



MASSAGE  
THERAPY  
CONCEPTS

## TENS UNIT Dual Therapy Device



**MT8012**

**RELAXATION, ANYWHERE, ANYTIME**

Please read the instructions carefully  
before using this device.

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## ACCESSORIES

### Included in this package:

- 1 Control Unit Device
- 2 Pair Large Palm Pads( 4pcs)
- 1 Pair XL Pad (2pcs)
- 2 Electric Snap On Wires with 2 Leads (2pcs)
- 1 USB Extended Wire Cable
- 1 Piece Pad Holder
- AC/DC Adapter
- Application Acupuncture Points Chart
- 1 Instruction User Manual

## FUNCTIONS AND FEATURES

- Two-Channel Stimulation Electrotherapy
- 10 Modes
- 20 level intensity settings
- Adjustable Timer up to 60 minutes
- Large backlit LCD display
- Rechargeable, large capacity lithium battery
- 4 pads on the body at the same time
- Low battery indicator
- Intensity lock function to help prevent accidental intensity increase or decrease while unit is kept in pocket or on a belt.
- AC 110-240V, DC 5V 500mA

## PRINCIPLE

### **Do you suffer from 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.

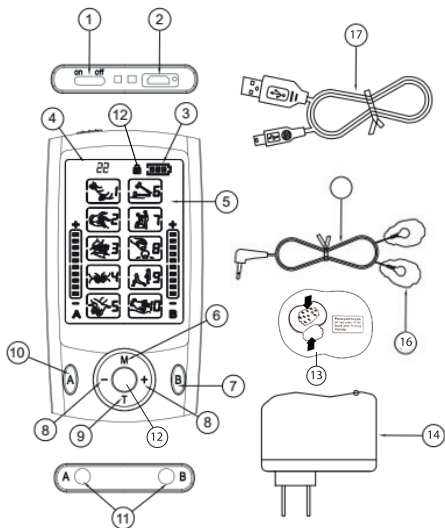
This Tens device is powered by a rechargeable lithium battery and you can apply 4 pads at the same time. It helps relieve minor nerve and muscle aches and pains. Tens (Transcutaneous Electronic Nerve Stimulator) is used for temporary relief of pain associated with sore and aching nerves and muscles in the lower back, upper extremities (arm), and lower extremities (legs) due to strain from exercise or normal household work activities.

Please note, in order to generate the required stimulation signals, you will need to place two pads attached to one set of lead wires on your body at the same time.

## KEY BENEFITS

- Quick Acting - Although the rate and degree of response varies for individuals, many users report positive results after 10-20 minutes of use.
- Healthy Alternative That is Always Available - There are no drugs or chemicals involved in this effective form of pain relief. You have access to this pain relief 24 hours a day, every day. You can use the device as often as you like.
- Portable – It's 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 well-being 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 well-being.
- 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.



# DEVICE FUNCTION AND ACCESSORIES



1. On/ off switch
2. USB port
3. Battery indicator
4. Time Remaining Display
5. LCD screen
6. Mode selector
7. B Channel
8. Intensity adjustment (+)(-)
9. Time adjustment

10. A Channel
11. Channel A and Channel B Output Connector
12. Lock Function
13. Pads- sticking board
14. Adaptor
15. Pad wires
16. Electrode pads
17. USB cable

## BUTTON FUNCTION DESCRIPTIONS

1. ON/OFF Switch – Slide the On/Off switch from left to right to turn on the device. Slide right to left to turn it off.
2. USB Port for charging your battery
3. Battery level indicator 
4.  Time Setting: Displays how much more time is remaining.
5. LCD Screen –Back Lit LCD Display
6. Mode Selector – Press M button to select appropriate setting that is desired.
7. B Channel – Select Which Channel you want and then press M to select desired Mode or intensity.
8. Intensity Increase and Decrease Buttons: 10 bar/20 levels of intensity adjustable. Press intensity – to decrease or + to increase the level. Lowest level is 0.
9. Time Adjustment – Touch T to adjust time to 10, 20, 30, 40, 50, 60 minutes.
10. A Channel – Select which channel you want and then press M button to select desired mode or intensity.
11. Output A and Output B Connector
12. Lock Function - Press and hold button for 3 second to lock the screen, press 3 second again to unlock the screen.

