

NURSAL




TENS MASSAGER

Model: FM-B240



USER MANUAL



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



NOTE

1. Avoid touching the pads when the device is turned on.
2. Do not place pads near the heart, head or carotid.
3. 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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INCLUDED IN THIS STANDARD PACKAGE:

1. Device 1pc
2. 2"*2" tens pads x 8pcs
3. 2"*4" tens pads x 4pcs
4. USB cable x 1pcs
5. Instruction manual x 1pc
6. Collection board for pad and wire x 1 pc
7. Pouch x 1pc
8. Electric Wires x 3pcs (2x1/2 Wire & 1x1/4 Wire)

When use 4 line cable, make sure to use at least 1pc positive + 1pc negative at the same time.

Note: Different color indicates the different positive.

9. Portable lanyard X1 pc

FEATURES

- A/B dual independent channels, operate their modes and intensity level separately, enjoy 2 different massage at the same time.
- Multi-functional Tens Massager with 24 Preprogrammed Massage Modes for Pain and Muscle Relief.
- 20 level intensity
- 20 minutes default timer, can adjustable from 10-60 minutes
- Rechargeable lithium battery
- Battery indicator to know when need to recharge battery

PRECAUTIONS

1. Do not apply the massage pads near the heart, on the head, above the neck, in the pubic region, over Scarred areas, on the throat or over the mouth.
2. Avoid touching the pads when the unit is on.
3. Pregnant women must avoid using this massager.
4. Do not use this massager if you a pacemaker or other life support equipment such as an artificial lung or respirator.
5. should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk or injury.
6. Do not use if you have following medical conditions:
 - Acute disease, trauma or surgical procedure in past six month
 - Cardiac dysfunction
 - Epilepsy
 - High blood pressure
 - High fever
 - Cancer
 - Infectious disease
 - Malignant tumors
 - Recent surgery
 - Skin problems
 - Pregnancy
 - Undiagnosed pain syndromes
 - Abdominal or inguinal hernia
 - Painful and /or atrophied muscles
 - Limited range of motion in skeletal joints

7. Keep out of the reach of children.
8. The unit is not intended for the application of any medical condition or disease nor is it intended for physiotherapy or muscle rehabilitation. It is contraindicated for use on any muscle that is injured or diseased

MAINTENANCE&CARE

It is suggested that you do not use the massager on any given area of skin for a duration greater than 20 min 2 times per day. Consult with your physician for longer or more frequent uses.

Device

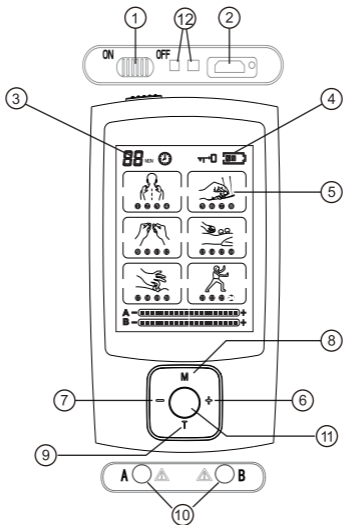
1. When you are finished using the device, turn it off and take off the pads. Store the unit in a cool, dry place until next use.
2. Please use a lightly moistened cloth to clean the device and wipe gently.
3. Make sure the device is off when you clean it.
4. Do not let water to get into the device.

Pads

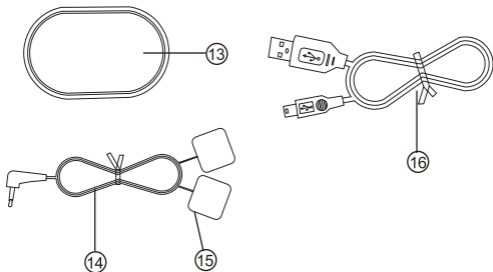
1. Make sure both pads not overlapping and make sure your skin is free from any dirt, oil or lotion.
2. Applying a few drops of water before and after usage will increase the longevity of the pads.
3. Place pads on pad holder or place plastic film on the sticky side of pad to keep the gel moisture.
4. Please replace the pads after using 15-20 times (Varies widely depending on use, body type and care).

