

3-in-1 TENS Unit



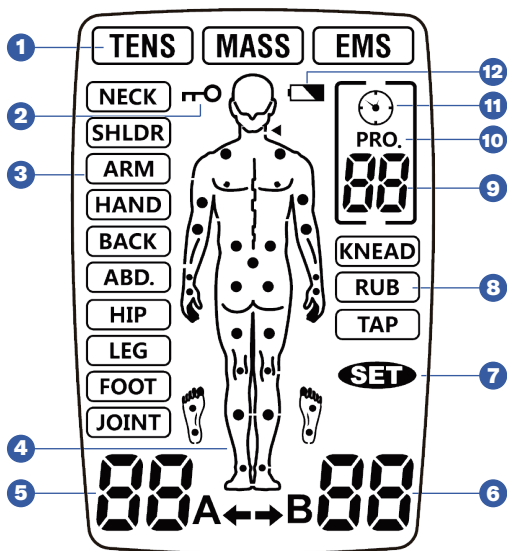
GETTING STARTED

KNOW YOUR TENS UNIT



- | | |
|--|-------------------------|
| A Display | H Output |
| B Power/Mode Button | I Micro USB Port |
| C Program Button | J Electrode Pad |
| D Charger Indicator | K Lead Wire |
| E Treatment Body Part Adjust | |
| F Channel Select Button | |
| G Channel Intensity/Treatment Time Adjust | |

DIGITAL DISPLAY



1 Treatment Mode

2 Lock Icon

3 Treatment Body Part

4 Body Part Icons

5 A Channel Intensity Level

6 B Channel Intensity Level

7 SET Icon

8 Massage Type

9 Program No./
Treatment Time

10 Programs

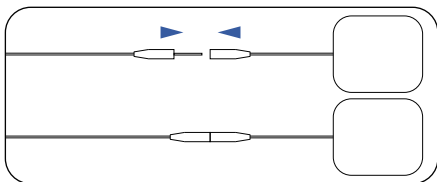
11 Timer

12 Low Battery Indicator

GETTING STARTED

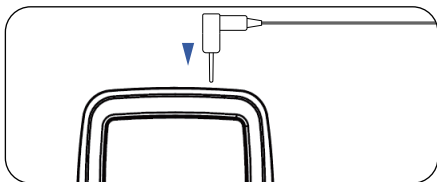
1. Connect Lead Wires To Electrode Pads

- Firmly insert the end of the lead wire pin into the electrode connectors. Make sure the connection is complete and no bare metal of the pins is exposed.



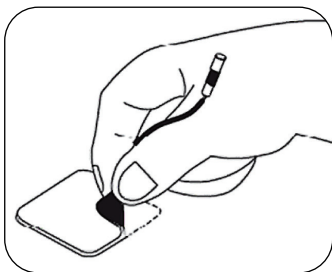
2. Connect Lead Wires To Device

- Select A or/and B channel and insert the lead wire firmly into the socket.

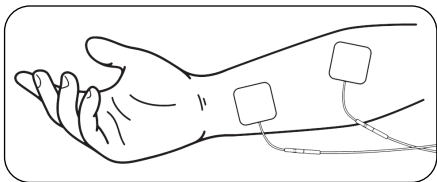


3. Place Electrode Pads On Skin



- Remove electrode pads from protective backing. Keep backing to properly store electrode pads after use.

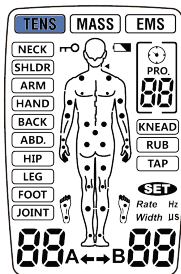


- Before applying electrode pads, make sure the skin at the application site is clean and dry.

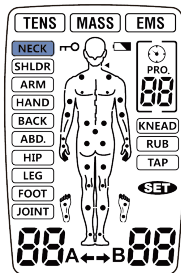


4. Select Treatment Mode and Body Part

- Press  to turn on the device.
- Press  again to select Therapy Mode (TENS/EMS/MASS).

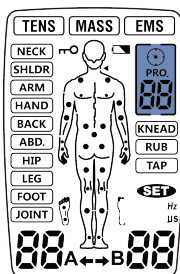


- Press **B** to select treatment body part. The selected icon will flash on the screen.

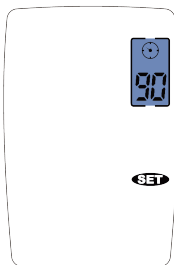


5. Select Treatment Program and Set the Timer

➤ Press **P** to select program (P01, P02).



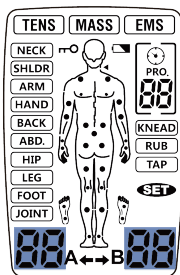
➤ After select program, press and hold **P** .
Timer is flashing, press **+** or **-** to
adjust treatment time (minutes), press
and hold button for fast adjustment.



➤ Press **M** to return to standby mode.





6. Select Channel and Adjust Intensity

- Press **CH** to select treatment channel (A, B).
- Then press **+** or **-** to adjust intensity (40 intensity levels).



Note: Intensity can be adjusted independently for A and B channels.


7. Pause/ Turn OFF

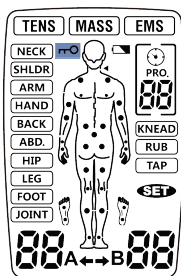
- Press  to pause the treatment at any time.
- Press  or  to restart treatment.
- Press and hold  to turn off device.

CAUTION

- DO NOT remove electrode pads by pulling on the wire. Peel gently from any corner.
- DO NOT place electrodes on the carotid artery, throat, backbone, or spine.

LOCK FUNCTION

- When device is on treatment status, press and hold **B** to turn on lock function. The indicator  will display on the screen.
- Press and hold **B** to unlock.



Electrode Placement Guide

- User manual page 18-21



What are the differences between TENS and EMS?

Transcutaneous Electrical Nerve Stimulation (TENS) machines stimulate the nerves exclusively for the purpose of relieving pain, whereas Electrical Muscle Stimulation (EMS) machines are designed to stimulate the muscles for the purposes of strengthening and rehabilitating them.



How long do the electrode pads last on the TENS unit?

The electrode pads last about 15 uses. We recommend changing the pads when they no longer firmly stick to your skin.



What are the differences between the modes?

All modes are pre-set and designed by healthcare professionals for specific body pains. For example, in the back mode, the electrical stimulation pattern was designed to treat the type of pain found in the larger muscles of the back.



How long should the battery last?

Fully charged battery will last approximately 15 days when used for 30 minutes a day at moderate intensity.



What are the differences between the program 1 and 2?

The pre-set program 1 and 2 are designed by healthcare professionals based on clinical data. Please select the program that you feel most comfortable on your pain.



How do I choose an intensity level?

The TENS units start on the lowest intensity settings, press the intensity adjustment button to pick the level that feels most comfortable on your pain; go up an intensity level if the therapy feels too weak or go down if you feel uncomfortable or your muscles contract too much.

EXTENDED WARRANTY

Go to www.AlcedoHealth.com to register your product and receive an extended warranty. Please read the instruction manual for complete product information.

Have questions?

DO NOT RETURN THIS PRODUCT.

Call our Toll-Free Consumer Help Line at **833-682-8655** or email info@alcedohealth.com for assistance with your Alcedo product.

Please go to our YouTube channel [\[Alcedo Health\]](#) for instructional videos.



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