



# TENS

**Relaxation, Anywhere, Anytime**

<https://belifu.com/warranty>

## **ACTIVATE YOUR 24 MONTH WARRANTY & GET SPARE PADS**

**Register within 2 weeks after  
receiving your tens unit**

### **PLEASE VISIT NOW**

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### **CUSTOMER SERVICE**

 [support@belifu.com](mailto:support@belifu.com)

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## Included in this standard package

- Device × 1pc
- Large pad × 2pcs
- Medium pad × 6pcs
- Small pad × 2pcs
- Electric wire × 3pcs

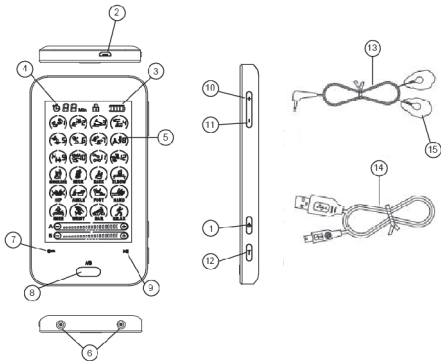
When use 4 line cable, make sure to use at least 1pc white(positive)+1pc blue line(negative) at the same time.

- USB cable × 1pc
- Instruction manual × 1pc
- Bag × 1pc

## Features

- 4" touch screen
- 2 output with 24 modes
- 20 level intensity
- 20 minutes default timer, can be adjustable from 10-60 minutes
- Rechargeable lithium battery
- Battery indicator to know when need to recharge battery
- AC adapter 110-240v

## Illustrations of the device and accessories



- |                         |                              |
|-------------------------|------------------------------|
| 1. On/ off switch       | 9. Pause                     |
| 2. USB port             | 10. Intensity adjustment (+) |
| 3. Battery indicator    | 11. Intensity adjustment (-) |
| 4. Time                 | 12. Timer                    |
| 5. LCD screen           | 13. Electrode wires          |
| 6. Two output connector | 14. USB cable                |
| 7. Lock                 | 15. Electrode pads           |
| 8. A/B Button           |                              |

## 24 Modes Instruction

**1.Tuina(TENS):** Simulating Tuina is a hands-on body treatment which opens the flow of Qi through the meridians. It's specially effective for joint pain, sciatica, muscle spasms, and pain in the back, neck, and shoulders. It also helps chronic conditions such as insomnia Constipation, headaches, and the tension associated with stress.

**2. Acupuncture(EMS):** This mode is used for the points on the Chinese meridian pressure point chart to assist headaches, a variety of ailments as well as muscle and joint pain. Particularly good for fast relief of acute pain.

**3.Tapping(TENS):**produce a hard thumping sensati on that massage your muscles, which can give you an invigorated and revitalized feeling.

**4.Pressure(TENS):** It is the manipulation of superficial and deeper layers of muscle and connective tissue using various techniques. Can enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability, promote relaxation,recreational and well-being.

**5.Shiatus(TENS):** It is a type of alternative medicine

consisting of finger and palm pressure, stretches, and other massage techniques. Shiatsu can help facilitate healing from many minor ailments, such as headaches and back pain to digestive, sinus and skin problems.

**6.Cupping(EMS):** Simulating cupping, relatively constant stimulation contracts muscles. Cupping is used for relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite etc.

**7.Guasha(EMS):** Simulating Guasha with a low frequency setting provides the user with a scratching and kneading sensation. Gua sha releases unhealthy elements from injured areas and stimulates blood flow and healing. Guasha is effective in acute and chronic internal organ disorders. Help relieve pain, stiffness, fever, chill, cough, wheeze, nausea and vomiting etc.

**8.Deep Tissue Massage(TENS):** Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. It can provide relief from pain and stiffness associated with sports injuries,

whiplash, osteoarthritis, muscle spasms, fibromyalgia and strain injuries such as carpal tunnel syndrome.

**9.Waist(TENS):** For muscle strains, herniated discs, stenosis, spondylosis, spondylolisthesis, and general arthritis pain.

**10.Body Building(EMS):** Electrical muscle stimulation helps muscle reduction, relaxation of muscle spasms, increase range of motion, injury recovery and post surgery recovery.

**11.Weight Loss(TENS+EMS):** Combination of acupuncture. It helps lose weight or tone, strengthen and firm muscles at abs, back, thighs and arms etc.

**12.Combination(TENS+EMS):** Auto combination of several modes for relaxation. Full body relaxation after workout: exercises & fitness or after a day of hard work.

**13.Shoulder(TENS+EMS):** Using tens unit for shoulder pain or shoulder related injuries is very similar to using it for any other part of the body. Electrodes are placed on or near where you feel the pain and the settings adjusted properly until relief is achieved.

