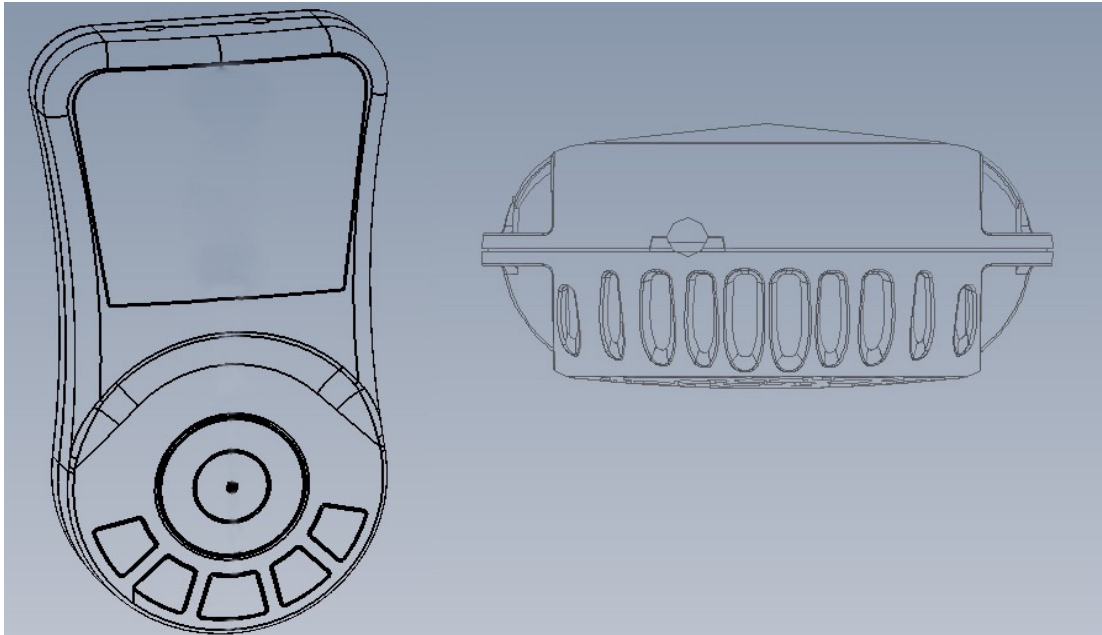


# Thermotherapy & Cold Therapy Tens Machine

**THERMOTHERAPY** Medical Therapy involving the application of heat.

**COLDTHERAPHY** Medical Therapy involving the application of cooling temperatures.

**TENS** is an abbreviation for transcutaneous electrical nerve stimulation, a technique intended to provide pain relief by applying electrodes to the skin to block impulses in underlying nerves.



