

## Using Your Smart TENS

The Smart TENS has 4 TENS modes. Each has been designed to provide a different sensation.

You can use any of the TENS modes to treat your pain. The table below sets out a brief description of the sensation each mode provides:

Mode	Description
<b>CONSTANT</b>	Pulses are continuous and feel like a tingling sensation. Refer to page 3 of the accompanying book "An Easy Guide", for explanation.
<b>BURST</b>	Pulses are off and on in a regular cycle and will feel like a heart beat. Refer to page 3 of the accompanying book "An Easy Guide", for explanation.
<b>MASSAGE</b>	The pulse decreases and then increases in regular cycles creating a massaging sensation.
<b>MIXED (Dense Disperse or Han Stimulation*)</b>	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 enkephalin and dynorphin systems which creates a more potent analgesic effect to combat pain.

## To Commence Treatment

- 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.
- 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.
- Begin by pressing the CH+

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Please refer to your "Easy Guide to TENS Pain Relief" (UK only) for electrode placement charts, troubleshooting and general TENS information.

## TENS - 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 any 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.

## Troubleshooting Questions

### Q Why does the pulse sensation not appear to be as strong after you have used the Smart TENS for a while?

A Increase the intensity, you may have become acclimatised to a lower setting.

### Q Why does the pulse sensation feel strong but ineffective?

A You may need to reposition the electrode pads (don't forget to switch the Smart TENS off before doing so).

### Q Why does the sensation not feel sufficiently strong even on a high setting?

A The batteries may need replacing.

key. Each time you press this key, a small 'half-moon' shape will appear on the screen increasing in number and size as the intensity is increased.

- You will begin to feel a tingling sensation. Repeat step 3 with the CH+ key. You will now feel a sensation in both sets of pads.
- The Mode Key.** The Smart TENS has 4 modes as described in the table on page 8. 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.
- Pulse Width Adjustment:** An added facility giving extra versatility to your TENS unit. Increasing or decreasing the pulse width heightens or lessens the sensation at the site of the electrodes. This is fully adjustable between 20µ and 250µ in steps of 10µ for all modes on the Smart TENS and can be altered by pressing the PW key. (µ = microseconds)
- Timer Key:** Allows you to set your length of treatment.

The 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.
- Some people achieve pain relief after short periods of time. Others may require to use their TENS for a lot longer.
- If you continue to stimulate for a number of hours check you to 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.
- 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.

## Technical Data

<b>Display</b>	8 seven segment digits and around 95 segments		
<b>Operation Mode</b>	Four modes: <ul style="list-style-type: none"> <li>Constant</li> <li>Burst - 32Hz-2 bursts per second, 8 pulses per burst</li> <li>Massage - 100Hz - fixed frequency modulating on pulse width</li> <li>Mixed - 3 second in mode 1, 3 seconds in mode 2, repeat</li> </ul>		
<b>Constant</b>	<b>Pulse (Hz)</b>	<b>Frequency</b>	<b>Display</b>
<b>Burst</b>	100	20-250	CONSTANT
<b>Massage</b>	2 (16 pulses per burst)	20-250	BURST
<b>Mixed</b>	100	20-250	MASSAGE
	2 and 100 (repeated)	20-250	MIXED
<b>Timer</b>	Countdown timer has 5 settings <ul style="list-style-type: none"> <li>Continuous</li> <li>15 Minutes</li> <li>30 Minutes</li> <li>45 Minutes</li> <li>60 Minutes</li> </ul>		
<b>Automatic Power Off</b>	5 Minutes		
<b>Output Channel</b>	Dual Channel		
<b>Output Voltage</b>	0-60V adjustable in 15 steps (500Ω load, peak to 0)		
<b>Output Intensity</b>	0 - 120mA adjustable in 15 steps (500Ω load). Intensity level will drop back to 0 after mode changes		
<b>Output Waveform</b>	Asymmetrical bi-phasic rectangular		
<b>Output Jacks</b>	CE touch-proof jacks		
<b>Load Detector</b>	Contact detection between the device and human skin		
<b>Battery</b>	2 x 1.5V AA Battery (Type LR6)		
<b>Battery Low Detect</b>	2.2V±0.2V		