## MODE DESCRIPTIONS

We suggest that you initially experiment using each of the modes. The mode or combination of modes that gives you the most desirable sensations and 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.

Frequency of the application should be at two or three times per day.



# MODE DESCRIPTIONS

Mode	Name	Description	Functionality
1.	Tui Na	Simulating Tui Na is a hands-on body treatment which opens the flow of Qi through the meridians.	It's especially effective for joint pain, sciatica, muscle spasms, and pain in the back, neck and shoulders. It also helps chronic conditions such as insomnia, constipation, headaches, and the tension associated with stress.
2.	Acupuncture	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. Please read the acupuncture chart.
3.	Shiatsu	Simulating Shiatsu, it is a type of alternative medicine 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.
4.	Pressure	It is the manipulation of superficial and deeper layers of muscle and connective tissue using various techniques.	Can enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability, promote relaxation and well-being, and as a recreational activity.
5.	Deep Tissue Massage	Deep tissue massage therapy is similar to a Swedish massage, but the deeper pressure stimulation is beneficial in releasing chronic muscle tension.	Deep tissue message can provide relief from pain and stiffness associated with sports injuries, whiplash, osteoarthritis, muscle spasms, fibromyalgia and strain injuries such as carpal tunnel syndrome.
6.	Tapping	Simulating tapping is intended to produce a hard thumping sensation that message your muscles, which can give you an invigorated and revitalized feeling.	It is especially effective for muscle relaxation.

7.	Combination	Auto combination of several modes for relaxation.	Full body relaxation after workout: exercises and fitness or after a day of hard work.
8.	Cupping	Simulating cupping, relatively constant stimulation contracts muscles.	Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even reduction of cellulite etc.
9.	Body Building	Applying electrical current to muscles causes muscles to contract. Stimulating muscles repeatedly with electricity may eventually result in muscles that are strengthened and toned to some extent.	Electrical muscle stimulation helps muscle reduction, relaxation of muscle spasms, increase range of motion, injury recovery and post surgery recovery.
10.	Gua sha	Simulating Gua Sha with a low frequency setting provides the user with a scratching and kneading sensation. Gua Sha releases unhealthy elements from injured areas and stimulates blood flow and healing.	Gua Sha is effective in acute and chronic internal organ disorders. Patients may see immediate relief that patients feel from pain, stiffness, fever, chill, cough, wheeze, nausea and vomiting etc.

## OPERATING INSTRUCTIONS

1. Connect the pads to the wire by snapping them on, then remove the protective film.

Note: adding a few drops of water on the pads will increase their longevity.

2. Place pads where the massage sensations are desired. Then plug into one of the ports of the device. For additional relief, use the second port and repeat procedure to put on another two pads. Make sure both pads on the skin are not overlapping. Make sure your skin is free from any dirt, oil or lotion.

3. Turn the device on by sliding the on/ off switch on the top of the unit. The unit will be now activated.

4. Press the mode button to select the desired mode.

Remember the strength will default to the lowest setting by each mode selection.

5. Once you select a mode, gradually increase the intensity by pressing the + button; decrease it by pressing - button.

Note: Center button can also be used as a lock key.

Press and hold it for 3 second to lock the screen, 3 second again to unlock the screen.

## 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 electrodes.
4. Wash skin thoroughly and then dry it before applying electrodes. It is recommended to use alcohol swabs or alcohol. Place the pads on to the skin by making sure that they are at least 2cm apart from each other.
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 the 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.

## APPLICATION PRINCIPLES

1. Find the exact pain point: Place the pads on this position. 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 40-60 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 of each other.
  - Opposed Mode - with the 2 pads on a similar spot but on either side of the body. i.e. the front and back shoulder.



LOWER BACK



SCIATIC



**DELTOID**

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



**UPPER ARM**

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



**ELBOW**

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



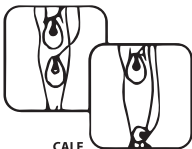
**HIP & THIGH**

Attach both pads on either side of area with pain.



