

KineTik

medical health monitors for everyone



TENS Machine Digital Pain Reliever

This product is not suitable for use during pregnancy or labour.

User Manual

T1 Series

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Introduction

- Thank you for buying and using the Kinetik Medical Digital Pain Reliever (TENS).
- This machine is an easy to use and effective way to relieve your pain. Before you start, it is important to read this instruction manual.
- Pain Relieve treatment is easy. To get the most out of this product, please follow our recommendations on the next page.
 - What does the Digital Pain Reliever (TENS) do?
 - Using the Digital Pain Reliever (TENS)
- We hope you will be satisfied with your Digital Pain Reliever (TENS). If you have any questions, please contact your local pharmacist or healthcare professional.

What does Digital Pain Reliever (TENS) do?

Digital Pain Reliever (TENS)

The Digital Pain Reliever (TENS) is effective in relieving pain. TENS stands for Transcutaneous Electrical Nerve Stimulation. TENS is recognised as a safe and highly effective method of relieving pain, Digital Pain Reliever (TENS) is now regularly recommended by doctors, physiotherapists and pharmacists.

Why consider Digital Pain Reliever?

Pain is a warning signal – we need these signals to tell us that something may be wrong with our body. Without it, we may not know that parts of our body might be damaged, thereby damaging them further. However, once we have identified damage, pain serves little purpose. In the case of chronic, regular pain it can significantly interfere with daily activities and the quality of life.

How does the Digital Pain Reliever (TENS) work?

Digital Pain Reliever (TENS) works by passing harmless electrical signals into the body from its pads. This relieves pain in two ways:

- Firstly, it blocks the body's pain signals. These are normally transmitted from the area of damage through the nerve fibres to the brain. TENS interrupts these pain signals.
- Secondly, TENS stimulates the body's production of endorphins – its own natural painkillers.

What does Digital Pain Reliever (TENS) do?

What are the advantages of Digital Pain Reliever (TENS)?

There are many benefits to using Digital Pain Reliever (TENS):

- It is a safe and effective method of relieving pain
- It is simple to use
- It can be used alongside drug therapy
- It is lightweight and portable
- It has 8 stimulation settings to suit different pain areas
- It has adjustable intensities to suit your needs
- It can also be used as a massager to help relax you

What conditions can Digital Pain Reliever (TENS) help relieve?

Digital Pain Reliever (TENS) provides pain relief for a number of different pain complaints, including:

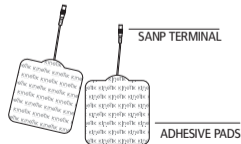
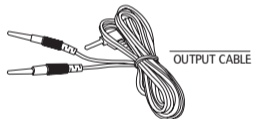
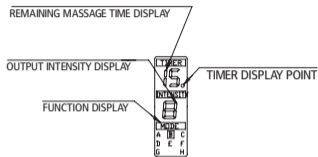
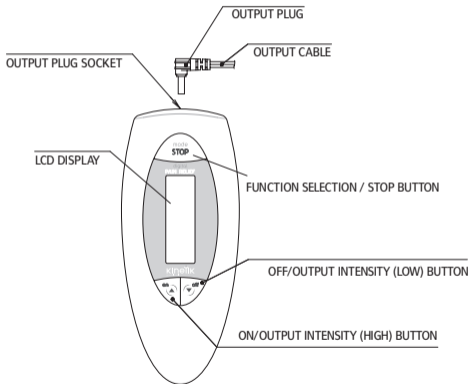
- Back pain
- Sciatica
- Sports strains and sprains
- Almost all muscle related injuries

Please ask your doctor for advice about any specific condition.

Before using Digital Pain Reliever (TENS), please read the instructions included in this user manual

Using Digital Pain Reliever (TENS)

About Digital Pain Reliever (TENS)



Using Digital Pain Reliever (TENS)

Batteries:

When the battery power is low, turn off the unit and replace all of the batteries at the same time ensuring they are correctly installed.

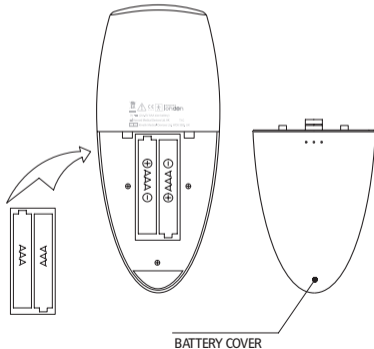
Remove the batteries if the device is not in use for long periods of time. Unit requires 2 X AAA batteries.

WARNING: Do not mix old and new batteries or different types of batteries. If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water. Batteries should be handled under adult supervision. Dispose of batteries according to the battery manufacturer's instructions.



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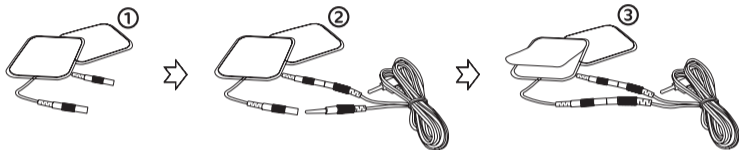
BACK



BATTERY COVER

Using Digital Pain Reliever (TENS)

How to connect the adhesive gel pads to the output cable:



- Each adhesive gel pad is pre-fixed with a cord-socket and protected by a transparent film. Connect to the output cable via the cord-socket. Remove the layer of film and place that side of gel pad to the skin. Press to ensure adhesion.

