

Belifu

TENS

Model:SM9126



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SM9126 TENS & PMS is a portable and DC 3.7V battery powered multifunction device, offering both Transcutaneous Electrical Nerve Stimulation (TENS) and Powered Muscle Stimulation (PMS) qualities in one device.

The device is equipped with accessories of electrode pads, electrode cables and one USB cable. The electrode cables are used to connect the pads to the device; the USB cable is used to connect the charger and the built-in lithium battery. All accessories, including USB cables, electrode pads, electrode cables can only be changed or replaced by a qualified person.

The electrodes are interchangeable. The electrode pads are manufactured by Hong Qiangxing (Shen Zhen) Electronics Limited with 510(k) cleared Number K183154.

Included in this standard package

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

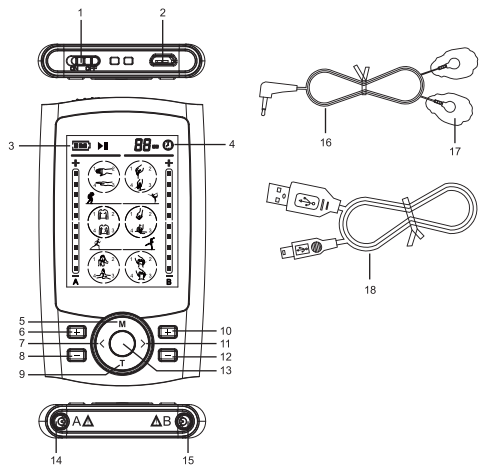
When use 4 line cable, make sure to use at least 1pc white(positive)+1pc blue line (negative)at the same time.

- USB cable x1pc
- Instruction manual x 1pc
- Bagx1pc

Features

- 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 | 10. B Intensity adjustment (+) |
| 2. USB port | 11. Mode adjustment |
| 3. Battery indicator | 12. B Intensity adjustment (-) |
| 4. Time | 13. Pause |
| 5. Mode selector | 14. A output connector |
| 6. A Intensity adjustment (+) | 15. B output connector |
| 7. Mode adjustment | 16. Pad wires |
| 8. A Intensity adjustment (-) | 17. Massage pad |
| 9. Time adjustment | 18. USB cable |

Modes and Function

There are 24 modes to choose from. The “M” button cycles through the 6 main modes, all of these 6 main modes contain different built-in 4 modes.

Main Mode 1:

1. Suitable for upper limb muscle pain relief (TENS)



Main Mode 2:

2. Suitable for relief of joint pain in limbs (TENS)



Main Mode 3:

3. Auxiliary exercises, used to strengthen muscles (PMS)



Main Mode 4:

4.Suitable for back, shoulder and neck pain relief (TENS)

**Main Mode 5:**

5.Suitable for lower limb muscle pain relief (TENS)

**Main Mode 6:**

6.Suitable for muscle fatigue after exercise, relax muscles (TENS)



TENS is used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back,neck, upper extremities(arm), and lower extremities (leg) due to strain from exercise or normal household work activities. PMS is intended to be used to stimulate healthy muscles in order

to improve and facilitate muscle performance.

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.

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, otherwise it won't work.

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

4. There are six icons on the screen, each icon contains different built-in 4 modes. Press "<" and ">"button to change the six

icons (6 main modes). Press the “M” to try 4 different modes within that selection.

Please increase the intensity because it will return to lowest automatically when you change to a new mode.

5. Once you select a mode, gradually increase the A/B intensity by pressing the + button on the right/ left side; decrease it by pressing - button on the right/ left side of the tens.

Tips: When you plug the wire to A port, you need to press the +/- button on the left side to adjust the intensity.

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. Press the round button to pause when change the massage point.

8. Turn the device off by pressing the on/ off switch on the top of the unit. If you need to turn off the device during massaging.

9. When battery is low, recharge the battery with 5V-0.5A USB charger 40 minutes.

Contraindication

1) Do not use this device on patients who

have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device, because this may cause electric shock, burns, electrical interference, or death.

2) TENS ONLY: Do not use this device on patients whose pain syndromes are undiagnosed.

Warnings

1) Use stimulation only to normal, intact, healthy, clean and dry skin.

2) Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).

3) Do not apply stimulation over the neck because this could cause severe muscle spasms resulting in airway closure, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.

4) Do not apply stimulation across the patient's chest, because the introduction of electrical current into the chest may cause heart rhythm disturbances, which could be lethal.

5) Do not use stimulation over, or in proximity to, cancerous lesions.

- 6) Avoid placing the pads over metal implants.
- 7) Do not use stimulation while sleeping, swimming.
- 8) To consult your doctor before use if you have recently given birth, had an IUD fitted, or have heavy periods.
- 9) Do not use if wearing the device necessitates placement over areas at which drugs/medicines are administered (short-term or long-term) by injection (e.g. hormone treatment).
- 10) Do not use if you have recently undergone a surgical procedure.
- 11) Do not use in case of critical ischemia of the limbs.
- 12) Do not use this device on children.
- 13) Do not bring the device into any MRI, CT, diathermy, RFID and electromagnetic security systems such as metal detectors environment or near any of this equipment.
- 14) No modification of this equipment is allowed.
- 15) Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical

- stimulation device is in use.
- 16) Do not apply stimulation when in the bath, shower or a moist environment.
 - 17) Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation may lead to risk of injury.
 - 18) Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals.
 - 19) Consult your Physician before using the device if any of the following conditions apply to you:
 - If you have any serious illness or injury not mentioned in this guide.
 - If you take insulin for diabetes.
 - If you use the unit as part of a rehabilitation program.
 - 20) Using stimulation electrodes that are too small or incorrectly applied could result in discomfort or skin burns.
 - 21) The electrical performance characteristics of electrodes may affect the safety and effectiveness of electrical stimulation and recording; The size, shape, and type of electrodes may affect the safety

and effectiveness of electrical stimulation and recording.

22) Do not use electrodes with other persons because of risks of adverse skin reactions and disease transmission.

Precautions

- 1) The long-term effects of electrical stimulation are unknown, So we recommend using the product within 30 minutes at a time, with an interval of no less than 3 hours
- 2) Since the effects of stimulation of the brain are unknown, stimulation should not be applied across the head, and electrodes should not be placed on opposite sides of the head.
- 3) Some patients may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel), If this occurs, stop using your device and consult your physician.
- 4) Patients with suspected or diagnosed heart disease should follow precautions recommended by their physicians; and
- 5) Patients with suspected or diagnosed epilepsy should follow precautions

recommended by their physicians.

6) The Device is intended for personal use on adult healthy skin only.

7) Do not use the device in the presence of the following:

- a. When there is a tendency to hemorrhage following acute trauma or fracture;
- b. Following recent surgical procedures when muscle contraction may disrupt the healing process;
- c. Over the menstruating or pregnant uterus;
- d. Over areas of the skin which lack normal sensation.

8) Do not use the stimulator during pregnancy. Safety of the use during pregnancy has not been established.

9) The device should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

10) Do not place pads over jewelry or body piercings.

11) Never apply the pads to your skin with the power on, which will result in sudden shock. If during application, you want to move the pads to another body part, please pause the

program currently running or shut down the device first, and then move the pads to the place that you want to stimulate.

12) Two pads should be used together as a pair. Always peel off the protective film on the pads before use. To avoid an electrical short, do not connect two pads to each other.

13) Do not use the product in the condition of air mixed with flammable gases.

14) To reposition or remove the pads, always pause the program currently running or power off the device.

15) Use 510k cleared and compatible electrodes recommended by the manufacturer; other electrodes may present a risk of unsuitable electrical characteristics with your stimulator.

16) Wash skin thoroughly, and then dry it before applying the electrodes.

17) Apply the whole surface of the pads firmly to the skin. Do not use pads which do not adhere properly to the skin.

18) Stop using your unit if you are feeling light headed or faint. Consult physician if this happens.

19) You should also check that the conductive adhesive portion of the electrode

has not dried out and check to see that it is still sticky and holds the electrodes firmly on the skin. If the conductive adhesive portion has become dry, the electrode should be replaced.

