



TENS Elite

Instructions for use



The TENS Elite is tiny, discreet and one of the most sophisticated, up to the minute TENS products available today.

Not only does it offer 7 treatment modes, but it can be used as a traditional TENS with leadwires or it can be affixed directly to the body without wires, whichever you prefer.

Explanation of Symbols on Unit



Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having an F type (floating) applied part.



Warning - refer to page 4 of these instructions.



Denotes a product which must be disposed of safely.



Contents

<i>What is TENS?</i>	3
<i>Precautions and Contraindications</i>	4
<i>The TENS Elite Controls</i>	5
<i>Additional Functions</i>	5
<i>Setting up your TENS Elite</i>	6
<i>The Assembly Stage</i>	6
<i>Useful Diagrams</i>	7
<i>Using your TENS Elite</i>	8
<i>FAQ's & Troubleshooting</i>	10
<i>Technical Data</i>	11

What is TENS?

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, into the nerve fibres which lie below, via electrode pads. TENS impulses help your body produce its own pain killing chemicals, such as 'endorphins'.

What can TENS be used for?

TENS can be used for many chronic and acute pain conditions such as back pain, shoulder pain, arthritis, sciatica, sports injuries, migraine, period pain and post operative pain.



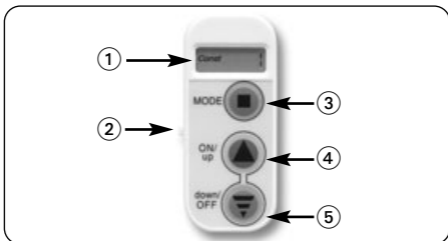
Precautions and contraindications

1. Do **NOT** use the TENS Elite if you have a cardiac pacemaker.
2. Check with your medical adviser before using if you suffer from a heart condition, epilepsy, undiagnosed pain, have any metal implants, or any doubts whatsoever.
3. TENS must **NOT** be used before the 37th week of pregnancy.
4. Never use TENS to mask undiagnosed pain since this could require urgent treatment.
5. If you are pregnant, do **NOT** place the electrodes over your abdomen.

General Precautions

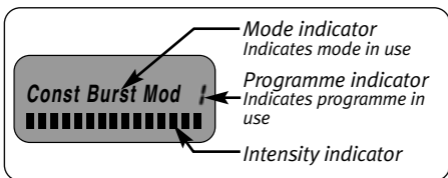
1. Do **NOT** use this unit without first reading these instructions.
2. Do **NOT** immerse the TENS Elite in any liquid.
3. Do **NOT** place it close to any source of excessive heat or operate it in the presence of flammable gas.
4. Do **NOT** drop this unit onto a hard surface.
5. Do **NOT** attempt to dismantle the TENS Elite.
7. Only use specified batteries and electrodes.
8. If damaged, do not use. Return to supplier.
9. Remove the batteries when not in use.
10. Do **NOT** use while driving or operating potentially dangerous machinery or while using a microwave.
11. Keep out of the reach of children.
12. Do **NOT** place electrodes on or near the eyes, in the mouth, over the front or sides of the neck, across the head, heart, or an area of broken, inflamed, infected or numb skin. Electrodes should generally only be applied to skin with normal sensation unless under medical supervision.
13. Do **NOT** use in the presence of tuberculosis, malignant tumours, very high or very low blood pressure, epilepsy, high fever or acute inflammatory disease unless under medical supervision.

Controls on the TENS Elite



- ① *User display (also see diagram below).*
- ② **TIMER** selector - Found on the side of the TENS Elite enabling you to switch between constant, 30 minute and 60 minute stimulation sessions.
- ③ **MODE** key - Used for selecting between the 7 different modes.
- ④ **ON/up** key - Press the 'ON/up' key to either turn on the TENS Elite or increase the intensity of the pulses.
- ⑤ **down/OFF** key - Press the 'down/OFF' key to either turn off the TENS Elite or decrease the intensity of the pulses.

Display symbols and their meanings



Additional Functions

Load Detector - If an electrode becomes detached from the skin, the intensity will drop back to zero.

Automatic Power Off - When the unit intensity levels are zero, and the TENS Elite has not been in use for about 5 minutes, the unit will shut off automatically.

