

Quick Guide

Attention

The purpose of this Quick Guide is to help you understand the operation of the TENS unit much more quickly, and the contents of the quick guide are not a substitute for the user manual. Please read the user manual carefully before use to understand the contraindications and warnings. Please consult your doctor before use if you're not sure whether you can use this device.

Operation

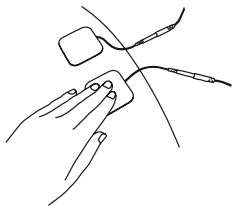
Note: Do not use it while charging.



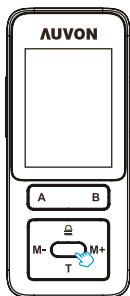
1. Clean and dry the application areas.



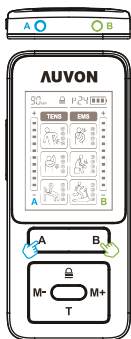
2. Connect the lead wire to a pair of pads and the device.



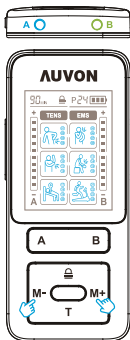
3. Attach a pair of pads.



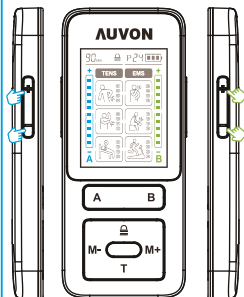
4. Long press the button to turn on the device.



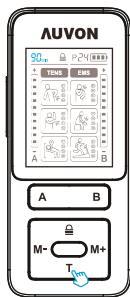
5. Choose the connected channel.



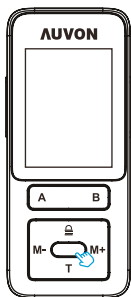
6. Choose a mode.



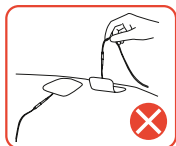
7. Adjust intensity.



8. Set time.



9. Long press to turn off the device.



10. Remove the pads. Do not pull the wire.

Pad Placement Suggestion

Square Electrodes

Neck



Shoulder



Elbow



Upper Back



Lower Back/Waist



Buttock



Sciatica



Abdomen



Knee



Thigh



Calf



Ankle



Small Round Electrodes

Neck



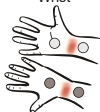
Shoulder



Elbow



Wrist



Finger



Upper Back



Lower Back/Waist



Buttock



Abdomen



Knee



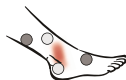
Thigh



Calf



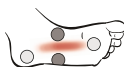
Ankle



Toe



Foot



Rectangular Electrodes

Neck



Shoulder



Elbow



Upper Back



Lower Back/Waist



Buttock



Sciatica



Abdomen



Knee



Thigh



Calf



Ankle





USER MANUAL

TENS and Powered Muscle Stimulator

Relaxation, Anywhere, Anytime

Model TU2224-A

Device Name: TENS and Powered Muscle Stimulator

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1. Explanation of TENS & EMS

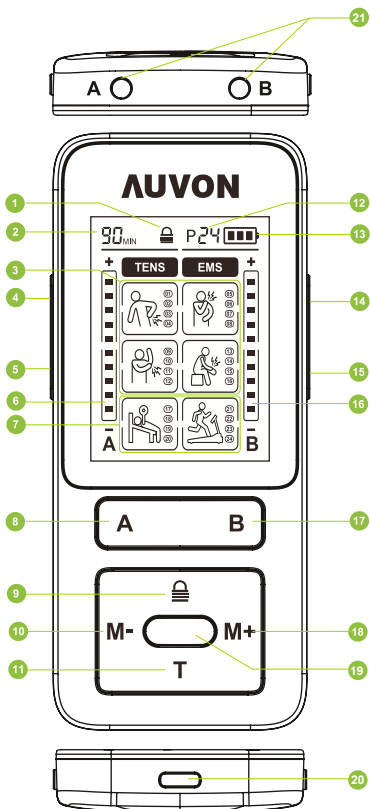
Transcutaneous Electrical Nerve Stimulation (**TENS**) is a non-invasive, drug-free method of controlling pain. TENS uses tiny electrical impulses sent through the skin to nerves to modify your pain perception. TENS does not cure any physiological problem, and it only helps control pain. TENS does not work for everyone, but for most patients it is effective in reducing or eliminating pain, allowing them to return to normal activities.

