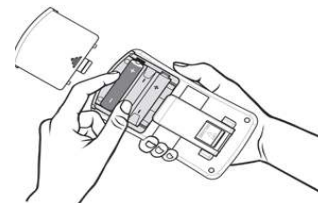


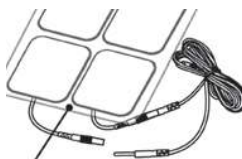
Transcutaneous Electrical Nerve Stimulation (TENS) Quick Reference Guide

1. Insert battery- Press arrow and slide battery into compartment and place cover on. If device stops working replace battery.

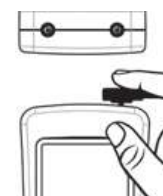


back

2. Connect electrodes (pads) to lead (wires)



3. Connect the lead wires to top of device. Make sure connection is pushed completely in. This operates with one or two sets of electrodes. When using one set, plug lead wire into Channel 1 on top of the unit. Use Channel 2 to operate a second set of electrodes



unit

4. Place electrodes (pads) on skin. Remove electrodes from protective backing to properly store electrodes after use. Before applying electrodes, make the skin is clean and dry. Placing the electrodes on skin surrounding the area of



Keep
sure
pain.

5. Slide top cover off and turn knobs to turn on and increase intensity. Also, used turn device off when finished.



too

6. Slide cover down in front to adjust from 3 different modes based on your comfort
B=Burst
N=Constant
M=Modulation

You may change pulse rate and width to your comfort
Pulse rate=how many impulses applied through skin
Pulse width= length of time each signal is applied through skin, which controls strength and sensation of stimulation.

Time: 3 positions
15, 30 and C for continuous



Always place covers back on to prevent accidental changes in settings.