Setting up your TENS Elite

Check the following contents:

- 1 x TENS Elite*
- 1 x Leadwire/beltclip attachment*
- 1 x Pack of 4 self-adhesive electrodes*
- 1 x Wireless electrode*
- 1 x Pack of 4 gel pads*
- 1 x CR2032 lithium battery*
- 1 x Carrying pouch*
- 1 x Easy Guide to TENS*

The assembly stage

- a) Slide open the battery cover on the back of the unit and insert the battery, ensuring the positive (+) side is visible and facing upward. Replace the cover (see fig. 1, page 7).*
- b) Connect the leadwire adaptor to the TENS Elite unit by inserting the two press studs on the adaptor into the two holes on the back of the TENS Elite (see fig. 2, page 7).*
- c) Connect the pin ends of the leadwire adaptor into the electrodes (see fig. 2, page 7).*
- d) If you wish to use the wireless electrode, remove the leadwire adaptor and in its place insert the wireless electrode. On the reverse of the wireless electrode place the adhesive gel pads (see fig. 3, page 7 for instructions).*
- e) Carefully peel the electrodes from the plastic backing using your forefinger and thumb. Place them on your body as illustrated in 'An Easy Guide to TENS', supplied with your unit.*

Useful Diagrams

Fig 1.

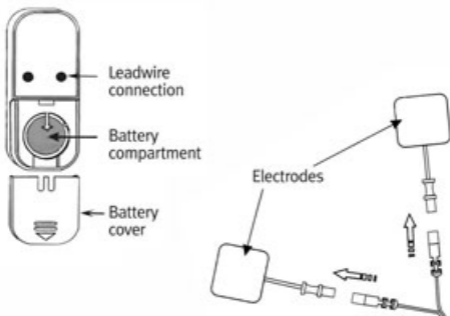


Fig 2.

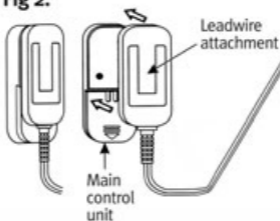
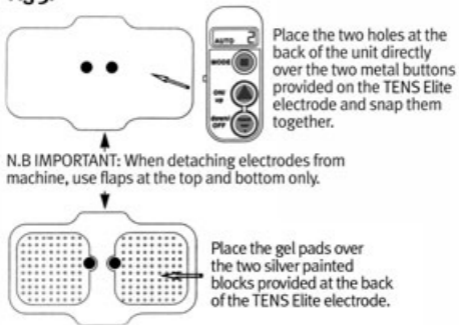


Fig 3.





Before first use of the TENS Elite, please familiarise yourself with the precautions and contraindications contained on page 4.

Using your TENS Elite

1. **Before Beginning Stimulation:** Ensure that the unit is switched off and then position electrodes in accordance with the guidelines illustrated in “An Easy Guide to TENS Pain Relief”, preferably under the guidance of your medical adviser. You are now ready to commence stimulation.
2. **Switching the Unit On:** Press the ON/up key to turn on the unit. The LCD screen will display **Const.** This is the setting that your unit will display every time the unit is switched on, but will provide no stimulation until additional settings are selected.
3. **Timer Switch:** Move this switch up or down, to select either:
 - a. **Continuous (C):** this mode will provide continuous stimulation for as long as the user chooses to operate the TENS Elite;
 - b. **30 Minutes (30)** This mode will provide stimulation for a fixed time of 30 minutes and will automatically turn off once this period has come to an end;
 - c. **60 Minutes (60)** This mode will provide stimulation for a fixed time of 60 minutes and will automatically turn off once this period has come to an end.
4. **Mode Key:** Select preferred or recommended mode by pressing the MODE key

The TENS Elite has 7 TENS modes. Each has been designed to provide a different sensation.

You can use any of the TENS modes to treat your pain. The table on page 9 sets out the different modes available on the TENS Elite:

Mode	Pulse Rate	Pulse Width
<i>Constant 1</i>	<i>2 Hz</i>	<i>150 μs</i>
<i>Constant 2</i>	<i>10 Hz</i>	<i>50 μs</i>
<i>Constant 3</i>	<i>120 Hz</i>	<i>50 μs</i>
<i>Burst 1</i>	<i>45 Hz</i>	<i>80 μs</i>
<i>Burst 2</i>	<i>30 Hz</i>	<i>80 μs</i>
<i>Modulation 1</i>	<i>80 Hz</i>	<i>Min 50 μs Max 250 μs</i>
<i>Modulation 2</i>	<i>Min 20 Hz Max 80 Hz</i>	<i>150 μs</i>

Constant Modes: There are 3 Constant modes that provide a steady uninterrupted signal ranging from a heartbeat sensation to a tingling sensation.

