

TENS MASSAGER

Model: AS9026



USER MANUAL

A BIG THANKE YOU

Dear Customer

We're thrilled to welcome you to the NURSAL family, and we'd like to thank you for purchasing our product.

We're proud to serve you as our customer and we hope that you get the most out of your purchase.

- **** 1-855-666-8877
- support@nursalshop.com
- www.nursalshop.com



- 1. Avoid touching the pads when the device is turned on.
- 2. Do not place pads near the heart, head or carotid
- Not suitable for use by pregnant women, people with implanted devices or heart disease.
- 4. Apply a few drops of water when the pads have lost stickiness

TABLE OF CONTENS

1. FOREWORD —————	4
2. SAFETY INFORMATION —————	6
3. GETTING TO KONW YOUR DEVICE ————	12
4. SPECIFICATION ————————————————————————————————————	14
5. POSITION OF ELECTRODE PLACEMENT	
UNDER TENS PROGRAMS —————	18
6. OPERATING INSTRUCTIONS —————	21
7. CLEANING AND MAINTENANCE ————	28
8. TROUBLESHOOTING —————	29
9. STORAGE ——————	30
10. DISPOSAL	31

1. FOREWORD

1.1 Introduction

The NURSAL TENS device is a dual channel output TENS, EMS and MASSAGE stimulator. Before using, please read all the instructions in this user manual carefully and keep it safe for future use.

The NURSAL stimulator belongs to the group of electrical stimulation systems. It has three basic functions— TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electronic Muscle Stimulation) and MASSAGE.

Function of the NURSAL stimulator: The device has 24 programs (9 TENS programs, 9 EMS programs and 6 MASSAGE programs) and applies electric currents in the low-frequency range for therapy. Each program controls the generated electric impulses, their intensity, frequency and pulse width.

Based on simulating the body's natural pulses, the mechanism of electrical stimulation equipment is to create electric impulses that are transcutaneous transmitted to nerves or muscle fibers through the electrode. The intensity of the dual channel can be adjusted independently and applied individually to one body part. This dual channel device can be used with four pieces of electrodes, which allow you to stimulate one muscle groups simultaneously with a wide selection of standard programs. The electrical pulse is firstly transmitted to the tissue, then it affects the transmission of stimulation in nerves as well as muscle tissues in the body parts.

1.2 Medical background

1.2.1 ABOUT PAIN

Pain is an important signal in the human body warning system. It reminds us that something is wrong, without which, abnormal conditions may go undetected, causing damage or injury to vital parts of our bodies. Even though pain is a necessary warning signal of trauma or malfunction in the body, nature may have gone too far in its design.

Aside from its function in diagnosis, long-lasting persistent pain serves useless purpose.

Pain does not occur until encoded message travels to the brain where it is decoded, analyzed, and reacted to, from the injured area along the small nerves leading to the spinal cord. There the message is transmitted to different nerves that travel up the spinal cord to the brain. Then the pain message is interpreted, referred to and pain is felt.

1.2.2 WHAT IS TENS?

TENS (Transcutaneous Electrical Nerve Stimulation) is effective in relief of pain. It is daily used and clinically proven by physiotherapists, caregivers and top athletes around the world. High-frequency TENS currents activates the pain-inhibiting mechanisms of the nervous system. Electrical impulses from electrodes, placed on the skin over or near the pain area, stimulate the nerves to block the pain signals to the brain, causing the pain go unperceived. Low-frequency TENS currents facilitate the release of endorphins, the body's natural painkillers.

1.2.3 WHAT IS FMS?

Electrical Muscle Stimulation is an internationally accepted and proven way of treating muscular injuries. It works by sending electronic pulses to the muscle needing treatment that causes the muscle to exercise passively. It is a product deriving from the square waveform, originally invented by John Faraday in 1831. Through the square wave pattern it is able to work directly on muscle motor neurons. The EMS System has low frequency and this in conjunction with the square wave pattern allows direct work on muscle groupings.

1.2.4 WHAT IS MASSAGE?

The massage function is non-medical function. The Massage stimulation program provides relaxing muscle vibration to loosen tight muscles.