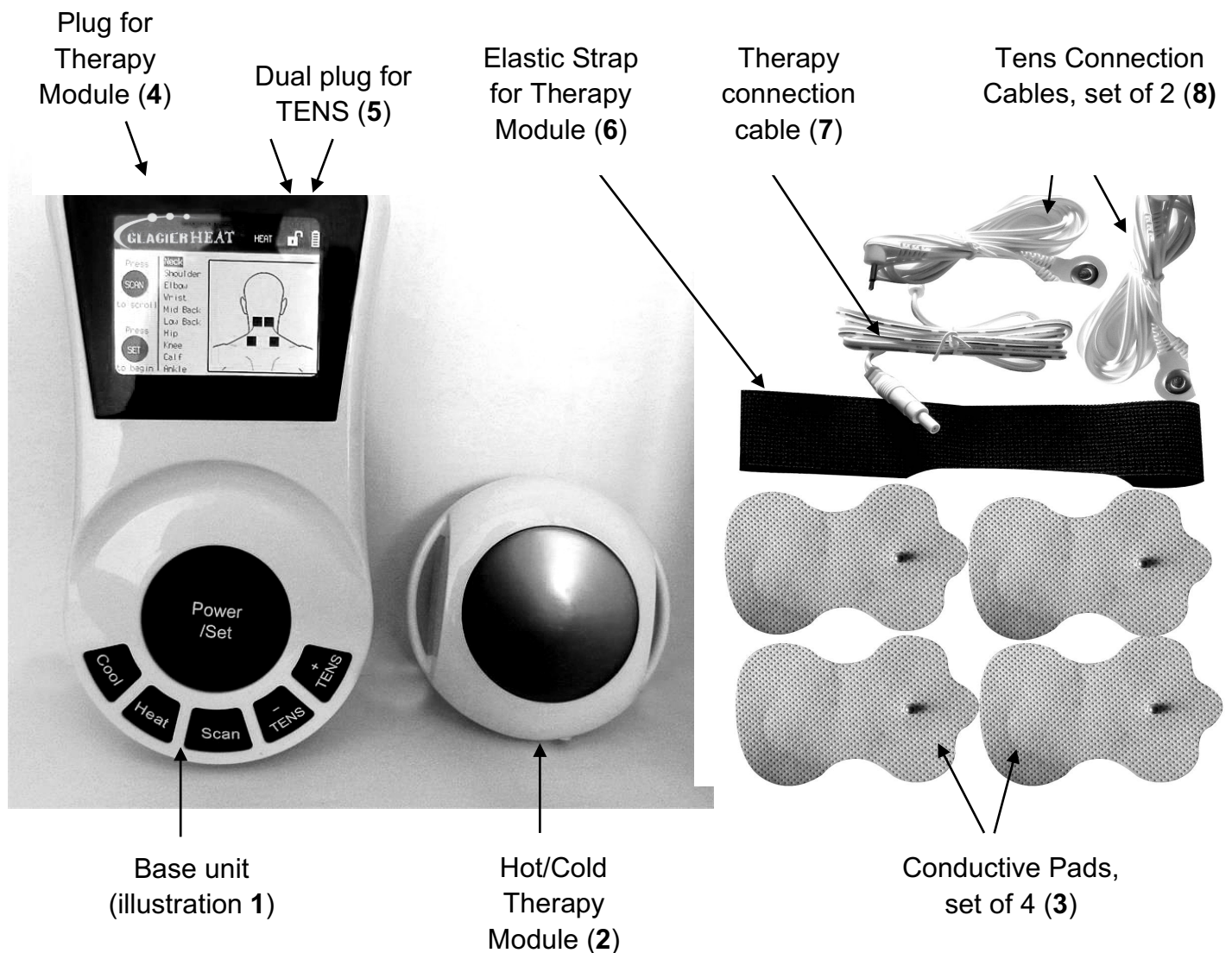
The system has two therapy functions: TENS therapy and Contrast Therapy (hot/cold treatment). You can choose one or both therapies at the same time according to your personal needs.

## **1. Thermotherapy/Cold-therapy – Contrast Therapy - Hot or Cold Therapy**

The unit incorporates a module which transmits either hot or cold via its metal disk. The temperature is automatically set to the optimum therapy temperature for either heat and cooling. The temperature will range between 45° C to 52° C for cold and between 105° F to 110° F for hot. Temperature can vary slightly due to skin contact or ambient temperature. The temperatures are carefully calibrated to not burn the skin. The therapeutic value of the unit is maximized by using both hot/cold treatment and TENS treatment together.

## **2. TENS Therapy – Transcutaneous Electrical Nerve Stimulation**

The Tens unit (illustration 1) has dual channel outputs and 10 modes incorporated into the programming for use on different areas of the body: Neck, Shoulder, Elbow, Wrist, Mid-back, Low-back, Hip, Knee, Calf and Ankle. Pictures shown on the screen show suggested placement for the 4 therapy pads. Each of the modes has 12 different intensities or variations and can be set to run for a 15, 30, 60 minute or continuous cycle. We do not recommend using for longer than 30 minutes on any part of the body. The locations are simply suggestions and should be placed comfortably for the person using them.



### ***How to using the system***

1. Place the rechargeable battery into the case, for best results fully charge before using the device using only the provided wall charger. If it is not convenient to charge the device before using, connect the wall adapter to the device before installing the battery. Do not attempt to use the device while plugged in if the battery is installed. The device will also run on 4x AA batteries when only using the TENS function. Using the device with batteries installed while plugged into the charger may damage the device and will void any warranty.
2. To use the Hot & Cold therapy connect the hot/cold module (2) to the base unit using the therapy connection cable (7) and plugging into port (4) The module can be attached to the body using the strap (6) or you can move and hold in place with your hands. Take care not to cover the opposite side of the module because improper ventilation may cause the device to overheat and stop working. This can void your warranty. Once the module is connected, push the "Power/Set" round middle button once and the screen will illuminate, the screen will flash of HEAT or COOL and the module will turn on. Once the screen is illuminated, you can select the Heating or Cooling by Press "Heat" or "Cool" Button. Heating or cooling will begin. To stop the therapy simply press them.
3. To begin the TENS operation, first connect the tens connection cables (8) to the base unit output port (5) and connect the buttons of the massage cable to conductive pads (3). Connect the conductive pads to the desired location on your desire body location. Remove the plastic film and place the sticky side of the conductive pads straddling the desired therapy area. The two pads connected to one cord function together the two cords can either be used