NOTE: To purchase official replacement electrode pads, you can find suitable pads on Amazon by search " NURSAL TENS PADS " or contact us at support@nursalshop.com. Please identify NURSAL logo.

ILLUSTRATIONS OF THE DEVICE AND ACCESSORIES:



- | | |
|----------------------------|----------------------------------|
| 1. On/ off switch | 7. Intensity adjustment(-) |
| 2. Charging port | 8. Modes |
| 3. Timer | 9. Time adjustment |
| 4. Battery indicator | 10.A/B channel output connector |
| 5. LCD screen | 11. Channel switch & screen lock |
| 6. Intensity adjustment(+) | 12. Portable Lanyard Port |



13. Pads-sticking board

14. Pad wires

15. Electrode pads

16. USB cable

MODES INSTRUCTION

TENS:

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 from exercise or normal household work activities.

EMS:

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

Main Mode 1. KNEADING

① Lateral palm kneading (Continuous Stable Mode) (TENS):

This mode is effective for joint pain, sciatica, muscle spasms, and pain in the back, neck, and shoulders.

② Flat palm kneading (Continuous Stable Mode) (TENS):

Enhance function, aid in the healing process, inhibit motor-neuron excitability, decrease muscle reflex activity, promote relaxation, recreational and well-being.

③ Strength Alternate Crosscut Kneading (EMS):

It is a type of alternative medicine consisting of finger and palm pressure, stretches, and other massages techniques.

④ Strength Alternate Vertical kneading (TENS):

It is the manipulation of superficial and deeper layers of muscle and connective tissue using various hands-on techniques, to enhance physical function, aid in the healing process, release tension, and promote well-being.



Main Mode 2. Acupuncture

⑤ Acupuncture (TENS):

This mode is used for the points on the Chinese meridian pressure point chart to assist headaches, a variety of ailments

as well as muscle and joint pain. Particularly good for fast relief of acute pain.

⑥ Moxibustion + kneading (EMS):

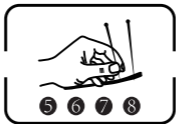
It helps chronic diseases such as insomnia, constipation, headaches, and the tension associated with stress.

⑦ Strength Alternate Acupuncture (TENS):

This mode is used for the points on the Chinese meridian pressure point chart to assist headaches, a variety of ailments as well as muscle and joint pain. Particularly good for fast relief of acute pain.

⑧ Acupuncture + kneading (EMS):

Helps to reduce muscle spasms, increase the range of motion, injury recovery and the after surgery recovery.



MAIN MODE 3. Beat

⑨ Beating (TENS):

The appliance puts out quick and strong pulses in a regular rhythm; good for all major muscle groups.

⑩ Strength Alternate Beating (EMS):

The appliance puts out hard thumping sensation that massage your muscles, which can give you an invigorated and revitalized feeling.

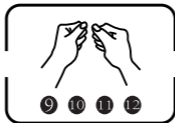
⑪ Kneading + Beating (TENS):

Provides the user with a kneading and beating sensation.

Releases unhealthy elements from injured areas and stimulates blood flow and healing.

⑫ Continuous Beating (TENS):

Helps to reduce muscle spasms, increase the range of motion, injury recovery and the after surgery recovery.



MAIN MODE 4. Cupping

⑬ Cupping (TENS):

It's a form of therapy in traditional Chinese medicine. Cups are placed on the particular section of the body to create suction often using heat. The method draws out toxins, mobilizes blood flow, alleviates muscle pain and even improves the quality of sleep.

⑭ Kneading + Cupping (TENS):

Provides the user with a kneading and cupping sensation.

Releases unhealthy elements from injured areas and stimulates blood flow and healing.

⑮ Continuous Cupping (TENS):

For relieving back and neck pain, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite etc.

⑩ Strength Alternate Cupping (TENS):

For muscle strains, herniated discs, stenosis, spondylosis, spondylolisthesis, and general arthritis pain.



MAIN MODE 5. Scraping

⑪ Scrape Therapy (TENS):

Stimulates circulation to end stasis, warms the channels to relieve pain and eliminate toxins from the body. According to traditional Chinese medical theory, scraping the skin can stimulate one's immune system and then help to remove the disorder.

