

Profile TENSTM

Instructions for use



Before you use your Body Clock Profile TENS, it is important that you read this manual carefully.

It contains all the information you need to ensure you are using the unit safely and correctly.



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Profile TENS Technical Data

Equipment Type:

Dual channel digital TENS

Output Voltage:

0 – 50v peak to peak adjustable in levels
0 – 20 (through a 500 Ohm load)

Output Intensity:

0 - 100 mA peak to peak adjustable in level
0 - 20 (measured across a 500 Ohm load)
Level 0 is 0v and has no output

Frequency:

50 selectable frequencies - adjustable up
or down 1-200Hz
i.e. 1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,
18,19,20,22,24,26,28,30,35,40,45,50,55,60
,65,70,75,80,85,90,95,100,105,110,120,130,
140,150,160,170,180,190,200Hz

Pulse Width:

10 selectable pulse width settings
adjustable up or down 25,50,75,
100, 125,150,175,200,225, and
250 microseconds

Output waveform:

Symmetrical bi-phasic rectangular

Output Modes:

5 selectable modes

(a): Constant

(b): Burst 1 – Fixed 1 burst per 2 seconds.
Each burst consists of 80 pulses. Pulse
width is adjustable.

(c): Fixed 2 bursts per second. Each burst
consists of 7 pulses. Pulse width
is adjustable.

(d): Width Modulation – Pulse width
modulates between 25-250µs, ramp
up for 8 seconds and ramp down for 8
seconds. Frequency is adjustable.

(e): Rate Modulation - Frequency
modulates decreasing from 100Hz to
20Hz in a period of 8 seconds. The
frequency then increases from 20Hz to
100Hz in the next 8 seconds. This
pattern is then repeated. Pulse width
is adjustable.

Timer:

7 selectable settings

(a) Continuous (b) 10 minutes

(c) 15 minutes (d) 20 minutes

(e) 30 minutes (f) 45 minutes

(g) 60 minutes

Output Jacks:

CE touchproof

Batteries:

2 x 1.5 v AA batteries (type LR6)

Functions**Memory:**

Saves last mode attempt in memory
i.e. the next time the unit is used it will
start again at the same setting as before.
This memory is erased when batteries
are changed.

Mode Change:

When the mode is changed, the intensity
level will drop back to zero. It will then
gradually increase to the level set by
the user.

Display:

In both modulation modes, output
changes are visible on the display.

Timer:

Timer counts down in minutes when timer
is on.

Automatic shutdown:

If intensity levels are '0' on both channels
and if the unit has not been in use for five
minutes it will shut down automatically.

Low battery indicator:

A flashing symbol indicates low battery.

Load detector:

If an electrode should accidentally detach
itself from the body or the leadwire,
the intensity will drop to zero.

Professional Functions

Permanent time used memory:

*Memorises up to 99 hours used time.
Display appears in hours and minutes.*

Number of times used:

Provided the unit is in use for five minutes with the intensity activated, the unit will memorise the number of times the unit is used.

Lock/unlock parameter facility:

Option to lock and unlock device settings. When batteries are removed, parameters are retained provided the locking facility is activated

Specifications are nominal and subject to variation from listed values due to normal production tolerances of $\pm 10\%$.

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.

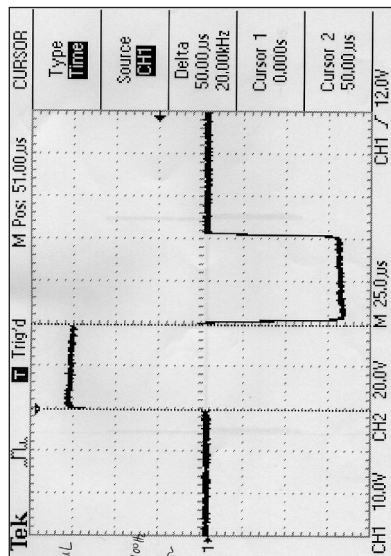


Warning - refer to these instructions and "Easy Guide to TENS Pain Relief"



Denotes a product which must be disposed of safely.

Output waveform

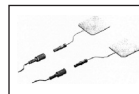


Instructions for use

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

1. Slide battery cover off by gently pressing on the triangular ribbed area with your thumb and move downwards. Insert batteries, ensuring the positive and negative terminals are correct as marked inside the battery compartment. Ensure that the ribbon is left **underneath** the batteries as this will assist you when the batteries need to be removed. Replace battery cover.

