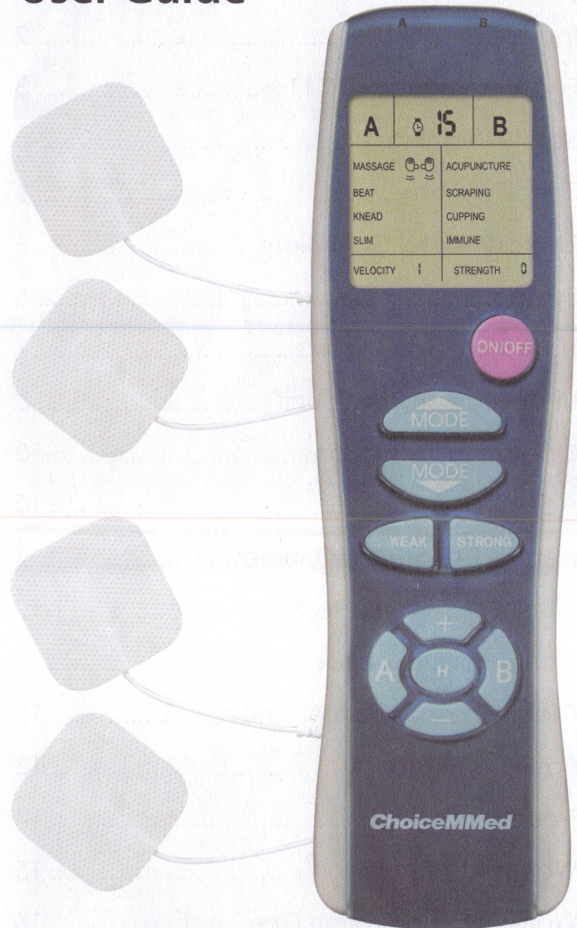


MDTS116

# Electronic Pulse Stimulator User Guide



Distributed by:  
ChoiceMMed America Co.  
2558 Pearl Buck Road, Suite 8A, Bristol PA, 19007

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**ChoiceMMed**<sup>TM</sup>

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## BOX CONTENTS

- 1 ChoiceMMed Electronic Pulse Stimulator MDTS116
- 2 Lead Wires with Pin Connection
- 2 AAA Batteries
- 4 Electrode Pads  
(ChoiceMMed Self Adhesive Replacement Gel Pads MDPS100)
- 1 User Guide

## INTRODUCTION

The MDTS116 Electronic Pulse Stimulator is intended for at home use in delivering electric pulses to tired and sore muscles. These pulses are generated by the device & delivered through electrode pads placed on the skin which then trigger contractions of the targeted muscles. The MDTS116 is portable, compact, & stylish in design.

The MDTS116 Electronic Pulse Stimulator device has eight stimulation modes: **MASSAGE, BEAT, KNEAD, SLIM, ACUPUNCTURE, SCRAPING, CUPPING & IMMUNE**. These stimulation modes can be selected by pressing the MODE buttons on the front of the unit.

The MDTS116 comes with 2 independent output channels (**A & B**). Each channel comes with an electrode wire & two electrode pads. Users can choose between the two output channels or use them simultaneously by pressing the **A** and **B** buttons. Adjust the intensity by pressing the **WEAK & STRONG** buttons on the face of the unit. Pressing the plus (+) & minus (-) signs will increase & decrease the velocity of stimulation. The MDTS116 also allows for multiple timer settings. Pressing the **H** button will toggle through stimulation times of 5, 10 & 15 minutes.

## INDICATIONS FOR USE

To be used for temporary relief of pain associated with sore and aching muscles in the shoulders, waist, neck, back, arms, and legs due to strain from exercise or normal household and work activities.

## FEATURES OF MDT5116

- Liquid Crystal Display (LCD) Screen
- 2 Independent Output Channels
- 8 Stimulation Modes (MASSAGE, BEAT, KNEAD, SLIM, ACUPUNCTURE, SCRAPING, CUPPING & IMMUNE)
- 10 Levels of Intensity
- Adjustable Velocity (10 speeds)
- 5, 10 and 15 Minute Timer Options

## SAFETY WARNINGS

### DANGER

**Do not use this device if you have an implanted defibrillator or implanted metallic devices, such as a pacemaker. Such use could cause electrical shock, burns, electrical interference or death.**

### WARNING

Consult your physician before purchasing or using this device if you have one of the following conditions:

- |                   |                                                                |
|-------------------|----------------------------------------------------------------|
| Acute disease     | Abnormal blood pressure                                        |
| Malignant tumor   | Lack of skin sensation                                         |
| Infective disease | Abnormal skin condition                                        |
| Pregnant          | Any condition requiring the active supervision of a physician. |
| Heart disease     |                                                                |
| High fever        |                                                                |

### NOTICE

- Do not use this device while driving or sleeping.
- Do not use this device in high humidity areas such as a bathroom.
- Keep the device away from wet, high temperature and direct-sunlight place.
- Keep this device out of reach of children.