2. SAFETY INFORMATION

2.1 Intended use

TENS mode

It is used for temporary relief of pain associated with sore and aching muscles in the neck, shoulder, back, upper extremities (arm) and lower extremities (leg) due to strain from exercise or normal household work activities.

EMS mode

This mode is designed to be used for stimulate healthy muscles in order to improve and facilitate muscle performance.

The device can be used at home, and users must be 18 years or older of adults.

2.2 Important Safety Precautions and Warnings

It is important that you read all the warnings and precautions included in this manual because they are intended to keep you safe, prevent risk of injury and avoid a situation that could result in damage to the device.

SAFETY SYMBOLS USED IN THIS MANUAL

2.21 Definition of Contraindication, Warning and Precaution

Terminology	Meaning
Contraindication:	A contraindication indicates a situation in which the device should not be used.
Warning:	A warning indicates a situation which, if not avoided, could result in death or serious injury.
Precaution:	A precaution indicates a situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment of other property.

2.2.2 / Contraindication

- Do not use this device if you are using a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices. Such use could cause electric shock, burns, electrical interference, or death.
- The device should not be used when cancerous lesions or other lesions are present in the treatment area.
- Stimulation should not be applied over swollen, infected, inflamed areas or skin eruptions (e.g. phlebitis, thrombophlebitis, varicose veins, etc.).

- 4) Electrode placements must be avoided in the carotid sinus area (anterior neck) or transcerebrally (through the head).
- 5) This device should not be used in overly enervated areas.
- 6) Inguinal hernia.
- Do not use on scarred areas following a surgery for at least 10 months after the operation.
- 8) Do not use with serious arterial circulatory problems in the lower limbs

2.2.3 / WARNING

- If you have had medical or physical treatment for your pain, consult with your physician before use.
- If your pain is not subdued, whice becomes more than mild, or lasts for more than five days, stop using the device and consult with your physician.
- Do not apply stimulation over your neck because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- 6) Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when electrical stimulation device is in use.

- 7) Do not apply stimulation when in bath or shower.
- 8) Do not apply stimulation while sleeping.
- Do not apply stimulation while driving, operating ma chinery, or during any activity when electrical stimula tion can put you at risk of injury.
- 10) Apply stimulation only to normal, intact, clean, healthy skin
- The long-term effects of electrical stimulation are un known. Electrical stimulation device cannot replac drugs.
- 12) Stimulation should not take place while the user is con nected to high-frequency surgical equipment, whic may cause burn injuries on the skin under the elec trodes, as well as problems with the stimulator.
- 13) Do not use the stimulator in the vicinity of shortwave or microwave therapy equipment, since this may affect the output power of the stimulator.
- 14) Never use it near the cardiac area. Stimulation electrodes should never be placed anywhere on the front of the thorax (marked by ribs and breastbone), but above all not on the two large pectoral muscles. There it can increase the risk of ventricular fibrillation and lead to cardiac arrest.
- 15) Never use it on the eye, head and face area.
- 16) Never use it near the genitals.
- 17) Never use it on the areas of the skin which lack normal sensation
- 18) Keep electrodes separate during treatment. It could result in improper stimulation or skin burns if electrodes are in contact with each other.

- 19) Keep the stimulator out of reach of children.
- 20) Consult your doctor if you are in any doubt whatsoever.
- Discontinue it and do not increase the intensity level if you feel discomfort during use.

2.2.4 / Precautions

- TENS is not effective for pain of central origin including headache.
- TENS is not a substitute for pain medications and other pain management therapies.
- TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- Effectiveness is highly dependent upon patient selection by a practitioner qualified in the management of pain patients.
- 5) Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and electrodes should not be placed on opposite sides of your head.
- The safety of electrical stimulation during pregnancy has not been established.
- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (silica gel).
- If you have suspected or diagnosed heart disease or epilepsy, you should follow precautions recommended by your physician.
- Caution if you have a tendency to bleed internally, e.g. following an injury of fracture.

