

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. **Timer Facility:** If you wish to use the Classic TENS continuously, leave the timer mode in position 'C'. Alternatively, you can set the unit to switch off automatically after 15, 30 or 60 minutes. After completing a 15, 30 or 60 minute cycle it is necessary to turn the output controls to the 'O' position before commencing another session.
19. 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

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Precautions and Contraindications continued

11. Only use specified batteries and electrodes.
12. If damaged, do not use. Return to supplier.
13. Remove the batteries when not in use after switching the unit off.
14. Do NOT use this unit while driving or operating potentially dangerous machinery or while using a microwave.
15. Keep this unit out of the reach of children.
16. 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.
17. 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.
18. When the display light turns on, this device may deliver an output of more than 10mA or 10V, or a pulse having an energy exceeding 10mJ per pulse.

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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.

20. When you have finished stimulating turn the output controls to the "O" position.
21. 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.
22. 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 "Electrode Placement Chart" (UK only) for pad placement suggestions.

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TENS - Frequently Asked Questions

- Q Is it safe?**
A Yes, TENS is used widely for pain relief and is recommended by medical professionals.
- Q Can I use it with other medications?**
A Yes. TENS is drug-free so you can use it with any other medication including paracetamol.
- Q What conditions can TENS be used to treat?**
A TENS can be used to treat numerous pain conditions. If you are unsure about using TENS please consult your medical adviser or contact Body Clock Health Care on (+44) (0)20 8532 9595.
- Q Can I use the Classic TENS for labour?**
A This is not recommended as it does not include the boost function required for use during contractions. For information on TENS for use during labour, please visit www.babycaretens.com or call (+44) (0)20 8532 9595.

Troubleshooting Questions

- Q Why does the pulse sensation not appear to be as strong after you have used the Classic TENS for a while?**
A Increase the intensity, you may have become acclimatised to a lower setting.
- Q Why does the pulse sensation feel strong but ineffective?**
A You may need to reposition the electrode pads (don't forget to switch the Classic TENS off before doing so).
- Q Why does the sensation not feel sufficiently strong even on a high setting?**
A The batteries may need replacing.

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Precautions and Contraindications

1. Do NOT use the Classic TENS 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 must NOT be used before the 37th week of pregnancy.
4. Never use TENS to mask undiagnosed pain since this could require urgent treatment.
5. If you are pregnant, do NOT place the electrodes over your abdomen.
6. Do NOT use this unit without first reading these instructions.
7. Do NOT immerse the Classic TENS in any liquid.
8. Do NOT place this unit close to any source of excessive heat or operate it in the presence of flammable gas.
9. Do NOT drop this unit onto a hard surface.
10. Do NOT attempt to dismantle the Classic TENS.

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Your 5 Year Guarantee

Your Classic TENS machine is guaranteed for a period of 5 years against manufacturer's defects, from the date of purchase.*

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

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Classic TENSTM

Instructions for use



body clock

Distributed by

Body Clock Health Care Ltd

108 George Lane, South Woodford
 London E18 1AD

Tel (+44) (0)20 8532 9595

Fax (+44) (0)20 8532 9551

www.bodyclock.net

e-mail customer@bodyclock.co.uk



Fuji Dynamics Ltd.

Unit C, 3/F, Manley Tower, No. 828

Cheung Sha Wan Road,

KLN, Hong Kong

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body clock

Classic TENS Technical Data

Equipment Type:	Dual Channel TENS
Waveform:	Asymmetrical Bi-phasic Rectangular
Output Modes:	Continuous (C), Burst (B), Modulation (M)
Timer:	Continuous, 15 - 30 - 60 minutes
Output Intensity:	0-80mA (500-ohm load)
Output Voltage:	50V (500-ohm load)
Pulse Rate:	1-150Hz Adjustable
Pulse Width:	50 - 250 microseconds adjustable
Burst mode:	1 per second. Pulses within each burst adjustable by pulse rate control
Modulation mode:	Pulse width automatically varies from the rate set by user, down 90% and back. Ramp up 2.5.secs, ramp down 2.5.secs
Power source:	9v PP3 battery
Output Jacks:	CE Touch proof jacks
Unit size:	63mm x 85mm x 23mm (2 1/2" x 3 5/16" x 7/8")
Unit weight:	100g

This device may deliver an output of more than 10mA or 10V, or a pulse having an energy exceeding 10mj per pulse

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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 before use.