together or one at a time. Once treatment is complete replace plastic film on the conductive pads or place conductive pads on the plastic base of the unit so they do not get dirty. If the conductive pads get dirty - disconnect from unit and run under cold water to clean the sticky area. Let pads dry and then replace on plastic film or back on unit base.

4. Once the conductive pads are connected, press the "Power/set" button, the machine will be powered on and the screen will be illuminated (press that button for a long time to power off). Press the "Scan" button to select or scroll the massage modes or timer set. When completing the massage mode and timer set, Turn page (Press power/set) to massage intensity set and output channel selection: Press the "TENS+" to add the massage intensity or Press "TENS-" to decrease the massage intensity, in this page, Press "Scan" button for a short time to switch between two output channels: For example, when the electrode cable insert in the right hole, you can operate the "TENS+" and "TENS-" button for this output channel, but when the massage cable insert on the middle hole, you will need to press the "Scan" button first, then you can operate the "TENS+" and "TENS-" button for this channel. You can use two outputs channels meantime, but need to press "Scan" button to switch for the intensity adjusting separately. When completing the intensity set, the machine will begin the massage (don't Press "power/set" button), you can first press the "Scan" button then "power/set" button meantime to lock the all the button (must press them meantime), press them together according first "Scan" then "power/set" to unlock the button.
1. If need to change the working massage modes, Press the "power/set" button to finish the present mode and turn page to the mode selection page.
2. 5, the timer for cold & hot and massager, if you never set the time, the timer is 15 minutes, if you want to set other time, you can turn page to the timer page to choose other time (30 minutes, 60 minutes and continuous)

#### **Some Tips:**

1. To remove the rechargeable battery from the unit, open the back battery cover, tap the control unit and hold your palm underneath battery and the battery will drop to your palm.
2. The battery will be fully charged full in 2 hours with the 9v 3A adaptor.
3. After you finish using the conductive pads you can place them on the two sides of the unit or you can store on the transparent film.
4. Do not use the battery and adaptor at the same time, or it will shorten adaptor's life, if you need to charge the battery, keep the control unit power off; when you use the wall adapter take out the battery.

#### **Warnings:**

If you are in the care of a physician, consult with your physician before using this device;

If you have a pacemaker do not use this machine without physician approval

If you have had medical or physical treatment for your pain, consult with your physician before using this device;

If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician;

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

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

Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins);

Do not apply stimulation over, or in proximity to, cancerous lesions;  
Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use;  
Do not apply stimulation when in the bath or shower;  
Do not apply stimulation while sleeping;  
Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury; and  
Do not use the device on children, if it has not been evaluated for pediatric use.  
Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals; and Apply stimulation only to normal, intact, clean, healthy skin.

### **Precautions**

We recommend the user manual advise users of the following:  
Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients  
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 your head, and electrodes should not be placed on opposite sides of your head  
The safety of electrical stimulation during pregnancy has not been established;  
You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel);  
If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician; and  
If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.  
Use caution if you have a tendency to bleed internally, such as following an injury or fracture;  
Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process;  
Use caution if stimulation is applied over the menstruating or pregnant uterus; and  
Use caution if stimulation is applied over areas of skin that lack normal sensation. The user manual should advise users of the following:  
Keep this device out of the reach of children; and Use this device only with the leads, electrodes, and accessories recommended by the manufacturer. Adverse Reactions You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin;  
You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face; and You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

### **Technical data:**

1. Voltage: DC 3.7-6V 5mA-1400mA
2. working time:15,30,60mins or continuous
- 3.Frequency: 1Hz-100Hz
4. Accessories:1pc control unit/1 piece hot & cold unit/1piece hot&cold connection cables/2 pairs of sticker electrode pads/ 2 pieces massage connection cables/1 piece rechargeable battery/1 piece adaptor/1 piece plastic board