- Consult with your physician prior to use the device after a recent surgical procedure, because stimulation may disrupt the healing process.
- Caution if stimulation is intended to be applied over the menstruation or pregnant uterus.
- 12) For single patient use only.
- 13) This stimulator should not be used by patients who is noncompliant and emotionally disturbed including whom with dementia or low IQ.
- 14) The instruction of use is listed and should be obeyed; any improper use may be dangerous.
- 15) Rare cases of skin irritation may occur at the site of the electrode placement following long-term application.
- 16) Do not use this device in the presence of other equipment which sends electrical pulses to your body.
- 17) Do not use sharp objects such as a pencil or ballpoint tip to operate the buttons on the control panel.
- 18) Check the electrode connections before each use.

2.2.5 Adverse Reactions

- Possible skin irritation or electrode burn under the electrodes may occur.
- On very rare occasions, first-time users of EMS report feeling light-headed or faint. We recommend that you use the product while seated until you become accustomed to the sensation.

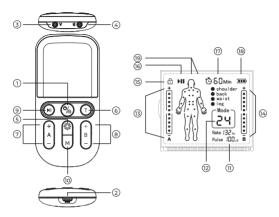
 If the stimulation makes you uncomfortable, reduce the stimulation intensity to a comfortable level and contact your physician if problems continue.

3. GETTING TO KNOW YOUR DEVICE

3.1 Accessories

No.	Description	QTY
1	The Nursal TENS Device	1pcs
2	Electrode pad (2×2")	6pcs
3	Electrode pad (2×4")	2pcs
4	Electrode wires	2pcs
5	USB cable	1pcs
6	User manual	1pcs
7	Premium carry case	1pcs

3.2



- 1. On/off button(press 2 seconds)
 /Lock button
- 2. USB port
- 3. A channel
- 4. B channel
- Shoulder/back/waist/leg Modes Choice
- 6. Timer button
- 7. A channel "+"/"-" intensity
- 8. B channel"+"/"-"intensity

- 9. Pause button
- 10. Modes
- 11. Symbol of Pulse
- 12. Symbol of Mode
- 13. A channel "+"/"-" intensity icon
- 14. B channel "+"/"-" intensity icon
- 15. Key locking symbol
- 16. Symbol of pause
- 17. Timer symbol
- 18. Battery symbol

4. SPECIFICATION

4.1Technical information

Device name	Nursal TENS Device
Model/type	AS9026
Power sources	3.7 V Li-ion battery
Power supply	Input: 100-240V AC, 50/60Hz,0.2A; Output: 5V DC, 180mA
Output channel	Dual channel
Waveform	Bi-phase square-wave pulse
Output current	Max. 65 mA (at 500ohm load)
Output intensity	0 to 20 levels, adjustable
Treatment mode:	TENS, EMS and MASSAGE mode
Operating condi- tion	5° C to 40° C with a relative humidity of 10%-90% RH, atmospheric pressure from 700 hPa to 1060 hPa
Storage condition	5° C to 40° C with a relative humidity of 10%- 90%RH, atmospheric pressure from 700 hPa to 1060 hPa
Product Dimensions	4.92*2.36*0.43in(LxWxH)
Product Weight	97g
Classification	BF type applied part, internal power equipment, IP22
Electrode detec-	The electric current level will be reset to 0 mA,
tion function	when the amplitude level is 2 or greater and an open circuit at either channel is detected.
Size of electrodes pad	2'x2', 2'x4'
Output precision	$\pm 20\%$ error is allowed for all the output parameters

Technical Specifications

Number of programs	TENS: 9 programs EMS: 9 programs MASSAGE: 6 programs
Pulse Amplitude	Max. 63V (at 500 ohm load)
P.W. (pulse width)	0~100μs
P.R. (Frequency)	0~132Hz
Treatment time	10-60 minutes (adjustable)

For TENS Programs

When using any of the TENS programs for pain relief always start with the lowest intensity and gradually increase the level of intensity until you feel a "tingling" sensation. All programs are different and therefore feel differently. You may try all programs in the beginning and choose one that feels pleasant. Never increase the intensity to a level so that it hurts, always stay under the point of discomfort. Start with short sessions of 5 or 10 minutes until your body gets used to the stimulation.

