Med-Fit

Interferential ,TENS & EMS

Pain Relief

TENS Machine

Muscle Stimulation

Interferential.

Quick Start Guide Combo Electrotherapy Interferential, TENS and Muscle Stim

med▸fit

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CE 2460

Product Overview
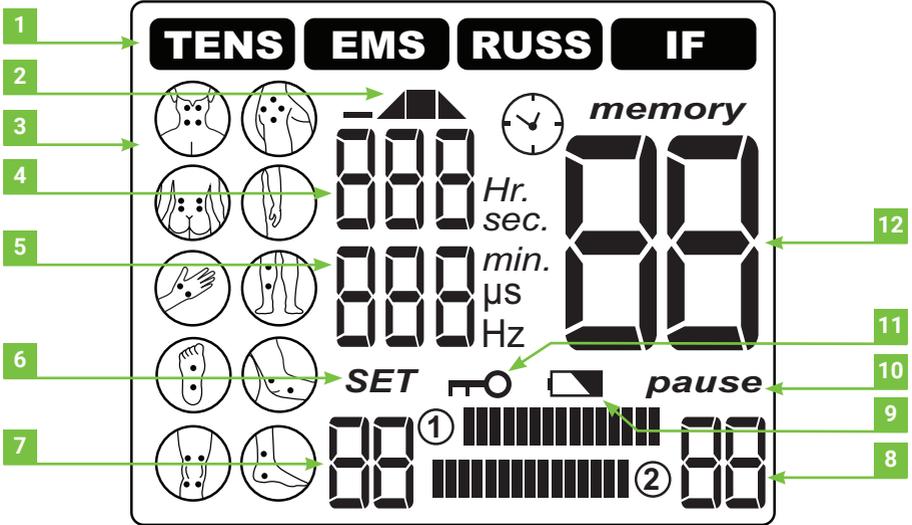
No	Function description
1.	Treatment Mode
2.	EMS/Russ Work State Symbol
3.	Body Part Symbols
4.	EMS/RUSS Work Time
5.	Pulse Rate and Width
6.	SET Symbol
7.	Intensity Channel 1
8.	Intensity Channel 2
9.	Low Battery Symbol
10.	Pause Symbol
11.	Key Locking Symbol
12.	Programme No or Treatment Time

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Product Overview

No	Function description
1.	LCD Display
2.	Charging Port
3.	ON/OFF
4.	[M] Button - press the [M] button to select the treatment mode.
5.	[+] Button - press the [+] button to increase the intensity
6.	[-] Button - press the [-] button to decrease the intensity
7.	[P] Button - press the [P] button to select the treatment programme
8.	[S] Button - press the [-] button to enter the setting mode
9.	[B] Button - press the [B] button to select the treatment mode
10.	Output socket
11.	Belt clip

Charging your device

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.

• Charging - Yellow light.

• Full charge - Green light.

• The device cannot be used whilst on charge.

How to Operate:

Device features

Auto Lock
After 20 seconds the auto-lock feature is activated, this locks the display and intensity level to prevent accidental adjustments whilst in use to unlock press either of the intensity buttons.

Auto Dim
The display has a backlit screen after 20 seconds the backlight stops, to re-activate press any button. This feature saves battery power.

Pause Feature
Whilst using your device you can pause the treatment at any time. To pause press the M button once the pause symbol will flash beneath the timer. Press the M button again to start the treatment.

Please note:
The [S] button is not used in Pre-Set programmes.

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How to Operate:

Setting a preset programme (P1/P2)

We recommend using these programmes before setting up a manual programme to help familiarise yourself with the device.

Step 1

Press the [M] button to choose the required treatment mode.

Step 2

Press the [B] button to choose a body part for treatment.

Step 3

Press the [P] button and choose either P1 (Programme 1) or P2 (Programme 2).

Step 4

Connect the patient leads to the top of the device CH1 / CH2 and connect 2 pads to each patient cable in use. Now apply the self-adhesive pads to the treatment area ready for use. Please note you can use just one channel 2 pads in TENS, EMS and Russian Stimulation. The IF mode is always 2 patient leads and 4 self-adhesive pads.

Step 5

You are now ready to go
Press the [+] button (buttons) CH1 / CH2 to increase the intensity level as required.