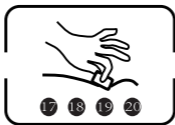
⑫ Kneading + scraping (TENS):

Provides the user with scratching and kneading sensation. Releases unhealthy elements from injured areas and stimulates blood flow and healing.

⑬ Beating + scraping (EMS):

Provides the user with a beating and scraping sensation.

⑭ Strength Alternate Scraping (EMS): It's effective in acute and chronic internal organ disorders. Helps to relieve pain, stiffness, fever, chill, cough, wheeze, nausea and vomiting, etc.



MAIN MODE 6. Tai Chi Massage

②① Tai Chi Massage (TENS):

This form of therapy involves hands-on techniques to increase circulation, relieve tension, reduce stress, relieve anxiety, improve the quality of sleep, and promote relaxation throughout the entire body, as well as many other benefits.

②② Meridian and Collateral Massage (TENS):

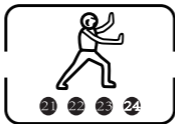
It has a soothing and relaxing effect, improves blood and lymphatic flow, and corrects minor misalignments of muscles, tendons and ligaments.

②③ Naprapathy (EMS):

Relief of pain & muscle tension. Relieves the tension, brings blood flow back to the joint and improves your mobility.

②④ Strength Alternate Tai Chi Massage (TENS):

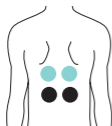
Enhancing body fluid circulation, relieving muscle tension and pain, promoting metabolism in the body and cleansing the body.



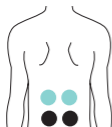
RECOMMEND USE POSITIONS



Stiff Shoulder



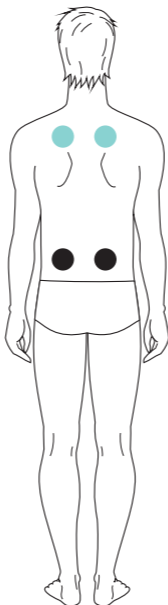
Erector Spinalis



Low Back Muscle



Calf Muscle



General System Nerves,
Muscle, Tiredness &
Bad Blood Circulation



Calf Muscle



Hip Neuralgia



Sciatica



Slipped Disk



Shoulder Pain



Chronic Hip Pain



Knee Pain



Lower Leg Pain



Foot Pain

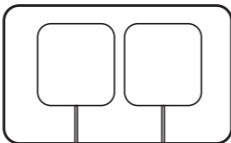


Carpal Tunnel Syndrome

OPERATING INSTRUCTIONS

Step 1: Prepare pads.

Connect 2 pads to the cord by snapping them on. Using the 1/4 wire, make sure that you use 1pc positive + 1pc negative wire (different colors indicate is it the positive one or the negative one). Remove the protective film.



(TENS pads)

Step 2: Placing pads.

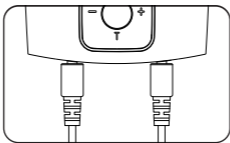
Place pads where the massager impact is desired, over or near the injured area of the body. Make sure your skin is free from any dirt, oil or lotion.



(Pads attached to the forearm)

Step 3: Connect wires.

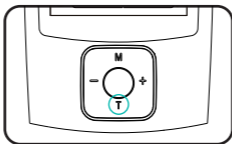
Connect 2 or 4 pads to both wires (A/B channel), place all connected pads on your skin at the same time for additional relief.



(Wiring diagram)

Step 4: Set up a time.

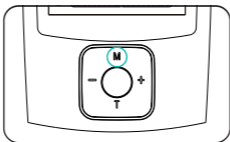
Turn ON the device by pressing the ON/OFF button. Press "T" button to adjust the time. Set up a time from 10 to 60 minutes.



(The appliance equipped with the "T" button to adjust the time)

Step 5: Choose a mode.

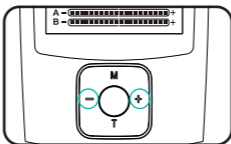
There are 6 icons (6 main modes) on the screen, each icon has 4 built-in modes. Press the "M" button for 2 seconds to switch between 6 main modes. Press "M" button quickly to choose built-in modes for each of the main modes. This Tens Unit has mode memory function.



(The appliance equipped with the "M" button to choose built-in modes)

Step 6: Adjust the intensity.

