

# ***PAINLESS TENS***™

**Wireless  
Rechargeable**



**Instruction Manual**

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## Introduction

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The wireless **PAINLESS TENS** is a single-channel transcutaneous electrical nerve stimulator (**TENS**) for **over-the-counter** (No prescription is required) use of pain relief. The device generates small pulses of electrical current and delivers the pulses to the user's skin through adhesive gel electrode pads such that the underlying nerves are activated and the pain associated with sore and aching muscles is relieved.

The **PAINLESS TENS** is portable, compact, rechargeable 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

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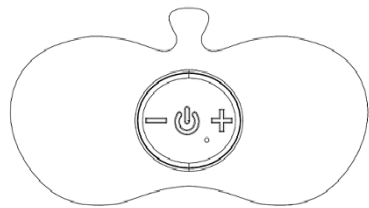
To be used for relief of pain associated with sore and aching muscles in the shoulder, waist, back, arm, and leg due to strain from exercise or normal household and work activities.

**Parts Included**

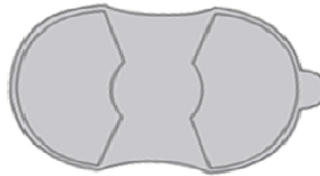
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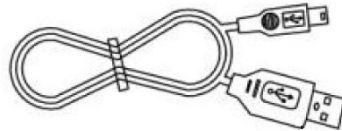
***PAINLESS TENS™***



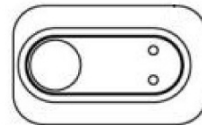
Control Unit



Gel Electrode Pad



USB Cable



AC Adapter

## **Safety Warnings**

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### **Contraindications:**

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

### **Warnings:**

1. If you are in the care of a physician, consult with your physician before using this device;
2. If you have had medical or physical treatment for your pain, consult with your physician before using this device;
3. If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician;
4. 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;
5. 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;
6. 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);
7. Do not apply stimulation over, or in proximity to, cancerous lesions;
8. 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;
9. Do not apply stimulation when in the bath or shower;
10. Do not apply stimulation while sleeping;
11. Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;
12. Do not use the device on children, if it has not been evaluated for pediatric use;

13. Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals;
14. Apply stimulation only to normal, intact, clean, healthy skin.
15. Using stimulation electrodes that are too small or incorrectly applied could result in discomfort or skin burns.

**Precautions:**

1. **TENS** is not effective for pain of central origin, including headache.
2. **TENS** is not a substitute for pain medications and other pain management therapies.
3. **TENS** devices have no curative value.
4. **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 patients.
5. The long-term effects of electrical stimulation are unknown.
6. Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and electrodes should not be placed on opposite sides of your head.
7. The safety of electrical stimulation during pregnancy has not been established.
8. You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
9. If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
10. If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
11. Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
12. Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
13. Use caution if stimulation is applied over the menstruating or pregnant uterus.

14. Use caution if stimulation is applied over areas of skin that lack normal sensation;
15. Keep this device out of the reach of children.
16. Use this device only with the leads, electrodes, and accessories recommended by the manufacturer.

**Adverse Reactions:**

1. You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin.
2. You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.
3. You should stop using the device and should consult with your physician if you experience adverse reactions from the device.
4. 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.

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## Specifications:

- Size: 5.6 x 4.4 x 1.4 cm
- Weight: 20 g
- Power supply: DC 3.7V Lithium Rechargeable battery
- Channels: Single channel
- Waveform: Asymmetric biphasic pulse
- Intensity- 0-80 mA (500 ohms)
- Pulse width: 100µS
- Frequency: 1-60 Hz
- Timer: Continuous for 3 hour time duration period - then it shuts Off. Battery holds charge for 12 hours on 1 charge at Constant Intensity level of 10.
- Intensity: 20 levels/adjustable
- Mode: 3 pulse modes (modulations) automatically adjusts
- Operating condition: 5 °C to 40 °C ( 41 °F to 104 °F ) with a relative humidity of 35% ~ 75%, atmospheric pressure from 700 to 1060 Hpa.
- Storage condition: -10 °C to 50 °C ( 14 °F to 122 °F ) with a relative humidity of 10% ~ 90%, atmospheric pressure from 700 to 1060 Hpa.

Safety Standards: IEC IEC60601-1, IEC60601-1-2:1993

European Conformity  
European Directive 2002/96/EC 93/42/EEC

## Battery Information:

### LED Battery Indicator/Function

1. When the light becomes **red**, the unit **needs to be recharged**.
2. When **charging is finished** the light goes **green**.
3. The unit can be recharged with the USB cable and AC adapter in the package, the USB plugged into a computer and also with other approved 5V adapters.

### Charging the Battery

1. To charge the unit, it will take about 1.5 hour to complete a full charge.
2. The battery can last for 12 hours at Intensity level 10, used constantly - this is 50% of the maximum Intensity level of 20.

## Operating Instructions

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### **PAINLESS TENS™**



#### **Control Unit**

**On/Off Power** (Middle Circle Button)

**+ Intensity Increase** (Right Button)

**- Intensity Decrease** (Left Button)

**On/Off LED Light Indicator** (Top Green or Red Light)

### **Instructions for Use:**

1. Before using the system charge the **PAINLESS TENS** with the enclosed USB cable and adapter or connect the unit by the USB cable to a computer.
2. Make sure **both (2) inputs** of the **PAINLESS TENS** unit are connected into the snap-pin connectors of the gel electrode pad.  
**Note:** The unit comes with 1 Butterfly shaped electrode pad so you use just 1 electrode pad with its 2 snap-pin connectors to attach to the 2 input connectors of the TENS unit.
3. Peel off the plastic film from the opposite side of the gel electrode pad.
4. Place the **PAINLESS TENS** attached to the gel electrode pad onto the treatment areas. Press down firmly and ensure a full and firm contact is made with the skin.
5. Press the **On/Off** power button to turn **On** the unit as indicated by the LED light being **green**.
6. If the light is **red** the unit needs to be charged.