20) Minor redness at stimulation placement is a normal skin reaction. It is not considered a skin irritation, and it will normally disappear within 30 minutes after the electrodes are removed. If the redness does not disappear after 30 minutes from the removal of electrodes, do not use the stimulator again until after the excessive redness has disappeared.

21) Contact the manufacturer of the electrical stimulator or recording device if you do not know if the electrode can be used with the stimulation or recording device.

▲ Note: Do not turn on the unit until all electrode pads and lead wires are properly attached.

1) Slide the On/Off switch button to the left, the LCD lights up and the device turns on. Slide the On/Off switch button to the right, the display goes blank and the device turns off.

2) The device will turn off automatically after

the cure time has elapsed.

3) In an emergency you may also pull the connector(s) of lead wire from the device to remove the electrode pads.


▲ Note: To prevent unpleasant electric shocks, never remove the pads while it is still turned on.

▲ Note: We recommend the first time users to select program 1 at a low Intensity level to treat for 10 minutes per day, and then gradually up to 3 times a day. After a period of adaptation, you can use other programs and increase cure time and intensity.

▲ Note: Please do not touch the USB port when using the device. The USB port is only used to connect the charger, do not connect other devices.

Charging the Battery

1) The Lithium battery can be recharged through only AC adaptor. Do not connect charging adaptor to a computer because the cybersecurity of the device has not been confirmed.

2) When the battery icon shows “”, it indicates that the battery needs to charge. Turn off the unit.

3) Do not use adapter with voltage higher than 5 V and current higher than 1 A to charge the device

4) The battery should be charged for 10 hours or so before first use. Only charge the device when battery is completely drained the first 2 times.

Storage

Caution: Do not store in a damp area. Dampness may affect the device and cause rust.

A. For the control unit:

- Normal working ambient temperature:
5°C~40°C (40-104°F), ≤80%RH,
700hPa~1060hPa

- Store and transport ambient temperature:
-20°C~55°C (4° -131° F), ≤93%RH,
700hPa~1060hPa

B. For electrode pads:

Between uses, store the electrodes in the reusable bag in a shady place. Stockroom temperature: +5°C~+27°C (41-80°F) and humidity of 30%~80%. No need to sterilize. 2 years of shelf life.

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 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.

★ 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 oversaturate 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.
3. Place the electrodes back onto the

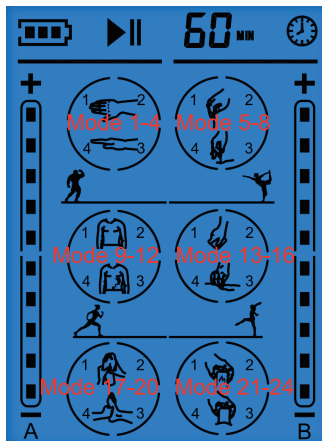
- glossing side of the saved protective liner.
4. Remove lead wire from electrode connector by gently twisting and pulling it out at the same time.
5. Replace the electrodes back to the storage bag and reseal tightly to prevent dry-out.

● **CAUTIONS + WARNINGS**

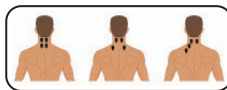
1. Electrodes may provide between 7-15 uses. These numbers vary, depending on skin and/or climate conditions as well as care of usage and storage.
2. Do not wear electrodes when showering, bathing or swimming. Remove electrodes from skin at least once a day.
3. If skin irritation should occur and persist, 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.