## Warranty Registration Card

Model No. \_\_\_\_\_ LOT# \_\_\_\_\_

(LOT# - located on the packaging)

Serial NO. (SN) \_\_\_\_\_ Purchase Date \_\_\_\_\_

(SN - located on the back on the unit)

Purchaser Name:  M  F \_\_\_\_\_

Age:  Under 18  18-34  35-49  Over 50

E-Mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Address 1: \_\_\_\_\_

Address 2: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

### Warranty Conditions

ChoiceMMed America Co. warrants to the original purchaser that this equipment will be free from defects in materials and workmanship for a period of one year from the date of purchase. This warranty shall be limited to the repair adjustment and/or replacement at the manufacturer's option of defective parts free of charge except the cost of transportation to ChoiceMMed America Co. Manufacturer's responsibility is limited to actual cost of item. When returning equipment for warranty service, all shipping and insurance charges must be prepaid and the proof of purchase must be enclosed. A payment of \$10.00 must be included to cover the return shipping and handling. Returns will only be shipped to locations within the USA. ChoiceMMed America Co. will not be responsible for expenses or inconveniences, or consequential damages occasioned by equipment or by breach of any expressed or implied warranty with respect thereto.

### Limitations

This warranty covers all defects encountered in normal use of the equipment and does not apply in the following cases.

- If the equipment has been serviced by other than a certified center.
- Damage to the equipment due to mishandling, abuse, accident or failure to follow the operating instructions.

INSTRUMENTS: Warranty does not extend to display face, batteries and electrode pads.

Customer Service Representatives are available Monday through Friday - 9:30am to 4:30pm EST

Service Phone: (215)-874-0458

[www.choicemmedamerica.com](http://www.choicemmedamerica.com)

## WARRANTY INFORMATION

### LIMITED WARRANTY OF CHOICEMMED AMERICA

#### Please read the warranty conditions carefully.

To obtain full warranty coverage, be sure to complete your product registration within 30 days from date of purchase. (Warranty Card located - page 16)

If you choose not to register your product, this Limited Warranty will be void.

#### REGISTER ONLINE:

Visit [www.choicemmedamerica.com/register](http://www.choicemmedamerica.com/register)

Fill out required information

#### OR BY MAIL:

Complete the Warranty Registration Card located on page 16 of this instruction manual

Include a COPY of your sales receipt

Send to:

ChoiceMMed America Co.  
2558 Pearl Buck Road, Suite 8A, Bristol PA, 19007

For detailed warranty information,  
please visit: [www.choicemmedamerica.com/warranty](http://www.choicemmedamerica.com/warranty)

## SAFETY WARNINGS (continued)

Stop using this device and consult your physician immediately if you feel pain, discomfort, dizziness or nausea.

Do not attempt to move the electrode pads while the device is ON or operating.

Do not use the device around the heart, on the head, mouth, genitals or blemished skin areas.

Do not apply stimulation of this device in the following conditions:

Across the chest - the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal.

Over painful areas. Consult your physician before using this device if you have painful areas.

Over open wounds, rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins). Apply stimulation only to normal, intact, clean and healthy skin.

In the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms). The electronic monitoring equipment may not operate properly when the electrical pulse stimulator is in use.

While operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.

On children.

Be aware of the following:

Consult your physician before using this device. The stimulation with the device may:

cause lethal rhythm disturbances to the heart in susceptible individuals, and,

## SAFETY WARNINGS (continued)

disrupt the healing process after a recent surgical procedure

The device is not effective for pain of central origin, including headache

The device is not a substitute for pain medications and other pain management therapies

The device has no curative value

The device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism

The long-term effects of electrical stimulation are unknown

The user may experience skin irritation, burns or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel)

If the user has suspected or diagnosed epilepsy, the user should follow precautions recommended by his or her physician

Use caution if the user has a tendency to bleed internally, such as following an injury or fracture

Use caution if stimulation is applied over the menstruating uterus

Use caution if stimulation is applied over areas of skin that lack normal sensation

Stop using the device if the device does not provide pain relief

Use this device only with the wires, electrodes, and accessories that the manufacturer recommends

Medical Electrical Equipment needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided. Portable and mobile radio frequency (RF) communication equipment can affect Medical Electrical Equipment.

