for the water to be absorbed before applying the electrode to the skin.

Special features

Please read: Patient Load Detection

The patient load detection prevents accidental stimulation and provides you with safe use of the wireless TENS.

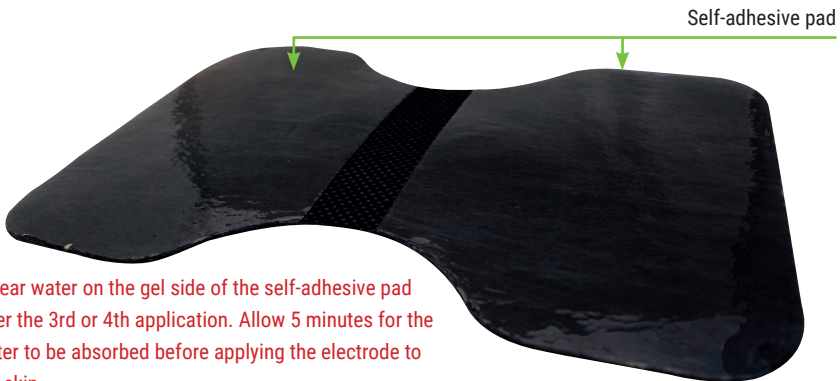
During use, if the intensity level is set to 5 or higher and the electrode pads are not connected properly the intensity will re-set to zero until good contact is made.

The following conditions will activate the patient load detection:

The intensity increases to level 5 and then returns to zero.

Possible reasons

1. The module is not connected correctly to the electrode pad.
2. The pad is not making good contact with the skin.
3. The area being treated is too dry which creates high skin resistance to resolve this rub the treatment area with warm water and re-apply the self-adhesive pad. Areas of the body susceptible to dry skin, lower back, knees, elbows, and feet.
4. The electrode pads are too dry. The gel side of the pads need a small amount of water to rejuvenate the gel, to do this smear water over the gel and wait 5 minutes for the water to be absorbed. Repeat this process after every 3rd or 4th application. The electrode pads have a life span of around 25 applications.
5. The electrode pads require replacing, after a maximum of 30 applications the self-adhesive pads need to be replaced as eventually, the hydro-gel reaches the end of its useful life.



Smear water on the gel side of the self-adhesive pad after the 3rd or 4th application. Allow 5 minutes for the water to be absorbed before applying the electrode to the skin.

Which programme should I use?

We always recommend you start with programme 1, as already mentioned in your step-by-step guide. The Combo 3 Wireless has a total of 9 TENS programmes.

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 you must 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 time periods 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 to 2 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 have a detrimental effect on your results.

Treatment Programmes Guidelines

The treatment programmes are divided into 3 modes TENS, EMS (muscle stimulation) and Massage Stimulation. These guidelines will help you achieve the best results from the Wireless 3 in 1 stimulator.

TENS pain relief programmes 01-09

Programmes 1, 2, 3, & 7

These programs are ideal for blocking pain and work well for both acute and chronic conditions. We recommend you use one of these programs for your first treatment session starting with a 60-minute treatment 3 times daily, or longer if required.

Ideal for

Sciatica
Lower Back pain
Knee Pain
Shoulder Pain
Joint Pain
Acute Pain
Chronic Pain

Please see page 16 and 17 for guidelines for electrode placement.

TENS Programmes 4, 5, 6, 8, & 9

These five programs offer a combination of modulation TENS, Burst TENS and mixed-frequency TENS.

Ideal for

Long-term TENS use, the major benefit of these programmes is reducing the risk of accommodation to the TENS stimulation. As a result long-term TENS treatments can be applied to the same area of the body, on a daily basis to control pain.

Treatment Programmes Guidelines

The following conditions benefit from using programmes 1, 2, 3 and 4.

Conventional TENS

Programme 1

This is the most common programme (80Hz Constant) used by NHS pain clinics. It is ideal for your first TENS treatment, for both acute, chronic and long-term use.

