

TENS & EMS STIMULATOR KRES1010



USER MANUAL

INTENDED USE

TENS (Transcutaneous Electric Nerve Stimulation):

To be used for temporary relief of pain associated with sore
and aching muscles in the shoulder, waist, back, upper
extremities (arm), and lower extremities (leg) due to strain

PMS (Powered Muscle Stimulation):

It is intended to be used to stimulate healthy muscles in order to improve and facilitate muscle performance.

from exercise or normal household work activities



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



- Avoid touching the nade when the device is turned on
- 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

A BIG THANK 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.

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1. SAFETY INFORMATION

1.1 General Introduction

Thank you very much for using our Nerve Muscle Stimulator. For you use this device safely, please read this user manual carefully before your first use

Please keep this user manual with your device for future reference.

This device is a portable electrotherapy device, featuring three therapeutic modes: Transcutaneous Electrical Nerve Stimulator (TENS), Electrical Muscle Stimulation (EMS) and Massage, which are used for pain relief and electrical muscle stimulation. The stimulator sends gentle electrical current to underlying nerves and muscle group via electrodes applied on the skin. The parameters of the device are controlled by the buttons on the touch screen panel. The intensity level is adjustable according to the needs of the individual user.

1.2 Medical Background

EXPLANATION OF TENS

Transcutaneous Electrical Nerve Stimulation (TENS) is a noninvasive, 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 work for everyone. However, in most patients it is effective in reducing or eliminating the pain, allowing for a return to normal activity.

HOW TENS WORKS

The TENS unit sends comfortable impulses through the skin that stimulate the nerve (or nerves) in the treatment area. In many cases, this stimulation will greatly reduce or eliminate the pain sensation the patient feels. Pain relief varies by individual patient, mode selected for therapy, and the type of pain. In many patients, the reduction or elimination of pain lasts longer than the actual period of stimulation (sometimes as much as three to four times longer). In others, pain is only modified while stimulation actually occurs.

EXPLANATION OF EMS

Electrical Muscle Stimulation (EMS) is an internationally accepted and proven way of treating muscular injuries. It works by sending electronic pulses to the muscle needing treatment; this causes the muscle to exercise passively. This device has low frequency and in conjunction with the square wave pattern allows direct work on muscle groupings. This is widely used in hospitals and sports clinics for the treatment of muscular injuries and for the reeducation of paralyzed muscles, to prevent atrophy in affected muscles and improving muscle tone and blood circulation.

HOW FMS WORKS

The EMS units send comfortable impulses through the skin that stimulate the nerves in the treatment area. When the muscle receives this signal, it contracts as if the brain has sent the signal itself. As the signal strength increases, the muscle flexes as in physical exercise. When the pulse ceases, the muscle relaxes and then this cycle is repeated until therapy is completed.

The goal of electrical muscle stimulation is to achieve contractions or vibrations in the muscles. Normal muscular activity is controlled by the central and peripheral nervous systems, which transmit electrical signals to the muscles. EMS works similarly but uses an external source (the stimulator) with electrodes attached to the skin for transmitting electrical impulses into the body. The impulses stimulate the nerves to send signals to a specifically targeted muscle, which reacts by contracting, just as it does with normal muscular activity.

1.3 Indication for use (IFU)

TENS:

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

EMS:

The device is designed to be used to stimulate healthy muscles in order to improve or facilitate muscle performance.

IMPORTANT SAFFTY INFORMATION

Read instruction manual before operating. Be sure to comply with all "Contraindications", Warnings", "Cautions" and "Adverse reactions" in the manual. Failure to follow instructions may cause harm to user or device.

