

# Electronic Pulse Stimulator (TENS Unit)



**Operating Manual  
PL-029U Edition V1.0**

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## **Introduction**

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Electronic Pulse Stimulator (TENS) delivers electric impulses to tired and sore muscles. These different frequencies of impulses covering Transcutaneous Electrical Nerve Stimulation mimic the action potential coming from the central nervous system to trigger contraction of the muscle. It may be helpful in relieving aches and pains in various parts of the body such as the waist, shoulders, joints, hands and feet.

## **Indications for Use**

To be used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, arm, and leg, due to strain from exercise or normal household and work activities.

## **Safety Warning**

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### **Contraindications**

Do not use this device on patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device, because this may cause electric shock, burns, electrical interference, or death.

Do not use this device on patients whose pain syndromes are undiagnosed.

### **Warnings**

Do not apply stimulation over the patient's neck because this could cause severe muscle spasms resulting in closure of the airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.

Do not apply stimulation across the patient's chest, because the introduction of electrical current into the chest may cause rhythm disturbances to the patient's heart, which could be lethal.

Do not apply stimulation over, or in proximity to, cancerous lesions.

Do not apply stimulation when the patient is in the bath or shower.

If you have one of the following conditions, please consult with your physician before purchasing or using this device.

Acute disease, malignant tumor, infective disease, pregnant, heart disease, high fever, abnormal blood pressure, lack of skin sensation or an abnormal skin condition, any condition requiring the active supervision of a physician.

### **Precautions**

Do not use this device while driving.

Do not use this device while sleeping.

Do not use this device in high humidity areas such as a bathroom.

Keep the device away from wet, high temperature and direct-sunlight place.

Keep this device out of reach of children.

Stop using this device at once if you feel pain, discomfort, dizziness or nausea and consult your physician.

Do not attempt to move the electrode pads while the device is operating.

Do not use the device around the heart, on the head, mouth, pudendum or blemished skin areas.

Do not apply stimulation of this device in the following conditions:

(1) across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal;

(2) over painful areas. Please consult with your physician before using this device if you have painful areas;

(3) over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g.,

phlebitis, thrombophlebitis, varicose veins). Apply stimulation only to normal, intact, clean, healthy skin;

(4) in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms). The electronic stimulator may not operate properly when the electrical stimulation device is in use;

(5) while operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;

(6) on children.

Be aware of the following.

(1) to consult with your physician before using this device. The simulation with the device may:

i. cause lethal rhythm disturbances to the heart in susceptible individuals;

ii. disrupt the healing process after a recent surgical procedure;

(2) that the device is not effective for pain of central origin, including headache;

(3) that the device is not a substitute for pain medications and other pain management therapies;

(4) that the device has no curative value;

(5) that the device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;

(6) that the long-term effects of electrical stimulation are unknown;

(7) that the user may experience skin irritation, burns or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel);

(8) if the user has suspected or diagnosed epilepsy, the user should follow precautions recommended by his or her physician;

(9) to use caution if the user has a tendency to bleed internally, such as following an injury or fracture;

(10) use caution if stimulation is applied over the menstruating uterus;

(11) use caution if stimulation is applied over areas of skin that lack normal sensation;

(12) stop using the device if the device does not provide pain relief;

(13) use this device only with the leads, electrodes, and accessories that the manufacturer recommends.

(14) Do not share the use of the electrode pads with others.

(15) Do not use the device while it's charging.

(16) The device contains the lithium battery. If overheating of the device occurred during the charging, stop the charging or operation immediately and report to the seller.

(17) Dispose of the battery-containing device according to the local, state, or federal laws.

The long-term effects of electrical stimulation are unknown.

Since the effects of stimulation of the brain are unknown, stimulation should not be applied across the head, and electrodes should not be placed on opposite sides of the head.

The safety of electrical stimulation during pregnancy has not been established.

Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or

electrical conductive medium (gel).

Patients with suspected or diagnosed heart disease should follow precautions recommended by their physicians.

Patients with suspected or diagnosed epilepsy should follow precautions recommended by their physicians.

Use caution if stimulation is applied over the menstruating or pregnant uterus.

### **Adverse Reactions**

Patients may experience skin irritation and burns beneath the stimulation electrodes applied to the skin;













Patients may experience headache and other painful sensations during or following the application of electrical stimulation near the eyes and to the head and face.

Patients should stop using the device and should consult with their physicians if they experience adverse reactions from the device.

### **Environmental condition for normal working, transport and storage**

- Normal working ambient temperature: 5~40°C
- Normal working ambient humidity: 15%~90% RH
- Store and transport ambient temperature: -25 ~70°C
- Store and transport ambient humidity: 0%~90% RH
- Atmospheric pressure: 70~106kPa

## Symbols interpretation

	Fragile, handle with care		Type BF applied part
	Keep the product in the dry place Away from water and rain.		CAUTION, Avoid injury. Read and understand owner's manual before operating this product.
	This way up		Manufacturer
	Product package should be recycled.		Symbol for "AUTHORISED REPRESENTATIVE IN THE EUROPEAN COMMUNITY"
	Unrecyclable		Batch code
	Date of manufacture	FDA 510(k)	FDA 510(k) cleared
	Serial number	IP22	IP code of the device

### Safety Test Standards:

- Medical Devices Directive 93/42/EEC
- IEC 60601-1:2005+A1:2012/EN 60601-1:2006 Medical electrical equipment - Part 1: General requirements for basic safety and essential performance
- IEC 60601-1-2:2007/EN 60601-1-2:2007 Medical electrical equipment - Part 1-2: General requirements for safety - Collateral standard: Electromagnetic compatibility - Requirements and tests
- IEC 60601-2-10:2012/EN 60601-2-10:2000+A1:2001 Medical electrical equipment - Part 2-10: Particular requirements for the safety of nerve and muscle stimulators
- IEC 60601-1-11:2010 Medical electrical equipment -- Part 1-11: General requirements for basic safety and essential performance -- Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in the home healthcare environment.
- EN 980 Symbols for use in the labeling of medical devices
- EN 1041 Information supplied by the manufacturer with medical devices
- IEC/60601-1-6/ EN 60601-1-6 Medical electrical equipment – Part1-6: General requirements for basic safety and essential performance – Collateral standard: Usability



- IEC 60601-1-11/ EN 60601-1-11 Medical electrical equipment – Part 1-11: General requirements for basic safety and essential performance – Collateral standard: Requirements for medical electrical equipment and medical electrical systems used in home healthcare environment
- IEC 62304/ EN 62304 Medical device software - Software life-cycle processes
- IEC 62366/ EN 62366 Medical devices – Application of usability engineering to medical devices
- ISO 10993-1 Biological evaluation of medical devices - Part 1: Evaluation and testing within a risk management process

### **Electromagnetic Compatibility and FCC Compliance Statement**

- 1) This product needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile radio frequency (RF) communications equipment.
- 2) Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- 3) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!
- 4) Caution: This machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used


<b>Guidance and manufacture’s declaration – electromagnetic emission</b>		
The device <i>is</i> intended for use in the electromagnetic environment specified below. The customer of the user of the device should assure that it is used in such an environment.		
<b>Emission test</b>	<b>Compliance</b>	<b>Electromagnetic environment – guidance</b>
RF emissions CISPR 11	Group 1	The device use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emission CISPR 11	Class B	The device is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Not applicable (internal battery powered)	

Voltage fluctuations/ flicker emissions  IEC 61000-3-3	Not applicable  (internal battery powered)	
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<b>Guidance and manufacture's declaration – electromagnetic immunity</b>			
The device is intended for use in the electromagnetic environment specified below. The customer or the user of device should assure that it is used in such an environment.			
<b>Immunity test</b>	<b>IEC 60601 test level</b>	<b>Compliance level</b>	<b>Electromagnetic environment - guidance</b>
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 floor 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  ±1 kV for input/output lines	Not applicable  (internal battery powered)	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)  ± 2 kV line(s) to earth	Not applicable  (internal battery powered)	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	<5% $U_T$  (>95% dip in $U_T$ )  for 0.5 cycle  40% $U_T$  (60% dip in $U_T$ )  for 5 cycles  70% $U_T$	Not applicable  (internal battery powered)	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.

	(30% dip in $U_T$ ) for 25 cycles  <5% $U_T$ (>95% dip in $U_T$ ) for 5 sec		
Power frequency (50Hz/60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
NOTE $U_T$ is the a.c. mains voltage prior to application of the test level.			

