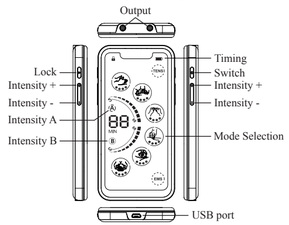
Please Make sure your device is off.

1. Connect the pad wires into the bottom of the device
2. Connect the pads to the wire by snapping them on, then remove the protective film.(Note: Adding few drops of water will increase their life span.)
3. Place the pads 1-2 inches apart around the pain or desired massage area. Make sure pads are fully attached the clean skin.(Cleaning your skin with hand sanitizer before the sessions will increase pad life span)
4. Turn the device on by press the on/off switch on right side of the unit. Screen will light up.
5. Touch the Mode icons to choose the massage mode.
6. Increase the intensity by "+" button until you feel comfortable. (you can descrease the intensity by pressing "-" button)



1. Introduction

Thank you for purchasing TENS (Transcutaneous Electrical Nerve Stimulation) Massager . Please read this manual.

1.1General information

TENS(Tanscuataneous Electrical Nerve Stimulation) Massager is a new health-oriented product to benefit the tired body. Due to its portable appearance, the use ofthe device will be no longer bound by time or space. It is really a good partner for health care in daily life.

1.2 Warnings and Precautions

1.DO NOT use this device if you have any of the following medical conditions:
(1) An implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device
(2) Undiagnosed pain syndromes
(3) Have been diagnosed with cancer
(4) Are pregnant
(5) Have suffered acute trauma or surgical procedure in the past six months
(6) Have cardiac problems or cardiac disease
(7) Have epilepsy
(8) Have painful and/or atrophied muscles
(9) Have abdominal or inguinal hernia

(10) Have limited range of motion in skeletal joints
(11) Have blood circulatory problems
2. This unit is intended for adult use only on healthy muscles.
3. This device is not intended for the application of any medical condition or disease nor intended for physiotherapy or muscle rehabilitation. It is contraindicated for use on any muscle that is injured or diseased.
4. DO NOT use for:
(1) Muscle reeducation
(2) To prevent muscle atrophy or spasms
(3) Improving range of motion
(4) Blood flow deficiencies / venous thrombosis

Warnings:
1. Stimulation should not be applied over the carotid sinus nerves, particularly in patients with known sensitivity to the carotid sinus reflex.
2. Stimulation should not be applied transthoracicallyin that the introduction of electrical current into the heart may cause cardiac arrhythmias.
3. Stimulation should not be applied transcerebrally.
4. Apply electrodes only to normal, intact, clean skin. Do not apply electrodes over open wounds or over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins.
5. DO NOT apply stimulation:
(1) Over frontal area of the neck (near site of carotid sinus nerves).

(2) Over the neck or mouth.
(3) Across the chest.
(4) Over or in proximity to cancerous lesion.
(5) If you are epileptic.
(6) After experiencing acute trauma or fracture.
(7) Following recent surgery.
(8) If you have a hernia.
6. Never use the device while driving, operating machinery or during activities in which involuntary muscle contractions may endanger the users or others.
7. Do not use the device in the bath or shower.
8. Do not use the device while sleeping.

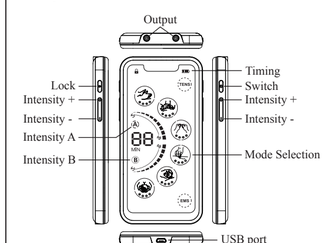
2 .Product Description

2.1Features

Large touch screen
The large , clear LCD indicator makes it easier for visually impaired to set and operate, This LCD will be utilized to display stimulating mode/intensity level and timer.
A/B channels outputs allows you to receive massages in 2 different intensity levels at the same time. Every mode with 20 intensity levels Offer versatile choice for long time users
Automatic Timer
Automatic timer will turn the unit off when the set time ends. Each click to the time icon will add 10 minutes to the timer.

2.2 Function

1. Relaxing body.
2. Stimulate inhibiting sympathetic, enlarge blood vessels, and improve blood circulation.



3. Pain relief, including:backing pain,Sciatica Sports strains and sprains.
4. Dredge the channels and collaterals.

3. Instructions for use

1. Snap on the output cord onto the massage pads.
2. Plug the output cord into the output jack of the controller.

3. Use a damp towel to wipe the skin where you put the pads, so as to remove any body oil, cosmetic or dirt (Should the pads be soiled, both their adhesivenessand the use time will be reduced).
4. Peel off the protective film on the pads.
Warning: To avoid an electrical short, do NOT place electrode pads on top of each other.
5. Apply the pads to the areas of the body that you want to massage. The unit cannot operate unless both pads are applied.

