

Frequently Asked Questions

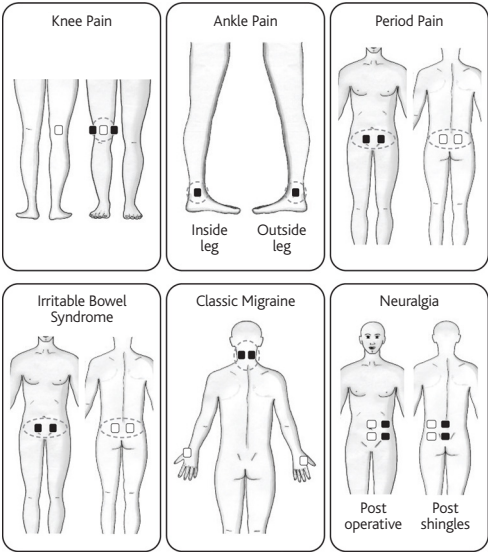
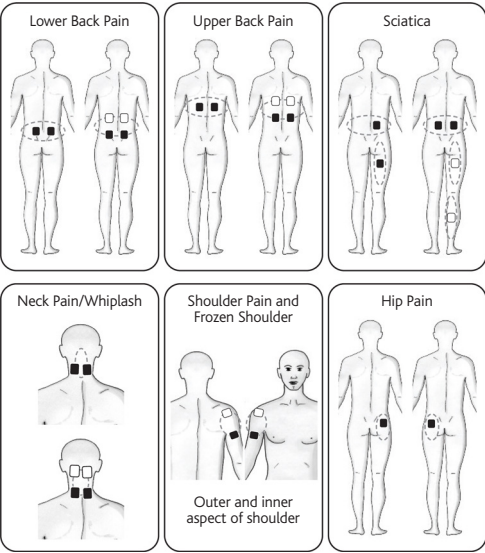
- Q Is it Safe?**
A Yes, TENS is used widely for pain relief and is recommended by medical professionals.
- Q Can I use it with other medications?**
A Yes. TENS is drug-free so you can use it with other medication including paracetamol.
- Q What conditions can TENS be used to treat?**
A TENS can be used 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.

Troubleshooting Questions

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

Electrode Placement

KEY: ■■=first pair of electrodes □□=second pair of electrodes.
N.B. Electrodes supplied with this unit are all the same colour - the black and white squares show suggested electrode placement only.



Instructions for use
PROFILE TENS
body clock

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 Touch-proof jacks	
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 ± 10 %.

For Professional use only

- Please retain**
(For use with the Profile TENS)
- In order to assist the professional, a usage monitor facility is included. Holding down the following combinations will produce the additional functions. To avoid the patient being able to accidentally operate these facilities, it is necessary to hold the buttons down for a few seconds.
- 1. Timer + CH1 Up/Lock**
This function allows you to lock the current parameter you are using. A "key" locked symbol will appear at the bottom of the screen.
 - 2. Timer +CH1 Down/Unlock**
This function will unlock the parameter that you have locked. The "key" locked symbol will disappear after you have pressed these buttons.
 - 3. Timer + Ch2 Up/ Total used time.**
This function allows you to read the total usage time of the unit.
 - 4. Timer + CH2 Down/Reset total time**
This function gives you an option to reset the usage time to zero.
 - 5. Timer + Pulse Rate Up/ Number of times used.**
This functional allows you to read the total number of times you have used the unit. You must operate the unit correctly and for at least one minute. The counter will increase by one each time

Guarantee

Your Profile 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 record purposes. The guarantee does not include leads, electrodes or battery. Applies to purchases only.

Date of purchase:

Invoice number:

body clock

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London E18 1AD

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Fax (+44) (0)20 8532 9551
www.bodyclock.co.uk
e-mail customer@bodyclock.co.uk

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Explanation of Symbols on Unit

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Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having an F type (floating) applied part.
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Warning - refer to pages 1-2 of these instructions.
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Denotes a product which must be disposed of safely.
- SN

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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Please keep device away from sprays of water or rain.

What is TENS?

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, into the nerve fibres which lie below, via electrode pads. TENS impulses help your body produce its own pain-killing chemicals, such as 'endorphins'.

What Can TENS Be Used For?

TENS can be used for many chronic and acute pain conditions such as back pain, shoulder pain, sciatica, sports injuries, migraine, period pain and post-operative pain.

Precautions and Contraindications

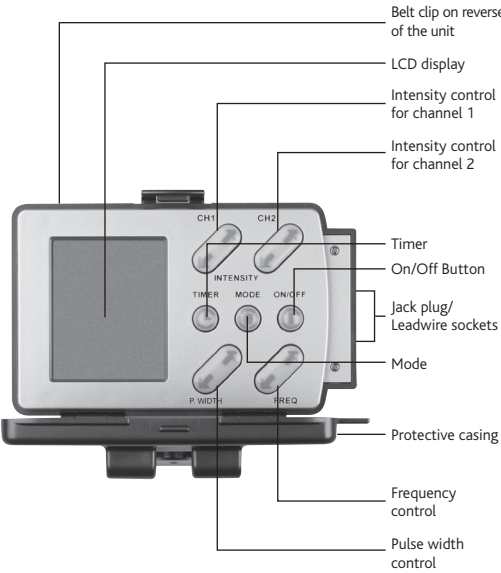
1. Do NOT use the Profile TENS if you have a cardiac pacemaker.
2. Check with your medical adviser before using if you suffer from a heart condition, epilepsy, undiagnosed pain, have any metal implants, or any doubts whatsoever.
3. TENS must NOT be used before the 37th week of pregnancy.
4. Never use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

General Precautions

1. Do NOT use this unit without first reading these instructions.
 2. Do NOT immerse the Profile TENS 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 Profile TENS.
 7. Only use specified batteries, leads 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, on varicose veins or recent scarring, 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.
 14. A mild shock may be caused if one electrode is accidentally removed. In the event of this happening the unit should be turned off immediately.

Controls For The Profile TENS

The Profile TENS is very simple to use. However, it is advisable to read these instructions to obtain the most out of the unit. Please ensure that all of the precautions and contraindications have been read thoroughly. See pages 1 to 2.



To avoid interference with other electrical items this unit needs precautions regarding EMC and should be put into service according to the EMC information provided in the ACCOMPANYING DOCUMENT.



Before first use of the Profile TENS, please familiarise yourself with the warnings and contraindications contained on pages 1 - 2.

Profile TENS Key

Intensity control for channel 1 & channel 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.

On/Off Button

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.

Protective casing

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

Frequency control

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

Pulse width control

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

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.

Setting Up Your Profile TENS

Check the following contents:

- 1 x Profile TENS unit
- 1 x Pack of self-adhesive electrodes
- 2 x Leadwires
- 2 x AA batteries
- 1 x Carrying pouch
- 1 x Instructions
- 1 x EMC
- 1 x Free download to Easy Guide to TENS

Instructions for use

1. The Profile TENS is a dual channel TENS, supplied with leadwires, electrodes, battery and carrying pouch.
2. 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.
3. Insert the leadwire pins into the electrodes.
4. With the unit **switched off**, insert the leadwires into the sockets (see diagram on page 3). You are now ready to commence stimulation.

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. Carefully peel the electrodes from the backing, using your forefinger and thumb. Read instructions provided with the electrodes and ensure your skin is free from oil, talc, etc.
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 3).
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 "An Easy Guide to TENS Pain Relief", 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 refer to the "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 3).
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.