<b>Guidance and manufacture's declaration – electromagnetic immunity</b>			
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.			
<b>Immunity test</b>	<b>IEC 60601 test level</b>	<b>Compliance level</b>	<b>Electromagnetic environment - guidance</b>
Conducted RF IEC 61000-4-6	3 V <sub>rms</sub> 150 kHz to 80 MHz	3 V <sub>rms</sub>	<p>Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p><b>Recommended separation distance</b></p> $d = 1,2\sqrt{P}$

<p>Radiated RF IEC 61000-4-3</p>	<p>3 V/m 80 MHz to 2.5 GHz</p>	<p>3 V/m</p>	<p> <math>d = 1,2\sqrt{P}</math> 80 MHz to 800 MHz  <math>d = 2,3\sqrt{P}</math> 800 MHz to 2,5 GHz </p> <p>Where <math>P</math> is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and <math>d</math> is the recommended separation distance in metres (m).</p> <p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey,<sup>a</sup> should be less than the compliance level in each frequency range.<sup>b</sup></p> <p>Interference may occur in the vicinity of equipment marked with the following symbol:</p> 
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NOTE 1 At 80 MHz and 800 MHz, 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.

a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.

b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

**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)		
	150 KHz to 80 MHz	80 MHz to 800 MHz	800 MHz to 2.5 GHz
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 subject device has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

The product generates, uses, and can radiate radio frequency energy and, if not installed and used accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that the interference will not occur in a particular installation. If the product does cause harmful interference to radio or television reception, which can be determined by turning the product on or off, the user is encouraged to try to correct the interference by one or more of the following measures:

- a) Reorient or relocate the receiving antenna;
- b) Increase the separation between the product and the receiver;
- c) Consult the dealer or an experienced radio / TV technician for help.
- d) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Changes or modifications to this product not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## Product Specifications

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### Accessories included in the package.

- (1).Tens unit controller \* 1pc
- (2).Large gel pad\*2pcs; palm shape gel pad\*4pcs; small gel pads \* 2pcs
- (3).Output wire \* 3pcs
- (4).USB line \*1pc
- (5).Gel pad collector \* 1pc
- (6).Manual \*1pc
- (7).Collecting bag\*1pc

### Technical Information

Model/type	PL-029U	Weight	110g
Power supply	Powered by internal 3.7V li-ion battery	Automatic shutoff	20 minutes
Waveform and wave shape	Biphasic rectangular wave pulse	Degree of protection against electric shock	Type BF applied part
Pulse duration	100us (Microseconds)	Type of protection against electric shock	Internally powered equipment
Pulse frequency	1-100Hz (Hz=vibration per second)	Grade of waterproof	IP22
Output Voltage	Max. 50pp $\pm$ 20%(at 500ohm load)	Product life	1 year
Treatment time	10,20,30,40,50,60minutes	Lifetime for electrode	Storage for 2 year (no use) , Times of reusable: 30 times
Output intensity	0 to 20 levels, adjustable	Mode of operation	Continuous operation
Modes	18 auto modes	Software version	A0
Typical operation time of Battery	If to use both channels at level 20, the battery can be used for about 180 minutes after fully charged.	The time required for me equipment to warm from the minimum storage temperature between uses until it is ready for	30 minutes

		intended use	
Behaviour of me equipment while the rechargeable internal electrical power source is charging:	The battery icon on the right corner will flash during charging and will be still with full capacity after fully charged.	The time required for me equipment to cool from the maximum storage temperature between uses until it is ready for intended use	15 minutes
Typical service life of Battery	300 times of recharging	Adapter for charging	Please use output DC5V and output current 0.3-2.0A adapter for charging
Note: Not intended to be sterilized.			
Not for use in an OXYGEN RICH ENVIRONMENT			

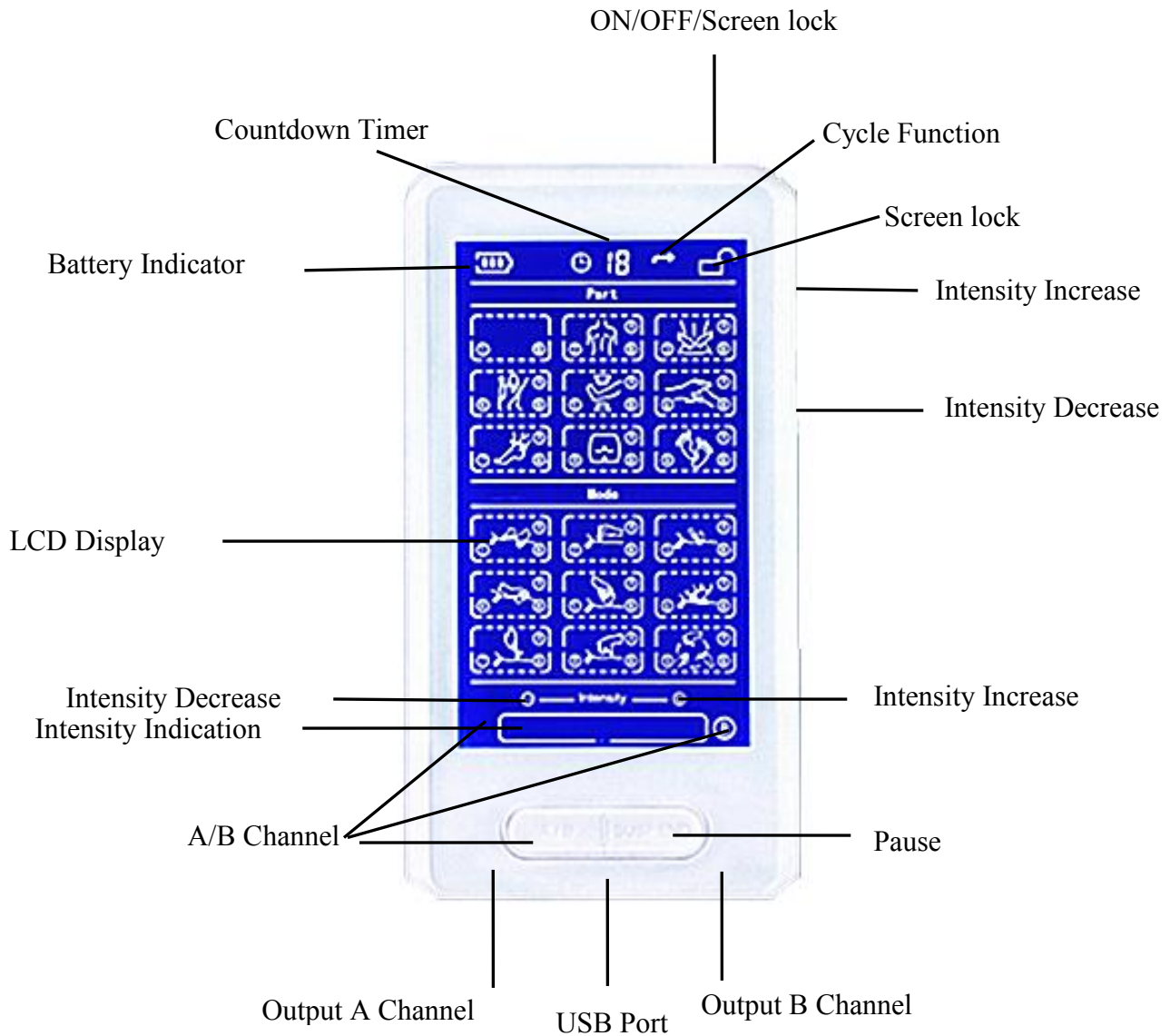


## Programs

Program name	Time min.	Frequency (Hz)	Pulse Width ( $\mu$ s)
Mode 1	10,20,30,40,50,60	10-35	100
Mode 2	10,20,30,40,50,60	8.75-60	100
Mode 3	10,20,30,40,50,60	4-100	100
Mode 4	10,20,30,40,50,60	18-100	100
Mode 5	10,20,30,40,50,60	18-52.5	100
Mode 6	10,20,30,40,50,60	1-100	100
Mode 7	10,20,30,40,50,60	1-35	100
Mode 8	10,20,30,40,50,60	6.6-10	100
Mode 9	10,20,30,40,50,60	4-8	100
Mode 10	10,20,30,40,50,60	62.5	100
Mode 11	10,20,30,40,50,60	2	100
Mode 12	10,20,30,40,50,60	12.5-55.5	100
Mode 13	10,20,30,40,50,60	100	100
Mode 14	10,20,30,40,50,60	80	100
Mode 15	10,20,30,40,50,60	50	100
Mode 16	10,20,30,40,50,60	6	100
Mode 17	10,20,30,40,50,60	30	100
Mode 18	10,20,30,40,50,60	Combination of the above	100

## Setup


Unpack the box of the product, take the product and accessories out, and snap the connect unit onto the electrode pad.