Your Name

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TECHCARE MASSAGER
1921 Carnegie Ave Unit C
Santa Ana , CA 92705
www.techcaremassager.com

背面

Certificate of Quality & Warranty Card

Product Model	Product Name
Date of Purchase	Purchase Location
Retailer's Name	Retailer Telephone Number

Registerer Info	
Name	
Adress	
Phone Number	
Email	

You can register your product online at www.techcaremassager.com

Warning: Do not move pads or touch them with hands in the process of using, it may cause strong stimulation.
6. Press ⏻ button, the screen starts to display. The small flashing hands on the LCD screen will automatically points at mode 1.
7. Touch mode area to select different modes.
Mode 1 contains tapping, scrapping, body building, knocking waveforms;
Mode 2 contains acupuncture, foot therapy, trigger point Lomi lomi waveforms;
Mode 3 contains strike,reflexology,Tha chi,nuge massage waveforms;
Mode 4 contains kneading,butterfly,shiatsu-deep streching waveforms;
Mode 5 contains cupping, sports, Swedish thai waveforms;
Mode 6 contains rubbing, assorted,stepping,auto waveforms
Please increase the intensity when change to new mode because it will return to be lowest automatically.
8. Press "+" button or click"+" on the screen to strengthen the output power. Press "—" button or click"-" on the screen to reduce the output power. One press to increase or reduce one grade, totally 20 grades. The chosen power output depends on the feeling comfort. At the precondition of acceptance, the power should be chosen as high as possible for the best effect.
9. Click timer figure to adjust time. The auto time set is 20 minutes. One click to increase 10 minutes. The instrument sets time to auto turn-off, and it should be restarted if

treatment is needed to be continued.
Note: The standard time is 20 minutes (time on the screen can be adjusted). The devicecan be used 1 or 2 times (the maximum use time) for the same area per day. There may be some people who feel fatigue, in this case, lower the speed and strength, shorten the time (for example stop the machine when the time shows 5 minutes), and limit the use time to once a day.
10. Press left button to lock the LCD screen.When there is a key showed on the top of the screen, it will be no uses no matter where you touch on the screen, but the intensity level can be adjusted by pressing side button. Press bottom button to unlock.
11. If you need to turn off the device during massaging, long press "OFF" button.
12. Take off the physiotherapy film, cover the protectionfilm, and put away the massager.
Note:
1.Never connect this product with common headphone.
2. Do not touch USB port in the process of using. The USB port is only for charging- do not connect to any other device.
3. The charger supplied by the manufacturer must be in compliance with IEC/EN 60601-1, the use of unauthorized charger can degrade minimum safety.

4. Maintenance and Storage

1. Unplug the output cord from the output jack of the controller after using.
2. Cover both pads with the protective film before storage.
3. Never fold the massage pads.
4. To keep the controller clean, use a soft and dry cloth for dust or a soft damp cloth for any dirt and smudges. Do not use any cleaning solutions to clean the controller and its pads.
5. Never apply the pads on any surface other than your skin. If the pads become soiled or dirty, the adhesive power may decrease. In this case, moisten the surface of the pads with water and wipe away the dirty portion. This will allow a temporary restoration of the adhesive power. However, too much water will result in loss of the adhesive power.
6. Do not use or store the devices where there are magnetic fields or electric wave (near TV set or speakers).
7. Do not place the devices in areas of high temperature, highhumidity, or under direct sunlight.
8. Keep the device out of reach of children.
9. All worn accessories should be dealt according to the regulations.

5. Specifications

Name of product	SM TENS & PMS
Model No.	Touch X
Power/voltage	3.7V
Output current	84MA
Strength level adjustment	20 sections
Frequency	1-110HZ

6. Package

Controller	1 unit
Medium Hand Shape Pads	4 pair
Charger (USB port, 100-240V 50/60Hz automatically adjusted)	1 unit
Output cord	2 pcs
USB extension cord	1 pc
Meridians figure	1 pc
User's manual	1 pc

Need Replacement Pads?

FDA 510(k) Cleared Electrode Pads with Discounted Price

www.amazon.com/techcaremassager

www.techcaremassager.com

TechCare

Touch X

SM TENS & PMS

User's Manual

Please read the user's manual carefully before using the product

封面

展开尺寸：525*120MM
折叠尺寸：75*120MM 正负1MM
材质：128G铜版纸 四色印刷 过哑胶
七折页 虚线处牙口