2. Insert the leadwire pins into the electrodes.

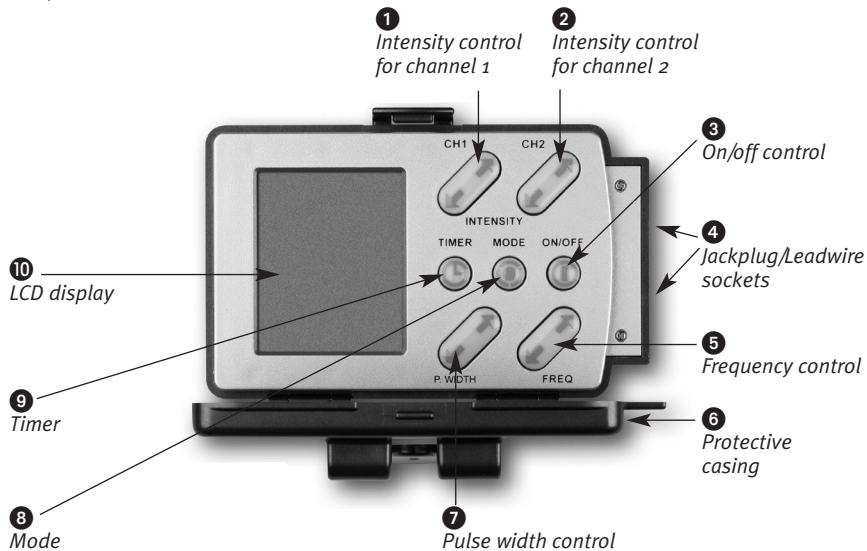


3. If using carbon rubber electrodes spread on a small amount of gel and affix with surgical tape (not supplied).

4. *If using self-adhesive electrodes, read instructions provided with the electrodes and ensure your skin is free from oil, talc, etc.*
5. *Position electrodes in accordance with the guidelines illustrated in “An easy guide to TENS Pain Relief” or preferably with your medical adviser. **NB** It is a safety feature of the Profile TENS that the intensity controls will only work if the leadwires are connected with electrodes attached to the skin.*
6. *With the unit **switched off**, insert the leadwires into the sockets (see diagram on page 7). You are now ready to commence stimulation.*
7. *Turn on the unit by means of the ON/OFF button.*
8. *Set the pulse rate (frequency) control to the 2Hz*
9. ***Pulse Width adjustment** provides extra versatility. Increasing or decreasing the setting heightens or lessens the sensation at the site of the electrodes. Set initially to 100, then adjust as desired.*
10. *Slowly turn up the intensity using the intensity controls (see diagram on page 7).*
11. *By setting the pulse rate control to the upper end of the pulse rate range (80Hz or above) you feel a tingling sensation. This is the Gate Control Theory. Please refer to the accompanying Book “An Easy Guide to TENS Pain Relief” page 3, for a full explanation.*
12. *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. This is the acupuncture-like TENS or endorphin release theory. Please see page 3 in “An Easy guide to TENS Pain Relief.”*

13. With the mode button then select the mode you wish to use. There are five modes to choose from. - **Constant:** The pulses are steady and continuous; **Burst 1** The pulses are off and on in regular cycles resembling massage; **Burst 11** The pulses are off and on in regular cycles in a tapping rhythm. **Width modulation;** Pulse width modulates to create a gentle ebbing and flowing effect. **Frequency modulation;** Pulse rate quickens and then slows down creating a pleasant tingling sensation.
14. Varying the modes helps avoid or delay your body becoming used to any particular setting. Your medical adviser will be pleased to assist you with electrode positions and settings. Continue stimulating for as long as necessary but preferably for no less than 30 minutes unless you experience discomfort.
15. Some people achieve pain relief after a short period, while others may require to use their TENS for longer.
16. If you stimulate for a number of hours check there is sufficient gel on carbon rubber electrodes. If using self-adhesive electrodes check they have not dried out. If this happens, dampen slightly. If electrodes dry out this can cause minor skin irritation.
17. The timer allows you to pre-set your Profile TENS to switch off automatically and the LCD display will keep you informed about the amount of time your treatment still has to run.
18. When you have finished stimulating, turn the machine off by pressing the On/Off button (see diagram on page 7).
19. Ensure that the unit is switched off before removing the leads. Do not pull the wires. Remove leads by holding the jack plug between the forefinger and thumb.

Profile TENS Controls



Profile TENS Key

1 and **2** Two way buttons to increase and decrease intensity for channels 1 and 2. Pressing the UP arrow increases intensity. Pressing the DOWN arrow decreases intensity. The selected level of intensity is indicated on the LCD screen by means of black bars on the left of the screen for Channel 1 and on the right for Channel 2.

3 This button switches the machine on and off. Press once to turn the unit on. There will be no feeling from either channel at this time because the intensity always starts at zero. Press this button again to switch the machine off.

4 Jack plug sockets.

5 Frequency (pulse rate) control. This two way button enables you to select the frequency you require between 1 - 200 Hz

6 Protective cover closes over screen with belt clip on reverse for ease of use.

7 Pulse width control. This two way button enables you to adjust the pulse width upwards or downwards as desired between 25 - 250 microseconds.

8 Mode selector button.

9 Timer. This unit has 7 selectable settings (i) continuous When the unit is first used (or after removal of batteries unless you have activated the locking facility) it will be automatically in constant time. This means that the unit will work continuously until it is switched off by the user. In this setting there is no time display on the screen. (ii) If a specific time is selected, time will count down on the screen as the unit is used. You simply press the timer button to select the time in minutes which you require. The unit will shut down automatically after the timer has completed counting.

10 LCD display.

Precautions and contraindications

1. Do **NOT** use the Profile 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 Profile TENS in any liquid.
8. Do **NOT** place it 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 Profile TENS.
11. Only use specified batteries and electrodes.
12. If damaged, do not use. Return to supplier.
13. Remove the batteries when not in use.
14. Do **NOT** use while driving or operating potentially dangerous machinery or while using a microwave.
15. Keep 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.

Guarantee

Your Profile TENS 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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