## Operating instruction

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The following steps are used to guide the device operation.

- Electronic Pulse Stimulator (TENS) needs to be charged for up to 8 hours before the first use.
- Connect a pair of electrode pads to one connecting wire by snapping them on; the other end of the connecting wire is connected to the left output of the device. Similarly, the other pair of electrode pads is connected to the remaining connecting wire and the right output of the device.
- Attach one pair or two pair of the electrode pads to the treatment area, such as shoulder and legs.
- Press the ON/OFF button for 2 seconds to turn the unit on, the unit will automatically start at Mode 1 and Channel A.
- Lightly touching the screen to change mode as your like, make sure not change the mode too fast.
- Before changing intensity of mode, firstly you should know which channel you are at. Since the intensity changing of channel A and channel B is separate. If icon A is flashing, you are can change the intensity of channel A only. If icon B is flashing, you can change the intensity of channel B only.
- If you want to change from channel A from channel B, you can press the button A/B once or you can just simply press A or B icon on the two sides of intensity bars at bottom of the screen to change the channel.
- When certain mode has been chosen, you can change the intensity of this mode. The icon A will be flashing, you can change the intensity of channel A now. If you want to change the intensity of channel B, press the button A/B once or you can just simply press A or B icon, then the icon B is flashing, now you can change the intensity of channel B only.
- There are two ways to change the intensity, you can touch the icon + on the screen OR pressing the + button on the right side of uni to increase the intensity. By touching the icon- on the screen or press the - button on the right side of the unit, you can decrease the intensity.
- When pressing the SUSPEND button, the unit will pause and there is not output till you press the button SUSPEND again. In SUSPEND status, the intensity, mode, timer etc are not adjustable. But the screen lock function is available.
- If you like certain mode and you want to keep using it, you can simply press the cycle icon  on top of the screen, then the current mode and intensity will keep on till you stop the cycle function by pressing the cycle icon again. The default cycle countdown time is 20 minutes, the cycle function will make the countdown time repeat again and again. You can also reset the countdown time by yourself.
- If you enjoy certain mode and don't want to make any change further, you can press the ON/OFF button once slightly, the screen will be locked and the backlight is off in order to save more energy, Or press the lock icon on the screen, the screen will be locked but the backlight is still on. In locking status, the unit is still on with intensity output but all function icons are locked, you are not

able to change the mode, intensity etc. It will avoid screen touching by mistake. To unlock the screen, you can press the ON/OFF once slightly or press the lock icon on the screen.

- Pressing the countdown time on the screen, you can set the timer from 10 minutes to 60 minutes.
- When power bar in the battery icon disappear, the unit is going to run out power, it should be charged as soon.
- When you turn on the unit, if the unit test no load, for example you didn't connect the unit well with body, you are not able to adjust the intensity.

**Recommended practice:**

- Duration suggested for each skin area is 20 min and 2 times per day. Consult with your physician for longer and more frequent uses.
- Start from the lowest intensity and gradually adjust the intensity to a comfortable level at a scale from 1 to 20.
- Good skin care is important for a comfortable use of device. Be sure the treatment site is clean of dirt and body lotion.
- Keeping the electrode in the storage bag after use will extend its lifespan. The electrode is disposable and should be replaced when it loses the adhesiveness. To purchase additional electrodes, please contact the seller.

## **Cleaning and maintenance**

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Please use wipe to clean the device first, and then use the dry cloth to wipe it again. The electrodes coming with the device are disposable, and should be replaced when their adhesiveness becomes worse. Contact the seller for replacements.

## Trouble Shooting

If your device is not operating properly, please check below for common problems and suggested solutions. If the recommended action does not solve the problem, please contact the seller.

Problem	Possible Cause	Solution
The intensity is not felt with a very weak intensity level	Pads are not attached to the body firmly	Attach both pads firmly to the skin
	The transparent films are still stuck to the pads	Peel off film on the adhesive surface of pads
	The pads stack together or overlap	Do not stack pads together or overlap pads
	The intensity setting is getting weak	Increase the intensity level
	The battery capacity is low	Change the battery
The skin turns red or the skin feels irritated	The adhesive surface of the pads is dirty or dry	Wash adhesive surface of pads gently with your fingertips for about 3 seconds under slow running water
	The therapy time is too long or the intensity is set too high	Reduce the application time or reduce the intensity
	The electrode pad surface if worn out	Replace electrode pad
No power source	The battery capacity is depleted	Change the battery
Power cuts off during use	The battery is weak	Change the battery
It is difficult to attach the pad to the skin	Have you remove the transparent film from the pad?	Peel off film on the adhesive surface of pads
	Was the pad applied immediately after washing?	Dry the pad
	Is the adhesive surface of the pad damaged?	Replace the pad
Adhesive surface of pad is not sticky	Pads get deteriorative	Contact the vendor for replacements.
	Were the pads stored under high temperature, high humidity, or sunshine	Replace the pad.

## Recommended Use Positions

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SHOULDERS



BACK



BUTTOCKS



ABDOMEN



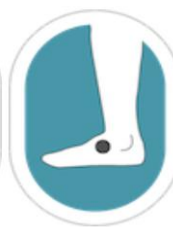
ARMS



LEGS



FEET



## Contact Information

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**JKH Health Co., Ltd.**

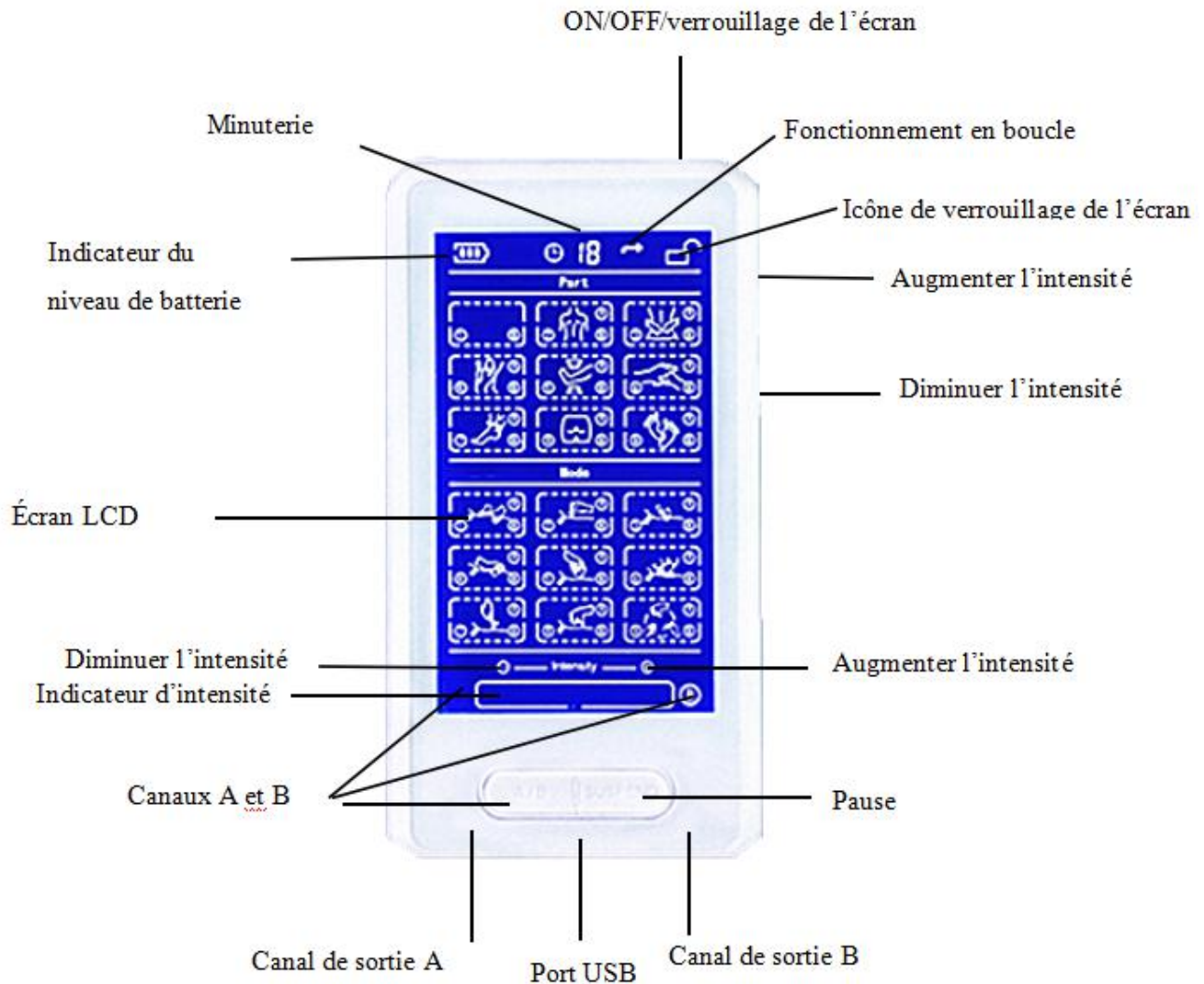
Address: 4-5F, Building 12, Hengmingzhu Industrial Park, Xinqiao Tongfuyu Industrial Area, Shajing, Baoan District, Shenzhen, China



# Électrostimulateur (Appareil TENS)

## Installation

Déballez le produit de son emballage, retirez le produit et les accessoires et branchez les électrodes à l'appareil.




