

1st Choice EMS™

Instructions for use



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Classification

This unit is fully compliant with EEC Directive 93/42/EEC, classified as internally powered Equipment Type BF. It is intended for continuous operation.



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 and "Easy Guide to TENS Pain Relief"



Denotes a product which must be disposed of safely.

Technical Data

Channel:

Dual Channel EMS

Waveform:

Biphasic symmetrical rectangular

Pulse width:

400 microseconds fixed

Pulse rate:

Adjustable 1-80 Hz

Output Intensity:

0-64 mA (on a 500 ohm load)

Output modes:

Four

Timer:

0-30 seconds

Power source:

9V (PP3 battery)

Unit size:

85 x 63 x 23mm

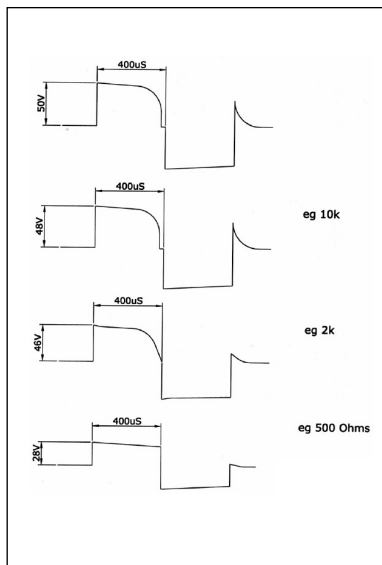
Weight:

85g

Output jack:

Touchproof

Output waveform



Description of the 1st Choice EMS

The 1st Choice EMS is a dual channel EMS (Electrical Muscle Stimulator) unit. As illustrated on page 3, two channels allow for two pairs of electrodes to be connected to the unit.

*There are two intensity (**amplitude**) dials at the top of the unit, enabling the user to control the intensity for each channel. Directly below the left-hand-side intensity dial, underneath the slide-down cover, is a **pulse rate dial**, which sets the pulse rate for both channels. Below the right intensity dial, underneath the slide-down cover, is a **timer dial**, which controls the time of each cycle when unit is used in cycle or reciprocal mode. If the dial is set to **O**, the unit is set at continuous mode.*

The dials are protected by a slide down cover. This can be opened by gently pressing on the ribbed section with the thumb and then moving the cover downwards. The mode selection switch

lies between the Pulse Rate and Timer dials. This allows the user to choose a mode. The unit operates using the following modes:

Cycle Mode (Cy)

Alternates on and off stimulation.

Contraction Mode (Ct)

Makes muscles gradually contract and relax.

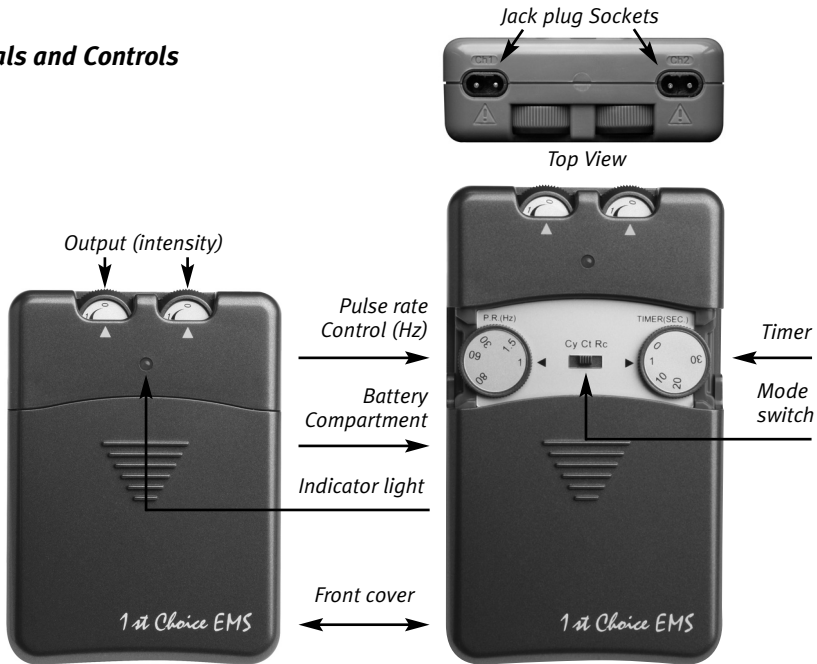
Reciprocal Mode (Rc)

Alternates Stimulation between channels 1 and 2. Use both channels for this mode.

Continuous Mode is achieved by setting the timer to **O**. This mode allows a steady uninterrupted signal to be emitted.

The back of the unit has an attached belt clip. The battery compartment which takes standard 9v PP3 batteries, is located at the front of the unit below the Pulse Rate and Timer dials.

