

USER MANUAL

- 12 modes
- 20 intensity settings
- Large backlit LCD display
- Adjustable timer
- Can apply 4 pads on the body at same time
- Rechargeable, large capacity lithium battery

Do you suffer with pain, muscle tension, stress or poor circulation?

This device can quickly relax tense muscles and relieve pain. It is a modern day home therapy device using the latest bio-electrical technology. It is designed to provide relaxing, deep soothing sensations in areas where you need relief. Relax, feel good and rejuvenate your body and soul. Don't live with unhealthy physical and mental tension anymore.

Please read the instructions carefully before using this instrument.

This TENS EMS/PMS device is powered by a rechargeable lithium battery and can apply 4 pads. It helps relieve minor nerve and muscle aches and pains. It comprises of two main components, namely, Transcutaneous Electronic Nerve Stimulator and Electronic Muscle Stimulator/Powered Muscle Stimulator which generate the required stimulation signals, and 2 sets of leads wires with electrode pads. To be used of temporary relief of pain associated with sore and aching nerves and muscles in the lower back, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities.

Regular Application Principles:

1. Find the exact pain point; this is the position for the pads to be placed. The acupuncture chart can also serve as a guide for pad placement specific to each ailment.
2. Adjust the intensity gradually. It is more effective to reach the highest intensity level you can stand.
3. Recommended application duration is 2-3 times per day for 20-30 minutes per application, over 10 days for one course.
4. Pads can be placed in two ways:
 - Twin Mode - with the 2 pads next to each other on the same side of the body and in close proximity.
 - Opposed Mode - with the 2 pads on a similar spot, but on either sides of the body, i.e. the front and back shoulder.

Included in the box:

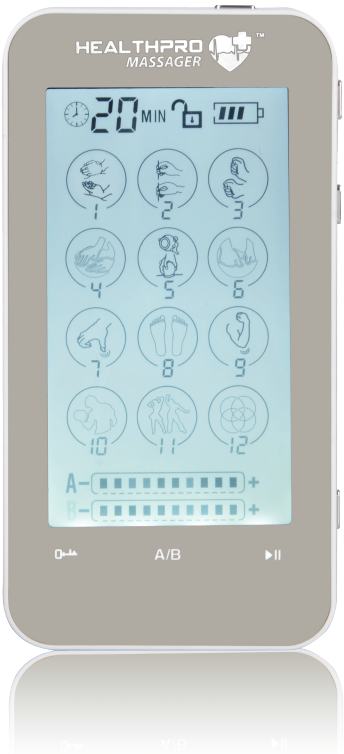
- Control unit
- 1 set of 4 Professional Grade Adhesive Electrodes
- 2 electrode wire with 2 leads
- 1 instruction user manual
- USB extension wire
- AC/DC adaptor
- Application acupuncture points chart
- Pad holder

Mode Description:

- We suggest that you initially experiment using each of the modes. The mode or combination of modes that gives you the most desirable sensations ad comfort is the most appropriate one for you to use.
- Intensity should be set at a level where you will feel some muscular vibration and involuntary muscle movements. It should be set to give a "comfortable" intensity and should not be painful.
- Timing of application should be at least 10 to 20 minutes.
- Recommended treatment is one to three times per day.

Directions for Use:

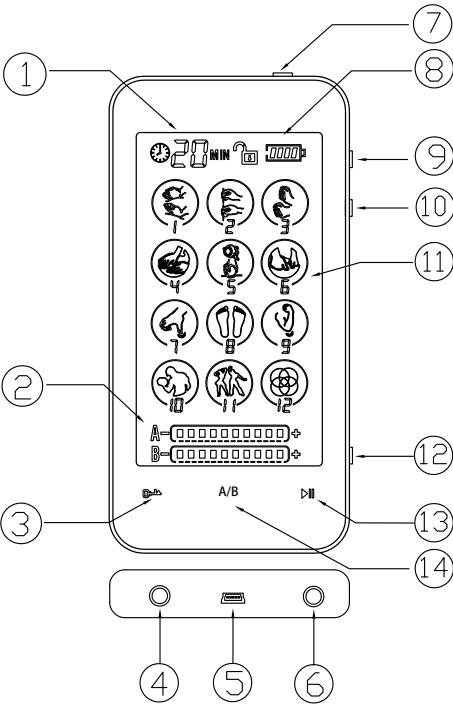
1. The unit may need to be charged for up to about an hour when the battery level is low.
2. Connect the wire to the output port at the bottom of the unit.
3. Connect a pair of pads to a dual lead wires by plugging them in.
4. Remove the protective film and place the two pads on muscle, making sure that both pads are on skin and not overlapping.
5. Turn on the unit via the on/off switch.
6. When you have turned on the unit it will start in mode 1.
7. To change the modes press the M button. Once you have selected a mode, gradually increase the intensity by pressing the + button; decrease the intensity by pressing the - button.
8. To set the time by pressing the T button from 10 minutes up to 80 minutes. Default time setting: 20 minutes.