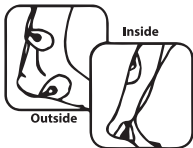
**KNEE**

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



**CALF**

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

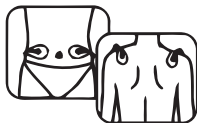


Inside

Outside

**ANKLE/FOOT**

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



**ABS/SHOULDER**

## MAINTENANCE AND CARE

1. Make sure your skin is free from any dirt, oil or lotions. Before applying the pads, put a few drops of water on your fingers and rub them on both pads. This will help the pads maintain their adhesiveness and increase the longevity of the pads.
2. When you are finished using the device, turn it off and take off the pads. Store the unit in a cool, dry place until next use.
3. Don't scrape the pads. Don't clean them with a cloth or napkin. Don't wash with detergent or hot water.
4. Please replace the pads after using 20-30 times (Varies widely depending on use, body type and care)
5. Do not apply pads to the same area more than 30 minutes at a time.
6. Slightly wash the pads, dry and place the protective film back on the pads and put them in a zip lock bag or place the pads on the pad holder.
7. Charge the unit at least every 3 months in the event it is not used regularly. You can also use the unit with the wall charger or directly from your computer using the USB cable.
8. Take the wire out from the device and place back in the box along with the unit until your next use.
9. Store the unit in a cool, dry place.

## 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 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.



## SAFETY PRECAUTIONS

- Please use under the guidance of your medical practitioner.
- Do not use this unit near shortwave therapy equipment, its output may be unstable.
- Do not use electrode pads near heart, on the head, temples, on the eyes, above the neck, in the pubic region, over scarred areas, on the throat or over the mouth.
- Apply the electrode pads only to normal, intact, clean skin. Do not apply over open wounds or over swollen or infected areas.
- Time treatment should not exceed over 60 minutes at a time.
- Avoid touching the pads when the unit is on. If you move, remove or change position of the electrode pads, please turn it off first.
- Do not use the device in the bath or shower.
- Never immerse the device in any liquid.
- Never use the device while sleeping.
- Do not use this unit if you have a pacemaker, defibrillator, or other implanted metallic or electronic device or any life support equipment such as an artificial lung or respirator.
- Do not use if pregnant.
- Do not use device while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk or injury.

- Do not use if you have the following medical conditions:

High blood pressure

High fever

Infectious disease

Epilepsy

Skin problems

Undiagnosed pain syndromes

Painful and /or atrophied muscles

Limited range of motion in skeletal joints

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 have had 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 under adult supervision.
- This device should only be used with the accessories provided by the manufacturer.
- Don't disassemble or fix the device yourself.
- Keep away from TV, radio, and some other electronic equipment.

## 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

1Q: The unit is not turned on or I cannot see anything on the screen.

A: Make sure the unit has been fully charged.

2Q: The unit does not seem to be charging:

A:

- 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.

3Q: The unit is on, but I do not feel any sensation from the pads:

A:

- Check that the leads are firmly positioned 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 of one another, i.e not on different limbs or too far apart.

4Q: The unit is on, but I do not feel any sensation in my feet:

A: 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.

5Q: Only one port on the unit works:

A: Isolate the problem by trying another lead wire and a set of pads that you know work in the troublesome port.

6Q: One pad feels stronger than the other:

A: This is normal as different areas of the body react differently, just ensure the pads are making good contact.

7Q: During use, the skin feels a painful burning sensation or stimulation has weakened:

A:

- Ensure that the adhesive gel pads are adhering firmly, this is important.
- Check that the pads are not too dry and need replacement.

## DEFINITIONS

### What is a Tens Unit?

TENS stands for (Transcutaneous Electrical Nerve Stimulation) which are predominately used for nerve related pain conditions (acute and chronic conditions).

TENS machines works by sending stimulating pulses across the surface of the skin and along the nerve strands. It uses low voltage electric current to relieve pain. It can help with many body areas such as back and neck pain that may be caused by trauma or continual strain. The body responds to such pain or injury with muscle guarding, an attempt to immobilize the painful area by tightening the muscles surrounding the injury. Muscle guarding impairs circulation in the affected area.

