

GLOVE, SOCK AND SLEEVE/WIRELESS TENS MACHINE

Quick Start Guide

Plug the square unit in and charge to a full charge. While the battery is still charging, the light (next to the plug) will be red. Once it is fully charged, the light will change to Blue.

Insert the button Battery into the Wireless Remote. The battery will only fit in one direction, the writing on the battery should be visible, replace the battery cover.

Place the Conductive Sock, Glove or Sleeve on the foot, hand, leg or arm. Make sure the item is smooth and firmly against the skin. Do not use on broken or damaged skin. **When using the glove be sure to remove all metal jewelry from the area being treated.**

Connect the wireless device to the garment that has been placed on the body. Make sure the garment has close contact with the skin.

Hold the Power Button  for two seconds, the light will begin flashing blue.

Press the ON/OFF Button on the remote control and the left red light will illuminate which shows MODE 1. The mode is the manner that the tens is pulsating. The intensity is the strength of the pulses. Once a new mode is set, the intensity is reset to level 1. There are 6 modes on the device. Press M to change the mode.

Simply press the  to INCREASE INTENSITY or  to DECREASE INTENSITY. If you need to stop the device immediately press the Play/Pause Button  to restart press the Play/Pause Button again.

Mode 1 - Left Red Light Mode 2 - Right Red Light

Mode 3 - Both Red Lights Mode 4 - Left Green Light

Mode 5 - Right Green Light Mode 6 - Both Green Lights

Intensity Levels 10

Treatment will automatically stop after 20 minutes. Treatment can be stopped at any time by pressing the ON/OFF button on the remote control. DO NOT remove the device until the treatment has stopped.



Cautions & Warnings: Do not use on head. Do not use if you have a pacemaker or suspected or diagnosed epilepsy or heart disease. If you are pregnant, please check with your health care provider before using. If device becomes uncomfortable or causes pain, discontinue use immediately. Do not use over open or damaged skin. Remove all Jewelry in the treatment area.

Questions? sales@glacierheat.net