1.4 Contraindications

- This device should not be used for symptomatic local pain relief unless etiology is established or unless a pain syndrome has been diagnosed.
- 2) This device should not be used when cancerous lesions are present in the treatment area.
- 3) Stimulation should not be applied over swollen, infected, inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins, etc.).
- Electrodes must not be applied to sites that might cause current/stimulation to flow through the carotid sinus region (anterior neck) or trans-cerebrally (through the head).
- 5) Patients with an implanted electronic device, such as a cardiac pacemaker, implanted defibrillator, or any other metallic or electronic device should not use this device without first consulting a doctor.
- 6) This device should not be used over poorly enervated areas.
- 7) This device should not be used on patients with serious arterial circulatory problems in the lower limbs.
- 8) This device should not be used on patients with abdominal or inguinal hernia
- 9) Patients with heart disease, epilepsy, cancer or any other health condition should not use this device without first consulting a physician.

1.5 Warnings, Cautions, and Adverse Reactions Warnings

- Apply stimulation only to normal, intact, clean, healthy skin.
- 2. Do not apply stimulation when in the bath or shower.
- 3. Do not apply stimulation while sleeping.
- 4. Do not use this device during pregnancy unless directed by your physician.
- 5. Stimulation should not be applied over the neck, mouth or eyes. Severe spasm of the laryngeal and pharyngeal muscles may occur, and the contractions may be strong enough to close the airway or cause difficulty in breathing.
- 6. Stimulation should not be applied across the chest in that the introduction of electrical current into the heart may cause cardiac arrhythmias
- Stimulation should not be applied across the head.
- 8. Stimulation should not be applied over the carotid sinus nerve, particularly in patients with a known sensitivity to the carotid sinus reflex.
- Replacement of a component could result in an unacceptable risk. Please contact us if you have any problem with the device.
- 10. Keep this device out of the reach of infants, toddlers, and children.
- 11.Do not recharge, use or leave the battery and device in any high temperature environment such as a location near fire or in direct sunlight. Doing so may cause the battery to overheat, ignite or rupture.
- 12. There is potential hazard from simultaneous connection of a patient to a high frequency surgical equipment and the stimulator that may result in burns and possible damage to the stimulator.
- 13. Operation in proximity (e.g., 1 m) to a shortwave or microwave therapy equipment may produce instability in the stimulator output.
- 14. When the device is transferred to another patient, replace used pads with new pads.
- 15. Please avoid the use of the equipment as much as possible in the following occasions or conditions, as it may result in incorrect operation: talking on a mobile phone; near the signal emission base station for broadcasting, television, communication, radar, navigation, etc.; near active HF SURGICAL EQUIPMENT and the RF shielded room of an ME SYSTEM for magnetic resonance imaging.
- 16. Use of accessories, transducers and cables other than those specified or provided by the manufacturer of the equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

- 17. Portable RF communications equipment (including peripherals such as antenna cables and external antennas) should be used no closer than 30 cm (12 inches) to any part of the equipment including cables specified by the manufacturer. Otherwise, degradation of the performance of this equipment could result.
- 18. The device delivers a current density, in order to mitigate potential
- Please Do not turn on the device before connecting the wires, electrode pads, device and body.
- The electrode pads have been pasted to the appropriate part, and the mainframe and wire have been properly connected before it can be turned on
- 3) During normal use, do not touch the hydrogel on the electrode pads, do not pull out the wire plug, do not pull out the electrode pads. All these actions must be performed after shutting down.

Cautions

- 1. This device is for single patient use only.
- 2. Keep yourself informed of the contraindications.
- 3. This device is not intended for use on an unattended patient who is noncompliant, emotionally disturbed, has dementia, or a low IQ.
- 4. This device should not be used while driving, operating machinery, close to water or during any activity in which involuntary muscle contractions may put the user at undue risk for injury.
- Never use the device in rooms where aerosols (sprays) are used or pure oxygen is being administered.
- Do not use this device at the same time as other equipment which sends electrical pulses to your body.
- 7. Do not confuse the electrode cables and contacts with your headphones or other devices, and do not connect the electrodes to other devices.
- 8. Do not use sharp objects such as pencil point or ballpoint pen to operate the buttons on the control panel.
- 9. Inspect applicator cables and associated connectors before each use.
- 10. Turn the device off before applying or removing the electrodes.
- 11. Electrical stimulators should be used only with the leads and electrodes recommended for use by the manufacturer.
- 12. Do not use it in the presence of explosive atmosphere or flammable mixture.