Recommend massage points



Neck Pain



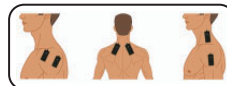
Suggested Mode:
Mode 8 13 23 24

Chronic Hip Pain



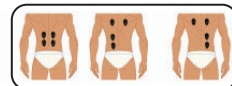
Suggested Mode:
Mode 6 8 10 12 14

Frozen Shoulder



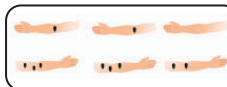
Suggested Mode:
Mode 7 17 19

Lower Back Pain



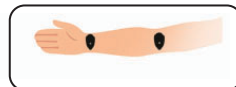
Suggested Mode:
Mode 2 5 22

Tennis Elbow



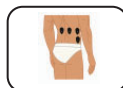
Suggested Mode:
Mode 1 3 8 10 13

Carpel Tunner Syndrome



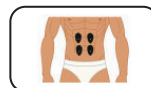
Suggested Mode:
Mode 10 12 13 23 24

Stomach Pain



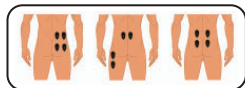
Suggested Mode:
Mode 14 15 16 19 23

Erector Spinalis



Suggested Mode:
Mode 4 7 9 11 16 18

Sciatica



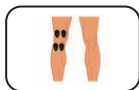
Suggested Mode:
Mode 11 14 15 16 19 20

Knee Pain-Post OP



Suggested Mode:
Mode 14 15 16 18

Dedenerative Arthritis-Knee Pain



Suggested Mode:
Mode 12 13 23 24

Lower Leg Pain



Suggested Mode:
Mode 1 3 5 7 9 15 21

Foot Pain



Suggested Mode:
Mode 10 12 13

General System Nerves, Muscle, Tiredness & Bad Blood Circulation



Suggested Mode:
Mode 16 17 18 19 20

Ankle Pain



Suggested Mode:
Mode 9 11 14 15 18

Troubleshooting

Problem	Cause	Solution
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	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 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. Increase the 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.
Does not provide adequate pain relief.	Not using it long enough. Not lying down then massaging neck.	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.

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Manufactured by:

Hong Qiangxing (Shenzhen) Electronics Limited
Address: 4/F, Jingcheng Building, Xicheng Industrial District, Xixiang Road, Baoan, Shenzhen, China

Distributed by:

Wellkang Ltd
ADD: Suite B, 29 Harley Street, London, W1G9QR, United Kingdom
Support@belifu.com

Made in China



This device complies with part 15 of the FCC rules

TENS

AKTIVIEREN SIE IHRE “\$-MONATIGE
GARANTIE 6 ERHALTEN SIE
RESERVEELEKTRODEN

BITTE BESUCHE SIE UNSERE WEBSEITE

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KUNDENSERVICE

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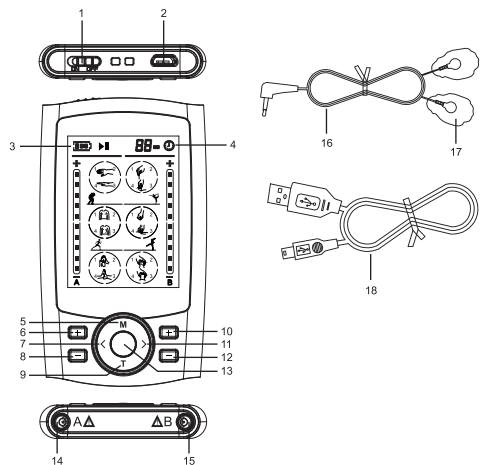
In dieser Standardverpackung beinhaltet:

- Gerät x 1 Stk.
- Große Elektroden x 2 Stk.
- Mitelgroße Elektroden x 6 Stk.
- Kleine Elektroden x 2 Stk.
- Stromkabel x 3 Stk.

Bei der Verwendung eines vieradrigen Kabels, sicherstellen, dass mindestens 1 Stk. Weiß (positiv) + 1 Stk. Blau (negativ) gleichzeitig verwendet werden.

- Tasche x1 Stk.

Illustration des Geräts und Zubehörs



- | | |
|---------------------------------|----------------------------------|
| 1. Ein/Aus-Schalter | 70. B Intensitätseinstellung (+) |
| 2. USB-Anschluss | 11. Modusanpassung |
| 3. Batterieanzeige | 12. B Intensitätseinstellung (-) |
| 4. Zeit | 13. Pause |
| 5. Modusauswahl | 14. A Ausgangsanschluss |
| 6. A Intensitätseinstellung (+) | 15. B Ausgangsanschluss |
| 7. Modusanpassung | 16. Elektrodenröhre |
| 8. A Intensitätseinstellung (-) | 17. Massageelektroden |
| 9. Zeitanpassung | 18. USB-Kabel |

Modi

Es bestehen 24 Modi zur Auswahl. Die "M"-Taste durchläuft 6 Hauptmodi. Jede dieser 6 Hauptmodi enthält unterschiedliche eingebaute 4 Modi.

