

## Using Your Easy TENS+

The Easy TENS+ has 5 modes: 4 pre-set modes plus an additional user mode which enables you to customise your settings.

### 1. Con

**CONSTANT:** Pulses are continuous and feel like a tingling sensation. Refer to page 3 of the "An Easy Guide to TENS", for explanation.

### 2. Brst

**BURST:** Pulses are off and on in a regular cycle and will feel like a heart beat. Refer to page 3 of the "An Easy Guide to TENS", for explanation.

### 3. Mod

**MODULATION:** The pulse decreases and then increases in regular cycles creating a massaging sensation.

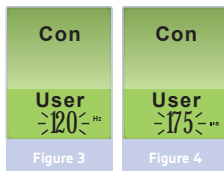
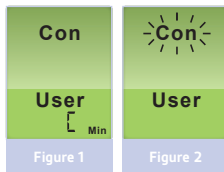
### 4. Han

**MIXED (DENSE DISPERSE OR 'HAN' STIMULATION):** 3 seconds of Constant and 3 seconds of Burst as described above. \*Professor Han suggests that switching between these two modes produces a simultaneous activation of the encephalin and dynorphin systems which creates a more potent analgesic effect to combat pain.

### 5. User

**USER:** Allows you to adjust both the pulse rate and pulse width for the following 3 modes: Constant, Burst and Modulation as mentioned above.

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15. Some people achieve pain relief after short periods of time. Others may require to use their TENS for a lot longer.

16. If you continue to stimulate for a number of hours make sure your self-adhesive electrodes have not dried out. If this is the case, dampen them slightly. If electrodes are allowed to dry out this can cause minor skin irritation.

17. Always ensure the unit is switched off before you remove the leads. Do not pull the wires. Always remove the jack plugs from their sockets by holding the plugs between the forefinger and thumb.

#### Additional information

##### Automatic Power Off

When the unit intensity levels are zero, and it has not been in use for about 5 minutes, the unit will shut off automatically.

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## To Commence Treatment

1. Carefully peel the electrodes from the plastic backing, using your forefinger and thumb. Place on your body as shown on the diagrams found in your Easy Guide to TENS Pain Relief.

2. Switch the unit on by pressing the On/Off Button. Your unit will automatically start up in the Constant mode the first time you use it. When the unit is switched off and/or the batteries have been removed, the Easy TENS+ will remember the settings you were previously using.

3. Begin by pressing the CH1+ key. Each time you press this key, a small rectangle shape will appear on the screen increasing in number and size as the intensity is increased.

4. You will begin to feel a tingling sensation. Repeat step 3 with the CH2+ key. You will now feel a sensation in both sets of pads.

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## Frequently Asked Questions

### Q Is it Safe?

A Yes, TENS is used widely for pain relief and is recommended by medical professionals.

### Q Can I use it with other medications?

A Yes. TENS is drug-free so you can use it with other medication including paracetamol.

### Q What conditions can TENS be used to treat?

A 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.

### Q Can I use it for labour?

A This model is not recommended as it does not include the boost function required for use during contractions. For information on TENS for use during labour, please visit [www.babycaretens.com](http://www.babycaretens.com) or call +44 (0)333 1219737.

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- The Mode Key**  
 The Easy TENS+ has 4 modes as described on page 7. These modes are selected by pressing the MODE key allowing you to choose whichever you find to be the most comfortable. Varying the modes helps to avoid or delay your body becoming used to any particular setting.
- User Mode**  
 The User mode allows you to adjust the pulse rate and pulse width for the following 3 modes, Constant, Burst and Modulation. The User mode can be selected after the Han mode by pressing MODE again. At this point, Con and User will be steady on the screen (see fig 1 page 10). Simultaneously press CH1- and CH2- to enter the User mode.
- The first time you enter User mode, on the screen Con will be flashing and User will be steady (see fig 2 page 10). To select the programme that you want to personalise, use the

- CH2+ and CH2- to scroll to either Con, Brst or Mod (Han is not an option in the User mode) and then press MODE to select.
- The pulse rate will now appear flashing under User (see fig 3 page 10). To change this, use the CH2+ and CH2- buttons to increase or decrease the pulse rate. When ready, press the MODE button again and you will notice the pulse rate will have disappeared and the pulse width will appear flashing (see fig 4 page 10).
- Increasing or decreasing the pulse width heightens or lessens the sensation at the site of the electrodes. This is fully adjustable between 50µ and 250µ in steps of 25µ. As before, use the CH2+ and CH2- buttons to increase or decrease the width.
- When finished, press the MODE button again and the screen will now indicate the programme and the chosen

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parameters that have been selected under the User mode. You can now use the Easy TENS+ at this setting. You can also increase or decrease the intensity as in step 3 and 4 (see fig 5 page 10).

