

3-in-1 TENS Unit



Scan for
online copy

GETTING STARTED

Model: AE177

Customer Support

Got questions? DO NOT return this product.
Our Customer Support Team is happy to help.

✉ Email: info@alcedohealth.com

☎ Toll-Free: (833)682-8655

Support Hours

Monday-Friday 9:00 am-5:00 pm EST



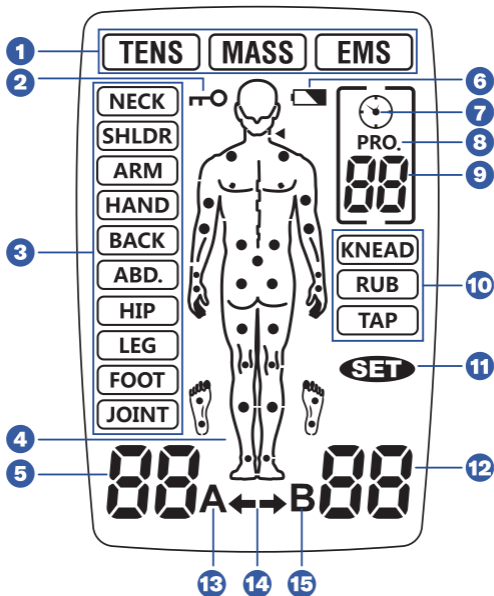
Please scan code to visit our YouTube channel
[Alcedo Health] for instructional video.

Know Your Tens Unit



- | | |
|--|-------------------------|
| A Display | H Output |
| B Power/Mode Button | I Micro USB Port |
| C Program Button | J Electrode Pad |
| D Charger Indicator | K Lead Wire |
| E Treatment Body Part Adjust | |
| F Channel Select Button | |
| G Channel Intensity/Treatment Time Adjust | |

Digital Display

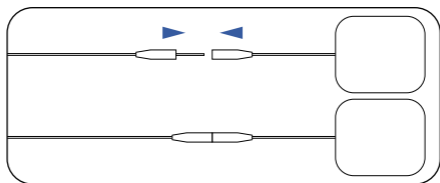


- | | |
|----------------------------|-----------------------------------|
| 1 Treatment Mode | 9 Program No. / Treatment Time |
| 2 Key Locking Symbol | 10 Massage Type |
| 3 Treatment Body Part [10] | 11 Set Symbol |
| 4 Model of Human Body | 12 Intensity for Channel B |
| 5 Intensity for Channel A | 13 Symbol of Channel A |
| 6 Low Battery Symbol | 14 Indicator of Channel Selection |
| 7 Timer Symbol | 14 Symbol of Channel B |
| 8 Program Symbol | |

Getting Started

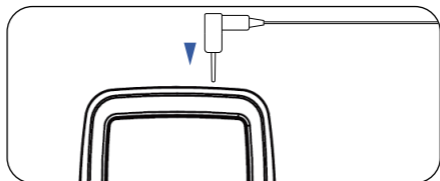
1. Connect Lead Wires To Electrode Pads

- Firmly insert the end of the lead wire pin into the electrode connectors. Make sure the connection is complete and no bare metal of the pins is exposed.



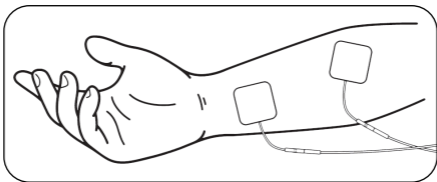
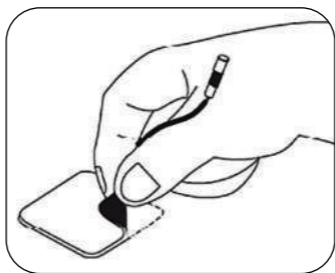
2. Connect Lead Wires To Device

- Select A or/and B channel and insert the lead wire firmly into the socket.



3. Place Electrode Pads On Skin



- Remove electrode pads from protective backing. Place the electrode pad on the body part in need of treatment.

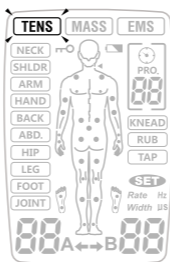


Note:

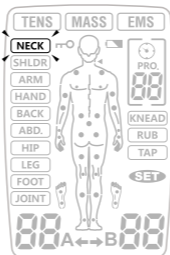
- DO NOT remove electrode pads by pulling on the wire. Peel gently from any corner.
- Place electrode pads on the pads holder after each use.

4. Select Treatment Mode and Body Part

- Press  to turn on the device.
- Press  again to select Therapy Mode (TENS/EMS/MASS).

