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SM TENS & PMS

User's Manual

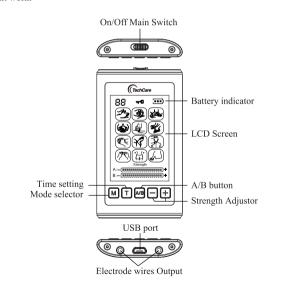
Please read the user's manual carefully before using the product





Instructions

- 1. Connect the wire to the machine.
- 2. Connect the pads to the wire.
- 3. Place both pads on the area you would like to use it on.
- 4. Both pads must be attached to the body for the machine to work.
- 5. Turn the machine on.
- 6.Upon turning the machine on, make sure to increase the strenght to make the unit work.







I. Foreword

Before operation, please read this user's manual carefully, and be clear about the instructions.

General Description of the Device

SM TENS&PMS has 12 operation modes, which can give certain electrical pulses through electrode adhesive pads to the suggested area of the body where the electrodes are placed.

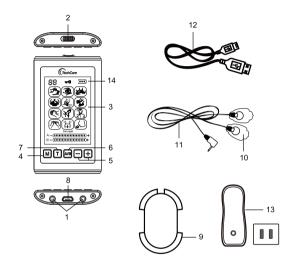
The electronic stimulatory module has the operating elements of an ON/OFF Switch, Display screen, Mode Selection key, Intensity Modification keys, A&B Shift keys, Timing key, Output socket, and USB port for battery charging. The display screen can show battery power, selected mode, current intensity, time remaining of an application mode, and indication of a pause

The device is equipped with accessories of electrode pads, electrode cables, a battery charger, and one USB cable. The electrode cables are used to connect the pads to the device; the USB cable is used to connect the charger and the built-in lithium battery. All accessories, including USB cables, electrode pads, electrode cables, chargers can only be changed or replaced by a qualified person.

The electrodes are interchangeable. The application area of electrode pads must be larger than the smaller electrode pads.

Included in this package:

- * 1 controller
- * 2 pairs of electrodes [510(k) cleared]
- * 2 output electrode cables
- * 1 USB cable
- * 1 charger
- * 1 User's manual
- * 1 plastic holder



1.Electrode wires Output

2.On/Off Main Switch

3.LCD Screen

4.Mode selector

5.Strength Adjustor

6.A/B button

7.Time setting

8.USB port

9.Pads-sticking Board

10.Massage pads

11.Electrode wires

12.USB Extension Wire

13.Power Convertor

14.Battery indicator





II. User manual

1. Description of the Device

1.1 Features

- * A large, easy to read LCD display
- * Adjustable timer
- *12 Modes
- * Rechargeable lithium battery

1.2 Mode Description



We suggested that you initially experiment using each of the 12 modes. The mode that gives you the most desirable sensations and comfort is the most appropriate one to use for your current condition.

- 1) Intensity should be set at a level where you will feel some muscular vibration and involuntary muscle movements. It should be set to give a comfortable feeling and should not be painful.
- 2) Timing of application should be at least 10 to 20 minutes.
- 3) Frequency of the application should be at least one to three times per day.

2. General Operation Guidance

- 1) The built-in Lithium battery can be recharged through either the power converter or a computer USB connection.
- 2) When the whole LCD display screen is blinking, it indicates the battery is low. When charging the red light is on and it will change to a green light after it finishes charging.
- 3) The battery should be charged for 8 hours before first use.
- 4) When charging the battery with the USB connection, do not charge for more than 2 hours.
- 5) Massager should be charged at least every 3 months in the event it is not used regularly.
- 6) Connect the pads to the wire by snapping them on.
- 7) Remove the protective film from massage pads.
- 8) Apply few drops of water on both pads with your finger (This makes the massage sensations stronger).
- 9) Apply the massage pads on your body and plug the cord into the port at the bottom of the unit.
- 10) Turn the unit main switch on. When on, it will automatically start at mode 1.
- 11) To change the mode press mode button and gradually increase the intensity by pressing the + button; to decrease press-button.

Note: The unit is with A & B independent channels, both A&B modes and A&B intensity.

12) Once you have selected a mode, gradually increase the intensity by pressing the + button, and to decrease the intensity by pressing the – button. When intensity "A" mark on the display flashes, the intensity "A" is adjusted by pressing the + / - button, and you could press "A/B" button to change to Intensity "B".



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The chosen power output depends on your comfort level. At the precondition of acceptance, the intensity should be chosen as high as possible for the best effect but still feel comfortable.

13) To set the time of use, press "T" button. The auto time set is 20 minutes. Each press of the button adjust the time by 10 minutes. The device turns off after the time runs out and it can be restarted by readjusting the "ON/OFF" button if treatment is needed to be continued.

Modes

Elite massager has 12 modes:tapping/acupuncture/strike/neck soothing/cupping/scrapping/Tai-chi/swedish/stepping/ear soothing/reflexology/trigger point

Strength

When first turning on the Massager, or changing the mode, the strength will default to the lowest setting. You can then increase the intensity gradually.

Time

Each session is initially 20 minutes; by repeatedly pushing the time button you can increase the time of the session in 10 minute increments up to 60 minutes for a longer massage session.