Suitable Conditions

Neck Pain - Shoulder Pain - Knee Pain - Lower Back Pain - Sciatica - Arthritic Pain.

Sciatica - Pain Relief Lower back pain

Programme 2

For effective pain relief for irradiation of pain along the path of the sciatic nerve. Recommended treatment time 2 + hours or until pain alleviates.

Lower back Pain

Programme 3

Programme 3 is most effective for lower back pain and increased blood circulation. This programme alleviates the pain by stimulating muscles to release endorphins the body's own morphine-like substances. Recommended treatment time 90 minutes or until the pain subsides.

Knee Pain

Programme 4

This programme is ideal for treating knee injuries both acute and chronic including osteoarthritis rheumatoid arthritis and joint pain.

Treatment Programmes Guidelines

The following conditions benefit from using programmes 5, 6, 8 and 9.

Shoulder Pain, Cervical (Neck) Pain

Programme 5

Treating shoulder pain relief from heavy or repetitive lifting, arthritis, and tendinopathy.

Muscle Pain

Programme 6

This programme is pre-set for all types of muscle pain relief ideal for muscle tension in the neck, shoulder and lower back (lumbar spasms).

Foot & Ankle Pain

Programme 4 & 5

This programme is most suited for foot and ankle pain and increases circulation.

Arthritic Pain

Programme 7 & 8

This programme is ideal for arthritic pain as it can be used for long periods of time with little or no accommodation. This offers superior pain relief on most areas of the body.

Joint Pain, Fracture Pain

Programme 9

This programme is ideal for all common areas of joint pain, with this treatment we recommend that the stimulation is increased to a stronger level than the pain itself.

Treatment Programmes Guidelines

EMS muscle stimulation programmes 10-14

Programmes 10, 11, 12, 13, & 14

Five muscle stimulation programmes are available offering:

1. Muscle Re-education.
 2. Muscle Training.
 3. Muscle Strengthening.
 4. Muscle Tone / Relaxation.
-

Programmes 11 & 12

Muscle Training & Muscle Re-Education Programmes

Suitable Conditions

These programmes can be used for muscle training, prevention of muscle atrophy.

Programmes 11, 12 or 13

Muscle Strengthening & Muscle Re-Education Programmes

Suitable Conditions

These programmes can be used for building stamina and strength. Muscle re-education.

Programmes 10 & 14

Muscle Toning & Massage Programmes

Suitable Conditions

These programmes stimulates the muscles with comfortable sensations which help to tone and decrease any muscular tension.

Massage programmes 15-18

Programmes 15, 16, 17, & 18

These 4 massage programmes have a modulation waveform and are ideal for lower back Thoracic (Mid Back) and shoulder neck massage. Each programme offers slightly different variations of massage and relaxation, typical treatment times with theses programmes are 30-60 minutes.

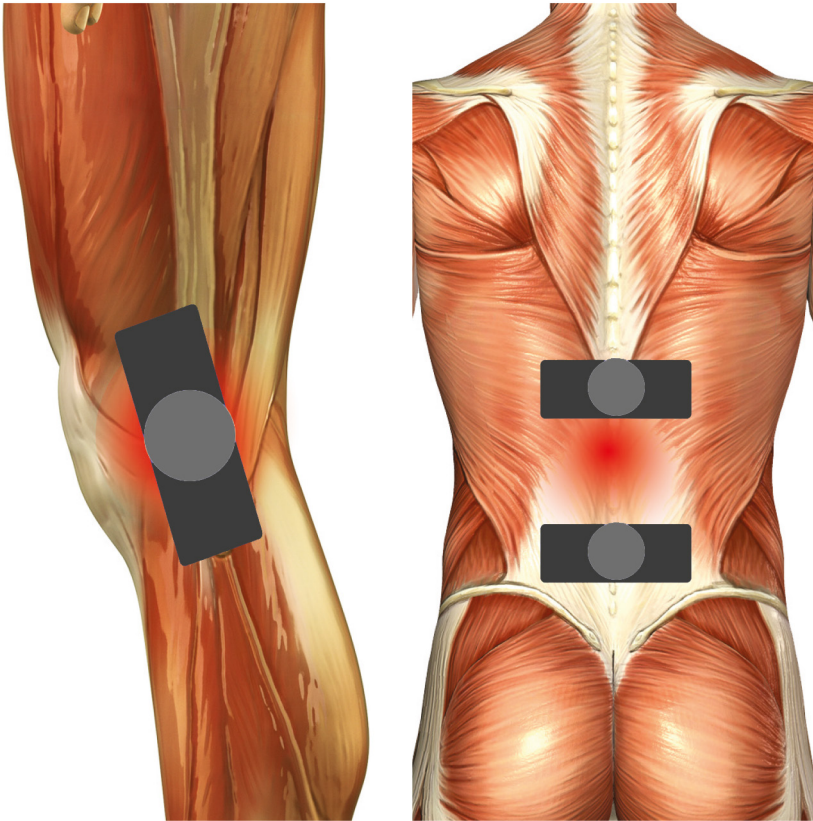
Helpful Tips for Successful TENS Treatment

