

Q1: What is a wireless TENS unit and how does it work?

A wireless TENS unit is a portable device that uses electrical stimulation to alleviate pain and provide relief. It works by delivering low-voltage electrical currents through electrode pads placed on the skin. These electrical impulses stimulate the nerves and help block pain signals to the brain, promoting pain relief and relaxation.

Q2: How do I use a wireless TENS unit?

To use a wireless TENS unit, you typically apply the electrode pads to the targeted area of your body where you are experiencing pain. The unit is then activated, and you can adjust the intensity and settings to your comfort level.

Q3: What is the difference between PMS and TENS? Does this unit provide both?

PMS stands for Electrical Muscle Stimulation and TENS stands for Transcutaneous Electrical Neural Stimulation. TENS modes on the device are specifically for pain and soreness. The PMS modes are for muscle stimulation and better blood circulation in the lower body.

Q4: What can I do to elongate the life of my electrode pad?

Cleanse the area of skin you will be placing the electrode pad with soap and water, or with a damp cloth. Make sure the area is dry before applying the electrode pad. When storing the electrode pad, we recommend placing it back onto the plastic film the pad came attached. Electrodes that become wet from sweat or water and do not stick anymore need to be replaced. You can also cleanse the pad with a damp cloth. If it is too dirty or your skin feels numb after the pad is cleaned, replace the pad.

Q5: What type of conditions does TENS/PMS really benefit?

TENS is great for many kinds of muscle and nerve pains such as lower back pain, knee pain, sciatica, and fibromyalgia. PMS modes are great for improving muscle performance or increasing blood circulation in the lower extremities from a sedentary lifestyle or your muscles lack tone and firmness.

Q6: Is it safe to use my TENS anywhere on the body by anybody?

This unit is extremely helpful for shoulders, back, arms, legs, feet, hips and knee area. It can be extremely beneficial when used properly. DO NOT use the device near the heart on the chest, genitals, neck, face or head. If you have any medical condition and are unsure about using the device safely, consult your physician first (also refer to Safety Warnings in this manual).

We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at healthcare-manager.com