



Your Personal

# SHIELD

Training Guide

Class IV TENS/EMS Combination Unit





*BrownCastle invites you to take part in  
their exclusive VIP Club!*

**It's FREE to Join!**

*Sign up to receive exclusive discount codes, first  
access to new product releases, and to shape  
future products with your feedback so we can  
continue to offer the best products available.*

**Click here to Join**

# Thank You for Choosing BrownCastle!

Thank you so much for your purchase! As a small company we strive to provide you with not only the best products, but the best service possible.

We know you ordered our Class IV Unit because you wanted a reliable and stylish product... that is built to last and works easily...and that's exactly what it's going to do.

If you ever don't feel satisfied in your purchase, or if you have any questions, do not hesitate to reach out to us! Every e-mail is answered personally by our U.S. employees, no automated messages or confusing conversations.

Please keep reading this PDF Guide so that you can get the most out of your purchase and we hope you love your new Shield Unit for years to come!

Regards,

*Dr. Steven Brown*

BrownCastle Founder

P.S. I invite you to become part of our "Royal" family. We want to reward you for choosing our company, so when you sign up for our VIP Club you will receive exclusive offers that only come a few times a year-no clutter in your inbox!



*"I love this UPGRADE! I previously used the older model and you would have to scroll through all of the modes...if you passed the one you wanted you had to go all the way through them again. With the touch screen it is super easy to choose my settings and easily increase the intensity with one touch." -EB*

*"Not only is the unit very effective for my pain but it also saves me lots of money on medical bills from my Chiropractor and Physical Therapist. It is compact so I can take it with me to work and lock the touch screen when it is in my pocket so my favorite settings do change."-Stan*