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.

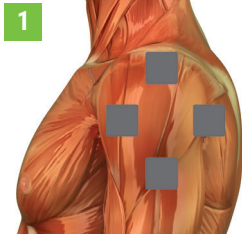
The alternative method is to use two modules surrounding the painful area. See examples below.

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

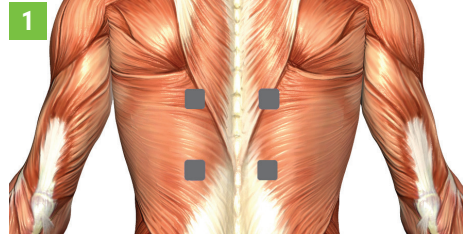


TENS Electrode Placement

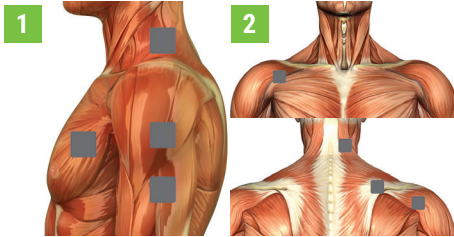
Frozen Shoulder



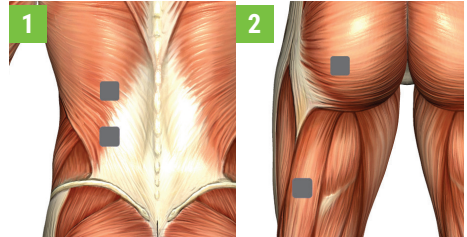
Lower Back Pain



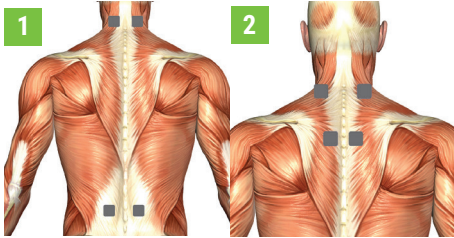
Shoulder Pain



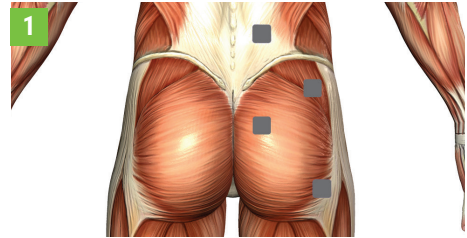
Hip Neuralgia



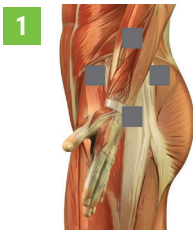
Degenerative Arthritis: Cervical and Lumbar