Mode	Program NO.	You should feel		
	1	Kneading: Gently knead the treatment area for 25 seconds, pause for 0.9 seconds.		
	2	Quick Lifting: Quickly lift the treatment area, pause for 0.3 seconds.		
	3	Acupuncture (fast): Chinese medical therapy, Gradually increase the speed of light hammering (fast tempo).		
	4	Acupuncture (slow): Chinese medical therapy, Gradually increase the speed of heavy tapping(slow tempo).		
TENS	5	Lifting Vibration: Lift and shake the treatment area.		
	6	Light Hammering: Continuously tap repeatedly.		
	7	Tapping: Rapidly tap.		
	8	Kneading: Gently knead the treatment area for 10 seconds.		
	9	Scrapping: Chinese medical therapy, gently scrape the treatment area.		

For EMS Programs

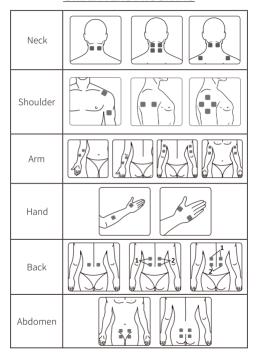
When using the device for muscle stimulation (EMS) any of the 8 programs may be used. The intent is to cause a muscle to contract, and then release. All 8 programs will achieve contraction and vary mainly by the rate and duration of the contractions. As with any exercise regiment, start out slowly with low intensity levels for a warm-up (5~10min). You may increase intensity level and treatment time as you progress with your muscle performance. Use the device regularly over a longer period of time as to maintain the benefit you may have gained during "exercise".

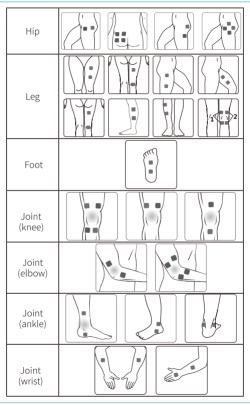
Mode	Program NO.	You should feel	
	10	Kneading: Gently Knead the treatment area for 1 second.	
	11	Kneading: Gently Knead the treatment area for 10 seconds, pause for 4 seconds.	
	12	Slow Lift: Lift the treatment area slowly, pause for 1.5 seconds.	
EMS	13	Heavy to Light Tapping: Tapping from heavy to light.	
EMS	14	Cupping: Chinese medical therapy, lift the treatment area for 20 seconds and then release.	
	15	Lift and Release: Lift and release the treatment area for 5 seconds, pause for 3 seconds.	
	16	Lifting and Kneading: Lift treatment area, knead, and then release.	
	17	Lifting: Gently lift the treatment area.	
	18	Compression: Squeeze the treatment area toward the center.	

For MASSAGE Programs

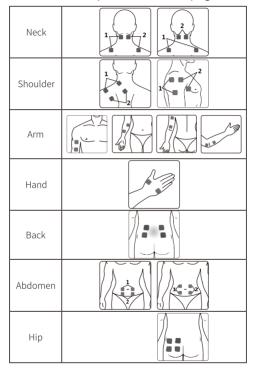
Mode	Program NO.	You should feel	
	19	Lifting + Tapping: Lift the treatment area lightly twice, then tap lightly twice.	
	20	Slow and Fast Tapping: Slow tapping for 5 seconds and fast tapping for 9 seconds	
MASSAGE	21	Scrapping+3 Beating: Scrapping once, then beating 3 times.	
	22	Kneading+Tapping: Gently kneading for 3 seconds, then heavy tapp for 10 seconds.	
	23	Scrapping+Beating: Scrapping once, then beating once.	
	24	Slow to Fast Hammering + Light lifting + Squeezing: Mixed modes.	

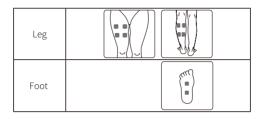
5. POSITION OF ELECTRODE PLACEMENT UNDER TENS PROGRAMS





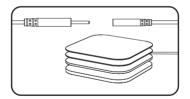
Position of electrode placement under EMS programs





6. OPERATING INSTRUCTIONS

Step 1: Connect the pads to electrode wires.



