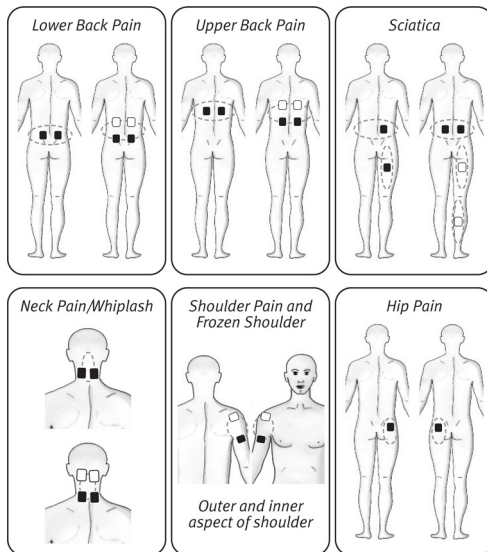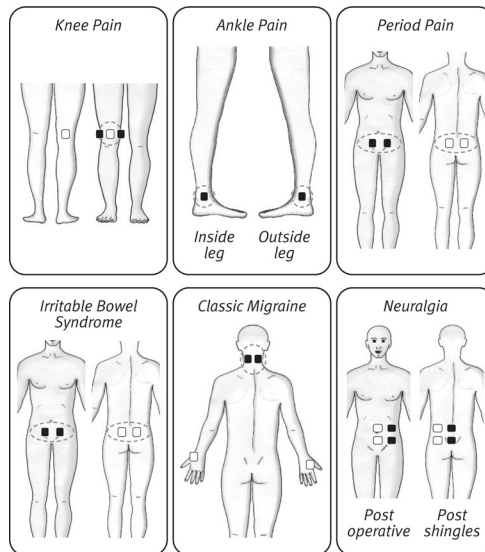## Electrode Placement

KEY: ▪▪ =first pair of electrodes ▫▫ =second pair of electrodes.

N.B. Electrodes supplied with this unit are all the same colour - the black and white squares show suggested electrode placement only.

Lower Back Pain	Upper Back Pain	Sciatica

Neck Pain/Whiplash	Shoulder Pain and Frozen Shoulder	Hip Pain

Outer and inner aspect of shoulder

Knee Pain	Ankle Pain	Period Pain

Inside leg   Outside leg

Irritable Bowel Syndrome	Classic Migraine	Neuralgia

Post operative   Post shingles

Frequently Asked Questions

Is it safe?
Yes, TENS is used widely for pain relief and is recommended by medical professionals.

Can I use it with other medications?
Yes. TENS is drug free so you can use it with any other medication including paracetamol.

What conditions can TENS be used to treat?
TENS can be used to treat numerous pain conditions. If you are unsure about using TENS please consult your medical adviser or contact Body Clock Health Care on (+44) (0)20 8532 9595.

Can I use the Easy TENS for labour?
This is not recommended.

For information on TENS for use during labour, please visit www.babycaretens.com or call (+44) (0)845 230 9737.

Troubleshooting Questions

Why does the pulse sensation not appear to be as strong after you have used the Easy TENS for a while?
Increase the intensity, you may have become acclimatised to a lower setting.

Why does the pulse sensation feel strong but ineffective?
You may need to reposition the electrode pads (don't forget to switch the Easy TENS off before doing so).

Why does the sensation not feel sufficiently strong even on a high setting?
The batteries may need replacing.

Useful Information

1. If electrodes become dry, switch off the unit, disconnect the electrodes, and apply a small drop of water to them.

2. Ensure the unit is switched off before removing wires and pads. Do not pull the wires. ALWAYS remove the jack plug from the socket by holding between forefinger and thumb.

Easy TENS Technical Data

Display:	The LCD has a total of 13 display segments. The array of Level Bars consists of 10 LCD Level Bar. In addition, 2 individual LCD segments respectively indicate the Modes (i.e. Burst and Boost). The last LCD segment is used to illuminate the low battery indicator.
Mode:	2 operation modes

	Pulse Frequency	Pulse Width	Pattern
BURST	32Hz second burst	150µs	2 bursts per 8 pulses per
BOOST	70Hz	150µs	Constant pulse

Output Channel	ONE Channel
Automatic Power Off	5 minutes
Output Voltage	0 – 55V (zero-to-peak) across a 500Ω load; adjustable in 10 steps
Output Intensity	110 mA (max.) into a 500Ω load
Output Waveform	Symmetrical Mono-phasic rectangular
Output Jacks	CE Touch-proof jacks
Battery	2 X1.5V AAA Battery (Type LR03)
Battery Low Detect	2.2V±0.1V
Tolerances	All output parameters are subjected to a ±10% tolerance unless other specified

Easy TENS

Your 5 Year Guarantee

Your Easy TENS machine is guaranteed for a period of 5 years against manufacturer's defects.*

*The guarantee does not include leads, electrodes or battery.

body clock

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body clock

CE 0120

March 2017 (1)

The Easy TENS is an ultra-simple, yet powerful digital TENS unit. It is ideal for numerous acute and chronic pain conditions.