Dials and Controls

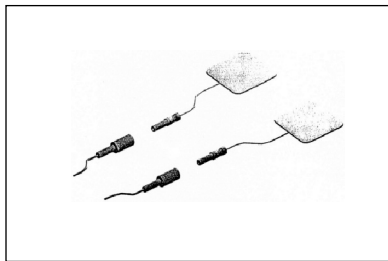


Accessories

The accessories supplied with this 1st Choice EMS unit are:

- 1. 1 pack of 4 50mm x 50mm self adhesive electrodes;*
- 2. 1 9v PP3 battery;*
- 3. 2 lead wires; and*
- 4. 1 manual.*

Electrode insertion



How to Use the 1st Choice EMS

The 1st Choice EMS may be used with self-adhesive electrodes (supplied with unit) or carbon rubber electrodes and conductive gel. If carbon rubber electrodes are used, spread a small amount of gel on each electrode. These electrodes should be kept in place with permeable non-woven surgical adhesive tape. Self-adhesive electrodes require no gel or tape.

- 1. On first use, begin by sliding down the front cover and inserting the battery in the battery compartment, ensuring that the positive (+) and negative (-) terminals are correctly positioned as marked in the battery compartment.*
- 2. The output controls for both channels should be switched OFF.*

3. Insert the pin ends of the leadwires into each electrode (see page 6).
4. Affix the electrodes to the skin areas directed by your medical advisor. For further information on placing electrodes, see instructions below.
5. Select the desired stimulation mode on the mode selection switch:

Cy = Cycle Mode (Alternates on and off stimulation by means of the timer control, e.g. if you set the timer at 1 the output will be on for one second and off for one second. Operates both channels simultaneously).

Ct = Contraction Mode (Makes muscles gradually contract and relax by means of the Timer as above).

Rc = Reciprocal Mode (Alternates stimulation between channels 1 and 2, also by means of the Timer as described above).

Continuous Mode is achieved by setting the timer to '0'. This mode allows a steady uninterrupted signal to be emitted.

6. Adjust the cycle time control to the appropriate time (1-30 seconds range) as prescribed by your medical advisor. This is to adjust the time of each cycle in both the cycle and reciprocal mode.
*Cycle time control is not applicable to the contraction mode.
7. Adjust the pulse rate control to the prescribed rate or, if not prescribed, set it in the 30-60 hertz range.
8. Insert jack plugs into the output jacks, at the top of the unit (see p3).

9. *Switch on one Output control and turn the dial slowly clockwise until an electrical stimulus is felt. Continue to gradually turn up the amplitude until the sensation is strong, but not uncomfortable.*
10. *Repeat for the other channel if you are using both channels.*
11. *If you continue to stimulate for a while check there is sufficient gel on your carbon rubber electrodes. If using self-adhesive electrodes check they have not dried out. If this occurs, dampen them slightly. If electrodes are allowed to dry out, this can cause minor skin irritation.*
12. *When you have finished stimulating turn the output controls to the 'O' position.*
13. *Ensure that the unit is switched off before you remove the leads. Do not*

pull the wires. Remove leads by holding the jack plugs between the forefinger and thumb.

14. *To remove the belt clip push downwards with the thumb. To re-attach the clip, reposition it so that the side flanges fit under the brackets. Slide upwards until it clicks into place.*

Battery Replacement

When replacing the battery, ensure that the power switch is turned off. Then slide down the front cover, and take out the PP3 battery and replace it with a new PP3 battery. Then replace the cover.



Precautions and contraindications

1. Do **NOT** use the 1st Choice EMS if you have a cardiac pacemaker.
2. Check with your medical adviser before using if you suffer from a heart condition, epilepsy, undiagnosed pain, have any metal implants, or any doubts whatsoever.
3. TENS/EMS must **NOT** be used before the 37th week of pregnancy.
4. Never use TENS/EMS to mask undiagnosed pain since this could require urgent treatment.
5. If you are pregnant, do **NOT** place the electrodes over your abdomen.

General Precautions

1. Do **NOT** use this unit without first reading these instructions.
2. Do **NOT** immerse the 1st Choice EMS in any liquid.
3. Do **NOT** place it close to any source of excessive heat or operate it in the presence of flammable gas.
4. Do **NOT** drop this unit onto a hard surface.
5. Do **NOT** attempt to dismantle the 1st Choice EMS.
7. Only use specified batteries and electrodes.
8. If damaged, do not use. Return to supplier.
9. Remove the batteries when not in use.
10. Do **NOT** use while driving or operating potentially dangerous machinery or while using a microwave.
11. Keep out of the reach of children.
12. Do **NOT** place electrodes on or near the eyes, in the mouth, over the front or sides of the neck, across the head, heart, or an area of broken, inflamed, infected or numb skin. Electrodes should generally only be applied to skin with normal sensation unless under medical supervision.
13. Do **NOT** use in the presence of tuberculosis, malignant tumours, very high or very low blood pressure, epilepsy, high fever or acute inflammatory disease unless under medical supervision.

Guarantee

*Your 1st Choice EMS machine is
guaranteed for a period of 5 years
against manufacturer's defects.**

** The guarantee does not include leads, electrodes or battery*



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EC DIRECTIVE 93/42/EEC Annex V

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