Maker sure they are properly connected to ensure the good performance.

Step 2: Placing pads.

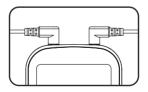
Place pads where the massager impact is desired, over or near the injured area of the body. Make sure your skin is free from any dirt, oil or lotion.



Pads attached to the forearm

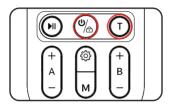
Step 3: Plug the lead wires.

Before turning on and make sure the pads are firmly attached to your skin and all the cords are properly connected.



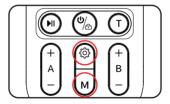
Step 4: Set up a time.

Long press " **%**" button to turn on the device. Press " T " button to adjust the time. Set up a time from 10-60 minutes.



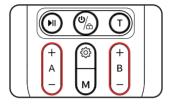
Step 5: Choose a mode.

There are "shoulder/back/waist/leg" position to choose, each position has 6 built-in modes.



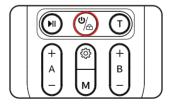
Step 6: Adjust the intensity.

Once you select a mode, press the "+/-" button to gradually increase or decrease the intensity. The default strength is the lowest strength set by each selected mode to avoid misoperation.



Step 7: Lock the screen.

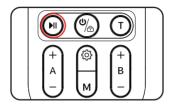
Short press " % all functions as above well lock symbol, all button are blocked now.This function is designed to avoid mistouch.



Step 8: Pause the treatment.

Press " NI " to stop the treatment during the treatment modes.

Press " II " again to start the treatment.



Step 9: Shut OFF the appliance.

The TENS unit will shut OFF automatically after the countdown ends.

Charging the Battery:

Proceed as follows to recharge the battery:

- · This device cannot be used while charging.
- Make sure that the device is no longer connected to the patient (the output cables and electrodes must be disconnected).
- Connect the USB cable to the charging port on the device.
- Connect the USB cable to the charger.
- Plug charger into any power outlet, the LCD shows that it is charging and the bars in power symbol wil run up and down.
- The charging process will last approximately 2-3 hours.
- · When charging is finished, the LCD will show a full battery cell.

The life of a rechargeable battery depends on the number of recharging/rundown cycles it undergoes and how these cycles are performed.

The following suggestions will help prolong the life of the battery:

- Whenever the device is not used frequently, charge the battery once a month.
- For longer battery life, discharge the battery as much as possible.

Usage of electrode pads

- The electrode may only be connected with the NURSAL stimulator. Make sure that the device is turned off when attaching or removing the electrode pads.
- If you want to reposition the electrode during the application, turn the device off first.
- 3. The usage of electrode may lead to skin irritations. If you experience such skin irritations, e.g. redness, blistering or itching, discontinue using them. Do not use the NURSAL stimulator permanently on the same body part, as this may also lead to skin irritations.
- Electrode pads are private and intended for single person use. Please avoid using them by different persons.
- 5. The electrode must connect entirely to the skin surface to prevent hot spots, which may lead to skin burns.
- Do not use the electrode pads for more than approx. 10 times, as connection between the electrodes and the skin deteriorates over time.

7. The adhesive force of the electrodes depends on the skin properties, storage condition, and the number of applications. If your electrode pads no longer fully stick to the skin' ssurface, replace them with new ones. Stick the electrode pads back onto the protective foil after use and store them in the storage bag to prevent them from drying out. This retains the adhesive force for a longer period.

Caution:

- Before applying the electrode, it is recommended for users to wash and degrease the skin, and then dry it.
- Never remove the electrode from the skin while the device is still on.
- Only use the electrode pads provided by the manufacturer. Usage of other companies' products could result in injuries to the user.

Where do I attach electrode pads?

- Each person reacts differently to electric nerve stimulation. Therefore, the placement of the electrodes may deviate from the standard. If application is not successful, contact your physician to find out which placement techniques are best for you.
- Do not use any adhesive electrodes with a size smaller than those the original manufacturer attached. Otherwise the current density may be too high and cause injuries.
- The size of the adhesive pads may not be changed, e.g. by clipping off parts of them.