Electrical Muscle Stimulation (**EMS**) stimulates the muscles rather than the nerve cells. EMS stimulates your motor nerves, which induces muscle contractions, and mimics the way they contract during a workout. It will force the muscles to rapidly contract and relax.

2. Standard Package

- AUVON® TENS and Powered Muscle Stimulator
- Pin Pads
- Pads Holder
- Pouch
- Set of Lead Wires
- USB Cable
- Clip
- User Manual

3. Illustrations of the Device



- ① Lock indicator
- ② Time indicator
- ③ TENS modes (P1-P16)
- ④ Intensity Increase button (Channel A)
- ⑤ Intensity decrease button (Channel A)
- ⑥ Intensity indicator (Channel A)
- ⑦ EMS modes (P17-P24)
- ⑧ Channel A choose button
- ⑨ Lock button
- ⑩ Mode - button
- ⑪ Time button
- ⑫ Mode number
- ⑬ Battery indicator
- ⑭ Intensity Increase button (Channel B)
- ⑮ Intensity decrease button (Channel B)
- ⑯ Intensity indicator (Channel B)
- ⑰ Channel B choose button
- ⑱ Mode + button
- ⑲ On / Off switch button
- ⑳ USB port
- ㉑ Two output connectors

4. Operating Instructions

4.1 Note Before Use

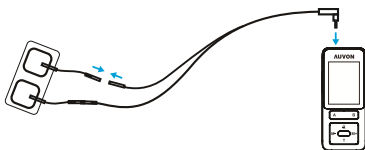
- Do not use this device during charging. (Fully charged in 2-3 hours.)
- The backlight of the screen will automatically come off after 20 seconds of no operation; when the device has no output, it will automatically shut down if there is no further operation within 5 minutes.

4.2 How to Use

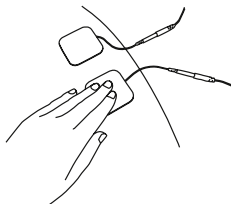
1. Clean and dry your skin before use and choose the unbroken, no-hair and flat areas with no sweat and no oil.



2. Connect a pair of electrode pads to one lead wire and plug the other end to the device.



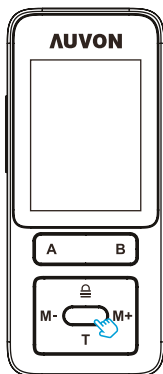
3. Attach at least one pair of electrode pads to the massage area and press the edge of the pads firmly on your skin to make sure full contact. (Make sure the unit is off when you attach the pads.)



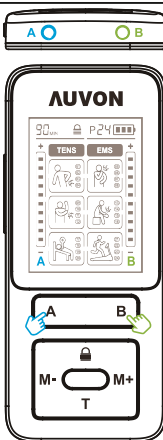
Note: Make sure both pads on the skin are not overlapping. The electrode pads should be at least one inch apart from each other. **Each lead wire needs to be connected to a pair of pads (2 pads), or it won't work.**

4. Press the button for 2-3 seconds to turn on the unit.

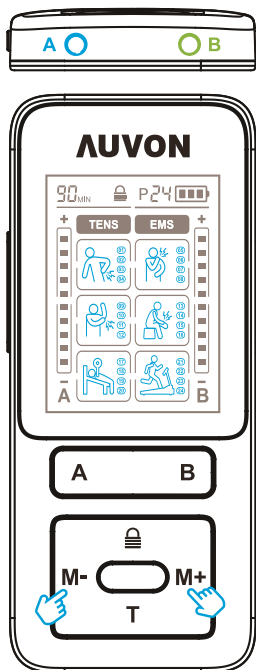
NOTE: Do not move the electrode pads or remove the lead wires during the use, or you may be shocked.



