



Wireless TENS Pulse Massager



User Manual

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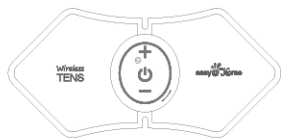
Introduction

The EHE016 Wireless TENS Pulse Massager is a Transcutaneous Electrical Nerve Simulator for natural, over the counter pain relief. The device generates small pulses of electrical current and delivers the pulses to the user's skin through adhesive electrode pads. This activates the underlying nerves and the pain associated with sore and aching muscles is relieved. The EHE016 is portable, compact, and stylish in design. It may help relieve pain in various areas of body, such as the lower back, shoulders, arms and legs.

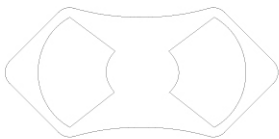
Indications for Use

Use for relief of pain associated with sore and aching joints in the shoulder, waist, back, neck, arm, and leg; due to strain from exercise or normal household and work activities.

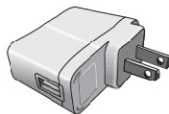
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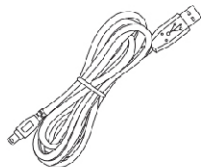
TENS Unit



Gel Electrode Pad



USB Cable



Adapter

Safety warnings

Important Notice

Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Using with specific conditions could cause electric shock, burns, electrical interference, or death.

Warnings

If you are under medical treatment of a physician, consult with your physician before using this device. If your pain does not improve, becomes more than or continues 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 open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).

Do not apply stimulation over, or in proximity to, cancerous lesions.

Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.

Do not apply stimulation when in the bath or shower.

Do not apply stimulation while sleeping.

Do not apply stimulation while driving, operating machinery, or during any activities which electrical stimulation can put you at risk of injury.

Do not use the device on children.

Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals.

Apply stimulation only to normal, intact, clean, healthy skin.

Precautions

TENS is not effective for pain internal origin, including headache.

TENS is not a substitute for pain medications and other pain management therapies.

TENS devices have no curative value.

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.

The long-term effects of electrical stimulation are unknown.

Since the effects of stimulation of the brain are unknown, stimulation should not be applied to 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 (gel).

If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.

If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.

Use caution if you have a tendency to bleed internally, such as following an injury or fracture.

Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.

Use caution if stimulation is applied over the menstruating uterus.

Use caution if stimulation is applied over areas of skin that lack normal sensation.

Keep this device out of the reach of children.

Use this device only with accessories recommended by the manufacturer.

Adverse Reactions

You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin if you have underlying skin sensitivities.

You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

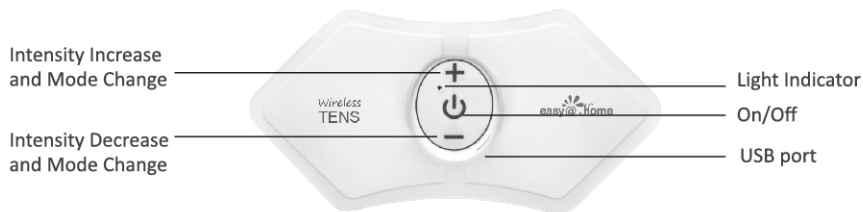
Medical Electrical Equipment needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided. Portable and mobile radio frequency (RF) communication equipment can affect Medical Electrical Equipment.