Burst Modes: There are 2 Burst modes. Each provides a stream of pulses turning on and off in regular bursts which feel like a tapping sensation.

Modulation (Massage) Modes: There are 2 Modulation modes. Each provides a signal that automatically decreases and increases in regular cycles, which feel like a massage. These modes are very soothing.

Varying the modes helps your body to avoid becoming used to one particular setting. Your medical adviser will be pleased to assist you to find the best settings and electrode placement positions for your pain condition/problem.

5. **Selecting Intensity:** After selecting the desired mode, press the ON/up key again to increase the intensity. Continue to press this key until you reach the desired level, which is comfortable. To decrease the intensity, simply press the down/OFF key.
6. **Switching the Unit Off:** Press the down/OFF key repeatedly until the display screen becomes blank, OR press the MODE and then down/OFF key to turn off the unit immediately.
7. **After Stimulation:** Always ensure that the unit is switched off before gently removing the leadwire attachment from the main unit.
8. **Electrode Care:** If you stimulate for a number of hours, check that the self-adhesive electrodes have not dried out. If this is the case, they can be moistened with a tiny drop of water.

TENS - Frequently Asked Questions

Q *Is it safe?*

Yes, TENS is used widely for pain relief and is recommended by medical professionals.

Q *Can I use it with other medications?*

A Yes. TENS is drug free so you can use it with any other medication including paracetamol.

Q *What conditions can TENS be used to treat?*

A TENS can be used to treat numerous pain conditions. To find out whether you are able to use TENS please consult your medical adviser or contact Body Clock Health Care on 020 8532 9595.

Q *Can I use this TENS for labour?*

A It is not recommended. It does not feature the booster button required for use during contractions. For information on TENS for use during labour, please visit www.BabycareTENS.com or call 0845 230 9737.

Troubleshooting Questions.

Q *Why does the pulse sensation not appear to be as strong after you have used the TENS Elite for a while?*

A Increase the intensity, you may have become used to a lower setting.

Q *Why does the pulse sensation feel strong but ineffective?*

A You may need to reposition the electrode pads.

Q *Why does the sensation not feel sufficiently strong even on a high setting?*

A The batteries may need replacing.

Technical Data

<i>Equipment type</i>	<i>Single Channel Digital TENS</i>
<i>Display</i>	<i>Digital LCD</i>
<i>Output Waveform</i>	<i>Bi-phasic Rectangular</i>
<i>Auto Power - Off</i>	<i>5 Minutes</i>
<i>Output Voltage</i>	<i>0-40V adjustable in 15 steps across a 500Ω load</i>
<i>Output Intensity</i>	<i>0-80mA adjustable in 15 steps across a 500Ω load</i>
Programmes	
<i>Mode</i>	<i>Programmes</i>
Constant	<ol style="list-style-type: none"> 1. 2Hz / 150µs. (Pulse rate / Pulse width) 2. 10Hz / 100µs 3. 120Hz / 50µs
Burst	<ol style="list-style-type: none"> 1. 45Hz / 80µs / 1Hz (Rate / Width / Beat Freq.) 2. 30Hz / 80µs / 2Hz
Modulation	<ol style="list-style-type: none"> 1. <i>Width Modulation</i> Pulse width: 50~250µs Ramp up / Ramp down time: total 6 seconds Pulse rate: 80Hz 2. <i>Frequency Modulation</i> Pulse rate: 20~80Hz Ramp up / Ramp down time: total 6 seconds Pulse width: 150µs
<i>Treatment Timer</i>	<i>30 minutes 60 minutes or continue mode</i>
<i>Battery</i>	<i>1 x 3V CR2025 Lithium Battery</i>
<i>Low Battery Detection</i>	<i>2.2V ± 0.1V</i>
<i>Tolerances</i>	<i>All output parameters are subjected to a ±10% tolerance unless otherwise specified</i>
<i>Weight</i>	<i>35g</i>
<i>Size (cm)</i>	<i>6.9 x 2.9 x 1.1</i>



Medical Devices Directive 93/42/EEC Annex V

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