

## ● ABOUT US ●

Here at Dr Physio USA, we make the most imaginative, unwinding, and restorative, well-being and individual care Products.

in the hubbub of today's lifestyle, it becomes impossible to nurture yourself at times. In the chaos of maintaining every aspect of life efficiently, we forget that our bodies are not machines. they need absolute care and tenderness. Pain in neck, shoulder, back or foot should never be taken for granted. They can lead to serious ailments in the long run. To help you ease the situations of painfulness, Dr Physio USA brings to you excellent ways of relaxation and pain relief through our premium gadgets. We offer a non-intrusive answer to help renew and reestablish your muscles and relieve throbbing pain with our various products

The variety of items and massagers we offer are intended to target particulars areas of the body viz neck, shoulder, back, foot and so on. the adaptable capabilities of our gadgets are meant for utmost body relaxation after a long day at work.

Sit Back, Relax and enjoy the amazing Dr Physio experience by Dr Trust!!

Dr Physio from Dr Trust  
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## Dr Physio Tens Electronic Pulse Massager -1015

### ● Quick Start Guide ●

#### Step 1

Clean and dry the body part where the pads will be applied.

#### Step 2

Place the self-adhesive pads on either side of the pain area of your body.

#### Step 3

Hook the pin connectors on the end of the electrode wires to the electrodes.

#### Step 4

Plug the electrode wires into the TENS unit.

#### Step 5

Press the setting buttons to set the massage mode, pulse rate and time etc.

#### Step 6

Hook the TENS unit to your belt or place it in your pocket to enjoy a sensational massage on the go.

**Note:**

- Before placing the electrode pads on the skin make sure the machine is switched off.
- Ask for help if you cannot reach the area where the electrodes should go.
- Test the machine by holding the pads between the fingers and then carefully turn it on.

## INTRODUCTION

Bring home Dr. Physio Tens Electronic Pulse Massager and feel the difference it will make in your life! TENS (Transcutaneous Electrical Nerve Stimulation) massager is an effective, drug-free, safe, and easy to use unit that helps to relieve the pain and soreness from the comfort of your home or on-the-go. The massager is a user-friendly unit designed to deliver electric impulses through electrodes in direct proximity to the target-tired muscles. It sends electronic pulses to help with muscle toning and firmness. It provides you with relaxing pulse massage as the generated impulses mimic the action potential coming from the central nervous system to trigger the contraction of the muscles. Your muscles respond to the impulses by contracting and relaxing rhythmically, which sends soothing massage sensations to relieve muscle tension and soreness. Some selected programs will improve resistance to fatigue while increasing endurance as others can improve force production.

## KEY FEATURES

The Tens Massager is compact, portable, and controlled by a microcomputer. It is stylish design-wise and very effective in relieving minor aches and pains in various parts of the body. It can also be applied easily on the waist, shoulders, joints, hands, and feet, etc. Sixteen intensity levels and five massage modes provide various combinations of massage sensations. The human body tends to get accustomed to one sensation and will eventually stop responding to it. However, different programs and massage modes available on this unit ensure that your body does not become desensitized to the massager.

## WORK MECHANISM

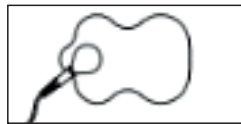
The TENS unit works by delivering an electrical current through wires and patches. The unit sends electrical pulses through the skin to start your body's own pain killers. The electrical pulses can release endorphins and other substances to stop pain signals in the brain. It can help with quick pain relief. It works best when used during activities, like doing chores, exercising, and walking, etc. It ensures effective results when used for at least 30 minutes while you are active. It is less effective if you use it when you are lying down, resting, or sitting still.

## ● MAIN UNIT AND KEY COMPONENTS ●

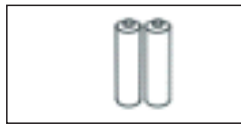
- TENS unit with belt clip
- 2 Wires with a total of 4 connectors
- 4 Electrode patches
- 2 AAA Batteries
- 2 Storage blocks



Store Block



Electrode Patch



Batteries

## ● PREPARING THE UNIT FOR USE ●

- Before starting the unit, battery installation or replacement is needed.
- Make sure both power and intensity switches are in the "OFF" position during 2 AAA batteries installation.

- 
- Labels for the TENS unit:
- Message mode
  - Timing selection button
  - Key for changing mode
  - Battery display
  - Time display
  - Key for increasing intensity
  - Key for decreasing intensity

### Note:

- The "+" and "-" buttons increase or decrease the intensity level for the selected message mode.
- The time selection button can be used to change or adjust time.
- Press and hold the manual mode button to choose one of the five message sensations.
- LCD screen displays program or message style, intensity, battery, and the time session, etc.

- Take the patches out of their plastic storage bags and plastic liner (save the bag and liner for future storage) and place them on your clean and dry skin.
- There are 2 sets of electrodes that must be placed on the body.
- Put the lead wires **all** the way into the connector on each patch. Connect one end of the electrode wire to the left and right channel hole located at the top of the device and connect the 2nd end of the electrode wire to the electrode pads. Repeat the same step for 2nd electrode wire also.
- Put the lead wire plugs into the socket on the top of the TENS unit.

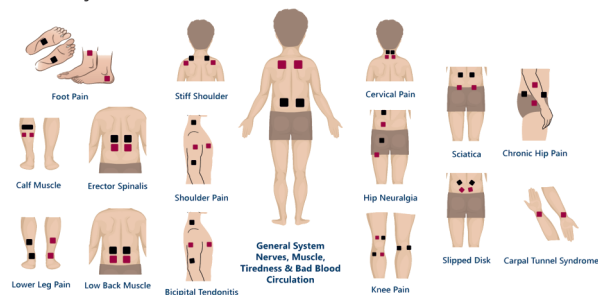
**Note:**

- Always choose high quality 2 AAA batteries because the effectiveness of the device is directly related to the power supply.
- It is important to put the patches on clean and dry skin so that they can make firm contact.
- If patches are not secure, changes in the stimulation may happen, which could cause discomfort.