## Instructions d'utilisation

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Les points suivants vous guideront dans l'utilisation de l'appareil.

- Avant la première utilisation, rechargez l'électrostimulateur (TENS) pendant 8 heures.
- Branchez une paire d'électrodes à un des fils électriques de connexion, puis branchez le fil électrique au port de sortie situé à gauche de l'appareil. De même, branchez une autre paire d'électrodes à l'autre fil électrique de connexion, puis branchez le fil électrique au port de sortie situé à droite de l'appareil.
- Appliquez une paire (ou les deux paires) d'électrodes sur les zones que vous souhaitez traiter, par exemple les épaules et les jambes.
- Appuyez sur le bouton ON/OFF pendant 2 secondes pour allumer l'appareil. Ce dernier démarre automatiquement en mode 1 sur le canal A.
- Appuyez légèrement sur l'écran pour changer le mode de votre choix, assurez-vous de ne pas changer le mode trop rapidement.
- Avant de changer l'intensité du mode, vous devez savoir quel canal est utilisé, car le changement d'intensité du canal A et du canal B est séparé. Si l'icône A clignote, vous pouvez uniquement modifier l'intensité du canal A. Si l'icône B clignote, vous pouvez uniquement modifier l'intensité du canal B.
- Si vous souhaitez passer du canal A au canal B, vous pouvez appuyer sur le bouton A/B une fois ou simplement appuyer sur l'icône A ou B des deux côtés des barres d'intensité au bas de l'écran pour changer le canal.
- Lorsqu'un mode est sélectionné, vous pouvez modifier l'intensité de ce mode. Lorsque l'icône A clignote, vous pouvez changer l'intensité du canal A. Si vous souhaitez modifier l'intensité du canal B, appuyez une fois sur la touche A/B, ou appuyez simplement sur l'icône A ou B, puis l'icône B clignote, vous pouvez maintenant modifier l'intensité du canal B.
- Il existe deux façons de modifier l'intensité, vous pouvez toucher l'icône + sur l'écran OU appuyer sur le bouton + au côté droit de l'appareil pour augmenter l'intensité. En touchant l'icône - sur l'écran ou en appuyant sur la touche - du côté droit de l'appareil, vous pourrez également diminuer l'intensité.
- Lorsque vous appuyez sur le bouton PAUSE, l'électro-stimulation s'arrête jusqu'à ce que vous appuyiez à nouveau sur le bouton PAUSE. Lorsque l'appareil est en PAUSE, l'intensité, le mode, la minuterie, etc. ne sont pas réglables, mais la fonction de verrouillage de l'écran reste disponible.

- Si vous aimez un certain mode et que vous souhaitez continuer à l'utiliser, vous pouvez simplement appuyer sur l'icône  de fonctionnement en boucle en haut de l'écran, puis le mode et l'intensité sélectionnés continueront jusqu'à ce que vous arrêtez le fonctionnement en boucle en appuyant à nouveau sur l'icône. Par défaut, le fonctionnement en boucle est paramétré sur une minuterie de 20 minutes et à la fin du compte à rebours le mode se répète encore et encore. Vous pouvez également réinitialiser manuellement la minuterie.
- Si vous appréciez un certain mode et que vous ne souhaitez pas effectuer d'autres modifications, vous pouvez appuyer une fois légèrement sur le bouton ON/OFF, l'écran sera verrouillé et le rétroéclairage s'éteindra afin d'économiser plus d'énergie. SINON, appuyez sur l'icône de verrouillage sur l'écran, l'écran sera verrouillé, mais le rétroéclairage restera allumé. Lorsque l'appareil est verrouillé, il est allumé et produit de l'intensité, mais toutes les icônes de fonction sont verrouillées, vous ne pouvez pas modifier le mode, l'intensité, etc., ceci afin d'éviter d'appuyer sur l'écran par erreur. Pour déverrouiller l'écran, vous pouvez appuyer une fois légèrement sur le bouton ON/OFF ou appuyer sur l'icône de verrouillage à l'écran.
- En appuyant sur la minuterie à l'écran, vous pouvez régler la minuterie de 10 minutes à 60 minutes.
- Lorsque la barre de l'icône de la batterie disparaît, l'appareil va manquer de batterie, il doit être rechargé dès que possible.
- Lorsque vous allumez l'appareil et qu'il ne produit aucun courant électrique c'est peut-être que les électrodes sont mal branchées, si tel est le cas vous ne pouvez pas ajuster l'intensité.

#### **Utilisation recommandée :**

- La durée et fréquence d'utilisation recommandée du traitement pour chaque zone est de 20 minutes 2 fois par jour.
- Commencez une séance au niveau d'intensité le plus faible, puis augmentez progressivement le niveau d'intensité (par paliers allant du niveau 1 au niveau 20) afin d'atteindre un niveau d'intensité confortable.
- Une bonne hygiène de peau est essentielle pour pouvoir utiliser l'appareil confortablement. Assurez-vous que la zone traitée est parfaitement propre et ne présente aucun résidu de lotion pour le corps.
- Pour augmenter la durée de vie des électrodes, conservez-les dans leur sac de rangement après chaque utilisation. Les électrodes sont jetables et doivent être remplacées lorsqu'elles perdent leur adhésivité. Pour obtenir de nouvelles électrodes, veuillez contacter votre revendeur.

## Nettoyage et entretien

Tout d'abord, utilisez un chiffon doux légèrement imbibé d'eau ou de détergent au ph neutre pour nettoyer l'appareil, puis essuyez l'appareil avec un chiffon sec. Les électrodes sont jetables et doivent être remplacées lorsqu'elles perdent leur adhésivité. Pour obtenir de nouvelles électrodes, veuillez contacter votre revendeur.

## Dépannage

Si l'appareil ne fonctionne pas correctement, veuillez vérifier le guide de dépannage suivant. Si ce guide ne permet pas de résoudre votre problème, veuillez contacter votre revendeur.