4. Make sure that the region radiating the pain is enclosed by the electrodes. In case of painful muscle groups, attach the electrodes in such a way that the affected muscles are also enclosed by the electrodes.

7. CLEANING AND MAINTENANCE

Fully comply with the following necessary daily maintenance requirements to make sure the device is intact and guarantee its long-term performance and safety.

7.1 Cleaning and care for the device

- 7.1.1 Pull the electrodes out of the stimulator, clean the device with a soft, slightly damp cloth. In case of heavier dirt build-up, you may also apply a mild detergent.
- 7.1.2 Do not expose the NURSAL stimulator to moisture or dampness. And do not hold the NURSAL stimulator under running water, nor submerge it in water or other liquids.
- 7.1.3 The NURSAL stimulator is sensitive to heat and may not be exposed to direct sunlight. And do not place it on hot surfaces
- 7.1.4 Clean the surface of the electrode pads carefully with a damp cloth. Make sure the device is turn off!
- 7.1.5 For reasons of hygiene, each user should use his/her
- 7.1.6 Do not use any chemical cleaners or abrasive agents for cleaning.

- 7.1.7 Ensure that no water penetrates into the machine. Should this happen, use the device again only when it is completely dry.
- 7.1.8 Do not clean the device during treatment. Be sure that the device is turned off and the battery is unloaded before cleaning.

8. TROUBLESHOOTING

Should any malfunction occur while using the device, check whether the parameters are set appropriately for therapy, and adjust the control correctly. Please see the following table:

Malfunction	Common reasons	Countermeasure
No display	The battery is exhausted	Charge in time
No sensation of stimulation or weak stimulation	The electrode does not connect well to the skin. If the connection between electrode connects well to the stimulator. The battery is used up. The skin is too dry.	1. Check and re-paste it on skin. 2. Check the connection. 3. Charge. 4. Wipe the electrode and the skin with a wet cotton cloth.
Automatic halt in the treatment	The electrode loses connection with the skin. If the battery is used up.	Check and place the electrode properly on the skin. Charge

Rash or tickle on the skin occurs in the treatment	1.The treatment time lasts too long. 2.The electrode does not stick well to the skin. 3. The interface of the electrodes is dirty or dry. 4. The skin is sensitive to the electrode.	1. Do the treatment once a day and shorten the treatment time. 2. Check and stick the electrode well. 3. Wipe the electrode with a wet cotton cloth before use. 4. Check your allergic history. Please change the sticking place or shorten the treatment time. If your skin is over-sensitive, you should stop the treatment or go to see a doctor.

9. STORAGE

9.1 Storing the Electrode Pads and Lead Wires

- 1. Turn the device off and remove the lead wires from the unit.
- 2. Remove the electrodes from your body and disconnect the lead wires from the electrodes.
- 3. Place the electrodes onto the plastic film and then store into the sealed package.
- 4. Wrap the lead wires and store into the sealed package.

9.2 Storing the Unit

1. Place the unit, electrodes, lead wires and manual back

- into the gift box. Store the box in a cool, dry place, -10°C ~ 55°C: 10% ~ 90% relative humidity.
- Do not keep in places that can be easily reached by children

10. DISPOSAL



Spent batteries do not belong to the household wastes. Disposal of the battery according to the current regulations. As a consumer, you have the obligation to dispose of batteries correctly. Consult your municipal authority or your dealer

for information about disposal.

At the end of the product lifecycle, do not throw this product into the normal household garbage, but bring it to a collection point for the recycling of electronic equipment. Obsolete electrical and electronic equipment may have potentially harmful effects on the environment. Incorrect disposal can cause toxins to build up in the air, water and soil and jeopardize human health.

CONTACT INFORMATION



Manufactured by:

Shenzhen astec technology co., Ltd Address: 8e XingBao Yi Industrial Bld, Houting Village, Beiting Rd,shajing, shenzhen,China.

Distributed by:

Topshop C CORPORATION. ADDR: 5161 RICHTON ST, DOCK 2, MONTCLAIR, California, 91763, United States of America

- 1-855-666-8877
- support@nursalshop.com
- www.nursalshop.com

