

Selecting Programs on Model # ET-8080

Program Modes	Pulse Rate	Output Mode/ Pulse Width	Type of Pain	Potential Benefits	You Should Feel
TENS Output Modes					
P1	15Hz	Constant	Chronic Pain	<ul style="list-style-type: none"> • Pain Gate Control • Pain relief associated with muscle groups 	• Continuous comfortable tingling
P2	60Hz	Modulated	Acute Pain	<ul style="list-style-type: none"> • Pain Gate Control • Helps relieve muscle twitching/ spasms 	• Comfortable pulsing sensation
P3	60Hz	Constant	Chronic Pain	<ul style="list-style-type: none"> • Pain Gate Control • Pain relief associated with muscle groups 	• Comfortable pulsing sensation
P4	2-60Hz	Modulated	Chronic Pain	• Achieve endorphin and gate response	<ul style="list-style-type: none"> • Variable comfortable tingling and pulsing sensation (sensation should appear to come in waves) • Massage-like feeling
P5	60Hz	Modulated	Chronic Pain	<ul style="list-style-type: none"> • Achieve endorphin and gate response • Decreased muscle fatigue 	<ul style="list-style-type: none"> • Variable mild tingling sensation (sensation should appear to come in waves) • Massage-like feeling
P6	7-60Hz	Modulated	Chronic Pain	• Decreased muscle fatigue	• Variable pulsing and pumping action (action should appear to come in waves)
P7	60Hz	Modulated	Chronic Pain	• Prevents accommodation of habituation	• Variable tingling and pumping action (action should appear to come in waves)
P8	2.45-245Hz	Cycle	Arthritis	<ul style="list-style-type: none"> • Combination of pain gate control & endorphin release • Pain relief related to muscle groups • Helps prevent habituation (recurrence) 	• Massage-like feeling
EMS Output Modes					
P1	40-99Hz	2 Sec. On 1 Sec. Off	Exercise Prep	• The program can gently warm muscles prior to exercise	• Rhythmic massage
P2	4Hz	-	Muscle Recovery	<ul style="list-style-type: none"> • The program produces muscle twitches at a very low frequency • For muscle recovery from fatigue and relaxation to help decrease muscle stiffness 	• Tapping massage
P3	5Hz	-	Active Recovery	<ul style="list-style-type: none"> • The program produces muscle twitches at a very low frequency • For muscle recovery from fatigue and relaxation to help decrease muscle stiffness 	• Soft tapping massage: similar to P2 but twitch rate is slower resulting in softer tapping
P4	99Hz	2 Sec. On 1 Sec. Off	Active Recovery	• The program activates the muscle in a short contraction/relaxation cycle	• Kneading massage
P5	4-20Hz	2 Sec. Ramp Up 6 Sec. On 2 Sec. Ramp Down 1 Sec. Off	Endurance	<ul style="list-style-type: none"> • The program uses a low frequency pulse to initiate slow twitch fibers for developing aerobic capacity and capillary supply • It helps improve fatigue resistance during long duration moderate intensity exercise 	• The exercise comprises of alternating sequence of work and rest phases lasting several seconds
P6	50 Hz	2 Sec. Ramp Up 5 Sec. On 3 Sec. Ramp Down 10 Sec. Off	Muscle Strength	• The program uses a low frequency pulse to initiate fast twitch fibers for developing aerobic capacity and capillary supply and is used for improving maximum muscle strength	<ul style="list-style-type: none"> • Increase the stimulation intensity until you get a strong and deep muscle contraction • Do not exceed your comfort level • 20 min/duration