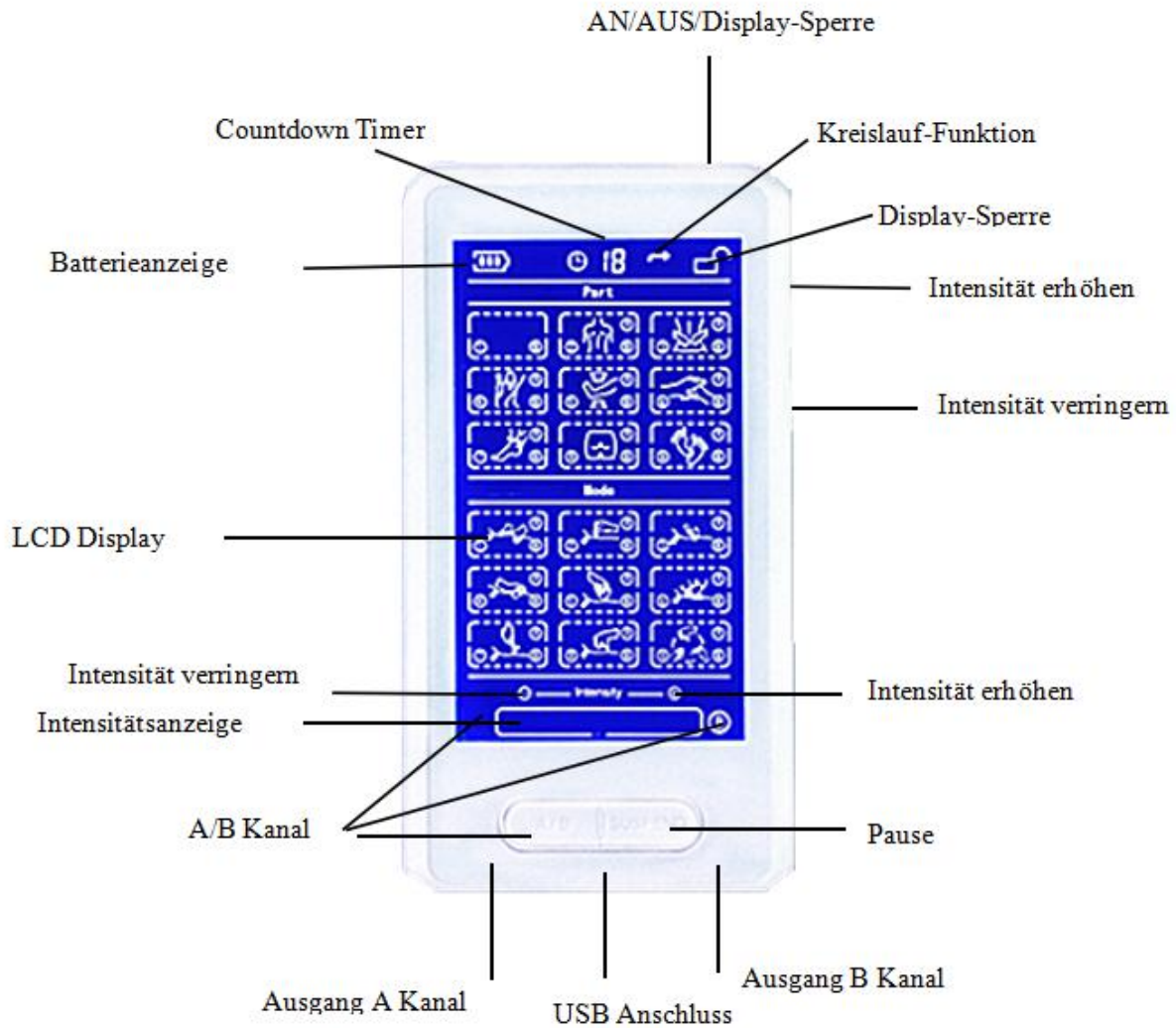
Problème	Cause possible	Solution
Je ne ressens pas les pulsations avec les niveaux d'intensité faibles	Les électrodes n'adhèrent pas fermement à la peau	Appliquez les électrodes de sorte qu'elles adhèrent fermement à la peau
	Vous n'avez pas retiré le film de protection des électrodes	Retirez le film de protection des électrodes
	Les électrodes sont appliquées les unes sur les autres	Ne placez pas les électrodes les unes sur les autres
	Le niveau d'intensité est trop faible	Augmentez le niveau d'intensité
	Le niveau de batterie est faible	Rechargez la batterie
Apparition de rougeurs sur la peau et sensation d'irritation	La surface adhésive des électrodes est sale ou sèche	Avec le bout du doigt, nettoyez soigneusement la face adhésive des électrodes en les passant 3 secondes à l'eau courante
	Le temps d'utilisation est trop long ou l'intensité est trop élevée	Réduisez la durée de la séance ou diminuez le niveau d'intensité
	La surface adhésive des électrodes est usée	Remplacez les électrodes

Pas d'alimentation.	La batterie est épuisée	Changez la batterie
L'appareil s'éteint pendant l'utilisation	La batterie est faible	Changez la batterie
Il est difficile d'appliquer les électrodes sur la peau	Vous n'avez pas retiré le film de protection des électrodes	Retirez le film de protection des électrodes
	Vous avez appliqué les électrodes immédiatement après les avoir nettoyées	Faites sécher les électrodes
	La face adhésive des électrodes est abîmée	Remplacez les électrodes
La face adhésive des électrodes ne colle plus	Les électrodes perdent leur adhésivité avec l'usage	Contactez votre revendeur pour en obtenir de nouvelles
	Les électrodes ont été stockées et exposées à des températures élevées, un taux d'humidité élevé ou à la lumière directe du soleil	Remplacez les électrodes

# Elektronischer Pulsstimulator (TENS Gerät)

## Einrichtung

Öffnen Sie die Verpackung des Produkts, entnehmen Sie es und alle Accessoires. Verbinden Sie die Elektroden-Pads mit dem Gerät.



## Bedienungshinweise

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Die folgenden Schritte erklären Ihnen die Verwendung des Geräts.

- Der elektronische Pulsstimulator (TENS) muss sich bis zu 8 Stunden aufladen, bevor er zum ersten Mal verwendet werden kann.
- Bringen Sie ein Paar der Elektroden-Pads mit den Kabeln an und schließen Sie diese an den linken Ausgang des Geräts. Wiederholen Sie das mit den restlichen Pads und Kabel und dem rechten Ausgang des Geräts.
- Bringen Sie die zwei Paare der Elektroden-Pads im Behandlungsbereich an (z.B. Schulter oder Beine).
- Betätigen Sie die AN/AUS Taste für 2 Sekunden, um das Gerät einzuschalten. Das Gerät beginnt automatisch im Modus 1 und Kanal A.
- Berühren Sie sanft das Display, um den Modus nach Belieben zu ändern. Gehen Sie sicher, den Modus nicht zu schnell zu wechseln.
- Vor dem Ändern der Intensität des Modus sollten Sie zuerst wissen, in welchem Kanal Sie sich befinden. Denn die Intensität des Kanals A und B ändert sich separate. Falls Symbol A blinkt, können Sie nur die Intensität von Kanal A ändern. Falls Symbol B blinkt, können Sie nur die Intensität des Kanals B ändern.
- Wenn Sie von Kanal A zu Kanal B wechseln möchten, drücken Sie einmalig die Taste A/B oder tippen auf das A/B Symbol an den zwei Intensitätsleisten am unteren Bildschirmrand.
- Wenn ein bestimmter Modus ausgewählt wurde, können Sie die Intensität dieses Modus anpassen. Wenn das Symbol A blinkt, können Sie die Intensität des Kanals A ändern. Wenn Sie die Intensität des Kanals B anpassen wollen, drücken Sie einmalig die A/B Taste oder tippen Sie auf das A oder B Symbol und wenn das B Symbol blinkt, können Sie die Intensität des Kanals B anpassen.
- Es gibt zwei Wege zur Anpassung der Identität. Sie können das Symbol + auf dem Display antippen ODER die + Taste auf der rechten Seite des Geräts betätigen. Gleiches gilt für die – Tasten auf der Fernbedienung oder dem Display, um die Intensität zu verringern.
- Wenn Sie die SUSPEND Taste drücken, wird das Gerät stoppen, bis Sie die Taste erneut drücken. In diesem Status kann der Modus, die Intensität oder der Timer nicht angepasst werden. Die Display-Sperre ist jedoch weiterhin verfügbar.
- Wenn Sie einen bestimmten Modus mögen und diesen verwenden möchten, können Sie einfach auf

das Kreissymbol  oben am Display klicken und der aktuelle Modus und die Intensität

werden beibehalten, bis Sie diesen Modus per Klick auf die Kreistaste wieder beenden. Der standardmäßige Schleifen-Countdown beträgt 20 Minuten. Die Schleifen-Funktion sorgt dafür, dass die Countdown-Zeit immer wieder wiederholt wird. Sie können die Countdown-Zeit eigenständig zurückstellen.

- Wenn Ihnen ein bestimmter Modus gefällt und keine weiteren Änderungen vornehmen möchten, können Sie die AN/AUS Taste betätigen und das Display wird gesperrt. Das Hintergrundlicht geht nun aus, um Energie zu sparen. Oder drücken Sie Sperrtaste und das Display wird blockiert. Nun ist das Hintergrundlicht jedoch noch an. Während der Sperre nutzt das Gerät die vorherige Intensität, aber alle anderen Funktionen sind gesperrt. Sie können den Modus, die Intensität usw. nicht ändern. So vermeiden Sie unbeabsichtigte Änderungen per Berührung des Displays. Um das Display zu entsperren, können Sie die AN/AUS Taste drücken oder die Sperrtaste auf dem Display drücken.
- Drücken Sie die Countdown-Zeit auf dem Display, um den Timer von 10 bis zu 60 Minuten einzustellen.
- Wenn die Energieanzeige verschwindet, wird das Gerät keine Leistung mehr haben. Es sollte schnellstmöglich aufgeladen werden.
- Wenn Sie das Gerät einschalten und die Kabel nicht gut mit dem Gerät verbunden sind, können Sie die Intensität nicht anpassen.