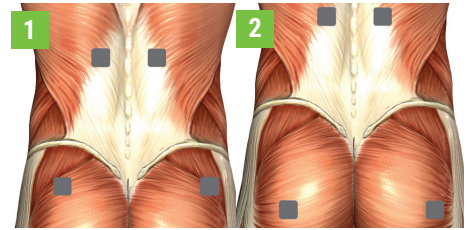
Phantom Limb, Lower Extremity



Chronic Hip Pain

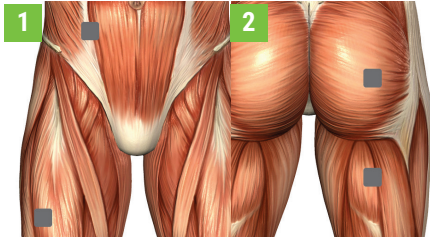


Sciatica



TENS Electrode Placement

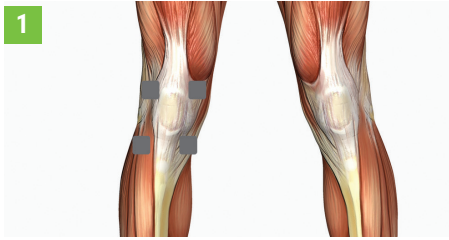
Low Extremity Pain



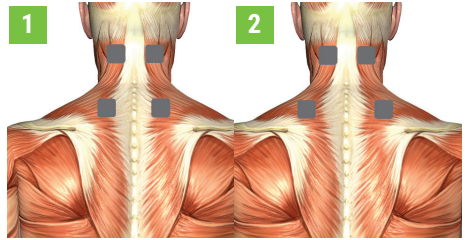
Lower Leg Pain



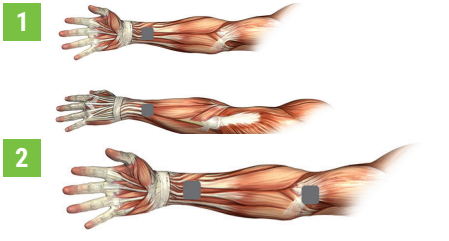
Degenerative Arthritis - Knee Pain



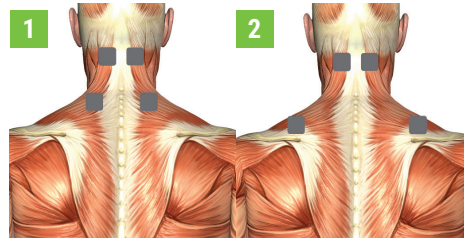
Cervical Placement



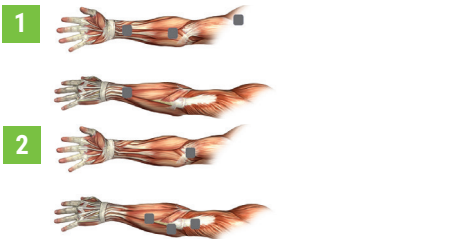
Carpal Tunnel Syndrome



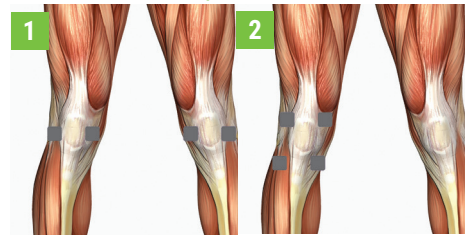
Chronic Cervical Strain



Wrist, Elbow & Forearm Pain



Knee Pain - Post-Op



Introduction to EMS

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 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 paralysed muscles, to prevent atrophy in affected muscles and improve muscle tone and blood circulation.