IMPORTANT NOTE: When removing the gel pads from the skin, peel off from one corner of the gel pad. DO NOT pull the cord-socket or cable to remove.

Auto time function:

Digital Pain Reliever (TENS) has an automatic therapy time setting of 15 minutes after which it will turn off automatically. The timer starts to work when the unit starts working. The remaining time flashes on the display (it flashes once per second). If the stimulation setting or the intensity is changed during use, it will not affect the timer which will continue to count to 15 minutes.

Using Digital Pain Reliever (TENS)

Product features

- 8 stimulation settings to provide different massage effects with mode set & store function
- 8 output intensities to suit different parts of the body and pain
- Digital touch control buttons and large LCD display making the unit very user friendly
- "Auto polarity switch" to maximize the effect
- The on/off button is also used to set stimulation intensity
- Large soft electrode pads
- The mode STOP button has an urgent-stop function, making it safe and convenient
- "Electric-saving Micro-computer Single Chip" design, "SMT" integrated operation production, high efficacy and high quality
- Automatic therapy time setting for 15 minutes

Using Digital Pain Reliever (TENS)

Before you start

1. Make sure the batteries are installed correctly.
2. Attach the adhesive gel pads around the area of pain. Please see the section. 'What can I treat' for details of where to place the pads.
3. Connect the output cable to the cable on the adhesive pads.
Connect the output cable to the output plug socket on the main unit.

Please note:

- Do not touch the pads whilst the unit is on.
- Never stick two adhesive gel pads to each other.
- Keep the adhesive gel pads clean and do not expose to heat or direct sunlight.
- If the gel pads do not attach or are dirty, wipe with a damp cloth or replace with new ones. Do not clean the pad or adhesive gels with any chemical.
- Place the electrodes on intact skin only. Do not place on cuts or damaged skin.

The unit should only be used on one person at a time.


Using Digital Pain Reliever (TENS)

Once the pads are attached the unit is ready to be switched on.

FUNCTION AND USE OF BUTTONS

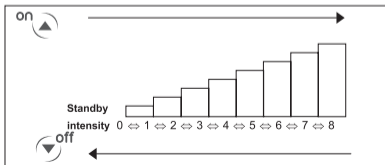
on : Press this button to turn the unit on and increase the output intensity

Each time you press the "on" button the intensity of stimulation will increase by one level. (0-8, 8 levels in total)

off : Press this button to decrease the output intensity and turn the unit off.

Each time you press the "off" button the intensity of stimulation will decrease by one level. (8-0, 8 levels in total)

- The output intensity level will be displayed by the number on the LCD display: "1" is the lowest, "8" is the highest. The output strength will gradually increase according to the selection of intensity level.
- If the output intensity is at "0", it means that the device is in standby status and will automatically shut off in 20 seconds.
- When the output intensity is at 1 - 8, the time setting function starts to work. The black spot on the LCD display will flash once each second.
- The adhesive pads should be attached around the area of pain before setting the stimulation mode and output intensity.
(see section 'What can I treat?' for details)

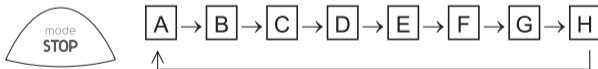


Using Digital Pain Reliever (TENS)

Mode Selection Button (mode STOP Button)

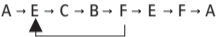
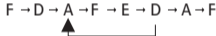
To adjust the output mode stimulation function to a suitable level, press the “mode STOP” button.

- There are 8 different selections of mode stimulation settings (from A-H).
(For detailed descriptions please refer to the following function chart.)
- The device has a memory function. If a particular stimulation setting is chosen then it will remain on that setting even when the device is switched off and switched back on. (For example, if the device was set to 'B' mode before switching off then when the device is restarted, it will remain in 'B' mode until another mode is chosen.)
- Pressing the “mode STOP” button will change the stimulation setting from one mode to another. The changing process is as follows:



Using Digital Pain Reliever (TENS)

Functions (A-H, 8 different selections):

A. Pain Relief	B. Pain Relief	C. Pain Relief/ Massage	D. Massage	E. Massage	F. Pain Relief/ Massage
Tapping (Slow)	Tapping (Fast)	Vibrating (Slow)	Kneading (Slow)	Kneading (Fast)	Vibrating (Fast)
G. Automatic pain relief/massage course: (15 min./cycle) Recommended for Shoulder and Neck.			A → E → C → B → F → E → F → A 		
H. Automatic pain relief/massage course: (15 min./cycle) Recommended for Waist and Back.			F → D → A → F → E → D → A → F 		

When the output intensity is at 1-8, the time setting function starts to work. It can be seen as the flashing dot on the LCD display and flashes once per second.

When the device is turned on, even if the stimulation setting or intensity is changed, it will not affect the timer which will continue to count down the remaining time. The device will turn off automatically when the set time has elapsed.