Instructions for use  
**Smart TENS**



ISO 9001:2008 ISO 13485:2003  
 EC DIRECTIVE 93/42/EEC Annex V

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August 2012 (7)

recycle

This manual is recyclable



*The Smart TENS is a state-of-the art, efficient method of drug-free pain relief. This powerful digital TENS unit is smooth, sophisticated and simple to use. It has 4 pre-set modes for ease of use.*

*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.*

### 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.



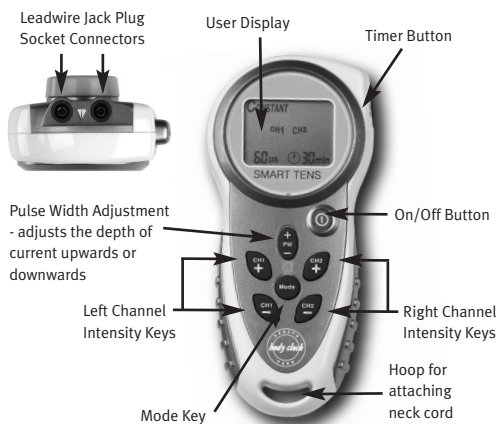
Warning - refer to page 4 of these instructions.



Denotes a product which must be disposed of safely.

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### Controls On The Smart TENS



### User Display

Load Detector - appears if an electrode becomes detached from skin. Intensity will drop to zero

Pulse Width Display - ranging from 20-200µ

Low Battery Indicator - flashes when battery power is low



Mode indicator - indicates mode in use

Power Bar - indicates intensity level for each channel

Timer Display

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### 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.

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### Setting Up Your Smart TENS

Check you have the following contents:

- 1 x Smart TENS unit
- 1 x Pack of self-adhesive electrodes
- 2 x Leadwires
- 2 x AA batteries
- 1 x Neck cord
- 1 x Carrying pouch
- 1 x Easy Guide to TENS

### The Assembly Stage

- Press and rotate the belt clip at the back of the Smart TENS in either direction to reveal the battery compartment (see fig 4, page 7).
- Release the battery compartment cover and insert 2 x AA batteries (see fig 2, page 7), ensuring the positive (+) and negative (-) terminals are correctly positioned as marked in the battery compartment. Replace the cover.

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### Precautions And Contraindications

- Do **NOT** use the Smart TENS if you have a cardiac pacemaker.
  - 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.
  - TENS must **NOT** be used before the 37th week of pregnancy.
  - Never use TENS to mask undiagnosed pain since this could require urgent treatment.
  - If you are pregnant, do **NOT** place the electrodes over your abdomen.
- Do **NOT** drop this unit onto a hard surface.
  - Do **NOT** attempt to dismantle the Smart TENS.
  - Only use specified batteries and electrodes.
  - If damaged, do not use. Return to supplier.
  - Remove the batteries when not in use.
  - Do **NOT** use while driving or operating potentially dangerous machinery or while using a microwave.
  - Keep out of the reach of children.
  - 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 should generally only be applied to skin with normal sensation unless under medical supervision.
  - 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.

### General Precautions

- Do **NOT** use this unit without first reading these instructions.
- Do **NOT** immerse the Smart TENS in any liquid.
- Do **NOT** place it close to any source of excessive heat or operate it in the presence of flammable gas.

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### Useful Diagrams



Figure 1



Figure 2



Figure 3

### Inserting the battery

Press and rotate the battery compartment and insert the batteries.

### Releasing the battery compartment

Release the battery compartment and insert the batteries.

### Connecting the leads

Insert both black jack plugs into the sockets.

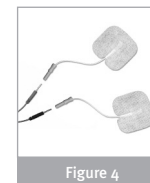


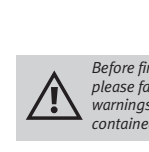
Figure 4



Figure 5

### Connecting the Electrode Pads

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



Before first use of the Smart TENS, please familiarise yourself with the warnings and contraindications contained on page 4.

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