Adverse Reactions

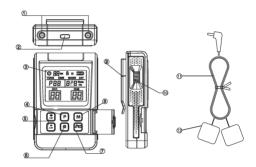
- Potential allergic reactions due to the electrical stimulation or gel including skin irritation, redness, burning or hypersensitivity. If skin irritation occurs, discontinue use and consult your physician.
- Discomfort occurs due to improper stimulation levels, reduce the stimulation intensity or turn the device off directly.
- 3. Headache and other painful sensations during or following the application of electrical stimulation near your eyes, to your head and face. You should stop using the device and consult with your physician if you experience any adverse reactions from the device.

Notes

- 1. Please note that the original recognized accessories, detachable parts and material which are approved by standard.
- Please note that the adapter you choose for battery charging must complies with ANSI/AAMI/ES60601-1 or IEC 60950 standards.

2. DEVICE PRESENTATION

2.1 Illustration of the Device



- 1. CH1/CH2 output connector
- 2. Charging port
- 3. LCD screen
- 4. Press P: built-in mode selector
- 5. Set data in DIY mode
- 6. Time adjustment
- 7. On/off button; unlock button
- Press M: 4 main modes (TENS/EMS/MASS/DIY)

- 9. Belt clip
- 10. CH1 intensity adjustment CH2 intensity adjustment
- 11. Lead wire
- 12. Electrode pads

2.2 Illustration of the Accessories

Features of the Device

- LCD display
- Ch1/ch2 dual output
- · Adjustable timer up to 90 minutes
- 25 mode TENS, EMS, MASS,DIY
- · Rechargeable internal Li-on battery
- · 40 level intensity settings
- Allows 2- 4 pads to be applied to the different targeted areas at the same time
- · Applied part: self-adhesive electrode pads

Important Information

Degraded sensors and electrodes, or loosened electrodes, can degrade performance or cause other unsafe issues.

Included in this package

- Tens Device x 1 pc
- 2"*2" Tens pads x 4 pcs
- USB cable x 1 pc
- · Lead wire x 2 pcs
- Hard Travel Case x 1 pc
- Instruction manual x 1 pc

3 DUAL POWER SOURCES

Rechargeable Battery

Input voltage: DC5V
Rated current: ≤ 50mA
Rated power: ≤ 0.25W
Li-ion batterv: 3.7 V DC

4 INSTRUCTIONS FOR USE

How to Use the Device

- 1.Environmental operating conditions: Temperature: -5~+40 C Humidity: Does not exceed 85% Atmospheric pressure range of 800 hPa to 1060 hPa.
- 2.Please make sure the device is on the OFF position when setting up the unit, adjusting the pads, or making a new connection.
- Place pads on your skin before turning on the device. Use at least one pair of pads, one pad alone will not work.

Before using the device, please check following carefully:

- 1. Check the electrode wires for any damages or irregularities.
- Check the electrode pads for any damages or irregularities.
- 3. Check for any physical damage on the unit.

Step 1: Connect the electrode wire to the device

The KRES1010 equipped with two isolated channels CH1&CH2 (only isolated in intensities). This will allow you to set same modes but separate intensities on each channel using the 2 outputs CH1 CH2. Before connecting the wires to the unit, decide which channel you wish to use (channel CH1 or CH2). To use CH1 channel only, connect the electrode wire(s) to outputs CH1. To use CH2 channel only, connect the electrode wire(s) to outputs CH2. To use both CH1. CH2 channels, connect the electrode wires to all outputs.

