

1st Choice[™] and 1st Choice Plus[™]

Instructions for use



body clock

1st Choice and 1st Choice Plus - Technical Specifications

Equipment type	Dual Channel TENS
Output waveform	Asymmetrical bi-phasic rectangular
Output modes	Continuous, burst and modulation
Output intensity	0-100 mA (across 500 ohms load)
Pulse rate	Adjustable 1-200 Hz
Pulse width	250 microseconds fixed
1st Choice	
Pulse width	50-250 microseconds adjustable
1st Choice Plus	
Burst mode	One burst per second - Pulses within each burst adjustable by pulse rate control
Modulation	Automatically modulates from pulse width control setting down 100% and back. Modulation time 5 sec
Power source	9V PP3 battery
Unit size	85mm x 63mm x 23mm
Unit weight	85gms
Output jack size	Touchproof

Classification

This unit is fully compliant with EU Directive 93/42/EEC. It is classified as internally powered equipment type BF and is intended for continuous operation.

Explanation of symbols

Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having an F type (floating) applied part.

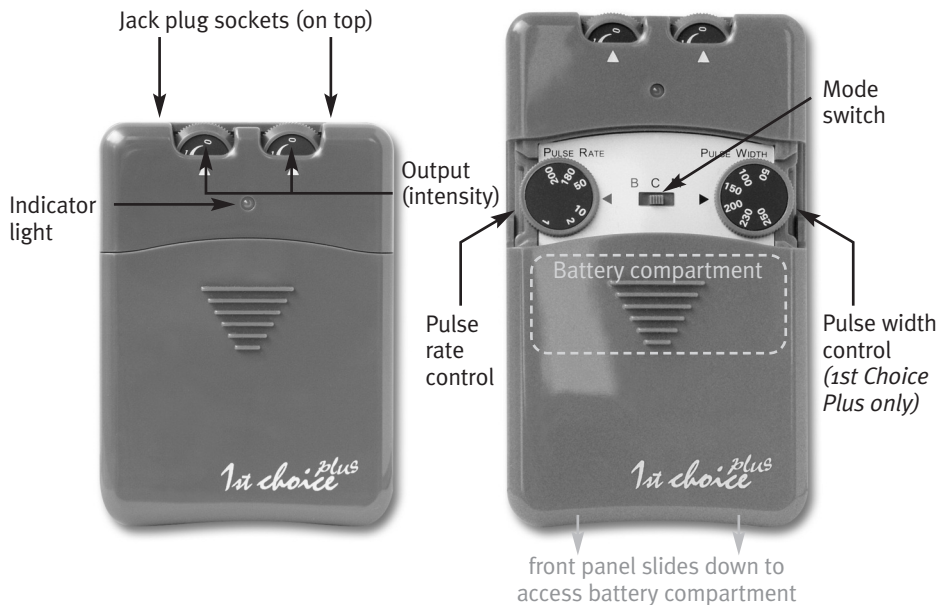


Warning - refer to these instructions or “Easy guide to TENS pain relief” book.



Denotes a product which must be disposed of safely.

Controls and Indicators for the 1st Choice and 1st Choice Plus



Instructions For Use

The 1st Choice and 1st Choice Plus are dual channel TENS units supplied with two leadwires, electrodes, battery and carrying pouch.

- 1. Slide front cover down by gently pressing on the ribbed section with the thumb and move downwards. Insert battery, ensuring the positive(+) and negative (-) terminals are correctly positioned as marked in the battery compartment. Slide the front cover back up.*
- 2. Insert leadwire pins into electrodes.*
- 3. If using self-adhesive electrodes **prepare your skin in accordance with the instructions supplied with the electrodes.** Position on your body as illustrated in the "Easy Guide to TENS Pain Relief," or with the assistance of your medical adviser. If using carbon rubber electrodes, spread a small amount of gel on each electrode. Use surgical adhesive tape B.P. (not supplied) to keep electrodes in position.*
- 4. Ensure that the intensity controls (on the top of the unit) are in the "O" position.*
- 5. Slide down front cover.*
- 6. Ensure that the pulse rate (left hand dial) is set to the "1" position.*
- 7. Set the switch in the middle to "C" (continuous mode).*
- 8. Insert the leadwire jack plugs into the sockets on the top of the machine. You are now ready to commence stimulation.*
- 9. Slowly turn the left output control in a clockwise direction. This turns the left channel on. Continue turning slowly until you feel a mild pin-prick like sensation.*

10. *By turning the pulse rate control slowly to the upper end of the pulse rate range (approx 80Hz) you feel a tingling sensation. This is based on the gate control theory. Please refer to the accompanying book "An Easy Guide to TENS Pain Relief" page 3, for a full explanation.*
11. *Effective pain relief may also be achieved at the lower end of the pulse rate range - approx 2Hz. This will feel like a heart beat, and is based on the acupuncture-like TENS or endorphin release theory. Please see page 3, "An Easy Guide to TENS Pain Relief."*
12. *Turn on the right hand channel using the intensity control as before.*

13. **ON 1ST CHOICE PLUS ONLY**

Pulse Width Control: An added facility giving extra versatility to your TENS unit. It is particularly useful when a specific width has been suggested by your medical adviser. Increasing or decreasing the pulse width heightens or lessens the sensation at the site of the electrodes. Set the pulse width initially at approx. 150-200 and then adjust as desired.

14. *Burst Mode (B): The pulses are off periodically on a regular basis, i.e. the signal from the unit is emitted in bursts.*
15. *Modulation Mode (M): The pulse width decreases and then increases in regular cycles. This can be very pleasant and soothing.*

These modes are selected by operating the mode switch inside the unit and allow you to choose whichever you find to be the most comfortable.

16. *Varying the modes helps to avoid or delay your body becoming used to any particular setting. Remember your medical adviser will be pleased to assist you to find the best electrode placement positions and pulse rate settings for your condition. Continue stimulating for as long as necessary but preferably for no less than 30 or 40 minutes, unless you experience discomfort.*
17. *Some people achieve pain relief after short periods of time. Others may require to use their TENS for a lot longer.*
18. *If you continue to stimulate for a number of hours check you still have sufficient gel on your carbon rubber electrodes. If you are using self-adhesive electrodes check to make sure they have not dried out. If this is the case, dampen them slightly. If electrodes are allowed to dry out this can cause minor skin irritation.*
19. *When you have finished stimulating turn the output controls to the “O” position.*
20. *Always ensure the unit is switched off before you remove the leads. Do not pull the wires. Always remove the jack plugs from their sockets by holding the plugs between the forefinger and thumb.*
21. *To remove belt clip push downwards with thumb. To re-attach clip, reposition it so that the side flanges fit under the brackets. Slide upwards until it clicks into place.*

Please refer to your “Easy Guide to TENS Pain Relief” (UK only) for pad placement charts, troubleshooting and general TENS information.

Guarantee

*Your 1st Choice or 1st Choice Plus TENS machine is
guaranteed for a period of*

5 years

*against manufacturer's defects. Please record purchase
details in the space provided below for your own record
purposes. This guarantee does not include leads,
electrodes or batteries.*

Date of purchase Invoice number.....



ISO 9001:2008 ISO 13485:2003
EC DIRECTIVE 93/42/EEC Annex V

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