TENS is recognised as a safe and highly effective method of pain relief and is regularly recommended by medical professionals. TENS is a drug free method of pain relief, with no known side effects. It can also be used in conjunction with any additional medication if required.

Explanation of symbols

Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having an F type (floating) applied part.

Warning - Refer to these instructions before use.

Please keep device away from sprays of water or rain.

Denotes a product which must be disposed of safely.

SN This symbol indicates the serial number of the device and includes the year of manufacture. The serial number can be found in the battery compartment of this device.

This unit needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided in the ACCOMPANYING DOCUMENT.

Contents

What Is TENS?

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, into the nerve fibres which lie below, via electrode pads. TENS impulses help your body produce its own pain killing chemicals, such as 'endorphins'.

What Can TENS Be Used For?

TENS can be used for many chronic and acute pain conditions such as back pain, shoulder pain, arthritis, sciatica, sports injuries, migraine, period pain and post-operative pain.

Precautions And Contraindications

1. Do NOT use the Easy TENS if you have a cardiac pacemaker.
2. Check with your medical adviser before using if you suffer from a heart condition, undiagnosed pain, have any metal implants, or any doubts whatsoever.
3. TENS must NOT be used before the 37th week of pregnancy.
4. Never use TENS to mask undiagnosed pain since this could require urgent treatment.
5. If you are pregnant, do NOT place the electrodes over your abdomen.

General Precautions
1. Do NOT use this unit without first reading these instructions.
2. Do NOT immerse the Easy TENS in any liquid.
3. Do NOT place it close to any source of excessive heat or operate it in the presence of flammable gas.
4. Do NOT drop this unit onto a hard surface.
5. Do NOT dismantle unit.

6. Only use specified accessories.
7. If damaged, do not use. Return to supplier.
8. Remove the batteries when not in use.
9. Do NOT use while driving or operating potentially dangerous machinery or while using a microwave.
10. Keep out of the reach of children.
11. Do NOT place electrodes on or near the eyes, in the mouth, over the front or sides of the neck, across the head, heart, or an area of broken, inflamed, infected or numb skin. Electrodes are usually applied to skin with normal sensation unless under medical supervision.
12. Do NOT use in the presence of tuberculosis, malignant tumours, very high or very low blood pressure, high fever or acute inflammatory disease unless under medical supervision.
13. A mild shock may be caused if one electrode is accidentally removed. In the event of this happening the unit should be turned off immediately.

Controls on the Easy TENS

Power Key - Turns the Easy TENS On and Off.

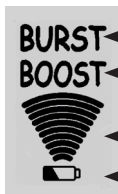**User Display -** Indicates the mode in use and the intensity level (also see diagram below).

Boost Key - Used for switching between BURST and BOOST modes.

Intensity Up - Increases the intensity of the pulses.

Intensity Down - Decreases the intensity of the pulses.

User Display

BURST - This function is used for chronic pain conditions.

BOOST - This mode is used for acute pain conditions.

POWER BAR - This indicates the intensity of the pulses from 0 to 10 for both sets of pads

LOW BATTERY INDICATOR

Additional Functions

Low Battery Indicator
A flashing battery symbol will be shown on the display.

Automatic Power Off - When the unit intensity levels are zero, and the Easy TENS has not been in use for about 5 minutes, the unit will shut off automatically.

Setting Up Your Easy TENS

Check you have the following contents:

- 1 x Easy TENS
- 1 x Pack of 4 self adhesive electrodes
- 1 x Dual leadwire
- 2 x AAA batteries
- 1 x Carrying pouch
- 1 x Neck cord

The Assembly Stage

1. Slide open the battery cover on the back of the unit to expose the battery compartment.
2. Insert the batteries according to the diagram found in the battery compartment. Replace the cover.

3. The dual leadwire can be used to treat two pain areas, or a large pain area such as your back. See the diagrams on pages 8 and 9.
4. Insert the plug end of the leadwire into the jack plug socket at the bottom of the Easy TENS.
5. Connect the electrodes to the pin ends of the leadwire (see diagram below).

Insert a red and black pin (at the end of the lead wire) into each pair of electrodes.

Before first use of the Easy TENS, please familiarise yourself with the warnings and contraindications contained on page 10.

Using Your Easy TENS

The Easy TENS has 2 TENS modes. Each has been designed to provide a different sensation. You can use either of the TENS modes to treat your pain.
BURST is generally used for chronic pain conditions.
BOOST is generally used for acute pain conditions.

To Commence Treatment

1. Carefully peel the electrodes from the plastic backing, using your forefinger and thumb.
2. Position the electrodes in accordance with the instructions provided with your electrodes or preferably from your medical advisor.
3. Once the electrodes are positioned correctly, switch the unit on. BURST will appear on the screen.
4. Gradually increase the intensity by using the arrow UP key, until the sensation is comfortable. Intensity can be reduced by using the arrow DOWN key.

To switch to the BOOST mode simply press the BOOST button and start the process again. To return back to the BURST mode, press the BOOST button again.