Please note:
All preset programmes have a preset time of 20 minutes which cannot be adjusted.

How to Operate:

Setting a manual programme

Step 1

TENS Mode: Press the [M] button to choose the required mode (TENS, EMS, RUSS or IF).

Step 2

Press the [B] button to choose a body part for treatment.

Step 3

Press the [P] button and select U1 (this is for manual adjustments).

Step 4

Now press the [S] button, which allows manual adjustments to be made.
Press the [P] button to change from adjusting pulse rate to pulse width and treatment time.
To adjust each parameter (Pulse Width, Pulse Rate and Time) use the [+] and [-] buttons of either CH1 or CH2.

Step 5

Once you have set the required parameters press the [S] button which locks in your settings and the screen shows U1.

Step 6

You are ready to increase intensity by using the [+] buttons CH1 / CH2. Your pre-set time will also be displayed during your treatment session.

Please note:
You can not adjust parameters until the intensity is set at zero.

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How to Operate:

TENS Manual Adjustment examples

Follow Step 1, Step 2 and Step 3. The screen below will be as shown.
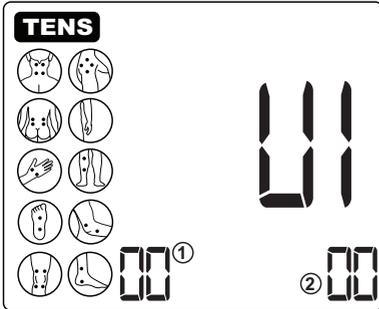
Now press the [S] button the body part will flash and the Freq (Hz) will flash.
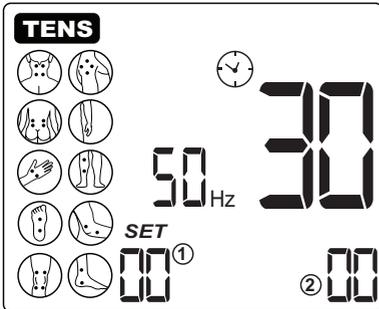
Use the [+] and [-] buttons to adjust the frequency.

Press the [P] button to the next parameter pulse width µs and again adjust to the required setting.

Press the [P] button again the timer clock flashes, adjusting to the required setting.

Now press [S] button and the programme is now set.

Increase the intensity to the required level by pressing the [+] and [-] buttons.

Treatment Programmes TENS

Mode	Mode	Prog No	Pulse Rate Hz	Pluse Width µs	Time	Type
TENS	Neck	P1	80-120	120-100	20	Modulation
		P2	4	150-200	20	Modulation
		U1	35	200	20	Continuous
	Shoulder	P1	80-100	100	20	Modulation
		P2	10	220-260	20	Modulation
		U1	100	150	20	Burst
	Back	P1	10-60	200	20	Modulation
		P2	6-10	250	20	Modulation
		U1	100/2	150/250	20	Hans
	Arm	P1	2	250	20	Continuous
		P2	100	150	20	Burst
		U1	100	200	20	Continuous
	Hand	P1	100	100	20	Continuous
		P2	2-10	200	20	Modulation
		U1	60-100	200	20	Modulation
	Leg	P1	6-10	200	20	Modulation
		P2	80-120	100-120	20	Burst
		U1	6-20	120-100	20	Modulation
	Foot	P1	80-120	100-120	20	Modulation
		P2	2-10	200	20	Modulation
		U1	2-60	260-160	20	Modulation
	Elbow	P1	80-120	120-100	20	Modulation
		P2	120	55	20	Continuous
		U1	80	100	20	Continuous
	Knee	P1	100	150	20	Burst
		P2	120	100-120	20	Modulation
		U1	100	100	20	Continuous
	Ankle	P1	100	150	20	Burst
		P2	6-50	250	20	Modulation
		U1	80	180	20	Continuous

TENS: U1 Programs can be adjusted to a frequency of 2Hz - 125Hz, pulse width of 50µs - 380µs, and treatment time of 5min - 90min.