Elite Massager is intended to be used for temporary relief of pain associated with sore and aching muscles in the shoulder,waist,back,neck,upper extremities (arm) ,and lower extremities (leg) due to strain from exercise or normal household work activities.It is intended to be used to stimulate healthy muscles in order to improve and facilitate muscles performance.

3. Cleaning and maintenance

A. For the control unit:

- 1) 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.
- 2) Do not use or store the device where there are magnetic fields or electric waves (near TV set or speakers).
- Do not place the devices in areas of high temperature, high humidity, or under direct sunlight.
- 4) Keep the device out of reach of children.
- 5) All worn accessories should be disposed of according to your local regulations.
- * Refer to the user manual of the pads manufacturer (510K092546), or reference to the following suggestions:
- 1) Unplug the output cord from the output jack of the controller after each use. Cover both pads with the protective film before storage. Never fold the electrode pads.
- 2) Between uses, store the electrodes in the reusable bag in a shady place. Stockroom temperature: +5°C~+27°C (41-80°F) and humidity of 30%~80%. No need to sterilize.
- 3) Never apply the pads to any other 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.
- 4) The life of the electrodes varies depending on skin conditions, storage, amount of use, type of stimulation, and stimulation site. Electrode life may be extended by carefully following this Instruction for Use. The expired electrodes are to be recycled and do not harm environment.

Warning: The electrodes are intended for single patient use only!



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4. Warnings

- 1) The long-term effects of chronic electrical stimulation are unknown.
- 2) Do not use stimulation over the main arteries around your neck.
- 3) Do not use stimulation over the neck or mouth. Severe spasm of muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing.
- 4) Do not apply stimulation directly to the heart area across the chest or on the chest.
- 5) Do not use stimulation on your head or across your head.
- 6) Do not use stimulation over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, varicose veins.
- 7) Do not use stimulation over, or in proximity to, cancerous lesions.
- 8) Do not use stimulation when charging the device.

5. Precautions

- 1) Safety of powered muscle stimulator for use during pregnancy has not been established.
- 2) Caution should be used for patients with suspected or diagnosed heart problems.
- 3) Caution should be used for patients with suspected or diagnosed epilepsy
- 4) Caution should be used in the presence of the following:
- a. When there is a tendency to hemorrhage following acute trauma or fracture;
- b. Following recent surgical procedures when muscle contraction may disrupt the healing process;
- c. Over the menstruating or pregnant uterus;
- d. Over areas of the skin which lack normal sensation.
- 5) Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium. The irritation can usually be reduced by using an alternate conductive medium or alternate electrode placement.

- 6) Electrode placement and stimulation settings should be based in the guidance of the prescribing practitioner.
- 7) Power muscle stimulators should be kept out of the reach of children.
- 8) Power muscle stimulators should be used only with the leads and electrodes recommended for use by the manufacturer.
- 9) Portable power muscle stimulators should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

6. Precautions

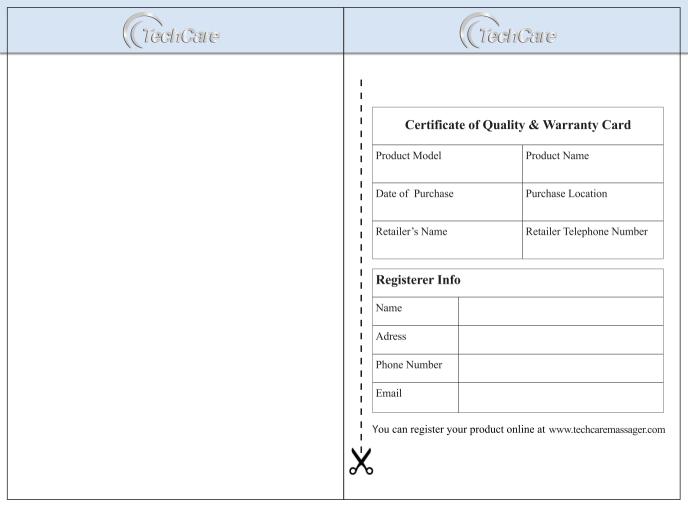
- 1) Do not use this device on patients who have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device, because this may cause electric shock, burns, electrical interference, or death.
- 2) Do not use this device on patients whose pain syndromes are undiagnosed.
- 3) Do not use this device during pregnancy.
- 4) Do not use this device on babies or infants who cannot express themselves.

7. Adverse Reactions

- 1) Patients may experience skin irritation and burns beneath the stimulation electrodes applied to the skin;
- 2) Patients may experience headache and other painful sensations during or following the application of electrical stimulation.
- 3) Patients should stop using the device and should consult with their physicians if they experience adverse reactions from the device.

Tips:

Dear customers, in order to keep the stability of the machine, we suggest you charging it in every 3 months, even you don't use it, thank you!!







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On/Off Main Switch (TechCare Battery indicator **3** LCD Screen Time setting A/B button Mode selector Strength Adjustor USB port Electrode wires Output

Your Name

Postage
Required
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not deliver
without proper
postage

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



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