### **Empfohlene Anwendung:**

- Die empfohlene Anwendungsdauer pro Hautbereich beträgt 20 Minuten zweimal pro Tag. Besprechen Sie dies auch mit Ihrem Arzt für längere Verwendungen.
- Beginnen Sie bei der geringsten Intensität und passen Sie die Intensität langsam von 1 bis 20 an.
- Eine gute Hautpflege ist wichtig, um das Gerät bequem nutzen zu können. Stellen Sie sicher, dass die Haut sauber ist und dass keine Cremes oder Lotions aufgetragen sind.
- Durch das Lagern der Elektroden-Pads in den Taschen verlängern Sie deren Lebensdauer. Die Elektroden können entsorgt werden und sollten ersetzt werden, wenn sie nicht mehr kleben. Kontaktieren Sie den Verkäufer, um weitere Elektroden-Pads zu kaufen.

### **Reinigung und Pflege**

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Bitte nutzen Sie ein Tuch, um das Gerät zu reinigen und nutzen Sie dann ein trockenes Tuch, um es trocken zu wischen. Die Elektroden sind wegwerfbar und sollten ersetzt werden, wenn sie nicht mehr kleben. Kontaktieren Sie den Verkäufer für Ersatz.

### **Problembehandlung**

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Wenn Ihr Gerät nicht normal funktioniert, finden Sie hier die Lösungen zu häufigen Problemen. Falls dies nicht hilft, kontaktieren Sie bitte den Verkäufer.

Problem	Mögliche Ursache	Lösung

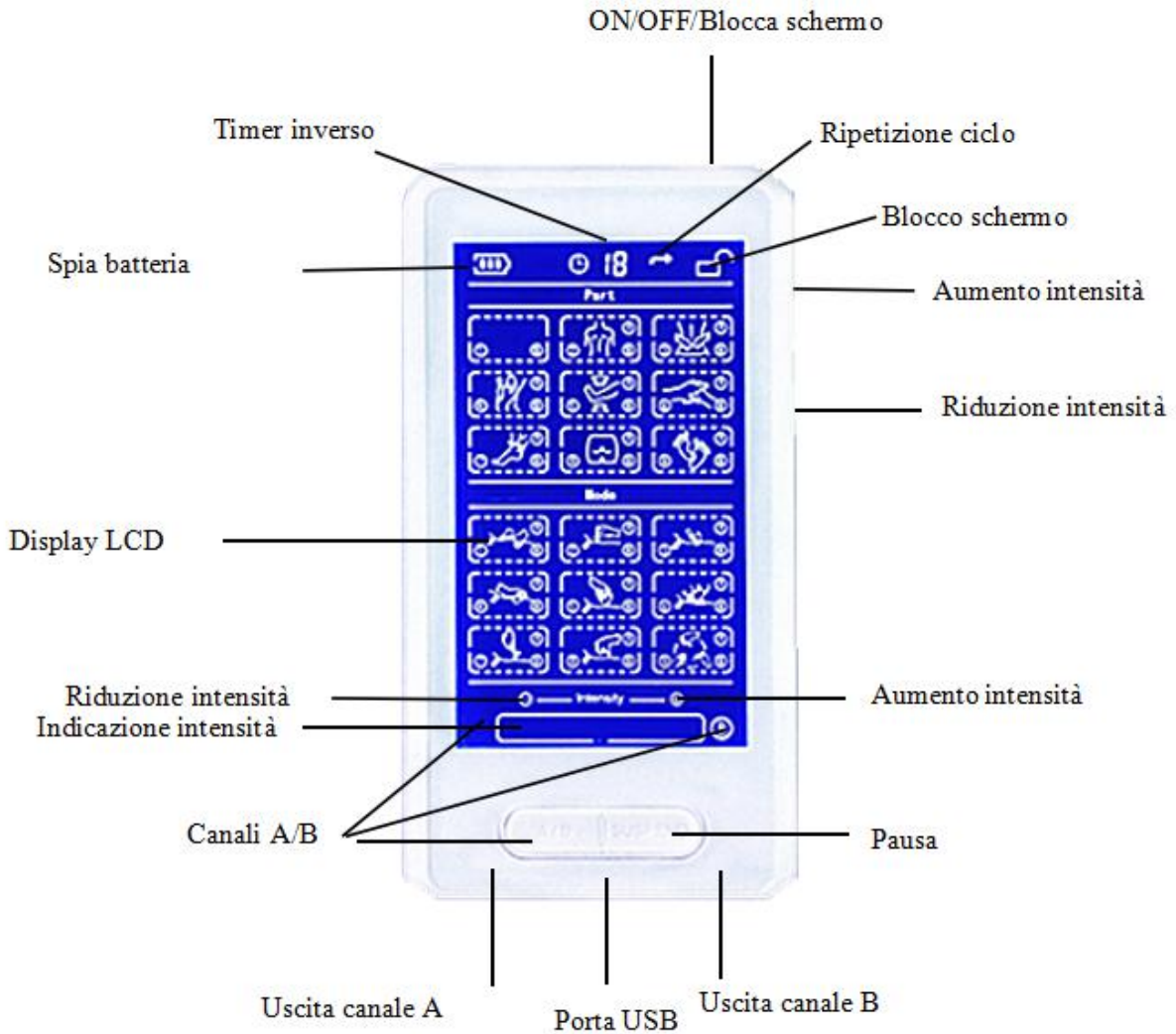


Die Intensität ist bei einem geringen Intensitätslevel nicht spürbar.	Die Pads sind nicht fest am Körper angebracht.	Bringen Sie beide Pads korrekt an
	Die durchsichtigen Schutzfilme sind noch an den Pads.	Film auf Klebefläche oder Pads lösen
	Die Pads stecken zusammen oder überlappen sich.	Pads nicht übereinander legen oder überlappen
	Die Intensitätseinstellung ist zu schwach.	Intensität erhöhen
	Die Batterieleistung ist zu schwach	Batterie aufladen
Die Haut rötet sich oder fühlt sich irritiert an	Die Klebefläche der Pads ist dreckig oder trocken	Waschen Sie die Oberfläche der Pads vorsichtig mit Ihren Fingerspitzen für 3 Sekunden unter leicht fließendem Wasser.
	Die Behandlungszeit ist zu lang oder die Intensität zu hoch	Verringern Sie die Anwendungszeit oder die Intensität
	Die Elektro-Pad Oberfläche ist verbraucht	Elektro-Pad austauschen
Keine Stromquelle	Die Batterie ist leer	Ersetzen Sie die Batterie
Stromunterbrechung	Die Batterie ist schwach	Ersetzen Sie die Batterie
Es ist schwierig, das Pad an der Haut anzubringen	Haben Sie den Schutzfilm vom Pad entfernt?	Nehmen Sie den Schutzfilm der Pads ab
	Wurde das Pad direkt nach dem Waschen angebracht?	Trocknen Sie die Pads
	Ist die Klebefläche der Pads beschädigt?	Ersetzen Sie die Pads
Die Klebefläche klebt nicht	Die Pads sind alt	Kontaktieren Sie den Verkäufer für Ersatz
	Die Pads wurden bei hoher Temperatur oder Luftfeuchtigkeit oder direkter Sonneneinstrahlung gelagert.	Ersetzen Sie die Pads

# Stimolatore Elettronico a Impulsi (Unità TENS)

## Layout

Aprire la confezione, estrarre il prodotto e gli accessori e collegare gli elettrodi al dispositivo.