**14.Neck(TENS+EMS):** It can be used to relieve

neck pain. You just need take a few precautions like being careful not to place electrodes close to your head or on the front or sides of the neck.

**15.Back(TENS):** Use low frequency vibrations to promote circulation of blood and relieve pain. Specifically use for lower back.

**16.Elbow(TENS):** Inflammation and pain occur on and around the outer bony bump of the elbow where the muscles and tendons attach to the bone. Tens Units to ease pain and improve healing of the tendon. Such as tennis pain, arthritis.

**17.Hip(TENS+EMS):** Help for bursitis, tendonitis, labral tears, hip impingement (FAI), hip replacements (THA), and general arthritis.

**18.Ankle(TENS+EMS):** It can be Used for achilles bursitis, sprains, strains, heel pain, bone spurs, tendonitis, ankle impingement, and general arthritis.

**19.Foot(TENS+EMS):** Help for foot pain caused by plantar fasciitis, scarring, collagen breakdown, and micro-tears, Heel spurs, foot muscles and ligament strains.

**20.Hand(TENS+EMS):** Help for Carpal Tunnel Syndrome, including numbness, pins and needles, and pain (particularly at night).



**21.Knee(TENS+EMS):** For traumatic injury, Post surgery, Muscle strain, Tendonitis.

**22.Wrist(EMS):** Help for tenosynovitis, Carpal Tunnel Syndrome.

**23.Ear(TENS):** Auto-combination massage. Can be used for all common muscle pains.

**24.Relax(TENS+EMS):** For all muscles relaxation. Help for muscle knots and muscle tightness caused by strain, overworking of your muscles.

## Operating instructions

1. Connect the pads to the wire by snapping them on, then remove the protective film.

Note: adding a few drops of water on the pads will increase their longevity.

2. Place pads where the massage sensations are desired. And plug into one of the ports on the device. For additional relief use the second port and repeat steps 1&2 for two additional pads.

Note: Make sure both pads on the skin and not overlapping.

Make sure your skin is free from any dirt, oil or lotion.

**TIPS:** [when you use two pads\(one channel\)or four](#)

pads(two channels)at the same time, make sure you have placed all the pads on your body prior to energizing the unit or you won't be able to increase intensity.

3. Turn the device by pressing the on/off switch on right side of the unit.The unit will be now activated and start in Mode 1.

4. Touch the screen to choose modes.Then touch center button on the screen to control A/B channel. Remember the strength will default to the lowest setting with each mode selection.

5. Once you select a mode, gradually increase the intensity by pressing the + button; decrease it by pressing - button on the side of main device.

**NOTE: Intensity level defaults to zero when starting unit or when changing modes for your safety.**

6. Adjust the tens using time by pressing the T button on the side of the tens. The timer can be increased by 10 minute intervals and the tens will automatically turn off after the set time has finished.

7. Turn the device off by pressing the on/ off switch on the right side of the unit If you need to turn off the device during massaging.

## Precautions

1. Do not apply the massage pads near the heart, on the head, above the neck, in the pubic region, over Scarred areas, on the throat or over the mouth.
2. Avoid touching the pads when the unit is on.
3. Pregnant women must avoid using this massager.
4. Do not use this massager if you are using pacemaker or other life support equipment such as an artificial lung or respirator.
5. Should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk or injury
6. Do not use if you have following medical conditions:
  - Acute disease, trauma or surgical procedure in past six month
  - Cardiac dysfunction
  - Epilepsy
  - High blood pressure
  - High fever

cancer  
Infectious disease  
Malignant tumors  
Recent surgery  
Skin problems  
Pregnancy

### **Maintenance and care**

1. When you are finished using the device, turn it off and take off the pads. Store the unit in a cool, dry place until next use.
2. After usage, please cover the pads with the protective film. Applying a few drops water before and after usage will increase the longevity of the pads.
3. Charge the unit at least every 3 month in event it is not used regularly.
4. Please replace the pads after using 15-20 times (Varies widely depending on use, body type and care)
5. Do not apply pads to the same area more than 30 minutes at a time.