The set time of the device is 15 minutes. Recommended usage is 1-2 times a day with at least 2-3 hours of rest between each use.

If you feel any pain or discomfort during use, stop use immediately and consult your doctor.

Using Digital Pain Reliever (TENS)

What can I treat?

The Digital Pain Reliever (TENS) can treat many different types of pain. On page 13 are diagrams of where to place the electrodes for the most common forms of pain. For other areas of pain, place the electrodes on either side of the area of pain. Never place the electrodes on the head, face, throat or directly onto the bone or spine.

Caution:

- Affix the electrode pads so that they do not overlap one another and are approximately 4-6 inches apart.
- Be sure not to move the electrode pads to another part of your body without turning off the power first.
- Avoid contact of the electrode pads with anything made of metal, such as belts or necklaces.

Using Digital Pain Reliever (TENS)

Upper back:



Lower back:



Stiff shoulders and neck:



Other pain: Place the two electrodes on either side of the area of pain

Massaging Legs and feet:



Joints:



Note:
Do not place onto spine

either here or here

Using Digital Pain Reliever (TENS)

TROUBLE SHOOTING

PROBLEM	CHECK POINTS	POSSIBLE SOLUTION
LCD does not come on.	<ul style="list-style-type: none">● Batteries are not installed or batteries are dead.● Batteries are not installed correctly.● Did not press the ^{on} button.	<ul style="list-style-type: none">● Change the batteries.● Please install them again correctly.● Switch the unit on.
Device's LCD is dim, and the output strength is weak.	<ul style="list-style-type: none">● Batteries are dead.● The adhesive pads are worn out, dirty or covered by some foreign materials.● The adhesive pads are positioned incorrectly.	<ul style="list-style-type: none">● Change the batteries.● Clean the pads or replace with new ones.● Re-attach the pads correctly.
LCD is performing normally, but no output function occurs.	<ul style="list-style-type: none">● Batteries are dead.● Output intensity ^{on} button setting is incorrect.● The adhesive pads are worn out or short circuited.	<ul style="list-style-type: none">● Change the batteries.● Please make sure setting is correct and set it again.● Please check and replace with new pads if necessary.
LCD is performing normally, but the device shuts off before the auto set time has come to an end.	<ul style="list-style-type: none">● Batteries are dead.● Adhesive pads are worn out, dirty or covered by other foreign materials.● The attachment of adhesive pads is incorrect.	<ul style="list-style-type: none">● Change the batteries.● Clean the pads or replace with new ones.● Re-attach the pads and then reset or adjust the settings again.

Technical Information and Cautions

Cautions: Is it safe to use Digital Pain Reliever (TENS)?

Digital Pain Reliever (TENS) is a medical device that has been subject to stringent testing.

It is safe to use for all people, with the following exceptions:

- People with pacemakers
- People with heart rhythm problems
- Children under 16 years
- People with inflammation, acute diseases, infectious skin wounds
- Cancer patients - Should consult their doctor or consultant before use
- People with diabetes should consult their doctor or pharmacist before use







Digital Pain Reliever (TENS) is not suitable for use during pregnancy or labour.

Please also refer to cautions for other conditions under which the device should not be used.

Technical Information and Cautions

CAUTIONS

Do not use the unit on the following parts of the body or if you are suffering from any of the following symptoms/ailments:

-  Electrodes should not be placed on the head, throat, back of the neck, heart, chest area, eyes or sexual organs.
-  Do not use on scarred areas following surgery for at least 10 months after the operation.
-  Do not use on or around areas with skin disease, damage or inflammation
-  Pregnant women, people with leprosy, people with chronic alcoholism should not use this product. It should also not be used on a wet body or stomach muscles within 90 minutes of eating.
-  Do not use this device when driving a car or operating mechanical equipment.
-  For treatment of pain control, muscle injuries or rehabilitation, this device should be used under close supervision and direction of a doctor or professional therapist.

This device is not suitable for people with mental health problems and children under 16 years of age.

Only use Kinetik TENS Machine replacement pads.

Technical Information and Cautions

MAINTENANCE

CAUTIONS REGARDING SAFETY



- Do not immerse device in water or any liquid. Do not drop device or throw it from a height.
- After using the device, please remove the output plug from the output socket and re-attach the pads to the protective transparent film.
- Do not twist or pull the output cables.
- Do not use any chemical to clean the main unit or electrode. In case you need to clean them, please wipe with a damp cloth.

Technical Information and Cautions

Unit specifications:

1. Battery: DC: 3.0V (2 x AAA UM-4)
2. Band width: 80 μ s
3. Band frequency: 2-150Hz
4. Output current: max. 30mA \pm 20%
5. Output voltage: 80V (P-P) by 500 load \pm 20%
6. Auto-time setting: 15 minutes
7. Output intensity level adjustment: 0~8 (8 levels)
8. Mode stimulation selection: A~H (8 settings)
9. Size: 141(L) x 61(W) x30(H)mm
10. Weight: 71g (without batteries), 94g (with batteries)

Users Manual of Digital Pain Reliever



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