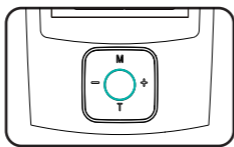
Once you select a mode, press the "+/-" button to gradually increase or decrease the intensity. The default strength is the lowest strength set by each selected mode to avoid misoperation.



(The appliance equipped with the "+/-" button to gradually adjust the intensity)

Step 7: A/B channel switching.

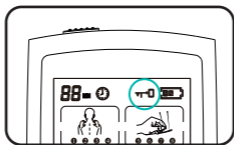
Short press the round center button to switch from A channel to B channel, repeat step 5 and step 6 to operate mode and intensity of B channel.



(The appliance equipped with the round center button for A/B channel switching)

Step 8: Lock the screen.

After you set both A and B channel well, long-press the round centre button for 3 seconds. The screen will show a lock symbol, all buttons are blocked now, TENS unit starts massaging. This function is designed to avoid mistouch.



Step 9: Shut OFF the appliance

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

TIPS FOR TENS UNIT PAD PLACEMENT:

1. Take note of exactly where your pain is located. Outline the most concise and tender area of the pain.
2. Always use two pads (one channel) or four pads (two channels) at the same time depending upon the type of TENS unit that you have as it will not work with just one pad.
3. You can alter the flow of the electrical sensation if you change the distance between the electrode pads and/or the direction of the pads.
4. The pads can be placed in one of three directions 1. vertical 2. horizontal 3. angulated.
5. The pads should never touch and should be at least, 1 inch apart. As the distance between the two pads increases the effectiveness decreases.
6. It is advisable not to place the pads directly over a joint such as the knee, elbow or ankle as its movement can alter the adherence of the pad.
7. Never place the electrodes on or near your face.
8. When applying for the first time, be sure to program your TENS unit to a low-intensity level and increase as needed.

TROUBLESHOOTING

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 the customer service at: support@nursalshop.com














Problem	Possible 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 making good contact
The intensity is not felt with a very weak intensity level	Pads are not attached to the body firmly	Attach both pads firmly to the skin
	The transparent films are still stuck to the pads	Peel off film on the adhesive surface of pads
	The pads stack together or overlap	Do not stack pads together or overlap pads
	The cord is not properly connected to the unit	Insert cord correctly into the jack
	The intensity setting is too weak	Increase the intensity level
	The battery capacity is low	Charge the battery
Skin turns red or the skin feels irritated	The adhesive surface of the pads is dirty or dry	Wash adhesive surface of pads gently with your fingertips for about 3 seconds under slow running water
	The device used is for too long or the intensity is set too high	Reduce the application time or reduce the intensity
	The electrode pad surface is worn out	Replace electrode pad

Problem	Possible Cause	Solution
No power source; no display on LCD.	The battery power is too low	Charge the battery
Power cuts off during use	The battery power is too low	Charge the battery
	The cord is broken	Replace the cord
It is difficult to attach the pads to the skin	Has the transparent film from the pad been removed?	Peel off film on the adhesive surface of pads
	Was the pad applied immediately after washing?	Dry the pads
	Is the adhesive surface of the pads damaged?	Replace the pads
Adhesive surface of pad is not sticky	Pads has deteriorated	Contact the vendor for replacements
	Were the pads stored under high temperature, high humidity, or direct sunshine?	Replace the pads

NOTE:

To purchase official replacement electrode pads, you can find suitable pads on Amazon by search " NURSAL TENS PADS " or Contact us at support@nursalshop.com. Please identify NURSAL Logo.

TRANSPORT AND STORAGE SYMBOLS

	Fragile, handle with care		Type B applied parts
	Keep the product in a dry place, away from water and rain.		Attention, see operating manual for user instructions.
	This way up		Manufacturer
	Product package should be recycled		Symbol for "AUTHORISED REPRESENTATIVE IN THE EUROPEAN COMMUNITY"
	Non-recyclable		CE marking; certificate issued by SGS.
	Date of manufacture	<i>FDA 510(K)</i>	FDA 510(K) approved
	Serial number	<i>IP22</i>	IP code of the device
	Batch code		

CONTACT INFORMATION



Manufactured by:

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SUPPORT



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