



## Mini Electronic Pulse Stimulator EHE029N

### **Q1: What is the difference between EMS and TENS?**

An EMS (Electrical Muscle Stimulator) is a device that operates along similar principles as TENS, but the two are quite different. EMS devices target muscles with electrical impulses, encouraging pain relief from muscle soreness and muscle pain due to stiffness or other conditions. Other uses for EMS include toning muscles through electrical stimulation.

The electrical signal TENS generates is targeted specifically at nerve centers and nerve pain of the type associated with chronic back pain and other chronic ailments. The two machines serve similar but different purposes.

### **Q2: Can I use the device on any body area?**

While the device is effective and safe when used properly, it is not suitable for all body areas or all individuals. Do not apply stimulation on your head, chest, near your heart, or genitals areas. Please read the Safety Warning section before using the device, and consult with a physician if you have any medical conditions or uncertainties.

### **Q3: Can the electrodes be reused?**

Yes, the electrodes can be reused. However, if the electrode pads become wet from sweat or water and no longer stick properly, they need to be replaced.

#### **Q4: What kind of painful conditions can TENS help?**

Numerous painful conditions can be helped with TENS including:

- • Back pain
- • Sciatica
- • Tension headaches and Migraines
- • Whiplash
- • Neck Pain
- • Sports Injuries
- • Arthritis

**We hope these tips were useful. If you have any inquiries about our products or services feel free to contact us via email, call our customer service at 855.822.6999 M-F 9am-5pm CT or visit us at [healthcare-manager.com](https://healthcare-manager.com)**