## Istruzioni operative

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Per il funzionamento del dispositivo svolgere i seguenti passi:

- Lo Stimolatore Elettronico a Impulsi (TENS) deve essere messo in carica fino a 8 ore prima del primo utilizzo.
- Collegare un paio di elettrodi su un cavetto di collegamento fissandoli a scatto; l'altra estremità del cavetto è collegata all'uscita sinistra del dispositivo. Allo stesso modo, collegare l'altra coppia di elettrodi sull'altro cavetto e all'uscita destra del dispositivo.
- Attaccare una coppia o due coppie di pastiglie per elettrodi sull'area di trattamento, come spalle e gambe.
- Premere il tasto ON/OFF per 2 secondi per accendere l'unità, l'unità inizia automaticamente nel Modo 1 e utilizza il Canale A.
- Toccare leggermente lo schermo per modificare il Modo come si desidera, assicurarsi di non modificare il Modo troppo rapidamente.
- Per modificare l'intensità del Modo, bisogna prima stabilire quale canale è attivo. Infatti, la modifica d'intensità del canale A e quella del canale B sono separate. Se l'icona A lampeggia, si può modificare solo l'intensità del canale A. Se l'icona B lampeggia, si può modificare solo l'intensità del canale B.
- Se si desidera passare dal canale A al canale B e viceversa, si può premere il tasto A/B una volta o semplicemente premere l'icona A o quella B sui due lati delle barre di intensità nella parte inferiore dello schermo.
- Una volta scelto un determinato Modo, è possibile modificarne l'intensità. Se l'icona A lampeggia, si può modificare l'intensità di questo canale subito. Se si desidera modificare l'intensità del canale B, premere il pulsante A/B una volta o semplicemente premere l'icona A o quella B, l'icona B lampeggia, ed è ora possibile modificare solo l'intensità del canale B.
- Si può cambiare l'intensità in due modi: si può toccare l'icona + sullo schermo OPPURE premere il tasto + sul lato destro dell'unità per aumentare l'intensità. Toccando l'icona - sullo schermo, o premendo il tasto - sul lato destro dell'unità, si può ridurre l'intensità.
- Quando si preme il tasto SUSPEND, l'apparecchio va in pausa e non è visualizzata alcuna uscita finché non si preme di nuovo SUSPEND. Nello stato SUSPEND, l'intensità, il modo, il timer, ecc. non si possono variare. Tuttavia, la funzione blocco dello schermo è disponibile.
- Se piace un determinato Modo e si vuole continuare a usarlo, si può semplicemente premere l'icona

ripetizione ciclo  in alto nello schermo; così il modo e l'intensità correnti saranno mantenuti fino all'interruzione della ripetizione del ciclo, premendo di nuovo sull'icona. Il timer inverso per il ciclo è di 20 minuti per default; attivando la funzione ciclo il timer inverso sarà ripristinato ripetutamente. Si può anche resettare il timer inverso manualmente.

- Se piace un determinato Modo e non si desidera modificarlo, si può premere leggermente il tasto ON/OFF, lo schermo si blocca e la retroilluminazione si spegne per risparmiare energia, oppure, premendo l'icona di blocco, lo schermo si blocca ma la retroilluminazione resta attiva. Nello stato di blocco, l'unità mantiene l'intensità di uscita, ma le icone delle funzioni si bloccano e non è possibile modificare il modo, l'intensità, ecc. Con il blocco si evitano modifiche indesiderate dovute al tocco accidentale dello schermo. Per sbloccare lo schermo, si può premere leggermente il tasto ON/OFF o l'icona di blocco sullo schermo.
- Premendo il timer inverso sullo schermo si può impostare la durata da 10 minuti a 60 minuti.
- Quando la barra di alimentazione nell'icona della batteria scompare, l'unità sta per restare priva di alimentazione e la batteria deve essere ricaricata non appena possibile.
- Quando si accende l'unità e non viene rilevato alcun carico, ad esempio l'unità non è stata collegata correttamente al corpo, non è possibile modificare l'intensità.

### **Raccomandazioni per l'Uso:**

- La durata suggerita per ogni zona della pelle è di 20 min. per 2 volte al giorno. Consultare il medico per usi più lunghi e più frequenti.
- Iniziare con l'intensità minima e regolare gradualmente a un livello confortevole in una scala da 1 a 20.
- Una buona cura della pelle è importante per un utilizzo confortevole del dispositivo. Assicurarsi che il punto di applicazione sia pulito e privo di lozioni per il corpo.
- Tenere gli elettrodi nella custodia dopo l'uso garantirà una maggiore durata. Gli elettrodi sono usa e getta e devono essere sostituiti quando perdono l'adesività. Per acquistare nuovi elettrodi, si prega di contattare il venditore.

## Pulizia e Manutenzione

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Utilizzare un panno umido per pulire il dispositivo, quindi utilizzare un panno asciutto per strofinare di nuovo. I cuscinetti per gli elettrodi offerti con il dispositivo sono usa e getta e devono essere sostituiti quando perdono l'adesività. Contattare il venditore per le sostituzioni.

## Risoluzione dei Problemi

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Problema	Possibile Causa	Soluzione
L'intensità si percepisce appena	I cuscinetti non sono attaccati saldamente al corpo	Fissare entrambe le pastiglie saldamente alla pelle
	Le pellicole trasparenti sono ancora attaccate alle pastiglie	Staccare la pellicola dalla superficie adesiva delle pastiglie
	Le pastiglie sono una sull'altra o si sovrappongono	Non mettere le pastiglie una sull'altra o non sovrapporle
	L'impostazione di intensità è debole	Aumentare il livello d'intensità
	La capacità della batteria è bassa	Sostituire la batteria
La pelle si arrossa o si irrita	La superficie adesiva delle pastiglie è sporca o secca	Lavare la superficie adesiva delle pastiglie delicatamente con i polpastrelli per circa 3 secondi sotto l'acqua corrente a pressione minima
	Il tempo di terapia è troppo lungo o l'intensità è impostata su valori troppo alti	Ridurre la durata o l'intensità dell'applicazione
	La superficie delle pastiglie degli elettrodi è consumata	Sostituire le pastiglie degli elettrodi
Non c'è alimentazione	La batteria è esaurita	Sostituire la batteria
L'alimentazione si interrompe durante l'uso	La batteria è debole	Sostituire la batteria
È difficile attaccare le pastiglie alla pelle	La pellicola trasparente di protezione è stata rimossa dalle pastiglie?	Staccare la pellicola dalla superficie adesiva delle pastiglie
	Le pastiglie sono state applicate subito dopo essersi lavati?	Asciugare le pastiglie
	La superficie adesiva delle pastiglie è danneggiata?	Sostituire le pastiglie
La superficie delle pastiglie non è adesiva	Le pastiglie sono deteriorate	Contattare il venditore per la sostituzione

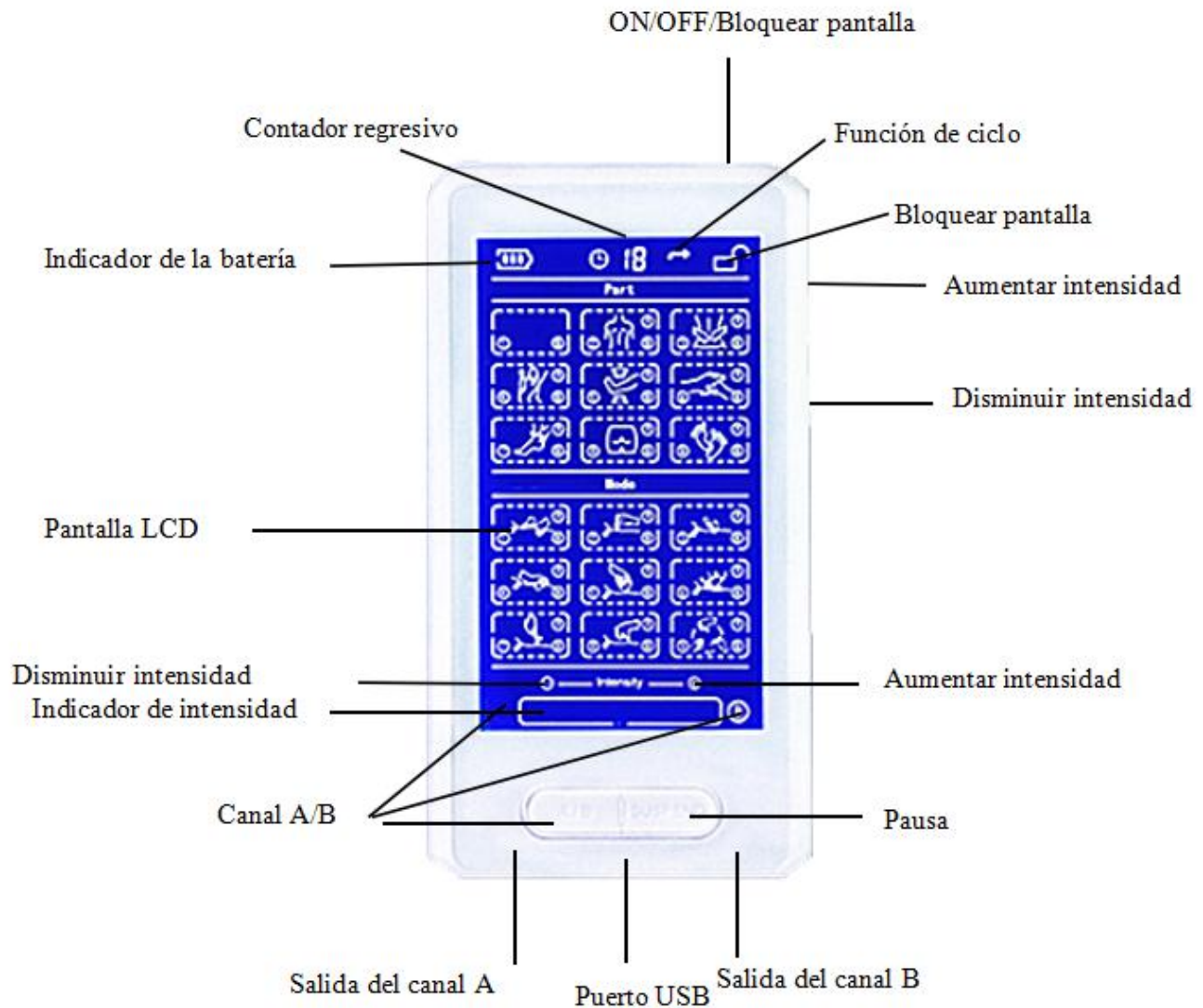
	Le pastiglie sono state conservate a temperatura elevata, esposte a forte umidità o alla luce diretta del sole?	Sostituire le pastiglie
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Se il dispositivo non funziona correttamente, controllare nella tabella seguente i problemi usuali e le soluzioni suggerite. Se l'azione consigliata non risolve il problema, si prega di contattare il venditore.