- Plug the electrode wire into the output located at the head of the device.
- Ensure that the electrode wires are fully inserted into the output and secured. Make sure the wires are not loose. A loose connection will lower the power output of your device, potentially causing unreliable connection.

CAUTION:

Do not insert the plug of the patient lead wire into any AC power supply socket.

Step 2: Connect the electrode pads to the wires

1.Each wire has two leads with button-in connectors. Insert the wire connectors into the pads. Make sure that at least one pair (2 pieces) of pads is attached to the same wire. One pad alone will not work.

2.Make sure at least one pair of pads is attached to the same wire.

3.Check the connections to ensure they are fastened.



CAUTION:

 Please make sure the device is on the OFF status when setting up the unit, adjusting the pads, or making a new connection.

2.DO NOT turn on the unit before you put pads on your skin.
Use at least one pair of pads. One pad alone will not work.

Step 3: Place electrodes on skin

- 1. Remove the plastic films on the pads.
- Check if the adhesive side of on the pad is clean after removing the plastic film.
- 3. Place pads on the muscle you wish to treat. Make sure your skin has been cleaned of all dirt. oil. or lotions.
- 4. Be sure to place the adhesive side of pad on your skin.
- We recommend keeping the plastic films for storing the pads after usage.
- Make sure that you use at least one pair of pads on the same wire at the same time, one pad alone will not work.
- 7. Make sure the pads are stick adhered closely on your skin.





CAUTION:

- 1. Do not overlap pads or place one pad on top of another one.
- Never remove the self-adhesive electrodes from the skin while the device is turned on. You will feel an uncomfortable electrical shock.

Electrode Placement

The placement of electrodes can be one of the most important parameters in achieving success with this therapy. Of utmost importance is the willingness of the physician to try the various styles of electrode placement to find which method best fits the needs of the individual patient.

Once an acceptable location has been achieved, mark down the electrode sites and the device settings, so the patient can easily continue treatment on them

Step 4: Turn on the device

Long Press the ON/OFF switch button 10 to start the device.

Verify the channel indicator on the screen to make sure the device is on the same channel you wish to use.

CAUTION:

Before using the device for the first time, you are strongly advised to take careful note of the contraindications and safety measures detailed at the beginning of this manual (Safety information).

Step 5: Select mode or program number

There are 4 mode selectors (TENS, EMS, MASS & DIY). In TENS, EMS, MASS mode, and then press the P key to select the pulse rate, there are 8 settings pulse rates, from PO1 to PO8. In addition, in DIY mode, the default is PO1 on the screen, and press the button DIY + and DIY - to adjust the output frequency must be in the DIY mode. (Pulse rate range: 2-150 rate HZ setting)

Press the mode selector button **M** to select the mode, the selected icon will flash and press **P** button to select program number.



Adjust the output frequency

Press † , , w button to Adjust the output frequency, must be in the DIY mode

CAUTION:

- Intensity level defaults to zero when starting unit or when changing modes for your safety.
- Refer to Mode Indicator illustration of the device to confirm what kinds of mode you choose, TENS ,EMS or MASS.

Step 6: Select intensity

There are 40 intensity Settings. Adjust Channel Intensity for channel CH1, use output(s)CH1:

- 1.CH1 and CH2 are two independent control channels. CH1 is the output intensity control for CH1 channel, and CH2 is the output intensity control for CH2 channel.
- Confirm channel CH1 is working, revolve left coder to increase/decrease the intensity. When changing the mode, the intensity level will automatically reset zero.

3.Confirm channel CH2 is working, revolve right coder to increase/decrease the intensity. When changing the mode, the intensity level will automatically reset zero.

CAUTION

- 1. We recommend starting at the lowest level of intensity and gradually increase to a level that is comfortable
- 2. The intensity should be set at a level where you will experience somed muscular vibration and involuntary muscle movements.
- 3. If the stimulation levels become uncomfortable, reduce the stimulation intensity to a comfortable level or turn it off directly.