5. Channel Option: Choose channel A/B by pressing the “A”/ “B” button or the corresponding intensity buttons on the side, and the selected channel will flash.

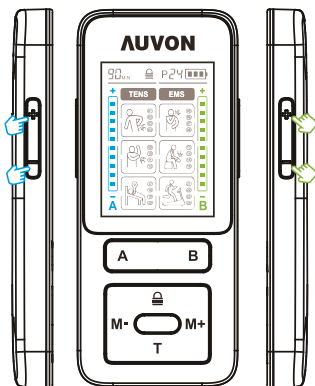


6. Mode Option: Press the “M-”/“M+” button to choose the mode. If “A” is flashing, it means the mode of channel A is selected. (If “B” is flashing, it means the mode of channel B is selected).



NOTE: The intensity of the channel will revert to the lowest setting with each mode selection.

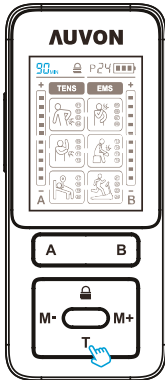
7. Intensity Option: Press the “+”/“-” button on the left/right side of the machine to adjust the intensity for the channel on which the icon is flashing.



NOTE 1: The intensity of the channel will revert to the lowest setting with each mode selection.


NOTE 2: For initial use, the intensity should be set between 1-3. If you feel the intensity is weak in 1-2 minutes, gradually increase it and select the most comfortable setting.

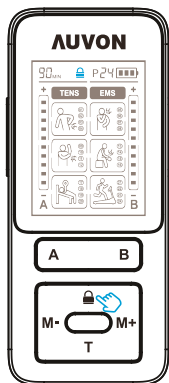
8. Time Option: Increase time by pressing the T button, and the time will increase by 10 minutes for each tap from 10 to 90 minutes and the C mode (infinite time). The device will automatically turn off when time is reached.



NOTE 1: When the device is set in C mode and the channel has output, the massage will go on until the battery is exhausted unless it is manually turned off. If the channel has no output and no operation, the machine will automatically shut down within 5 minutes.

NOTE 2: It is recommended that each area should not use this device for more than 30 minutes at a time. Stop using it if the pain is relieved.

9. Lock Function: Press the  button lock/unlock the screen. And the intensity, mode and time option can be adjusted only when the screen is unlocked.



4.3 After Use

4.3.1 Turn off the device by pressing the button for 2-3 seconds.


4.3.2 Grab a corner of the electrode pad and slowly peel it away from the skin, do not pull the wire, and avoid touching the gel as much as possible.

4.3.3 Place the sticky side of the pad on the transparent film or pad holder and remove the lead wire connector from the electrode pads gently.

4.3.4 Store the electrode pads in the storage bag and reseal tightly to prevent them from dry-out. Store them at room or cool temperature (between 5 °C-35 °C/41°F-95°F) and keep out of direct sunlight.

4.3.5 Organize the wires with the cable tie and store all of them in the pouch for the store.

4.4 Charge the Battery

4.4.1 When the battery icon shows “” or the message strength decreases, it indicates that the battery needs to charge. Turn off the unit.

4.4.2 Connect the device and the charger with a USB extension cord.

It is suggested to use the AC adaptor with ANSI/AAMI/ES60601-1 certified (the device does not come with a power adaptor). USB cable and please use an AC adaptor with ANSI/AAMI/ES60601-1 certified (the device does not come with a power adaptor)

Plug the charger into any power outlet, the power box appears and blinks, and the time display value will update to the percentage of charge. All other icons are removed and not displayed.

Charging Parameters	Input Voltage Range	100Vac-240Vac
	Input Frequency Range	50Hz/60Hz
	Output Voltage Range	5 Vdc
	Output Current Range	1000mA







4.4.3 The machine does not work while charging. Normal charging will last approximately 2-3 hours.

TIP: Charge the unit at least every 3 months if it is not used regularly.