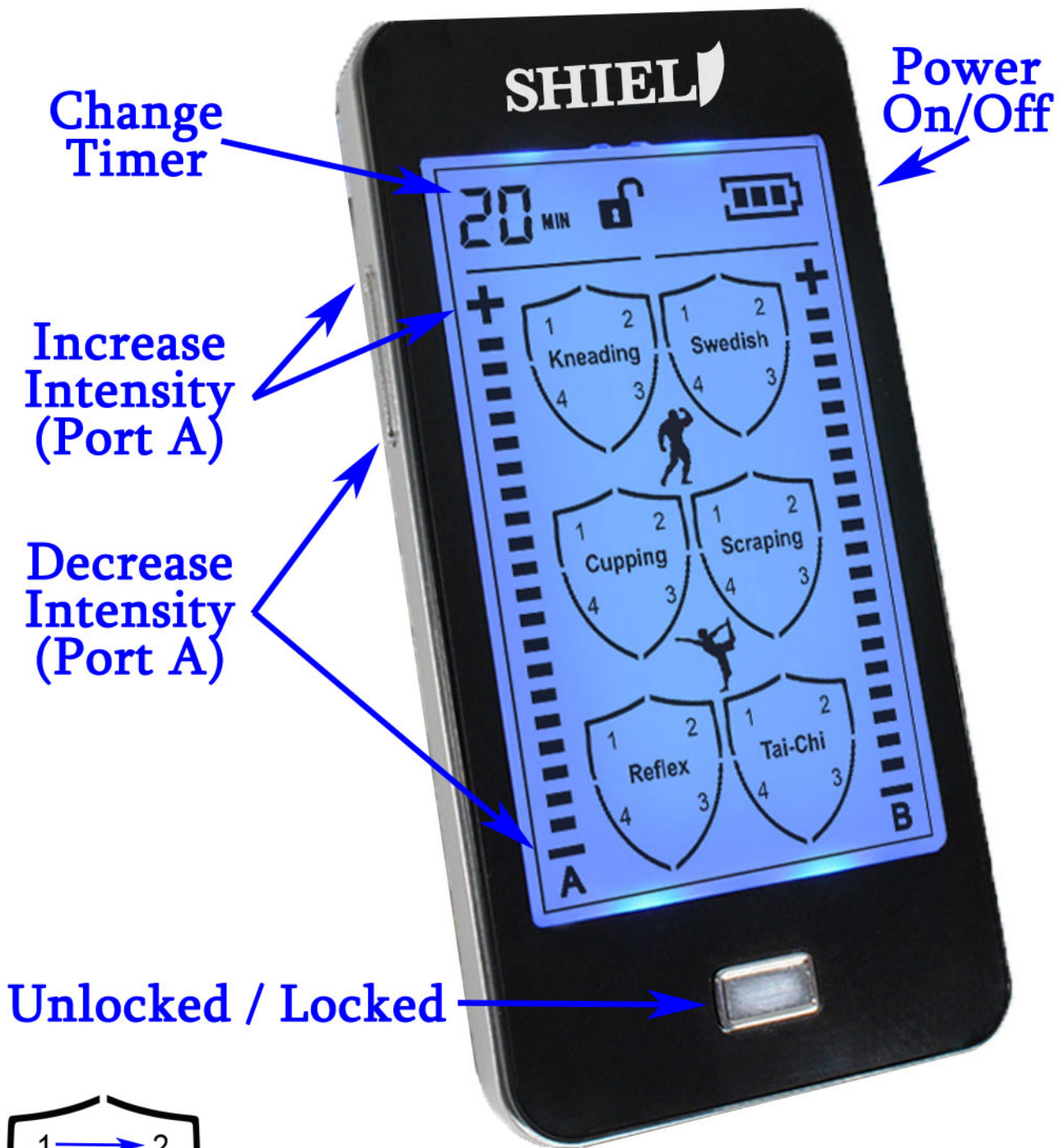
# Class IV Control Diagram

 Battery Charge

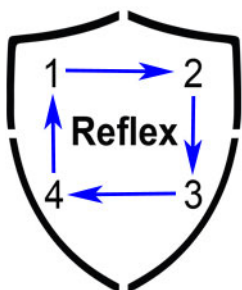
 88<sup>MIN</sup> Timer

 Unlocked / Locked

 +- Intensity



Unlocked / Locked



One Tap Selects Massage Mode  
Multiple Taps Change Sub-Mode

# 8 Simple Steps To Using Your New TENS Unit

1. Attach one pad to both ends of one lead wire and insert into port A.
2. Attach the two pads to your bare skin surrounding the treatment area. See FAQ below for more information about pad placement.
3. If treating two areas simultaneously, repeat steps for port B.
4. Press the power button for one second to turn the unit on and the screen will illuminate.
5. Tap any shield icon to choose that mode type and each consecutive tap on the same icon will cycle through the 4 submodes. Try each mode to see which ones are most comfortable for you.
6. Use the + or - on the screen or the side buttons to increase the intensity until it is strong but comfortable.
7. Tap the timer to set your treatment time from 10 to 60 minutes. When the timer comes to an end, the unit will power off.
8. Once your settings have been chosen, press the silver lock button to avoid bumping the screen and changing your settings while in use. To change your settings again, press the lock button to unlock the screen.

\*We recommend carrying your unit in a pocket or the included armband to avoid dropping it when in use.\*



# Choosing Your Modes

All modes work on a combination TENS-EMS frequency, so any mode can treat muscle, nerve or joint pain. We recommend trying each mode to see what is most comfortable for you.

## What Is Your Pain Like?

Certain types of massages will feel better with certain types of pain

🛡️ Muscle Spasms or Trigger Points:  
Use Kneading or Swedish Massage

🛡️ Chronic Pain:  
Use Cupping, Reflex or Scraping

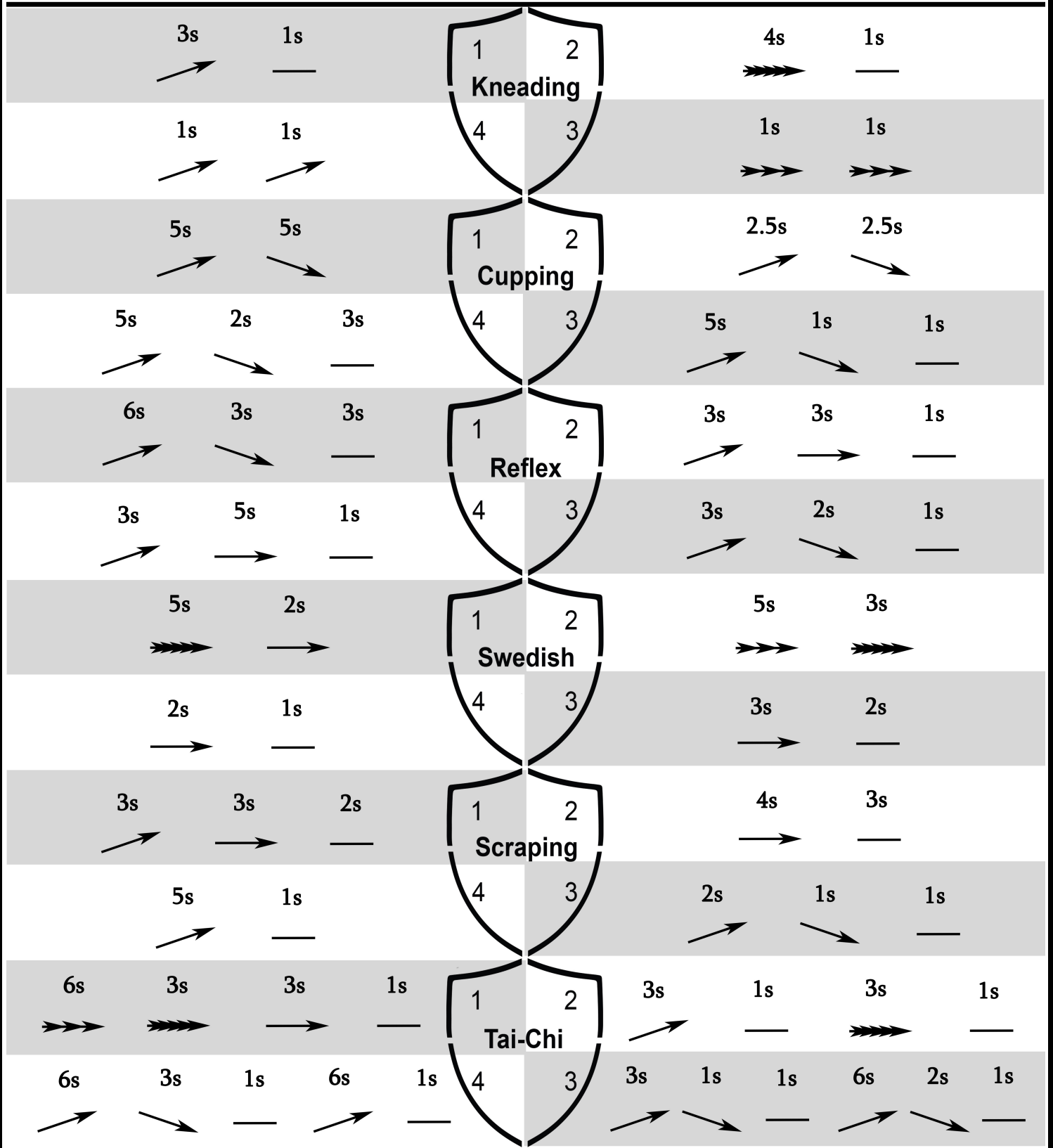
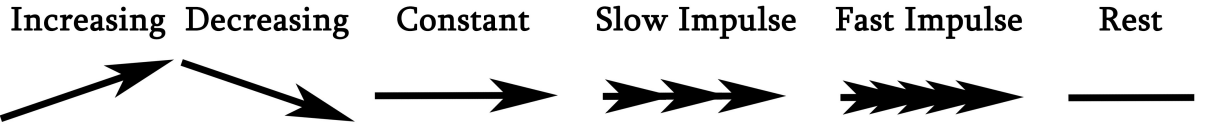
🛡️ Muscle Rehabilitation:  
Use Tai-Chi