## Recommend massage points

Neck Pain



Chronic Hip Pain



Frozen Shoulder



Lower Back Pain



Tennis Elbow



Carpel Tunner Syndrome



Stomach Pain



Erector Spinalis



Sciatica



Knee Pain - Post Op



Degenerative Arthritis- Knee Pain



Lower Leg Pain



Foot Pain



General System Nerver, Muscle,  
Tiredness & Bad Blood Circulation



Ankle Pain





## WARM TIPS FOR SKINCARE

To avoid skin irritation, especially if you have sensitive skin, follow these suggestions:

1. Wash the area of skin where you will be placing the electrodes, using mild soap and water before applying electrodes, and after taking them off. Be sure to rinse soap off thoroughly and dry skin well.
2. Excess hair may be clipped with scissors; do not shave stimulation area.
3. Wipe the area with skin preparation wipes. Let the area dry. Apply electrodes as directed.
4. Many skin problems arise from the "pulling stress" from adhesive patches that are excessively stretched across the skin during application. To prevent this, apply electrodes from centre outward; avoid stretching over the skin.
5. To minimize "pulling stress", tape extra lengths of lead wires to the skin in a loop to prevent tugging on electrodes.
6. When removing electrodes, always remove by pulling in the direction of hair growth.
7. It may be helpful to rub skin lotion on electrode placement area when not wearing electrodes.
8. Never apply electrodes over irritated or broken skin.



## APPLICATION // BEFORE APPLYING, MAKE SURE STIMULATOR IS OFF

1. Clean and dry the skin at the prescribed area thoroughly with soap and water prior to application of electrodes. Skin must be clean and dry. Dirty or oily skin will prevent electrode adhesion.
2. Insert lead wire to the connector of electrode, making sure no bare metal shows.
3. Remove electrode from protective liner. DO not remove by pulling on the wire connector. Save liner for electrode storage.
4. Apply by pressing electrodes firmly onto skin. If necessary, clip excess hair with scissors.
5. Repeated application may be improved by doing the following: Wash adhesive gel for one second under cold running water. Shake off excess water. Then air-dry for 1-2 minutes before reapplying. Be sure not to over-saturate with water, as this will reduce the adhesive quality.



## REMOVAL + STORAGE // BEFORE APPLYING, MAKE SURE STIMULATOR IS OFF

1. Turn off the unit prior to removing the electrodes.
2. Lift at the edge of the electrode and slowly peel the electrode off the skin. Avoid touching the gel as much as possible.
2. Place the electrodes back onto the glossing side of the saved protective liner.
3. Remove lead wire from electrode connector by gently twisting and pulling it out at the same time.
4. Replace the electrodes back to the storage bag and reseal tightly to prevent dry-out.



## CAUTIONS + WARNINGS

1. Electrodes may provide between 7-15 uses. These numbers vary, depending on skin and/or climate conditions as well as care of usage and storage.
2. Do not wear electrodes when showering, bathing or swimming. Remove electrodes from skin at least once a day.
3. If skin irritation should occur and persist, discontinue use and contact your physician or therapist.
4. Replace electrodes when they no longer adhere, become crusted or separated, or weakens stimulation.
5. do not use while operating a motor vehicle
6. If any adverse reaction occurs, discontinue use immediately.
7. Check skin under pad periodically.
8. Make sure the electrode pads are stick adhered closely on your skin.
9. Do not overlap electrode pads or place one pad on top of another one.
10. DO NOT place electrode pads on artery, throat, bones or wound.
11. DO NOT place electrode pads near heart, on both sides of thorax or chest.

## Troubleshooting

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
During the massage, the skin feels a painful burning sensation or the stimulation becomes weak.	Adhesive gel pads are not adhering firmly to the skin. Or the gel pads are too dry.	Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application.
Unit is on, but no sensation is felt in the pads.	Both pads are not firmly on the skin. Or there is a loose connection. Or the intensity level needs to be increased.	When using two pads,(one channel)or four pads(two channels)at the same time, ensure you have placed all pads on your body PRIOR to energizing the TENS unit or you will not be able to increase the intensity. This is a safety feature to prevent you from placing pads on your skins with too high of an intensity.
Adhesive gel pads do not stick to skin even after cleaning and moistening the gel pad.	Adhesive gel pads need to be replaced.	Replace the set of pads. Pads can be purchased from local distributor.
Unit does not turn on or the screen is dim.	Battery is low.	Recharge the battery.

<p>Does not provide adequate pain relief.</p>	<p>Not using it long enough. Not lying d o w n t h e n massaging neck.</p>	<p>Use your massager 20-30 minutes at a time, 3-6 times per day. Lie on your back for neck support when you need relief for headaches or neck pain.</p>
<p>Unit turns on, all of the modes and A/B options flash. Can not select a mode and adjust the intensity. Does not work.</p>	<p>Always use two pads (one channel) or four pads (two channels) at the same time as it will not work with just one pad.</p>	<p>When you use two pads (one channel) or four pads (two channels) at the same time, make sure you have placed all the pads on your body, otherwise it won't work.</p>



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**Manufactured by:**

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This device complies with part 15 of the FCC rules