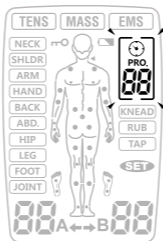


- Press **B** to select treatment body part. The selected icon will flash on the screen.



5. Select Treatment Program and Set the Timer

- Press **P** to select program (P01, P02).



- After select program, press and hold **P**. Timer is flashing, press **+** or **-** to adjust treatment time (minutes), press and hold button for fast adjustment.

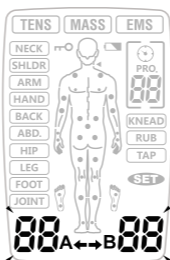


- Press **⏻** to return to standby mode.

Note: Program Selection and Timer Setting is ONLY available in TENS and EMS mode.

6. Select Channel and Adjust Intensity

- Press **CH** to select treatment channel (A, B).
- Then press **+** or **-** to adjust intensity (40 intensity levels).




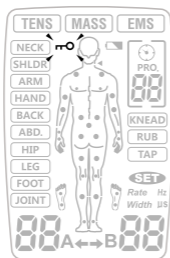
Note: If you feel uncomfortable, stop using immediately and call your physician or medical practitioner. Do not exceed your comfort level.

7. Pause/ Turn OFF

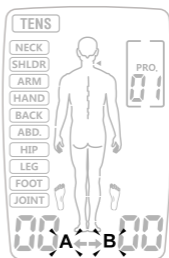
- Press **PAUSE** to pause the treatment at any time.
- Press **+** or **-** to restart treatment.
- Press and hold **OFF** to turn off device.

Lock Function

- When device is on treatment status, press and hold **B** to turn on lock function. The indicator  will display on the screen. Press and hold **B** to unlock.



Lock Function



Load Detection

Load Detection

- The device will automatically detect the load if the intensity is above level 5. If the electrode does not apply to the skin or not well contact, the intensity will automatically return to level 0. The channel symbol 'A' or 'B' will flash and the device returns to the standby mode.

TENS Electrode Placement Guide



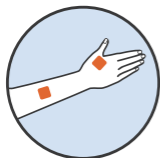
Neck



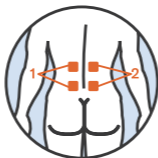
Shoulder



Arm



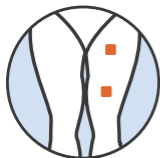
Hand



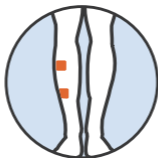
Back



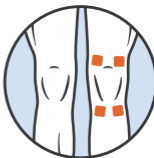
Hip



Leg



Leg



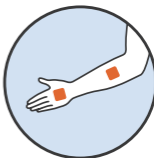
Joint (knee)



Joint (elbow)

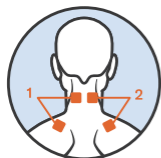


Joint (ankle)

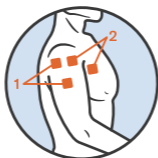


Joint (wrist)

EMS Electrode Placement Guide



Neck



Shoulder



Arm



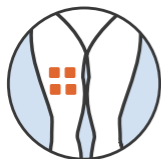
Hand



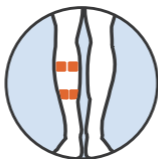
Back



Hip



Leg



Leg



Foot

Note:

- DO NOT place electrodes on the carotid artery, throat, backbone, or spine.
- Never remove pads from skin before turning off the unit.

FAQ

- **What are the differences between TENS and EMS?**

Transcutaneous Electrical Nerve Stimulation (TENS) machines stimulate the nerves exclusively for the purpose of relieving pain, whereas Electrical Muscle Stimulation (EMS) machines are designed to stimulate the muscles for the purposes of strengthening and rehabilitating them.

- **How long do the electrode pads last on the TENS unit?**

The electrode pads last about 15 uses. We recommend changing the pads when they no longer firmly stick to your skin.

- **What are the differences between the modes?**

All modes are pre-set and designed by healthcare professionals for specific body pains. For example, in the back mode, the electrical stimulation pattern was designed to treat the type of pain found in the larger muscles of the back.

- **How long should the battery last?**

Fully charged battery will last approximately 15 days when used for 30 minutes a day at moderate intensity.

- **What are the differences between the program 1 and 2?**

The pre-set program 1 and 2 are designed by healthcare professionals based on clinical data. Please select the program that you feel most comfortable on your pain.

- **How do I choose an intensity level?**

The TENS units start on the lowest intensity settings, press the intensity adjustment button to pick the level that feels most comfortable on your pain; go up an intensity level if the therapy feels too weak or go down if you feel uncomfortable or your muscles contract too much.



Alcédo
Health and Well-being