## TROUBLESHOOTING

If your device is not operating properly, please check it for the following problems or conditions. If the recommended action does not solve the problem, please return it to the ChoiceMMed America Co. for a replacement or repair of the device.

MALFUNCTION	CAUSE	SOLUTION
Stimulation is weak or not existent	Are the electrode pads in close contact with the skin?	Remove, clean and place back on the skin.
	Are the electrode pads touching each other?	If so, separate the pads.
	Are the wires connected to the electrode pads and the main device properly?	Disconnect, clean and reconnect all the parts.
	Are the batteries dead?	Replace the batteries.
Skin turns red	Did you stay with stimulation too long?	Stop treatment or move to another area.
Skin feels numb	Are electrode pads dirty?	Clean with damp cloth or replace.
	Do the electrode pads touch the skin closely?	Remove and place again on the skin
Device does not turn on	Are the batteries installed correctly?	Remove and install batteries.
Pads are not sticky	Pads will deteriorate after multiple uses.	Replace them with ChoiceMMed Self-Adhesive Replacement Gel Pads MDP5100

## CONFORMITY TO STANDARDS

The MDTS116 Electronic Pulse Stimulator is in compliance with:

IEC 60601-1 "Medical Electrical Equipment - Part 1: General requirements for basic safety and essential performance".

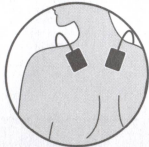
IEC 60601-1-2 "Medical Electrical Equipment - Part 1-2: General Requirements for Safety - Collateral standard: Electromagnetic Compatibility - Requirements and Tests".

## CLEANING AND MAINTENANCE

Use water or neutral detergent to clean the device first, and then use a dry cloth to wipe it again. The electrode pads coming with the device are disposable after 80 uses. They should be replaced when their adhesiveness becomes weak. To insure proper use, ChoiceMMed Self Adhesive Replacement Gel Pads MDPS100 should be used. Do not let the sticky side of the electrode pads touch anything, including your finger tips. Do not use damaged or broken wires.

Dispose of battery properly; following any applicable local battery disposal laws.

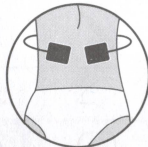
## POSITIONS FOR USE



SHOULDER/NECK



SOLES OF FEET



WAIST/BACK



ARMS



LEGS/JOINTS

## SPECIFICATIONS

Unit Size: 2.32" x 7.87" x 0.83"

Weight: 4.2 oz.

Power: DC 3V, 2 AAA batteries

LCD Display: 1.5" x 1.7"

Life of Pads: Up to 80 Uses

## ENVIRONMENTAL CONDITION FOR TRANSPORT & STORAGE

Temperature Range: 32°F - 118°F

Humidity: 10% - 85%

Atmospheric Pressure: 400hPa - 1060hPa

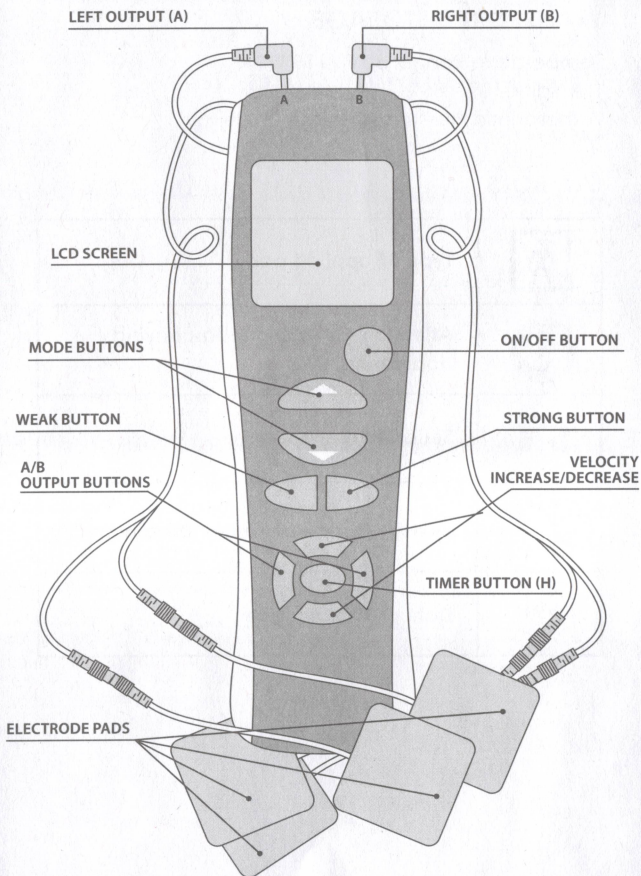
## SYMBOLS

	Type BF applied part
	Attention, Consult accompanying documents
<b>SN</b>	Serial Number
	Storage temperature & relative humidity
	Date of Manufacture

## HOW THE DEVICE WORKS

The MDT5116 device generates small pulses of electrical current. It delivers these pulses to the user's skin through adhesive electrode pads such that the underlying nerves are activated and the pain associated with sore and aching muscles is temporarily relieved.