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

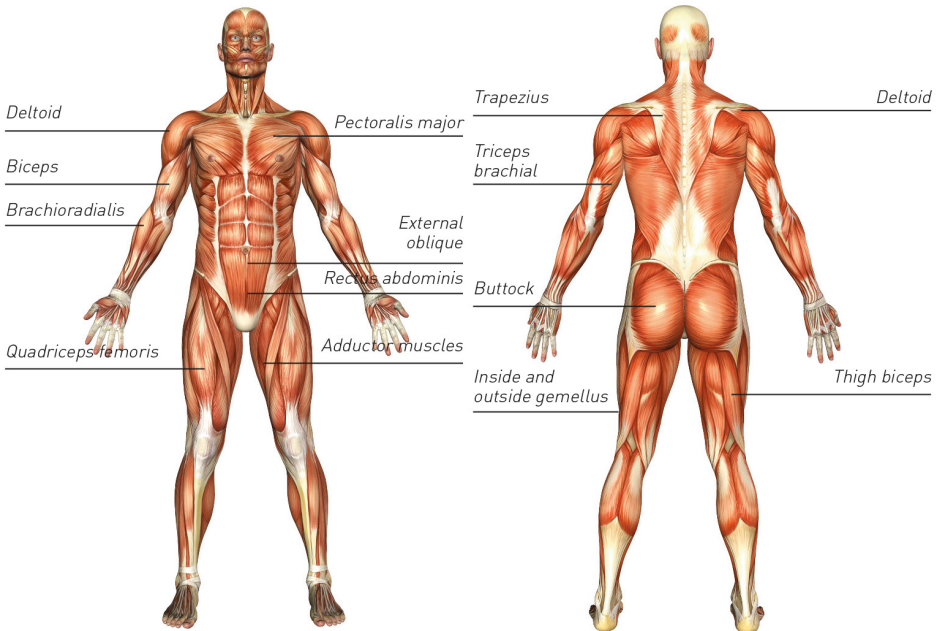
The EMS units send comfortable pulses through the skin that stimulate the muscles in the treatment area. When the muscle receives this signal it contracts as if the brain has sent the signal itself. As the signal strength increases, the muscle flexes as in physical exercise. Then when the pulse ceases, 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.

EMS 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 questions by setting out below the effective positions for the sport (rectangular) and beauty (round) electrodes for different areas of the body.

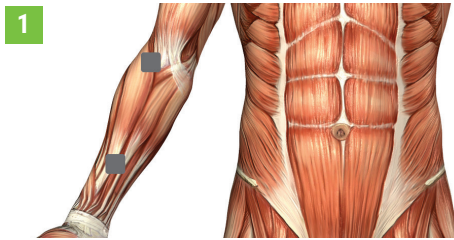
We are definitely not trying to give an anatomy class here but it is necessary to understand the whole muscle system to get a more precise grasp of the human muscle system.

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.