# Estimulador eléctrico transcutáneo (Unidad de TENS)


## Configuraciones

Saque el producto y los accesorios del paquete, y encaje la unidad de conexión en la almohadilla del electrodo.



## Instrucciones de operación

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- Los siguientes pasos lo guiarán en el funcionamiento del dispositivo.
- El estimulador eléctrico transcutáneo (TENS) debe cargarse hasta 8 horas antes del primer uso.
- Conecte un par de almohadillas de electrodos a un cable de conexión. El otro extremo del hilo de conexión debe estar conectado a la salida izquierda del dispositivo. Así como el otro par de almohadillas de electrodo debe estar conectado al cable de conexión restante y a la salida derecha del dispositivo.
- Conecte un par o dos pares de electrodos a la zona de tratamiento, como en el hombro y las piernas.
- Pulse el botón de ON / OFF durante 2 segundos para encender la unidad. La unidad comenzará automáticamente en el modo 1 y en el canal A.
- Toque ligeramente la pantalla para cambiar el modo a su gusto, asegúrese de no cambiar el modo demasiado rápido.
- Antes de cambiar la intensidad del modo, primero debe saber en qué canal se encuentra, ya que el cambio de intensidad del canal A y del canal B está separado. Si el icono A está parpadeando, sólo puede cambiar la intensidad dentro del canal A. Si el icono B está parpadeando, sólo puede cambiar la intensidad dentro del canal B.
- Si desea cambiar del canal A al canal B, presione el botón de A / B una vez o simplemente puede presionar el icono A o B en los dos lados de las barras de intensidad en la parte inferior de la pantalla para cambiar el canal.
- Cuando haya seleccionado cierto modo, cambie la intensidad del modo. El icono A parpadeará, y podrá cambiar la intensidad del canal A. Si desea cambiar la intensidad del canal B, presione el botón de A / B una vez o simplemente presione el icono A o B, y el icono B parpadeará para que pueda cambiar la intensidad dentro del canal B.
- Hay dos maneras de cambiar la intensidad, tocando el icono + en la pantalla o, presionando el botón + en el lado derecho de unidad para aumentar la intensidad. Al tocar el icono en la pantalla o presionar el botón - en el lado derecho de la unidad, podrá disminuir la intensidad.
- Al presionar el botón de SUSPEND, la unidad se detendrá y podrá volver a activarla presionando el botón de SUSPEND de nuevo. En el estado de SUSPEND, la intensidad, el modo, el temporizador, etc., no son ajustables pero la función de bloqueo de pantalla sí.
- Si está cómodo con algún modo y desea seguir usándolo, simplemente puede presionar el icono de ciclo  en la parte superior de la pantalla, el modo actual y la intensidad se mantendrán hasta que detenga la función del ciclo pulsando de nuevo el icono de ciclo. El tiempo regresivo del ciclo está predeterminado por 20 minutos, la función de ciclo hará que el tiempo regresivo se repita una y otra vez. También puede restablecer el tiempo regresivo usted mismo.
- Si le gusta algún modo y no desea hacer ningún cambio adicional, puede presionar ligeramente el botón de ON / OFF, la pantalla se bloqueará y la luz de fondo se apagará para ahorrar energía. O



también presione el icono de bloqueo en la pantalla, esto hará que la pantalla se bloquee pero la luz de fondo se mantendrá encendida. En el estado del bloqueo, la unidad está encendida con la salida de la intensidad pero todos los iconos de la función están bloqueados, no podrá cambiar el modo, la intensidad ni más. Esto evitará que toque la pantalla por error. Para desbloquear la pantalla, presione ligeramente una vez la tecla ON / OFF o pulse el icono de bloqueo en la pantalla.

- Si pulsa el tiempo regresivo de la pantalla, puede ajustar el temporizador de 10 minutos a 60 minutos.
- Cuando la barra de energía en el icono de la batería desaparezca, la unidad se descargará y deberá cargarla pronto.
- Cuando encienda la unidad, si ésta no carga, por ejemplo, que no haya conectado bien la unidad con el cuerpo, no podrá ajustar la intensidad.

**Uso recomendado:**

- La duración sugerida para cada área de la piel es de 20 min y 2 veces al día. Consulte a su médico para usos más largos y frecuentes.
- Comience desde la intensidad más baja y gradualmente ajústela a un nivel cómodo en una escala de 1 a 20.
- Un buen cuidado de la piel es importante para un uso cómodo del dispositivo. Asegúrese de que el sitio de tratamiento no esté sucio ni tenga loción para el cuerpo.
- Mantenga el electrodo en la bolsa de almacenamiento después de cada uso para prolongar su vida útil. El electrodo es desechable y debe ser reemplazado cuando pierde la adhesividad. Para comprar electrodos adicionales, contacte al vendedor.

## **impieza y mantenimiento**

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Utilice el paño para limpiar el dispositivo primero y, después utilice un paño seco para volverlo a limpiar. Los electrodos que vienen con el dispositivo son desechables, y deben ser reemplazados cuando pierdan su adhesividad. Contacte al vendedor para obtener reemplazos.

## **Resolución de problemas**

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Si el dispositivo no funciona correctamente, revise las soluciones más comunes que puede utilizar para resolver algunos problemas que se le presenten. Si no funcionan, consulte al vendedor.

Problema	Posible causa	Solución
La intensidad es muy débil	Las almohadillas no están sujetas firmemente al cuerpo	Conecte firmemente ambas almohadillas a la piel
	Las películas transparentes todavía están pegadas a las almohadillas	Quite la película sobre la superficie adhesiva de las almohadillas
	Las almohadillas están pegadas o se superponen	No junte las almohadillas o sobreponga una con otra
	El ajuste de intensidad se está debilitando	Aumente el nivel de intensidad
	La batería está baja	Cambie la batería
La piel se pone roja o se irrita	La superficie adhesiva de las almohadillas está sucia o seca	Lave la superficie adhesiva de las almohadillas suavemente con las yemas de los dedos durante unos 3 segundos bajo agua
	El tiempo de terapia es demasiado largo o la intensidad es demasiado alta	Reduzca el tiempo de aplicación o reduzca la intensidad
	La superficie de la almohadilla del electrodo está salida	Reemplace el electrodo
No hay fuente de energía	La batería está baja	Cambie la batería
La energía se corta durante el uso	La batería está baja	Cambie la batería

Es difícil poner la almohadilla a la piel	¿Ya quitó la película transparente de la almohadilla?	Quite la película sobre la superficie adhesiva de las almohadillas
	¿Aplicó la almohadilla inmediatamente después del lavado?	Seque la almohadilla
	¿Está dañada la superficie adhesiva de la almohadilla?	Vuelva a colocar la almohadilla
La superficie adhesiva de la almohadilla no es pegajosa	Las almohadillas están deterioradas	Póngase en contacto con el proveedor para comprar reemplazos.
	Se almacenaron las almohadillas a una alta temperatura, alta humedad, o sol	Vuelva a colocar la almohadilla

This device complies with Part 15 of the FCC Rules.