● **STARTING TREATMENT** ●

- When the device is ready to begin treatment, turn it on.
- Press one of the function keys (as explained earlier) to start treatment.
- Adjust the intensity slowly to a comfortable level and begin enjoying your treatment.
- You can select five, ten- and fifteen-minute duration for treatment.
- To stop the treatment, turn the power switch off.

**Placing Electro Pads on Your Body**



**Note:**

Place electro pads to the treatment area without touching each other.

● **CAUTION** ●

**DO NOT USE IT**

- If you have a cardiac pacemaker or defibrillator, any implanted metallic or electronic device, spinal cord stimulator and in-dwelling pumps or monitors in your body. Such use could cause electric shock, burns, electrical interference, or death.

- Together with a life-supporting medical electronic device such as an artificial heart or lung or respirator.
- In the presence of electronic monitoring equipment, which may not operate properly when the electrical stimulation device is in use.
- On open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions or on top of, or in proximity to, cancerous lesions.
- Over areas of skin that lack normal sensation.
- On the opposite sides of your head since the effects of stimulation of the brain are unknown.

#### DO NOT USE IT ON THESE INDIVIDUALS

- Pregnant women because of the safety of electrical stimulation during pregnancy has not been established.
- Children or infants because the device has not been evaluated for pediatric use.
- Persons incapable of expressing their thoughts or intentions.
- If you have recently undergone a surgical procedure.

#### DO NOT USE THIS DEVICE DURING

- Sleeping.
- Taking bath.
- Driving, operating machinery, or during any activity in which electrical stimulation can put you at risk for injury.

#### WAIT BEFORE USING THIS SYSTEM UNTIL

- For 6 weeks after the birth of your baby (consult your doctor before use).
- For 1 month after an IUD contraceptive device (e.g. coil) has been fitted (consult your doctor before use).
- For 3 months after having a cesarean section (consult your doctor before use).

#### Note:

*Consult with your physician before using the device, because the device may cause lethal rhythm disturbances in certain susceptible individuals.*

*Also consult your doctor if you are pregnant or you have diabetes, cancer, epilepsy, cognitive impairment, or other diseases.*

### CARE & MAINTENANCE

#### ELECTRO PADS' CARE & MAINTENANCE

The electro pads are disposable and use an adhesive that will dry after prolonged use or wrong storage. You need to keep them in tip-top condition (clean and sticky) so that they can stay on the skin. However, if they are not cared for properly, they will lose their adhesive quality and become less effective. When this happens, immediate replacement is recommended. How to make TENS unit pads sticky again? Only proper care and placement can make all the difference in getting the most out of your Dr Physio TENS Messenger electrode pads.

#### THE DEVICE CARE & MAINTENANCE

The device may be wiped clean with a small amount of soapy water on a clean cloth.  
Always disconnect the cables from the device and electrodes.

#### TECHNICAL SPECIFICATION

Operating Condition	
Temperature:	+5°C~+40°C
Relative Humidity:	≤80%
Atmospheric Pressure:	86kpa ~ 106kpa
Power Supply:	DC 3V (2xAAA LR03 battery) 30 mA
Electric Performance	
Pulse Frequency:	1Hz~1000Hz

Pulse Extent:	20μs~400μs
Impulse Waveform:	Square Wave
Impedance:	500Ω, accuracy: ±10%
Timing:	15minutes, accuracy: ±10%
TRANSPORTATION & CUSTODY	
Circumstance Temperature:	-20°C ~+55°C
Relative Humidity:	≤93%
Atmospheric pressure:	50kPa~106kPa

#### SAFE STORAGE

- Store it at room temperature in a dry place.
- Keep it out of the reach of children.
- If the device will not be used for more than a week, please remove the battery from it.

#### Do Not Place Electrode Pads

- On broken skin, the pads could encourage infection.
- On the front of the neck, the pads could cause the airway to close and leading to breathing problems.
- Over the eyes, may affect eyesight or cause headaches.
- Across the front of the head

#### ● TROUBLESHOOTING ●

If the massager is not working properly, please check the following:

Problem	Possible Causes	Solution
No display	Flat batteries, Batteries inserted Incorrectly, Damaged battery	Replace batteries
Low battery display	Low batteries	Replace batteries
No sensation	Incorrect connection	Check electrode pads connection
No sensation	Not strong enough	Increase strength r intensity
Sudden change in sensation	When you re-connect a few minutes later, the signal will feel quite a lot stronger.	Need to set the intensity to zero after disconnecting the lead or pads.
Output will not increase above zero	Open circuit cut-out operating. Lead not connected to body or faulty/damaged	Ensure machine is attached to your body correctly. Try using the second lead. Purchase replacement if necessary.

#### ● CUSTOMER SUPPORT ●

#### CONTACT ADDRESS

##### USA

Nureca INC.USA  
276 5th Avenue, Suite 704-397,  
New York (NY) - 10001, USA

##### INDIA

Corporate Office (Mumbai)  
Nureca Limited  
128 Gala Number Udyog Bhavan,  
1st Floor Sonawala Lane, Goregaon East  
Mumbai City Maharashtra 400063

#### Contact us

India: +91-7527013265 /+91-9356658436

Website: [www.drtrust.in](http://www.drtrust.in)

Corp Website: [www.nureca.com](http://www.nureca.com)

Email: [customercare@nureca.com](mailto:customercare@nureca.com)

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