View More About Your Unit With This Video



# Class IV Stimulation Diagram

**Key:**



# Frequently Asked Questions

**Q: Where should I place the electrodes on my body?**

**A:** If you are treating a muscle, place the electrodes at the origin and insertion of the muscle. If you are treating a nerve, place the electrodes along the nerve's path. If you are treating a joint, place the electrodes on opposing sides of the joint. If you aren't sure, try placing the pads on both sides of the painful area.

**Q: How long should I charge my unit?**

**A:** All units are charged prior to shipping so you can use it right out of the box. When your unit eventually runs out of battery or has a low charge, we recommend recharging it for a period of 20-30 minutes.

**Q: Is there a backlight on this unit?**

**A:** Yes, there are 4 built-in energy efficient LED backlights so you may use your unit in dimly lit areas or dark rooms. Once you have chosen your settings the backlight will turn off to extend battery life.

**Q: Can I keep the intensity setting the same when switching modes?**

**A:** For safety reasons the mode intensity will automatically reset to zero. Because each mode operates on a different frequency pattern, if the intensity were to remain high during the change you could receive an uncomfortable jolt.

**Q: Do I need to use all 4 electrodes or can I just use 2 electrodes?**

**A:** You may use 4 or 2 electrodes at a time. Note that you must have both electrodes from the same electrode cable in contact with your skin to create a current and feel the stimulation.

**Q: Is there a constant mode?**

**A:** Because all modes work for TENS and EMS- treating muscle, nerve or joint pain-there is no constant mode.

**Q: Who do I contact if my device breaks or I need extra accessories?**

**A:** We have your back, simply contact our customer support at [Support@BrownCastle.us](mailto:Support@BrownCastle.us) or visit us at [www.BrownCastle.us](http://www.BrownCastle.us)  
We will take great care of you.



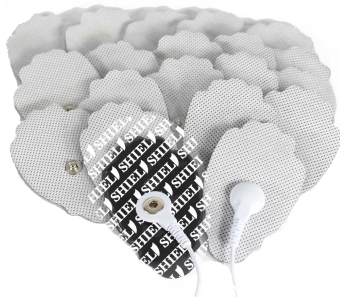


## Product Catalog



### **Small Snap-On Electrode Replacement Pads**

10 sets totaling 20 pads  
1.75in long x 1.25in wide



### **Medium Snap-On Electrode Replacement Pads**

10 sets totaling 20 pads  
convenient pull tab  
3in long x 2in wide



### **Large Snap-On Electrode Replacement Pads**

10 sets totaling 20 pads  
convenient pull tab  
4in long x 2in wide



### **Kinesology Tape**

**2 pack ( 1 Pre-Cut and 1 Continuous Roll)**

**3 Pack Continuous or Pre-Cut Rolls**

**24 Pack Continuous or Pre-Cut Rolls**

Rolls are 2 in wide and over 16 ft long.

All packs come in assorted colors.