

Using Your Easy TENS+

The Easy TENS+ has 5 modes: 4 pre-set modes plus an additional user mode which enables you to customise your settings.

1. Con

CONSTANT: Pulses are continuous and feel like a tingly sensation. Refer to page 3 of the "An Easy Guide to TENS", for explanation.

2. Brst

BURST: Pulses are off and on in a regular cycle and will feel like a heart beat. Refer to page 3 of the "An Easy Guide to TENS", for explanation.

3. Mod

MODULATION: The pulse decreases and then increases in regular cycles creating a massaging sensation.

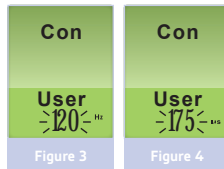
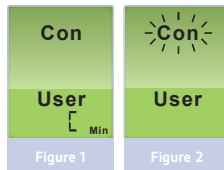
4. Han

MIXED (DENSE DISPERSE OR 'HAN' STIMULATION): 3 seconds of Constant and 3 seconds of Burst as described above. *Professor Han suggests that switching between these two modes produces a simultaneous activation of the encephalin and dynorphin systems which creates a more potent analgesic effect to combat pain.

5. User

USER: Allows you to adjust both the pulse rate and pulse width for the following 3 modes: Constant, Burst and Modulation as mentioned above.

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15. Some people achieve pain relief after short periods of time. Others may require to use their TENS for a lot longer.

16. If you continue to stimulate for a number of hours make sure your self-adhesive electrodes 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.

17. 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.

Additional information

Automatic Power Off

When the unit intensity levels are zero, and it has not been in use for about 5 minutes, the unit will shut off automatically.

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To Commence Treatment

- Carefully peel the electrodes from the plastic backing, using your forefinger and thumb. Place on your body as shown on the diagrams found in your Easy Guide to TENS Pain Relief.
- Switch the unit on by pressing the On/Off Button. Your unit will automatically start up in the Constant mode the first time you use it. When the unit is switched off and/or the batteries have been removed, the Easy TENS+ will remember the settings you were previously using.
- Begin by pressing the CH1+ key. Each time you press this key, a small rectangle shape will appear on the screen increasing in number and size as the intensity is increased.
- You will begin to feel a tingling sensation. Repeat step 3 with the CH2+ key. You will now feel a sensation in both sets of pads.
- The Mode Key**
The Easy TENS+ has 4 modes as described on page 7. These modes are selected by pressing the MODE key allowing you to choose whichever you find to be the most comfortable. Varying the modes helps to avoid or delay your body becoming used to any particular setting.
- User Mode**
The User mode allows you to adjust the pulse rate and pulse width for the following 3 modes, Constant, Burst and Modulation. The User mode can be selected after the Han mode by pressing MODE again. At this point, Con and User will be steady on the screen (see fig 1 page 10). Simultaneously press CH1- and CH2- to enter the User mode.
- The first time you enter User mode, on the screen Con will be flashing and User will be steady (see fig 2 page 10). To select the programme that you want to personalise, use the

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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 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 it for labour?

A This model 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)333 1219737.

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- CH2+ and CH2- to scroll to either Con, Brst or Mod (Han is not an option in the User mode) and then press MODE to select.
- The pulse rate will now appear flashing under User (see fig 3 page 10). To change this, use the CH2+ and CH2- buttons to increase or decrease the pulse rate. When ready, press the MODE button again and you will notice the pulse rate will have disappeared and the pulse width will appear flashing (see fig 4 page 10).
- Increasing or decreasing the pulse width heightens or lessens the sensation at the site of the electrodes. This is fully adjustable between 50µs and 250µs in steps of 25µs. As before, use the CH2+ and CH2- buttons to increase or decrease the width.
- When finished, press the MODE button again and the screen will now indicate the programme and the chosen parameters that have been selected under the User mode. You can now use the Easy TENS+ at this setting. You can also increase or decrease the intensity as in step 3 and 4 (see fig 5 page 10).
- Repeat steps 6 -10 should you wish to select an alternative programme within the User mode.
- The unit will remember the personalised settings for that mode when switched off or when the batteries have been removed.
- Timer Key**
Allows you to set your length of treatment. There are 5 settings: Continuous, 15mins, 30 mins, 45 mins and 60 mins.
- Continue stimulating for as long as necessary but preferably for no less than 30 minutes, unless you experience discomfort.

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Troubleshooting Questions

Q Why does the pulse sensation not appear to be as strong after you have used the Easy 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 Easy 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.

Easy TENS+ Technical Data

Display	TN type LCD		
Operation Mode	5 modes: Con, Burst, Mod, Han, User		
	Pulse Rate	Pulse Width	Description
Con	90Hz	120µs	Constant
Brst	32Hz	200µs	2 Burst/sec and 8 pulses per burst
Mod	100Hz	200µs	Changing pulse width from 50µs to 200µs every 3 seconds
Han	2Hz, 100Hz	200µs, 100µs	Changing from PR of 2Hz and PW of 200µs to PR of 100Hz and PW of 100µs every 3 seconds.
User	Con Mode 1-200Hz	50-250µs	1. The Pulse Rate in User Mode can be adjusted accordingly: 1,2,3,4,5,6,7,8,9,10, 20,30,40,50,60,70,80,90,100,110,120,130,140,150,160,170,180,190,200Hz
	Brst Mode 1-200Hz	50-250µs	2. To ensure comfort, should you wish to select a Pulse Rate of higher than 140Hz, the Pulse Width will reduce automatically. For detailed information on this please e-mail Body Clock Health Care.
	Mod Mode 1-180Hz	75-250µs	
Memory	Memorises latest program in non-volatile memory		
Auto Power Off	5 Minutes		
Output Channel	Two Channels		
Output Voltage	±55V adjustable in 14 steps (500µ load, 0-peak) 10% tolerance		
Output Intensity	0 - 110mA adjustable in 14 steps (500µ load)		
Output Waveform	Asymmetrical bipolar rectangle		
Output Jacks	CE Touch-proof jacks		
Load Detector	Contact detection between the device and human skin (This feature is activated from Level 2 and up)		
Battery	2 x 1.5V AAA Battery (Type LR03)		
Battery Life	Approximately 5 hr. at Boost 2 mode (Max.) by Alkaline Battery		
Tolerances	All output parameters are subject to a ±20% tolerance unless specified.		
Operating Environment	Temperature 0-40 °C, Air humidity 30-75% Air pressure 700hPa-1060hPa		
Storage & Transport Environment	Temperature 0-40 °C, Air humidity 30-90%, Air pressure 700hPa-1060hPa		
Weight	52g		
Size	40 x 125 x 20mm		

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body clock

Guarantee

Your EasyTENS + machine is guaranteed for a period of 1 year against manufacturer's defects. Please record purchase details in the space provided below for your record purposes. The guarantee does not include leads, electrodes or battery. Applies to purchases only.

Date of purchase:

Invoice number:

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