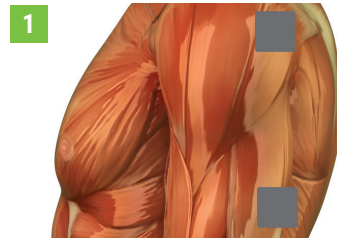


EMS Electrode Placement

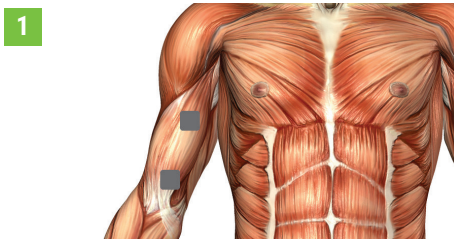
Arms



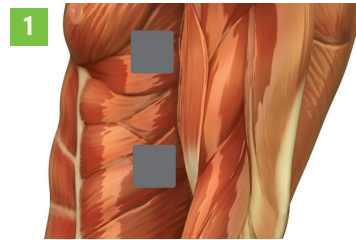
Deltoid Posterior Fascia



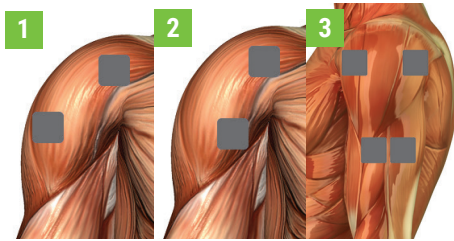
Biceps



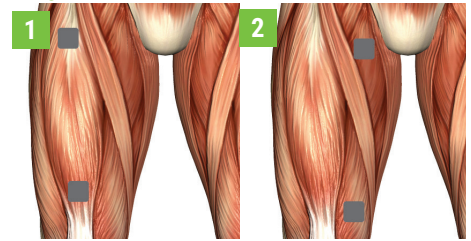
Latissimus



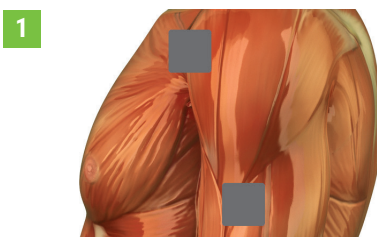
Deltoid



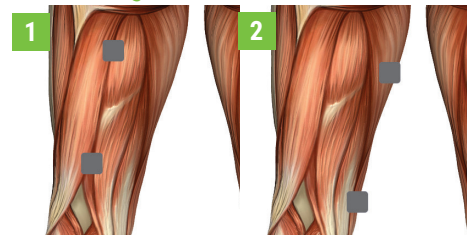
Thigh



Deltoid & Anterior Fascia

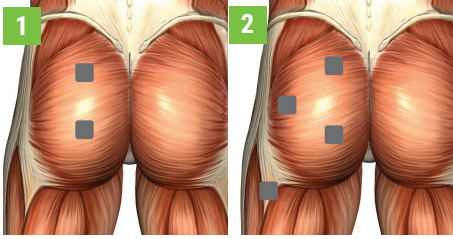


Internal Thigh

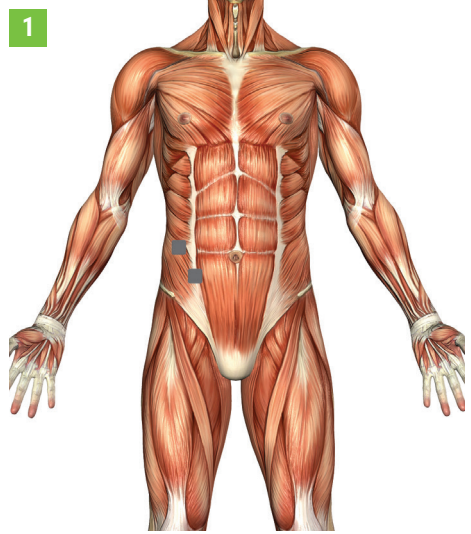


EMS Electrode Placement

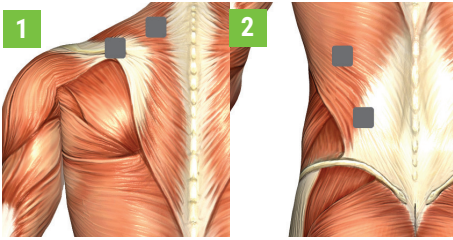
Gluteals



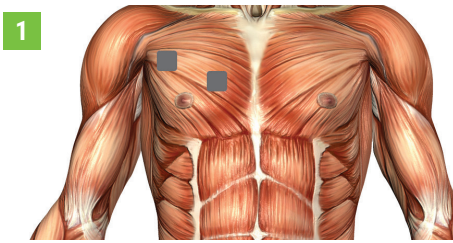
The Abdominals



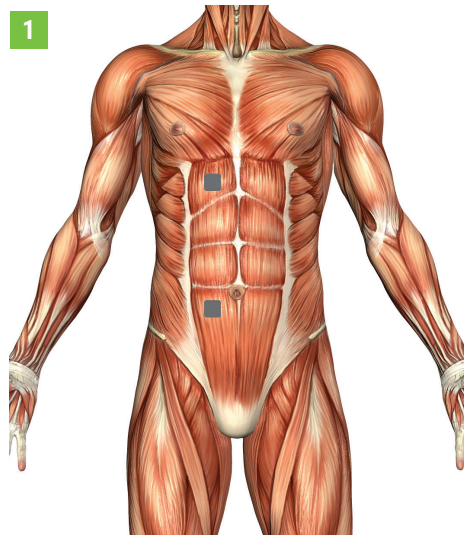
The Trapezius Muscle and Dorsals



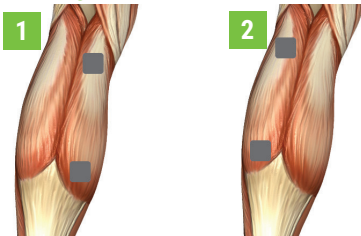
The Pectorals



The Abdominals



The Legs and Calves



Treatment Programmes TENS & EMS

Mode	Prog No	Phase	Pulse Rate Hz	Pulse Width μ s	Time	Type
TENS	1	1	100	150	Adjustable	Continuous
	2	1	60	200	Adjustable	Continuous
	3	1	15	260	Adjustable	Continuous
	4	1	2-60	260-160	Adjustable	Modulation
	5	1	2-60	260-160	Adjustable	Modulation
	6	1	62	100	Adjustable	Continuous
		2	13-56	100	Adjustable	Modulation
		3	1	100	Adjustable	Continuous
		4	100	100	Adjustable	Continuous
	7	1	50	100	Adjustable	Continuous
		2	100	100	Adjustable	Continuous
	8	1	60	160-260	Adjustable	Modulation
	9	1	13-56	100	Adjustable	Modulation
		2	100	100	Adjustable	Continuous
EMS	10	1	4	200	Adjustable	Continuous
	11	1	50	260	Adjustable	Synchronous
	12	1	20	200	Adjustable	Synchronous
	13	1	Ramp U F: 5 Con F: 50 Ramp D F: 3	200	Adjustable	Synchronous
	14	1	2	200	Adjustable	Continuous