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1. Time setting: touch the time icon to adjust time to 10, 20, 30, 40,50, 60, 70, 80 minutes.
2. Output A or B shift button: touch icon A to shift from A to B or touch icon B to shift from B to A.
3. Safety lock icon: Press the key button once to lock the screen to disable touch screen function; press again to unlock the screen to enable touch screen function. When it is locked, the icon blinks.
4. Output A.
5. USB port for charging battery.
6. Output B.
7. ON/OFF button; hold the on/off button for 6 seconds to turn the device on/off.
8. Battery level indicator .
9. Intensity increase button: 10 bar/20 levels of intensity adjustable. Press intensity + button once to increase 1 level. Press 1-20 times to increase intensity up to the highest level 20.
10. Intensity decrease button: 10 bar/20 levels of intensity adjustable. Press intensity - button once to decrease 1 level. Press 1-20 times to decrease intensity up to the lowest level 0.
11. Mode setting: any icon of 12 therapeutic modes can be chosen on the touch screen.
12. Time setting button.
13. Pause button: pause all working state.
14. Output A/B shift button.

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Mode	Name	Description	Function
1.	Kneading	Simulating kneading provides a soothing massage sensation using intermittent contraction patterns.	It's especially effective for joint pain, sciatica, muscle spasms, and pain in the back neck, shoulders. It also helps chronic conditions such as insomnia, constipation, headaches, and the tension associated with stress.
2.	Acupressure	Simulating acupuncture provides the same sensation without needles, by utilizing electronic pulses to achieve the sensation of differing needle depths.	By stimulating specific acupuncture points, it corrects imbalances in the flow of Qi through channels known as meridians.
3.	Tapping	Simulating tapping is intended to produce a hard thumping sensation that massages your muscles, which can give you an invigorated and revitalized feeling.	It's especially effective for muscle relaxing.
4.	Swedish	Swedish massage utilizes short contractions providing a long gliding stroke sensation.	Swedish massage provides increased blood circulation, mental and physical relaxation, decreased stress and muscle tension, and improved range of motion.
5.	Cupping	Simulating cupping, relatively constant stimulation and contracting of the muscle.	Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite etc.
6.	Shiatsu	Simulating Shiatsu, it is a type of alternative consisting of finger and palm pressure, stretches, and other massage techniques.	Shiatsu can help facilitate healing from many minor ailments. From headaches and back pain to digestive, sinus and skin problems.
7.	Trigger Point	It is manipulation of the superficial and deeper layers of the muscle and connective tissue using various techniques.	Can enhance function, aid in the healing process, decrease muscle reflex activity, promote relaxation and well-being, and as a recreational activity.
8.	Reflexology	Reflexology is the application of pressure to areas on the feet and hands. The theory behind reflexology is that these areas correspond to organs and systems of the body.	Reflexology is generally relaxing and may be an effective way to alleviate stress.
9.	Deep Tissue	Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension.	Deep tissue massage can provide relief from pain and stiffness associated with sports injuries, whiplash, osteoarthritis, muscle spasms, fibromyalgia, and strain injuries such as carpal tunnel syndrome.
10.	Body Building	Applying electrical current to muscles cause the muscle to contract. Stimulating muscles repeatedly with impulses will eventually result in muscles that are strengthened and toned.	Electrical muscle stimulation helps muscle atrophy, relaxation, of muscle spasms; increase range of motion, injury recovery and post surgery recovery.
11.	Weight Loss	Combination of acupuncture and other waveforms	It helps lose weight or tone, strengthen and firm muscles in your abs, back, thighs, arms and etc.
12.	Combination	Auto combination of several modes for relaxation.	Full body relaxation after workout: exercises & fitness or after a day of hard work.