5. Mode Instruction

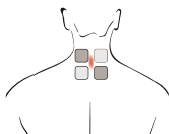
5.1 Mode Description

The modes 1 to 16 are TENS and modes 17 to 24 are EMS.

Main Mode	Number of Mode	Mode Type
 (01) (02) (03) (04)	1	TENS
	2	TENS
	3	TENS
	4	TENS
 (05) (06) (07) (08)	5	TENS
	6	TENS
	7	TENS
	8	TENS
 (09) (10) (11) (12)	9	TENS
	10	TENS
	11	TENS
	12	TENS
 (13) (14) (15) (16)	13	TENS
	14	TENS
	15	TENS
	16	TENS
 (17) (18) (19) (20)	17	EMS
	18	EMS
	19	EMS
	20	EMS
 (21) (22) (23) (24)	21	EMS
	22	EMS
	23	EMS
	24	EMS

5.2 Pad Placement Suggestion

Neck Pain



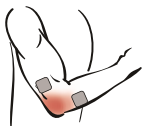
Modes: 9, 10, 12, 16

Shoulder Pain



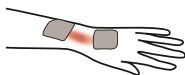
Modes: 5, 6, 7, 8, 14,
17, 23

Tennis Elbow



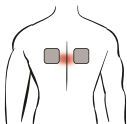
Modes: 16, 19, 20

Carpal Tunnel Syndrome



Modes: 3, 22

Back Pain



Modes: 1, 3, 4, 5, 8, 17,
21

Sciatica



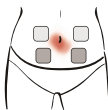
Modes: 1, 2, 3, 4, 5, 14

Hip/Thigh Pain



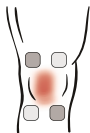
Modes: 15, 17, 18, 19, 20,
21, 22, 23, 24

Period Pain



Modes: 1, 4, 11

Knee Pain



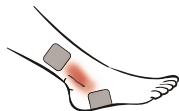
Modes: 4, 9, 10, 12, 13,
16, 19

Calf Pain



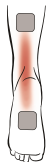
Modes: 3, 6, 13, 15, 17,
18

Ankle Pain



Modes: 6, 17, 18, 20

Plantar Fasciitis



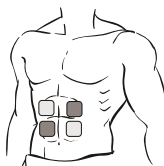
Modes: 9, 10, 12

Biceps



Modes: 19, 20

Abs



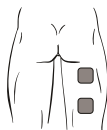
Modes: 23, 24

Glutes



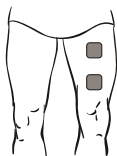
Modes: 21, 22, 23, 24

Hamstrings



Modes: 18, 20, 21

Quadriceps



Modes: 17, 19, 20

Calves



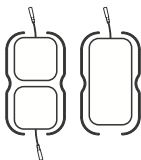
Modes: 17, 18

6. TENS Electrode Pads & Pads Holder

6.1 Features



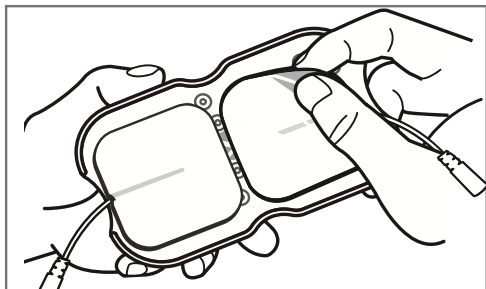
High-quality
ABS material to
make sure you
use it safely.



Widely
compatible for
pads in different
sizes.

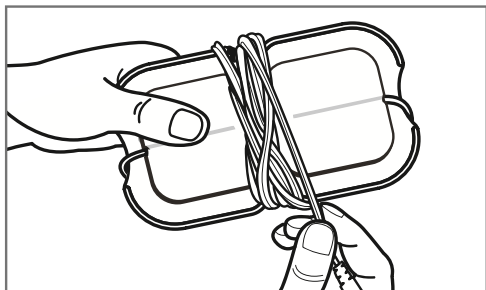
The salient points are designed specially to
lessen damage to the pads.