		2	3	200	Adjustable	Continuous
		3	5	200	Adjustable	Continuous
		4	15	200	Adjustable	Continuous
		5	20	200	Adjustable	Continuous

Treatment Programmes Massage

Mode	Prog No	Phase	Pulse Rate Hz	Pulse Width μ s	Time	Type
Mass	15	1	8	260	Adjustable	Continuous
	16	1	28	50-220	Adjustable	Modulation
		2	33	50-220	Adjustable	Continuous
		3	37	50-220	Adjustable	Continuous
		4	39	50-220	Adjustable	Continuous
		5	44	50-220	Adjustable	Continuous
		6	39	50-220	Adjustable	Modulation
		7	37	50-220	Adjustable	Modulation
		8	33	50-220	Adjustable	Continuous
	17	1	25	30-220	Adjustable	Modulation
		2	25	30-220	Adjustable	Modulation
		3	33	30-220	Adjustable	Modulation
		4	43	30-220	Adjustable	Modulation
		5	53	200	Adjustable	Modulation
		6	69	200	Adjustable	Modulation
		7	79	200	Adjustable	Modulation
		8	69	200	Adjustable	Modulation
		9	53	200	Adjustable	Modulation
		10	43	30-220	Adjustable	Modulation
		11	33	30-220	Adjustable	Modulation
		12	25	30-220	Adjustable	Modulation
		13	25	30-220	Adjustable	Modulation
	18	1	49	30-220	Adjustable	Modulation
		2	56	30-220	Adjustable	Modulation
		3	65	30-220	Adjustable	Modulation
		4	79	30-220	Adjustable	Modulation
		5	95	30-220	Adjustable	Modulation
		6	97	30-220	Adjustable	Modulation
		7	79	30-220	Adjustable	Modulation
		8	66	30-220	Adjustable	Modulation
		9	64	30-220	Adjustable	Modulation
		10	56	30-220	Adjustable	Modulation
		11	50	30-220	Adjustable	Modulation

Med-Fit UK Ltd.

Unit 8 Martel Court, S. Park Business Park, Hamilton Road, Stockport, SK1 2AF

Telephone: 0161 429 7330

Email: sales@med-fit.co.uk | www.tensmachineuk.com

Company registration number 08758741 | Vat registration number 308286105