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Usage of Massage Slippers (Optional)

With our specially designed Massage Slippers; you can stimulate your feet, ankles, and calves.

1. Insert lead wire into one of the output port of the unit and place other end of the lead wires into each of the slippers. Both must be used in order for them to function.
2. Apply some lotion or Aloe Vera Gel to the bottoms of your feet.
3. Place both of your feet in the slippers.
4. Turn the unit on
5. Select your desired mode and intensity.

Electrode Guidelines:

1. Only use the electrodes supplied by the manufacturer.
2. Do not use the electrodes on different people. Each user must have their own set.
3. Always turn the power off before removing or repositioning the electrode.
4. Wash skin thoroughly and then dry it before applying electrodes.
5. Apply the whole surface of the electrodes firmly to the skin. Do not use electrodes that do not stick properly to the skin or only partially stick to the skin.
6. In case of skin redness under the electrodes after stimulation, do not use again in same area if skin redness is still evident.
7. It is recommended to use the larger pads for bigger areas such as shoulder, waist, abdomen and leg muscles. Use small pads for smaller areas such as forearm muscles, joints etc.

Charging the battery:

- The unit has an internal rechargeable lithium battery that can be charged through a standard wall outlet or through the USB port of your computer.
- The unit may also need to be charged if the

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screen is dim, the sensations are weak or if the display on the screen does not appear when switched on.

- It normally takes around 4 hours to charge the battery.

Storage Conditions:

Storage Temperature:
- 20°C to 60°C, - 4°F to 140°F
Max relative humidity: 80%
Atmospheric Pressure: 80KPa to 105KPa
Avoid storing in high temperature, high humidity or direct sunlight.

Cleaning and Maintenance:

1. Make sure your skin is free from any dirt, oil or lotions.
2. Before applying the pads, put few drops of water on your fingers and rub them on both pads. This will help the pads maintain their adhesiveness. When you have finished using the unit, turn it off.
3. Take off the pads.
4. Place the protective film back on the pads or place the pads on the pad holder.
5. Take the wire out from the device and place back in the box along with the unit for next use.
6. Store the unit in a cool, dry place

Indication for use:

TENS and EMS/PMS:
To be used for the temporary relief of pain associated with sore and aching nerves and muscles in the shoulder, waist, back, neck, upper extremities (arm), lower extremities (leg). Choose modes 1,2,3,4,5,6,7,8 and 9.

Powered Muscle Stimulator:

This is intended to stimulate the muscles group, improve blood circulation. Choose modes 10 for body building or 11 for body slimming.

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Mode 12 is auto combination modes

Some Unique Benefits:

- Quick Acting - Although the rate and degree of response varies for individuals, many users report positive results after 10-20 minutes of use.
- Always Healthy and Available - There are no drugs or chemicals involved in this effective form of pain relief. You have access to pain relief 24 hours a day, every day. You can use the device as often as you like.
- Portable - its pocket travel size enables you to receive treatment anywhere at your convenience.
- Cost Effective - The device will save you time and money as well as improve your everyday life.
- Simple to Use - User friendly device that is simple to operate.
- Therapy at Home - With the unit you can take control of your health and wellbeing and have access to therapy anytime at home.
- Gift of Health - Everyone, young and old, suffers from muscle tension of some sort. You can help yourself and others with the gift of health and wellbeing.
- Effective Relief - The unit provides effective results. The advanced technology sends out multiple preset electrical, therapeutic waves through the electrodes. These waves stimulate the combination of deep tissue pain relief techniques and various muscle movements, relieving muscle tension.

Contraindications:

DO NOT use the device if you have any of the following medical conditions:

1. An implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device.
2. Are pregnant under 37 weeks.
3. Have epilepsy.

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It is recommended that you consult your medical practitioner before use if you:

1. Have been diagnosed with cancer.
2. Have suffered acute trauma or a recent surgical procedure.
3. Have cardiac problems or cardiac disease.
4. Have an abdominal hernia.
5. Have venous thrombosis.