## UNDERSTANDING YOUR UNIT



When the MODE UP or MODE DOWN key is pressed, the corresponding mode could be selected and highlighted on the LCD screen.

Press the STRONG or WEAK button to increase or decrease the output intensity, visually shown on the LCD.

Press the + or - button to increase or decrease the speed, visually shown on the LCD

When the H key is pressed, the countdown time can be selected from 15, 10 and 5 minutes.

## LCD CHECK

The information displayed on the LCD screen should be identical to the following description:

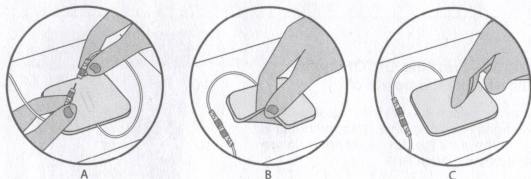
A	B	Output Channels
	15	Timer of 5, 10 or 15 minutes
		MASSAGE mode
		BEAT mode
		KNEAD mode
		SLIM mode
		ACUPUNCTURE mode
		SCRAPING mode
		CUPPING mode
		IMMUNE mode
VELOCITY	5	Output speed
STRENGTH	8	Output intensity



## ELECTRODE PADS USER GUIDE

Clean skin thoroughly prior to each application of electrode pads. Pads will not stick well if any lotion, make-up, or dirt is left on your skin.

Make sure the Electronic Pulse Stimulator is off before applying the electrodes to the skin.



Insert the pins of the connecting wire into the wire connectors of each electrode pad (as shown in image A).

Remove the electrode pads from the protective liner. Lift at the edge of the electrode pad and peel from the liner. Do not pull on the lead wires when removing the electrode pads from the protective liner or skin. The electrodes may become damaged (shown in image B).

Apply firmly to the skin.

When not in use, return the pads to the protective liner (as shown in image C). Store the electrode pads in the re-sealable bag in a cool place, out of direct sunlight.

## QUALITY ASSURANCE TESTS

The test result of each step should meet the following pass criteria. Otherwise, it is considered failed.

### KEY FUNCTION TEST

When the functional keys are pressed step by step, the outputs of the device should be identical to the following description:

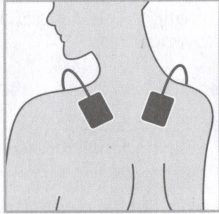
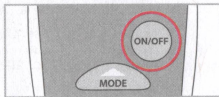
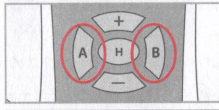
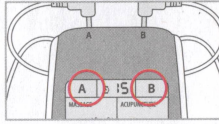
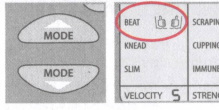
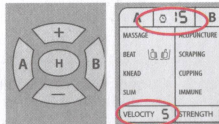
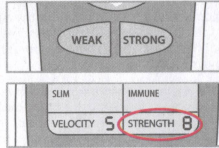
When the ON/OFF button at the off condition is pressed, the device is turned on, illustrated by the appearance of 8 modes on the LCD screen.

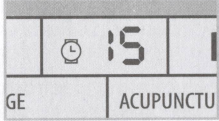
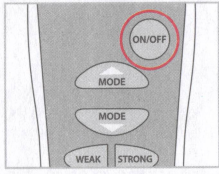
## OPERATING INSTRUCTIONS

The following steps are used to guide the device operation. The details about each step are listed in the following chart.