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Treatment Programmes EMS

Mode	Mode	Prog No	Pulse Rate Hz	Pluse Width μs	Time	Type
EMS	Neck	P1	30	200	20	Synchronous
		P2	40	200	20	Synchronous
		U1	50	200	20	Synchronous
	Shoulder	P1	45	200	20	Synchronous
		P2	55	200	20	Synchronous
		U1	80	200	20	Synchronous
	Back	P1	60	200	20	Synchronous
		P2	70	200	20	Synchronous
		U1	80	200	20	Synchronous
	Arm	P1	50	150	20	Synchronous
		P2	60	150	20	Synchronous
		U1	80	150	20	Synchronous
	Hand	P1	20	150	20	Synchronous
		P2	30	150	20	Synchronous
		U1	40	150	20	Synchronous
	Leg	P1	20	200	20	Synchronous
		P2	80	200	20	Synchronous
		U1	25	200	20	Synchronous
	Foot	P1	20	200	20	Synchronous
		P2	30	200	20	Synchronous
		U1	40	200	20	Synchronous

EMC: The U1 program allows you to adjust the frequency from 20Hz to 125Hz, the pulse width from 50μs to 380μs, the treatment time from 5 minutes to 90 minutes, the ramp-up time from 1 to 9 seconds, and the relaxation time from 1 to 90 seconds.

Treatment Programmes RUSS

Mode	Mode	Prog No	Pulse Rate Hz	Pluse Width µs	Time	Type
RUSS	Neck	P1	30	200	20	Synchronous
		P2	40	200	20	Synchronous
		U1	50	200	20	Synchronous
	Shoulder	P1	45	200	20	Synchronous
		P2	55	200	20	Synchronous
		U1	80	200	20	Synchronous
	Back	P1	60	200	20	Synchronous
		P2	70	200	20	Synchronous
		U1	80	200	20	Synchronous
	Arm	P1	50	200	20	Synchronous
		P2	60	200	20	Synchronous
		U1	80	200	20	Synchronous
	Hand	P1	20	200	20	Synchronous
		P2	30	200	20	Synchronous
		U1	40	200	20	Synchronous
	Leg	P1	20	200	20	Synchronous
		P2	80	200	20	Synchronous
		U1	25	200	20	Synchronous
	Foot	P1	20	200	20	Synchronous
		P2	30	200	20	Synchronous
		U1	40	200	20	Synchronous

RUSS: In the U1 program, the frequency can be adjusted from 20Hz to 125Hz. The treatment time is adjustable from 5 minutes to 90 minutes. The ramp-up time can be adjusted from 1 to 9 seconds. The contraction time can be adjusted from 1 to 90 seconds, and the ramp-down time can be adjusted from 1 to 9 seconds. Additionally, the relaxation time.to 9 seconds. Additionally, the relaxation time.

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Treatment Programmes IF

Mode	Mode	Prog No	Pulse Rate Hz	Pluse Width µs	Time	Type
IF	Neck	P1	1-100	100	20	Modulation
		P2	1-100	50	20	Modulation
		U1	1-100	50	20	Modulation
	Shoulder	P1	50-150	100	20	Modulation
		P2	50-150	50	20	Modulation
		U1	50-150	50	20	Modulation
	Back	P1	1-50	100	20	Modulation
		P2	1-50	50	20	Modulation
		U1	1-50	50	20	Modulation
	Arm	P1	1-20	100	20	Modulation
		P2	1-20	50	20	Modulation
		U1	1-20	50	20	Modulation
	Hand	P1	1-20	100	20	Modulation
		P2	1-20	50	20	Modulation
		U1	1-20	50	20	Modulation
	Leg	P1	1-80	100	20	Modulation
		P2	1-80	50	20	Modulation
		U1	1-80	50	20	Modulation
	Foot	P1	1-30	100	20	Modulation
		P2	1-30	50	20	Modulation
		U1	1-30	50	20	Modulation
	Elbow	P1	20-40	100	20	Modulation
		P2	20-40	50	20	Modulation
		U1	20-40	50	20	Modulation
	Knee	P1	60-120	100	20	Modulation
		P2	60-120	50	20	Modulation
		U1	60-120	50	20	Modulation
	Ankle	P1	10-50	100	20	Modulation
		P2	10-50	50	20	Modulation
		U1	10-50	50	20	Modulation

IF: In the IF program, the frequency can be adjusted from 1Hz to 125Hz, and the treatment time can be set from 5 minutes to 90 minutes.