Instructions for TENS

Getting Started:

1. Plug 2 lead wires into the large circles on the top of the device (both sides are the same).
2. Plug the red and black tips from each lead wire into the white electrodes (all of the electrodes are the same).
3. Place the electrodes from each lead wire on the body part where you have pain. You can place all four on the same area or have one lead wire go to one body part and the other lead wire to go a second body part if you have pain in two places.
4. Place 2 AA batteries into the back of the device (slide the lower part of the back down to access the batteries).
5. Flip down lower part of the front of the device to access the controls.

To turn on the TENS unit:

Press the large circular button on the right once. You will see a green light appear at the top front of the device between the two dials.

To use the TENS unit:

Press the Mode button to get to the desired mode or setting. There are 5 modes you can use. All of them are effective. Ideally, try using all 5 and see which one feels the best. They may all feel good. If one mode feels the best, then use that one mode. In this case, you can alternate using all of them. Whenever you change modes, the intensity will go to 0 so you will have to turn up the intensity each time.

Press the clock button to set the time of your treatment. (Preferably 30 minutes at a time).

You do not have to press any of the other buttons (PR+/PR- or PW+/PW-). They have been pre-programmed for you.

When you are on the Mode or setting you want to use, turn the dials on the top of the TENS unit clockwise to turn on the intensity. When you turn on the intensity, you will see an orange light go on at the top of the unit. You will also see bars appear in the lower left and lower right hand corners indicating your intensity level. Slowly turn the dials until you reach the desired intensity. The maximum number of bars is 10. To lock the intensity in place (to prevent accidentally turning up the intensity), press the large circular button on the right once. You will see the words LOC on the upper right hand corner of the screen. If you press the same button again, the LOC will be off and you change the intensity. To turn the intensity, lower-turn the dials on the top of the unit counterclockwise.

To turn off the TENS unit:

Press the large circular button on the right and hold for 2 seconds.

Description of the 5 Modes:

1. CONST-this is the constant mode where you will feel the current on at all times.
2. BURST I-this is a pulsing mode where you will feel the current come on and then go off
3. BURST II-this is another pulsing mode
4. MODUL I-this is a modulated mode-a combination of the CONST mode and the BURST mode-you will feel the current get stronger and then get weaker.
5. MODUL II-this is another modulated mode.

How often to use the TENS unit:

Use the TENS unit for 30 minutes at a time, as needed throughout the day. Use the TENS unit when you have pain. Do not use the TENS unit when you are driving or sleeping. Be sure to take off the electrodes every night to allow your skin to breathe.

How often do you need to replace the batteries?

The batteries will last anywhere from 2 weeks to one month. You may want to get rechargeable batteries if you find you are rapidly going through batteries.

How long do the electrodes last?

If you take care of them, each pack of four electrodes will last approximately 2 weeks.

How do I get more electrodes?

Call your local sales representative, contact us by one of the numbers included with your unit, or contact us directly from our web page.