- Repeat steps 6 -10 should you wish to select an alternative programme within the User mode.
- The unit will remember the personalised settings for that mode when switched off or when the batteries have been removed.
- Timer Key**  
 Allows you to set your length of treatment. There are 5 settings: Continuous, 15mins, 30 mins, 45 mins and 60 mins.
- Continue stimulating for as long as necessary but preferably for no less than 30 minutes, unless you experience discomfort.



Instructions for use  
**EASY TENS+**

body clock

## Easy TENS+ Technical Data

<b>Display</b>	TN type LCD		
<b>Operation Mode</b>	5 modes: Con, Burst, Mod, Han, User		
	<b>Pulse Rate</b>	<b>Pulse Width</b>	<b>Description</b>
<b>Con</b>	90Hz	120µs	Constant
<b>Brst</b>	32Hz	200µs	2 Burst/sec and 8 pulses per burst
<b>Mod</b>	100Hz	200µs	Changing pulse width from 50µs to 200µs every 3 seconds
<b>Han</b>	2Hz, 100Hz	200µs, 100µs	Changing from PR of 2Hz and PW of 200µs to PR of 100Hz and PW of 100µs every 3 seconds.
<b>User</b>	<b>Con Mode</b> 1-200Hz	50-250µs	1. The Pulse Rate in User Mode can be adjusted accordingly: 1,2,3,4,5,6,7,8,9,10, 20,30,40,50,60,70,80,90,100,110,120,130,140,150,160,170,180,190,200Hz
	<b>Brst Mode</b> 1-200Hz	50-250µs	2. To ensure comfort, should you wish to select a Pulse Rate of higher than 140 Hz, the Pulse Width will reduce automatically. For detailed information on this please e-mail Body Clock Health Care.
	<b>Mod Mode</b> 1-180Hz	75-250µs	
<b>Memory</b>	Memorises latest program in non-volatile memory		
<b>Auto Power Off</b>	5 Minutes		
<b>Output Channel</b>	Two Channels		
<b>Output Voltage</b>	±55V adjustable in 14 steps (500Ω load, 0-peak) 10% tolerance		
<b>Output Intensity</b>	0 - 110mA adjustable in 14 steps (500Ω load)		
<b>Output Waveform</b>	Asymmetrical bipolar rectangle		
<b>Output Jacks</b>	CE Touch-proof jacks		
<b>Load Detector</b>	Contact detection between the device and human skin (This feature is activated from Level 2 and up)		
<b>Battery</b>	2 x 1.5V AAA Battery (Type LR03)		
<b>Battery Life</b>	Approximately 4.5 hr. at Constant Mode (Max.) by Alkaline Battery		
<b>Tolerances</b>	All output parameters are subject to a ±20% tolerance unless specified.		
<b>Operating Environment</b>	Temperature 0-40 °C, Air humidity 30-75% Air pressure 700hPa-1060hPa		
<b>Storage &amp; Transport Environment</b>	Temperature 0-40 °C, Air humidity 30-90%, Air pressure 700hPa-1060hPa		
<b>Weight</b>	52g		
<b>Size</b>	40 x 125 x 20mm		

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## Guarantee

Your EasyTENS + machine is guaranteed for a period of 1 year against manufacturer's defects. Please record purchase details in the space provided below for your record purposes. The guarantee does not include leads, electrodes or battery. Applies to purchases only.

**Date of purchase:**

**Invoice number:**

body clock

Distributed by  
**Body Clock Health Care Ltd**  
108 George Lane, South Woodford,  
London E18 1AD

Tel (+44) (0)20 8532 9595  
Fax (+44) (0)20 8532 9551  
[www.bodyclock.co.uk](http://www.bodyclock.co.uk)

e-mail [customer@bodyclock.co.uk](mailto:customer@bodyclock.co.uk)

Fuji Dynamics Ltd, Unit A, 22/F., Grandion Plaza  
No. 932 Chenua Sha Wan Road  
Kowloon, Hong Kong

EC REP

Saverine Medical Ltd,  
North Point House,  
North Point Business Park,  
Old Mallow Road, Cork, Ireland.

CE  
1639

Apr 2022 (2)

Model BCT36T

recycle  
This manual is recyclable

# EASY TENS+

- ✓ Pre-Set modes for ease of use
- ✓ User mode for customisation
- ✓ Memorises settings
- ✓ Timer function
- ✓ Large digital display
- ✓ Compact and lightweight

The Easy TENS+ is perfect for the end user and professionals alike. This dual channel TENS machine has

5 modes: 4 pre-set modes plus an additional user mode which enables you to customise your settings.