6.2 Instruction



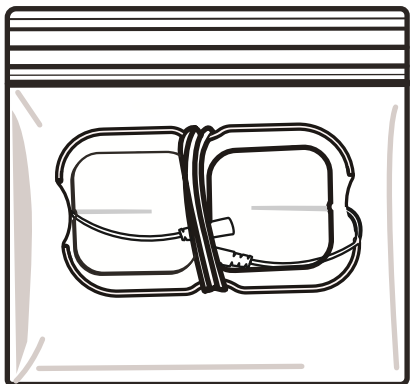
Step 1

Stick the electrode pads on the holder to avoid getting dust.



Step 2

Wind the thread around the holder for easy use as the picture shown.



Step 3

Step 3: Store the electrodes in the storage bag and reseal them.

6.3 Electrode Pads Care and Storage

- Do not cover the sticky side of the electrode pads with subjects like dry paper or dust, if you do, please drop a few drops of water and clean with finger pulp to remove dirt.
- To extend the electrode pads' lifespan, drop a few drops of water on the sticky side and dry it naturally on the pad holder with the gel side facing up, then it will become sticky again. (Excessive water will decrease the stickiness.)
- Cover the sticky side of the electrode pads with the transparent film, and store them in the sealed bag. (Dust on the gel will decrease the stickiness of the electrode pads.)

- Please store the electrode pads in a cool (between 5°C-35°C/41°F-95°F) and dry place. Do not expose the electrode pads to sunlight or any extreme temperatures to prolong the lifespan of the electrode pads.
- When the electrode pad has the following conditions, please do not use it and promptly replace it: gel melting; gel damaged; electrode pads not sticking; electrode pads deformed.

6.4 Electrode Pads Precautions

- Do not use it when driving a motor vehicle, bathing, showering, swimming, or exercising.
- Do not use the following areas: heart, spine, eyes, mouth, carotid artery, or throat; broken, excessively swollen and red, infected and inflamed, or rash skin (e.g. phlebitis, thrombophlebitis, varicose veins).
- Do not apply ointment or solvent to the electrode pads or the area where to be used.
- The electrode pads should not touch metal objects like belt buckles, necklaces, or other metal worn under clothes.
- Please refer to the following principles when using:
 - * During use, please ensure your hands and application area are clean and dry to avoid electric shock when inserting and removing electrode pads and wires.
 - * Please attach electrode pads to a flat area to ensure the electrode does not warp. Avoid placing the electrode pads on joints such as the knee, elbow, ankle, etc.
 - * Do not overlap or bend the electrode pads when applying to the skin, or the device may stop working,

and the gel may be damaged when separating. The electrode pads should be at least one inch apart from each other. Changing the distance between the electrode pads or the orientation of the electrode pads can change the electrical sensation.

- * Ensure each connection port is well connected before use, or the current may be unstable. Do not move the electrode pads or unplug the lead wires by hand during the usage, or you will be shocked.

- * It is recommended to use the electrode pads for 20-30 minutes per part, 1-2 times a day, with the intensity based on personal feeling. Attaching the pads to one area for a long time will make the skin unbreathable and lead to redness or itching. If your skin is irritated during the use, stop using the electrode pads and consult your doctor.

- * Please turn off the unit first and remove the pads from your skin, or you will be shocked.

- * When removing the electrode pads, grab the corner of the electrode pad with your finger pulp and peel it off, do not touch the gel with your nail, and do not pull the wire, or the electrode pad and lead wire will be damaged.

- Keep electrode pads out of the reach of children or pets.

7. Safety Precautions & Warnings

7.1 Prohibited Conditions

- The wire is broken.
- The electrode pads are not sticky, deformed or damaged.
- The lead wire connection port is broken.

7.2 Prohibited Individuals

- Pregnant women, infants and children.
- People who do not have the ability to express their thoughts or intentions.
- People who are incapable of operating the device by themselves.
- People who have a tendency to bleed internally after an injury or fracture.
- Patients with suspected or confirmed heart disease or epilepsy.