- Step 1 Insert 2 AAA batteries into the device
- Step 2 Connect the electrode pads to the wires and then the wires to the device  
*You can use one channel at a time or both simultaneously*
- Step 3 Put the electrode pads on the stimulation-needed body area  
*Clean your skin before each use. Make sure your skin is clean, dry and free from lotion before placing the electrode pads on the your skin. Refer to the Pads User Guide on Page 11.*
- Step 4 Press the ON/OFF button once to turn the power on
- Step 5 Choose the output channel(s) to be used  
*You can use one channel at a time or both simultaneously*
- Step 6 Select one of the eight stimulation modes
- Step 7 Choose the stimulation time and velocity
- Step 8 Adjust the stimulation intensity
- Step 9 Stay with stimulation for up to 15 minutes
- Step 10 Press the ON/OFF button once to turn the power off

DESCRIPTION OF OPERATION	DIAGRAM
<p><b>Step 1 - Insert the 2 AAA batteries into the device.</b></p> <p>Make sure the unit is OFF. Slide the compartment cover on the back of device downward until the cover pops off. Insert 2 AAA batteries according to the diagram inside the battery compartment. Close the cover.</p>	
<p><b>Step 2 - Connect the electrode pads to the wires and then the wires to the device.</b></p> <p>Plug the connecting wires into the electrode pads. Then connect the wires to the device's output channels. The A and B output channels can be used simultaneously or one at a time.</p>	
<p><b>NOTE:</b> If you connect wires to both A and B outputs, you must turn on both A and B and have pads connected. These pads <b>MUST</b> be placed on the body for stimulation to occur.</p>	

DESCRIPTION OF OPERATION	DIAGRAM
<p><b>Step 3 - Put the electrode pads on the stimulation-needed body area.</b></p> <p>In order to achieve the best relief results, place the electrode pads around or on the top of your painful areas. If possible, always use all the 4 electrode pads at the same time. (If all 4 pads are being used, both outputs must be turned on). Electrode pads should be placed between 0.5" to 1.5" apart from each other based on the relief area. Make sure the pads stick firmly on the skin. Do not move or remove the pads when the device is on.</p> <p>Clean your skin before each use. Make sure your skin is clean, dry and free from lotion before placing the electrode pads on your skin.</p>	
<p><b>Step 4 - Press the ON/OFF button once to turn the unit on</b></p> <p>The LCD display will show 8 stimulation modes.</p>	
<p><b>Step 5 - Choose the output channel(s) to be used for stimulation</b></p> <p>Pressing the A and B buttons on the front of the unit turn on and off the corresponding output channels. An "A" and/or "B" will appear on the top of the LCD screen when the channel is on. <b>You must have wires inserted into the output and pads placed on skin if the output channel is turned on for stimulation to occur. You can use one channel at a time or both simultaneously as long as the output channel is turned on, wires are connected and pads are attached to skin.</b></p>	 
<p><b>Step 6 - Select one of the eight stimulation modes</b></p> <p>Press the MODE Up and MODE Down buttons to toggle between stimulation modes: MASSAGE, BEAT, KNEAD, SLIM, ACUPUNCTURE, SCRAPING, CUPPING and IMMUNE. An icon will appear next to the selected stimulation.</p>	
<p><b>Step 7 - Choose the stimulation time and velocity</b></p> <p>Press the H button to toggle between 5, 10 and 15 minute stimulation times. Press the + and - buttons to increase the speed of stimulation. (1-10) The selected time and velocity will appear on the LCD screen.</p>	
<p><b>Step 8 - Adjust the stimulation intensity</b></p> <p>Press the WEAK and STRONG button to increase and decrease the stimulation intensity (1-10). The selected intensity will appear on the LCD screen.</p> <p>Note: With the increase of intensity, you may experience sensations like tingling, vibration, pain, etc. Therefore, gradually increase the intensity, and stop increasing when a comfortable level is reached.</p>	

DESCRIPTION OF OPERATION	DIAGRAM
<p><b>Step 9 - Stay with stimulation for up to 15 minutes</b></p> <p>The recommended stimulation time is 15 minutes or less per body area.</p>	
<p><b>Step 10 - Press the ON/OFF button once to turn the power off</b></p> <p>After the device is turned off, disconnect the wires and electrode pads. Take the batteries out of the unit if the device will not be in use for a long period of time.</p>	

## ACCESSORIES

The following accessories are included:

### Connecting Wires

The lead wires consist of PVC material in the outside and thin copper wire on the inside. The total length of the lead wire is 59.05 inches and there are 3 connectors on each wire. The one connector on the left end is used to connect to the device and the 2 connectors on the other end are used to connect to the electrode pads. The pulse generated by the device is able to transport from the device to the pads through these connecting wires.

### Electrode Pads (Up to 80 uses)

The ChoiceMMed Self Adhesive Replacement Gel Pads MDPS100 are the only electrode pads proposed for this Electronic Pulse Stimulator. These electrode pads (size: 1.57" x 1.57"), consisting of gel, carbon film, cloth backing, and electrode connector are biocompatible.