This device is intended for use by adults, but use on children is possible, but should only occur with adult supervision.

Warnings:

1. Stimulation should not be applied directly over the heart, on the neck area at front or sides or on the temples.
2. Apply the electrode pads only to normal, intact, clean skin. Do not apply over open wounds or over swollen or infected areas.
3. Never use the device while driving, operating machinery or during activities in which involuntary muscle contractions may endanger others.
4. Do not use the device in the bath or shower.
5. Never immerse the device in any liquid.
6. Never use the device while sleeping.
7. This device should only be used with the accessories provided by the manufacturer.

Adverse Reactions:

If you experience skin irritations, burns beneath the electrode pads applied to the skin or any other adverse reactions then treatment should be stopped immediately. You should consult with your medical practitioner about further use of the device.

Troubleshooting:

1. The unit is not turned on or I cannot see

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anything on the screen:

- Make sure the unit has been fully charged.
2. The unit does not seem to be charging:
 - Ensure the USB cable is firmly in the unit on one side and plugged into the AC adaptor into the electrical socket on the other side.
 - Isolate whether there is a problem with the USB cable or AC adaptor by plugging the USB cable from the unit into a USB port on a computer.
 3. The unit is on, but I do not feel any sensation from the pads:
 - Check the leads are firmly into the port on the unit and firmly clipped to the conductive pads.
 - Ensure you are using 2 pads for one wire, otherwise there will be no electrical current.
 - Ensure that the 2 pads are placed in close proximity to each other, i.e. not on different limbs or too far apart.
 4. The unit is on, but I do not feel any sensation from the shoes:
 - You may need to set the unit to a much higher level to feel sensation in your feet, especially if you have bad circulation or nerve damage.
 5. Only one port on the unit works:
 - Isolate the problem by trying another lead wire and a set of pads that you know work in the troublesome port.
 6. One pad feels stronger than the other:
 - This is normal as different areas of the body reacts differently, just ensures the pads are making good contact.
 7. During use the skin feels a painful burning sensation or stimulation has weakened:
 - Ensure that the adhesive gel pads are adhering firmly, this is important.
 - Check that the pads are not too dry and need replacement.

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EASY STEPS TO GET STARTED WITH YOUR THERAPY

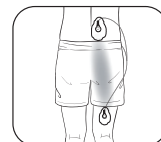
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LOWER BACK

Modes 1, 4, 5, 6, 7, 10, 11



SCIATIC

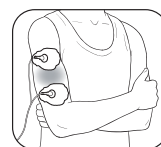
Modes 1, 2, 3, 4, 5



DELTOID

Attach one pad in front and one in back of the muscle.

Modes 2, 3, 4

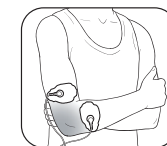


UPPER ARM

Attach both pads on either side of the region where you feel pain.

Modes 1,2,3,4,5,6,7,10

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ELBOW

Attach both pads on either side of the joint with the pain.

Modes 1, 2, 3, 4, 6, 7, 9, 11



HIP & THIGH

Attach both pads on either side of the area with pain.

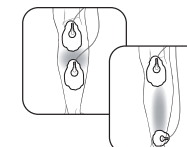
Modes 1, 2, 3, 4, 5, 6, 7



KNEE

Attach both pads above the knee or above and below the joint with pain.

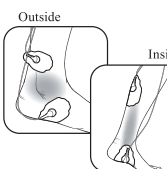
Modes 1, 2, 3, 4, 5, 6, 7, 10



CALF

Attach both pads on the calf/leg where you feel pain. (Do not place electrode pads simultaneously to the calves of both legs.)

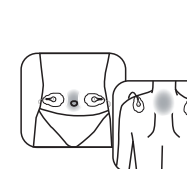
Modes 1, 2, 4, 5, 6



ANKLE/FOOT

Attach pads per the illustration, on the left for pain on the outside of your ankle/foot. Attach the pads per the illustration on the right for pain on the inside of your ankle/foot.

Modes 1, 2, 3, 6, 7, 12



ABS/SHOULDER

Modes 1, 4, 5, 6, 7, 10, 11

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