7. When the unit is turned **On** and the LED is *green* the device will start an automatically timed program set for a 3 hour treatment once you set the Intensity level past 0 by pushing the “+” button.
8. There are 20 different Intensity levels of 1-20 adjusted by the “+” and “-” controls. Push the “+” to begin a treatment cycle and adjust the intensity to a comfortable level.
9. When you press “+” or “-” button on the unit, you can hear 1 buzzer, which means the intensity level is increasing or decreasing by 1 level at a time. When the Intensity level is increased to the highest level or decreased to the lowest level there is no buzzer sound.
10. For every 30 minute treatment the unit goes through a cycle of 4 pre-programmed modes at the Intensity level you adjust it to.
11. When the pre-program timer of **On** for the 3 hour time duration is over, the unit will automatically turn **Off**. If you want another 3 hour treatment cycle simply push the **On** button and set the Intensity level again.
12. You can usually get about 10 treatments on 1 re-charge of the battery.
13. The unit can also be turned **Off** by pressing the **On/Off** button. The LED light will go out.

**Note: When the electrode pad is not placed securely on the skin the condition will be different as follows:**

- Press “+” button, you can hear 3 buzzers, the *green* light will flash for 3 seconds which means the device is still **Off**, the intensity cannot be increased. In this case, the pads should be repositioned firmly on the skin.
- If the **Off** state continues for 1 minute or the Intensity level is 0 for 1 minute, the device will turn **Off** automatically.

**Note:** To conserve battery and prevent unexpected Intensity impulses, the device will automatically power **Off** when not in use or when the electrodes are not attached properly. If this occurs the *green* light will go **Off**.

If the LED light becomes blurry and/or the stimulation Intensity becomes weaker, it means the battery power charge is low. It is time to recharge the device. After fully charging the device the LED *green* light will show the unit is **On**.

## Accessories:

Accessories to this unit can be purchased separately. These are smaller 2 inch round and 2x3 inch rectangular electrodes with 1 snap-pin connector pin on each electrode. If you choose these, you use 2 of the smaller pads to connect to the 2 input connectors of the TENS unit. **Use ONLY PAINLESS TENS electrodes with this unit as other electrodes may not work properly.**

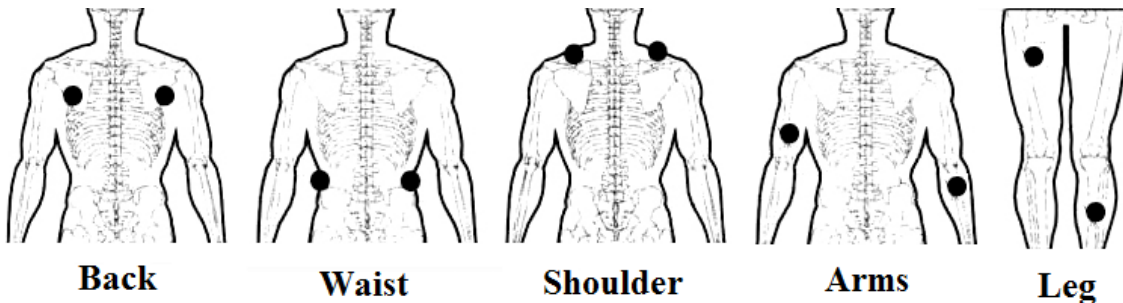
## Recommended Use

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- Start from the lowest Intensity and gradually adjust to the most comfortable Intensity level from 1 to 20.
- Be sure the area to be treated is free of perspiration, dirt and abrasions.
- Good skin care is important for a comfortable use of device. Be sure the treatment site is clean of dirt and body lotion, and wipe with an alcohol pad if needed.
- Keep gel electrode pad(s) covered with the plastic film after use. Keeping the pad(s) clean will extend their lifespan, which will vary and depend on the frequency of use. The average expected life of a gel electrode pad is 30 days with normal use.
- You should ONLY use **PAINLESS TENS** gel electrodes with this unit. **Other gel electrode pads may affect the proper use and effectiveness of this unit.**
- The gel electrode pads should be replaced when they lose their adhesiveness. To purchase additional pads, please contact the seller.
- Make sure the gel electrode pad is connected to **both input pins** on the **PAINLESS TENS** unit.

## Recommended Electrode Placement Points

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## **Cleaning and Storage**

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1. Turn **Off** the device before cleaning.
2. The electrode pad of the device can be cleaned with a soft and wet cloth.
3. Never use excessive water or cleaning agents to clean the device.
4. The gel electrode pad can remain on the control unit between uses, and are covered by the plastic film to avoid getting dirty and dry.
5. Avoid exposure to extreme moisture or temperature.

## **Troubleshooting**

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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.

### **Stimulation is weak or non-existent**

- Be sure skin is clean and gel electrode pads are firmly attached to skin.
- The battery is low and needs to be charged.
- The gel electrode pad needs to be replaced.

### **Device does not turn on**

- Check if battery is low and needs to be recharged.

### **Electrode pads are not sticky**

- The gel electrode pads will lose adhesiveness over times of uses. Please contact the seller for replacements.

### **Skin turns red**

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

### **Distributed by:**

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