Step 7: Adjust timer

The timer will increase in the increment of 10. Adjust timer from 10 minutes up to 90. Keep pressing the timer button to set to 90 minutes. The default timer is 30MIN

Step 8 : Deblocking

After the device starts to work, it will automatically lock if no operation within 30s, and a lock icon will appear on the screen accordingly. Press the button to unlock the keyboard.

Step 9: Turn off the device

Long Press the device.

Step 10: Remove the pads from your skin

Lift the comer of the electrode and gently remove it from the skin, and place them back on the provided pad holder or the protective plastic film.

CAUTION

DO NOT remove the pads before you turn off the equipment.

Step 11: Take off the pads from wires. Unplug wires from device.

Maintain the device in accordance with maintenance requirements.

5 CLEANING AND CARE

5.1 Tips for Skin Care

Follow these suggestions to avoid skin irritation, especially if you have sensitive skin:

- Wash the area of skin you will be placing the electrodes on with soap.
 Rinse thoroughly and dry the area completely before and after placing electrodes.
- 2. Excess hair may be clipped with scissors; do not shave stimulation area.
- 3. Many skin problems arise from the "pulling stress" from adhesive patches that are excessively stretched across the skin during application. To prevent this, apply electrodes from center outward; avoid stretching over the skin.
- 4. To minimize "pulling stress", tape extra lengths of lead wires to the skin in a loop to prevent tugging on electrodes.
- 5. When removing electrodes, always remove by pulling in the direction of hair growth.
- It may be helpful to rub skin lotion on electrode placement area during treatment down time when you are not wearing electrodes.
- 7. Never apply electrodes over irritated or broken skin,

5.2 Cleaning the Device

- 1. Remove the battery from the device before you clean the device.
- 2. Clean the device after use with a soft, slightly moistened cloth.
- 3. Do not use any chemical cleaners or abrasive agents for cleaning.

5.3 Electrodes

- Use this device only with the leads and electrodes provided by the manufacturer.
- Inspect your electrodes before every use. Replace electrodes as needed.Reusable electrodes can cause slight skin irritation, lose adhesion properties and deliver less stimulation if overused.
- 3. The ordering information of the electrodes pads: Available for purchasing on Amazon, or other e-commerce platforms. But it specifies the manufacturer of the electrode pads, the manufacturer is the best choice for you. Be free to contact the seller if you need.
- 4. The electrode type: It is a kind of hydrogel and medical silicone.

Warning:

- The electrode size, shape, and type may affect the safety and effectiveness of treatment and that a risk associated with use of the wrong size electrode is thermal hum.
- We advises you to obtain replacement electrodes that are the same type, have the same dimensions and same connectors as those you distribute with your device.

TO REMOVE YOUR ELECTRODES:

- 1. Lift the corner of the electrode and gently remove it from the skin.
- 2. It may be helpful to improve repeated electrode application by spreading a few drops of cold water over the adhesive side and turn the surface up to air dry. Over saturation with water will reduce the adhesive properties.
- 3. Between uses, place the electrodes back onto the protective sleeve and insert them into the re-sealable bag and store in a cool dry place.

CAUTION:

- Do not pull on the electrode wire. Doing so may damage the wire and electrode.
- The electrodes should be discarded when they are no longer adhering to the skin

5.4 Cleaning the Electrode's Cords

Clean the electrode cords by wiping them with a damp cloth.

Coating then lightly with talcum powder will reduce tangles and prolong their life.

5.5 Maintenance

- Maintenance and all repairs should only be carried out by an authorized agency. The manufacturer will not be held responsible for the results of maintenance or repairs by unauthorized persons.
- The user must not attempt any repairs to the device or accessories. Please contact the seller if you have any problems.
- Opening of the equipment by unauthorized agencies is not allowed and will terminate any claim to warranty.
- 4. Check the unit before each use for signs of wear and/or damage. Replace worn items as required.