Specifications

- Model No.: EHE016
- Size: 5.4*2.7*0.4 inch (13.7*6.8*1.0 cm)
- Weight: 0.05lb(19 g)
- Power supply: DC 3.7V
- Output voltage: 50 V at 500 Ω

- Pulse width: 100 μ S
- Frequency: 0-200 Hz
- Timer: 20 min
- Intensity: 15 levels
- Mode: 5 pulse modes
- Operating condition: 14~104 $^{\circ}$ F (-10 ~ 40 $^{\circ}$ C) , 30% ~ 85% humidity
- Storage condition: 14~122 $^{\circ}$ F (-10 ~ 50 $^{\circ}$ C) , 10% ~ 95% humidity
- Transportation condition: 14~122 $^{\circ}$ F (-10 ~ 50 $^{\circ}$ C) , 35% ~ 85% humidity

Operating instructions



Instructions for use:

1. Before first use, it is recommended to charge the EHE016 with the enclosed USB cable, which can connect to your computer or the included adapter.
2. Remove the plastic film from the enclosed gel electrode pad, and follow the instructions to attach the electrode pad onto the back of the control unit. (This should be done before applying the electrode pad to the treatment area.)
3. Place the EHE016 onto the treatment area, such as shoulder or leg. Press down firmly to ensure the electrode pad is completely applied to the skin.
4. Press the On/Off button to turn on the unit, indicated by the LED light and 1 second buzz sound.
5. Once on, the device will operate at the default pulse, or Mode 1 (combination mode).
6. Press the "+" to increase the pulse intensity, and press the "-" to decrease the intensity. There are a total of 15 intensity levels to choose, and each time you press the "+" or "-", the LED light will flash and you will hear the 1 second buzz sound.
7. Press the "+" button for 3 seconds to select a desired pulse mode in order of Mode 1 (combination of all four modes), Mode 2 (Scraping), Mode 3 (Massage), Mode 4 (Tapping), and Mode 5 (Acupuncture). Mode selections can also be made by pressing the "-" for 3 seconds, which will scroll through the 5

Modes in the opposite order. When the mode is changed by pressing the “-”, the LED light will flash twice, and buzz will sound twice.

8. The countdown timer is set to 20 minutes. When the timer is up, the unit will turn off automatically. The unit can also be turned off by pressing the On/Off button, indicated by the LED light flashing three times and three buzzes.

Note: To conserve the battery and prevent unexpected shock, the device will automatically power off when not applied to the skin; indicated by the LED light flashing three times and three consecutive buzz sounds.

Recommended practice:

- Duration time of 20 minutes for each treatment area.
- Frequency of 1-2 times per day per treatment area.
- Start treatment at the lowest intensity and gradually adjust to a comfortable level on a scale level from 1 to 15.
- Be sure the treatment area is free of perspiration, dirt, lotion, and abrasions before applying the electrode pad. We recommend cleansing with soap and water if needed, but make sure the skin is dry before applying the electrode pad.
- Keep the electrode pad in the provided case immediately after each use. Keeping the pad clean will

extend its lifespan, which will vary depending on the frequency of use. Avoid touching the adhesive area of the pad with fingertips, the grease on which will shorten the pads lifespan.

- The electrode pad is disposable and should be replaced when the adhesion weakens. To purchase additional pads, please contact the seller.
- If the LED light becomes blurry and/or the stimulation intensity becomes weaker, this means the battery power is running low. This indicates it is time to recharge the device. After being fully charged, the devices LED light will resume its brightness.

Recommended Areas for Treatment



Back



Waist



Shoulder



Arms



Leg

Cleaning and Storage

Turn off the device before cleaning.

The device can be cleansed with a soft and damp cloth.

Never use excessive water or cleaning agents to clean the device.

The electrode pad remains on the control unit between each use, and should be covered by the plastic film to avoid getting dirty and protect the adhesive gel.

Avoid exposure to extreme moisture or temperatures.

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 seller for further assistance.

Stimulation is weak or non-existent

- Be sure skin is clean and the pad is firmly attached to the skin.
- The battery is low and needs to be charged.

Device does not turn on

- Check if the battery is low, your device may need to be charged.

Electrode pad is not sticky

- The electrode pad will lose its adhesion over time. Please contact the seller for replacement information.

Skin turns red

- Stop treatment, and treat another area.
- If problem persists, contact your physician.

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Questions or Comments?

Please call toll-free:

1-855-822-6999 M-F 9 a.m.-5 p.m. CST

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