7.3 Prohibited Areas

- Any part of the head or face.
- Any part of the throat and its vicinity, can cause severe muscle spasms and lead to choking.
- The heart and its vicinity or genital area.
- Open wounds or rash areas.
- Swollen, red, infected or inflamed areas.
- Areas of skin erosion (caused by varicose veins, phlebitis, thrombophlebitis, and thrombosis).
- Sites on or near cancerous lesions.
- Skin that lacks normal sensation.
- Do not use the pads in the following two areas at the same time, because the current may cause heart rhythm disorders, or even cause death.
 - a. Both sides of the chest (left and right or front and back) or through the chest.
 - b. Calves of both legs.
 - c. Bottom of both legs.

7.4 Prohibited Activities

- Shower or bath.
- Sleeping.

- Driving or operating machines.
- Exercising.
- Any activities that cannot be interfered with.

8. Trouble Shooting

If your device is not operating properly, please check below for common problems and suggested solutions. If the recommended action does not solve the problem, please contact customer service: support@iauvon.com

Problem	Possible Cause	Solution
The unit is on while no pulse is felt in the pads.	Only attach 1 electrode pad to the massage area.	Attach a pair of electrode pads (of the same channel) to the massage area.
	Poor connection between the electrode pads and the device.	Connect both ends of the lead wires to the electrode pads and the device tightly or change a new lead wire.
	Poor contact between the electrode pads and massage area.	Attach the electrode pads to the skin (no hair, unbroken and flat) firmly.

Problem	Possible Cause	Solution
One electrode pad feels stronger than the other.	Different body areas react differently.	Try to exchange the position of the electrode pads.
	Poor wire connection.	Plug the wire into the output port completely. If it does not work, replace the wire and try again.
	The pads are close to each other.	Make sure the distance between the pads is more than one inch apart.
The device can't turn on.	Low battery.	Charge the battery and a full charge may need 2-3 hours.
	The device is charging.	Unplug the charging cable and then turn it on again.

Problem	Possible Cause	Solution
Can't adjust the mode/ intensity/ time.	Adjust the intensity for the wrong channel.	If you want to adjust the intensity for channel A, make sure the "A" icon is selected and flashing. Channel B is the same.
	The screen is locked.	If there's a lock icon on the top right side of the screen, please touch the lock icon on the screen or press the lock button to unlock it.
The intensity felt is very weak.	Pads are not attached to the body firmly.	Attach both electrode pads firmly to the flat skin.
	The intensity is too low.	Increase the intensity level and wait for 1 minute to feel the pulse.
	Low battery.	Charge the battery and a full charge may need 2-3 hours.

Problem	Possible Cause	Solution
Power cuts off during use.	Low battery.	Charge the battery and a full charge may need 2-3 hours.
	The count-down is finished.	Set the time for your device with the “T” button from 10-90 minutes and the continuous mode (infinite time).
Can't charge	Charging port is not properly inserted	Charging port is narrow at the top and wide at the bottom shape, please align the USB cable and charging port before fully inserting
	Incorrect power connection (no charging started)	After the charging cable is correctly connected, please confirm that the power supply is working properly, and the battery frame will flash when charging normally

9. Symbols

Symbol	Meaning
	Attention, consult accompanying documents
	BF Isolated Applied Part
	Class II equipment
	Disposal in accordance with Directive 2002/96/EC
	MANUFACTURER
	Date when the medical device was manufactured.
	AUTHORISED REPRESENTATIVE IN THE EUROPEAN COMMUNITY
	Pls read the user manual before use
	CE Mark, meets compliance of applicable directives and regulation in EU

Symbol	Meaning
IP22	IIIP Classification: The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm Φ , 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm Φ and greater. The second number: Protected against vertically falling water drops when enclosure is tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.

10. Certification

The device complies with following normative documents: ANSI/ES 60601-1, IEC60601-1-2, IEC60601-1-11, IEC 60601-2-10, ISO 10993-5, ISO 10993-10, FDA, MDD, CA65.

11. Customer Service



24-Month Limited Warranty



Lifetime Technical Support



+1(678)829-7256



support@iauvon.com