- 5. Please clean the main machine frequently. Use a piece of soft dry cloth to wipe the dirt on the main machine. Don't wash with water or clean with the detergent, thinner, volatile oil, etc. that contains chemical substances.
- The gel surface of the massage pad should be kept clean and avoid dirt like dust, oily substances, sticky substances, etc., otherwise the stickiness will be decreased.
- 7. Please put the massage pads back to the pad holders or paste the protective films back onto the pads after use.
- 8. When the stickiness of the massage pad becomes weak due to dirt or if there is a tingling sensation in the skin, please use a piece of damp doth dipped in a little water to gently wipe the gel surface. After drying, the stickiness will recover, but if water is overused, the stickiness will be decreased.
- 9. Please don't wipe the gel surface with a paper towel.
- 10. Please Do not scrape the gel surface with nail, brush, etc.
- 11. Massage pads are consumables with the service life of generally 20-30 times. If the pads are not sticky or the stimulator becomes weak, please change the pads in time.
- 12. The batteries for this product are built-in polymer batteries. If it is not used for a long time, please charge it every 6 months.

Safekeeping

 Please do not put the main machine in the place exposed to sunlight, high temperature, humidity, lots of dust, or the place close to fire, easy to vibrate or shock.

2.Please put where children can't reach it.

Cleaning and Storage

Environmental conditions of transport and storage:

Temperature: -20 ~ +60 ℃,

Humidity: Humidity does not exceed 85%

Use a lightly moistened cloth to clean the device and wipe gently.

- Make sure the device is off when you dean it.
- Do not let water to get into the device.

Cleaning and Storing Pad

Clean: After using pads on your body, please drop a little clean water on the sticky side and use fingertips to clean it softly

- Please turn off the device and disconnect the pads with wires first before you clean the pad.
- . Do not use nails or other sharp objects on the sticky side.
- · Do not use chemical liquids on sticky side.

Storage: Place pads on pad holder or place plastic film on the sticky side of pad to keep the gel moisture.

Wires: You can wrap wires on pad holder.

DISPOSAL

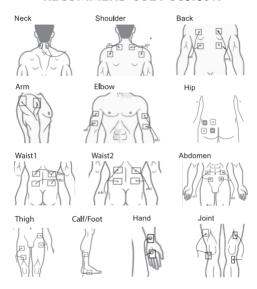
Please dispose of the device in accordance with the laws in your area.

6 TROUBLE SHOOTING

If your device does not seem to be operating correctly, refer to the chart below to determine what may be wrong. Should none of these measures correct the problem, the device should be serviced.

PROBLEM	CAUSE	SOLUTION	
One pad feels stronger than the other.	This is normal. Different areas of your body will react differently.	Nothing needs to be done. Make sure the pads are moist and are making good contact.	
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	Adhesive gel pads are not adhering firmly to the skin. The gel pads are too dry. wires are damaged.	Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application. Use a new set of pads.	
Unit is on, but no sensation is felt in the pads.	Both pads are not firmly on the skin. There is a loose connection. The intensity level needs to be increased.	Make sure both pads are firmly pressed to the skin. (two pads minimum) One pad alone will not work. Make sure all connections are secure from the unit to the wires and the wires to the pads.	
Adhesive gel pads Do not stick to skin even after cleaning and moistening	Adhesive material ran out.	Adhesive gel pads need to be replaced.	
Unit does not turn on or the screen is dim.		Recharge the battery.	
Unit does not charge	Wall adapter or USB cord.	Charge your unit using USB cord only using any USB power outlet.	
Only feel stimulation one channel.	Your device features the AB independent channel.	Try to set the mode and/or the intensity on each channel. Try to use a new set of wires.	

RECOMMEND USE POSITION



Medical Disclaimer

All information is intended for you general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. The information contained here is intended to provide broad consumer understanding and knowledge of product offered.

The information should not be considered complete and should not be used in place of a visit, call, consultation or advice or your health care provider.

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