The decrease in blood supply leads to a decrease in metabolism with an accumulation of waste products.

TENS therapy can help break this pain cycle and aid in the normal healing process. In addition, the stimulating pulses help prevent pain signals from reaching the brain. Tens devices also help stimulate your body to produce higher levels of its own natural painkillers, called "Endorphins."

## 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.

## SPECIFICATIONS

Name: Massage Therapy Concepts Mini Tens Unit

Type: MT8012

Power Supply: 5V

Input Power: AC 110~240V

Pulse Frequency: 0~65HZ

Pulse Width:130us

Max. Output current: 0-2MA

Operation temperature humidity: <80%

Transportation and storage temperature humidity: -4-140F (-20-60C)

Unit Net weight:66G (2.3 ounces)

Unit Size: 103.5 X 55 X 11.3mm (4 X 2.16 X .44 inches)

# WARRANTY

## Warranty (1-Year Limited)

For your safety and to avoid any property damage, please read this manual carefully and use as indicated. The manufacturer's warranty is void under the following circumstances but not limited to:

1. Improper or inadequate maintenance or modification
2. Accident, misuse, abuse, contamination or other external causes
3. The use of unspecified adapter and accessories
4. Loss or damage in transit
5. Damages that occurs as a result of one's failure to follow the instructions

This Warranty does not apply to expendable or consumable parts and does not extend to any product from which the serial number has been removed.

**To activate your 1 Year Warranty, go to [www.MassageTherapyConcepts.com/warranty](http://www.MassageTherapyConcepts.com/warranty) and register your product.**

### Save These Instructions

One (1) Year Limited Warranty from date of purchase

Massage Therapy Concepts warrants this product against defects in materials and/or workmanship under normal use for a period of ONE (1) YEAR from the date of purchase by the original purchaser ("Warranty Period"). If a defect arises and a valid claim is received within the Warranty Period, at its option, Massage Therapy Concepts will either 1) repair the defect at no charge, using new or refurbished replacement parts, or 2) replace the product



with a new product that is at least functionally equivalent to the original product. A replacement product or part, including a user-installable part installed in accordance with instructions provided by Massage Therapy Concepts, assumes the remaining warranty of the original product. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Massage Therapy Concepts property.

**Obtaining Service:** To obtain warranty service, email Massage Therapy Concepts Limited Warranty Service at [Support@MassageTherapyConcepts.com](mailto:Support@MassageTherapyConcepts.com). A purchase receipt is required. All repairs and replacements must be authorized in advance. Service options, parts availability and response times will vary. You are responsible for delivery and the cost of delivery of the product or any parts to Massage Therapy Concepts authorized service center for replacement, per our instructions.

**Limits and Exclusions:** Coverage under this Limited Warranty is limited to the United States of America, including the District of Columbia and the U.S. Territories of Guam, Puerto Rico, and the U.S. Virgin Islands. This Limited Warranty applies only to products manufactured for Massage Therapy Concepts that can be identified by the "Massage Therapy Concepts" trademark, trade name, or logo affixed to them or their packaging. The Limited Warranty does not apply to any non - Massage Therapy Concepts products. Manufacturers or suppliers other than Massage Therapy Concepts may provide their own warranties to the purchaser, but Massage Therapy Concepts, in so far as permitted by law, provides these products "as is". This warranty does not apply to: a) damage caused by failure to follow instructions relating to product's use or the installation of components; b) damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes; c) damage caused by service performed by anyone who is not a representative of Massage Therapy Concepts; d) accessories used in conjunction with a covered product; e) a product or part

that has been modified to alter functionality or capability; f) items intended to be periodically replaced by the purchaser during the normal life of the product including, without limitation, batteries or light bulbs; g) any product sold "as is" including, without limitation, floor demonstration models and refurbished items; or h) a product that is used commercially or for a commercial purpose.

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Some states disallow the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.



Massage Therapy Concepts

Chatham, NJ  
USA