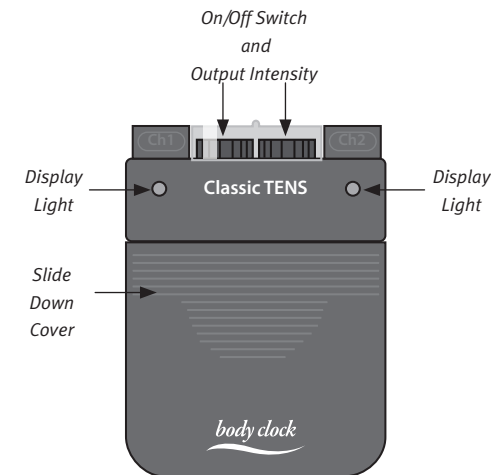
Denotes a product which must be disposed of safely. In order to minimize hazards to health and the environment and ensure that materials can be recycled, this product should be disposed of at a separate collection facility for waste electrical and electronic equipment. See www.recycle-more.co.uk for further details.



This symbol indicates the serial number of the device and includes the year of manufacture. The serial number can be found in the battery compartment of this device.

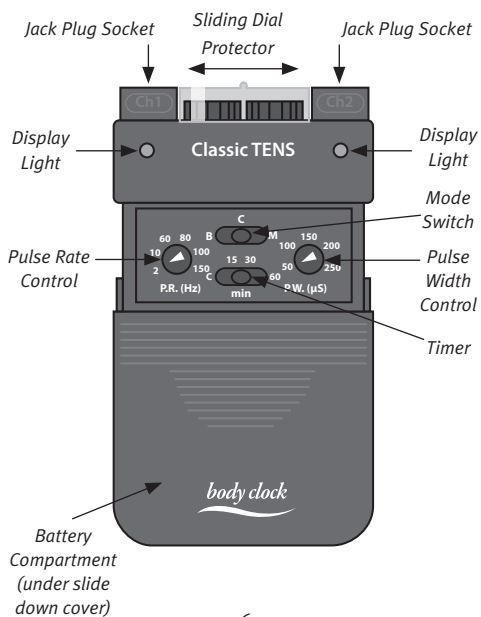
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Controls and Indicators



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Controls and Indicators



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Instructions For Use

The Classic TENS is a dual channel TENS units supplied with two leadwires, electrodes, battery and carrying pouch.

- To access the battery compartment, slide down the 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.
- Insert leadwire pins into electrodes. 
- 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 "Electrode Placement Chart", 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.

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- Ensure that the intensity controls (on the top of the unit) are in the "0" position.
- Slide down front cover.
- Ensure that the pulse rate (left hand dial) is set to the "1" position.

N.B. There are 3 different user modes available on the Classic TENS. Select your desired mode by changing the mode switch (see page 6).

- Initially, set the mode switch in the middle to "C" (Continuous Mode).
- Insert the leadwire jack plugs into the sockets on the top of the machine. You are now ready to commence stimulation.
- 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.
- By turning the **Pulse Rate Control** slowly to the upper end of the pulse rate range (approx 80Hz) you will feel a tingling sensation. This setting is based on the gate control theory and ideal for acute pain conditions.

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- 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. This setting is ideal for chronic pain conditions.
- Turn on the right hand channel using the intensity control as before.
- 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.
- Burst Mode (B):** The pulses are off periodically on a regular basis, i.e. the signal from the unit is emitted in bursts.
- Modulation Mode (M):** The pulse width decreases and then increases in regular cycles. This can be very pleasant and soothing.

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