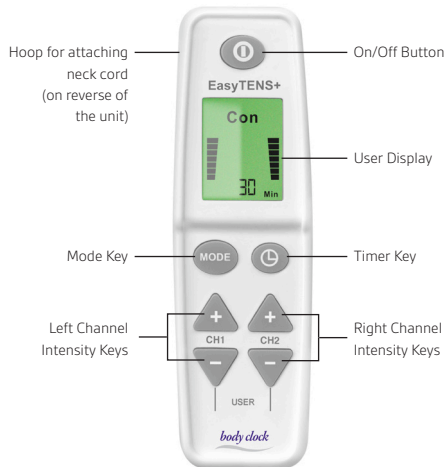
TENS is recognised as a safe and highly effective method of pain relief and is regularly recommended by medical professionals.

TENS is drug-free, with no known side effects. It can also be used in conjunction with any additional medication if required.



## Controls For The Easy TENS+

The Easy TENS+ is very simple to use. However, it is advisable to read these instructions to obtain the most out of the unit. Please ensure that all of the precautions and contraindications have been read thoroughly. See pages 1 to 2.



## Contents

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### Explanation of Symbols on Unit

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 pages 1-2 of these instructions.

Denotes a product which must be disposed of safely.

EU Representative.

To avoid interference with other electrical items this unit needs precautions regarding EMC and should be put into service according to the EMC information provided in the ACCOMPANYING DOCUMENT.

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.

Please keep device away from sprays of water or rain.

**IP22** The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm, 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 2.5 mm and greater.

The second number 2: Protected against vertically falling water drops when enclosure tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.

Indicates the medical device manufacturer.

## Display Symbols And Their Meanings



**Con**  
Constant Mode

**Brst**  
Burst Mode

**Mod**  
Modulation Mode

**Han**  
Mixed Mode (Han Stimulation)

**User**  
Adjustable Pulse Rate and Width



**Power Bar:**  
This shows the output from 0 to 10 for both left and right channels. Each segment represents approximately 10% of the total output.



**Low Battery Indicator:**  
This sign will start flashing if the batteries are running low. If this is the case, change both batteries. Please refer to page 5 for instructions



**Pad contact warning (safety cut-out):**  
This symbol will appear if any of your pads are not attached securely to the skin.

## 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, sciatica, sports injuries, migraine, period pain and post-operative pain.



## Setting Up Your Easy TENS+

### Check the following contents:

- 1 x Easy TENS+ unit
- 1 x Pack of self-adhesive electrodes
- 2 x Leadwires
- 2 x AAA batteries
- 1 x Neck cord
- 1 x Carrying pouch
- 1 x Instructions
- 1 x EMC
- 1 x Free download to Easy Guide to TENS

### The Assembly Stage

- a) Remove the cover to reveal the battery compartment. See fig 1, page 6
- b) Insert 2 x AAA batteries (see fig 2, page 6), ensuring the positive (+) and negative (-) terminals are correctly positioned as marked in the battery compartment. Replace the cover.

## 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, epilepsy, 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.

## Ensure the unit is switched off.

- c) Take the two white leadwires and insert each of the black jack plugs (at one end of each leadwire) into the sockets at the bottom of the Easy TENS+ unit (see fig 3, page 6).
- d) Now insert the pins (at the other end of the leadwires) into the sockets attached to the sticky electrodes. Each leadwire has two pins, ensure each pin is attached to an electrode. Do not remove the electrodes from the backing at this stage (see fig 4, page 6).

**NB. Each leadwire has a red and white pin. It makes NO difference whatsoever which electrode they are attached to!**

- e) If you wish, attach the easy-release neck cord which enables you to hang the Easy TENS+ from your neck (see fig 5, page 6). Now position your electrodes (see page 8).

Before first use of the Easy TENS+, please familiarise yourself with the warnings and contraindications contained on pages 1 - 2.

## 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 attempt to dismantle the Easy TENS+.
7. Only use specified batteries, leads and electrodes.
8. If damaged, do not use. Return to supplier.
9. Remove the batteries when not in use.
10. Do NOT use while driving or operating potentially dangerous machinery or while using a microwave.

11. Keep out of the reach of children.
12. Do NOT place electrodes on or near the eyes, in the mouth, over the front or sides of the neck, across the head, heart, on varicose veins or recent scarring, or an area of broken, inflamed, infected or numb skin. Electrodes should generally only be applied to skin with normal sensation unless under medical supervision.
13. Do NOT use in the presence of tuberculosis, malignant tumours, very high or very low blood pressure, epilepsy, high fever or acute inflammatory disease unless under medical supervision.
14. 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.

## Useful Diagrams



Figure 1



Figure 2



Figure 3

### Inserting the battery

Remove the cover to reveal the battery compartment.

Insert 2 x AAA batteries as shown on the diagram inside the battery compartment.

### Connecting the leads

Insert both black jack plugs into the sockets.



Figure 4



Figure 5

### Connecting the Electrode Pads

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

### Using the Neck Cord for mobility

Thread the loop of the neck cord through the space at the top of the unit. Slip the other end of the neck cord through the loop and pull into position.