1. Laterales Handflächenkneten
2. Flachhandflächenkneten
3. Kreuzweises Faustkneten
4. Vertikales Faustkneten
5. Akupunktur
6. Moxitherapie
7. Akupunkturkneten
8. Moxitherapiekneten
9. Reiben
10. Reibreduktion
11. Klopfen
12. Fibrillierungsmassage
13. Hebe-Kneif-Manipulation
14. Vibrationsmanipulation
15. Hochfrequenzmanipulation
16. Fibrilliermanipulation
17. Shiatsu-Tief
18. Thaimassage
19. Shiatsu
20. Stärke-Alternativmassage

21. Zwinkerschröpfen
22. Schröpfen
23. Fibrillierschröpfen
24. Schröpfrückhaltung

Bedienungsanleitung

1. Die Elektroden durch einrasten an dem Draht anschließen, danach die Schutzfolie entfernen.

Bitte beachten: das Hinzufügen von ein paar Tropfen Wasser verlängert die Lebensdauer der Elektroden.

2. Die Elektroden an der Stelle platzieren, an der die Massageempfindung erwünscht wird und an einem der Anschlüsse des Geräts einstecken. Zur zusätzlichen Erleichterung den zweiten Anschluss verwenden und Schritte 1 & 2 mit zwei zusätzlichen Elektroden wiederholen.

Sicherstellen, dass sich beide Elektroden auf der Haut befinden und sich nicht überschneiden. Sicherstellen, dass die Haut frei von Schmutz, Öl oder Lotion ist.

3. Durch Drücken der Ein/Aus-Taste an der Oberseite des Geräts einschalten. Die

- Einheit ist nun aktiviert und startet in Modell 1.
- Um verschiedene Modi auszuprobieren, die Modustaste drücken. Danach die mittlere Taste drücken, um die Wellen innerhalb dieser Auswahl auszuwählen. Es gibt 6 Symbole auf dem Bildschirm, die "<" und ">" Taste drücken, um zwischen den sechs Symbolen zu wechseln. Jedes Symbol enthält verschiedene eingebaute 4 Modi. Auf „M“ drücken, um die eingebauten 24 Modi auszuwählen.
 - Nach Erhöhung der Intensität schaltet diese automatisch auf den kleinsten Wert zurück, wenn in einen neuen Modus gewechselt wird.
 - Nachdem ein neuer Modus ausgewechselt wurde, stetig die A/B-Intensität durch Drücken der + Taste auf der rechten/linken Seite erhöhen; durch Drücken der Taste an der rechten/linken Seite der Zehen senken.
 - Die Zehen mittels der Zeit durch Drücken der T-Taste an der Seite der Zehen anpassen. Die Zeitschaltuhr kann in 10-minütigen Intervallen erhöht werden und die Zehen schalten automatisch ab nachdem die eingestellte Zeit abläuft.
 - Das Gerät durch Drücken der

Ein/Aus-Taste an der Oberseite des Geräts abschalten, sollte das Gerät während der Massage ausgeschaltet werden müssen.

Warnhinweise:

- Wenden Sie die Massagepads nicht in der Nähe des Herzens, auf dem Kopf, im Nacken oder im Genitalbereich an. Auch das Gesicht, die Kehle und wunde und/oder verletzte Stellen sind unbedingt zu vermeiden.
- Vermeiden Sie während des Betriebs, die Pads mit der Hand zu berühren.
- Schwangere Frauen sollten dieses Gerät nicht verwenden.
- Nutzen Sie dieses Gerät nicht, wenn Sie einen Herzschrittmacher oder andere lebenserhaltende Geräte verwenden (etwa Atemgeräte).
- Verwenden Sie das Gerät nicht beim Fahren, beim Arbeiten oder bei Aktivitäten, welche angespannte Muskeln voraussetzt. Dies kann zu Verletzungen führen.
- Nutzen Sie das Gerät nicht, wenn Sie folgende Krankheiten und/oder Umstände haben:

Akute Krankheiten, Traumata oder kürzliche Operationen (6 Monate)
Herzrhythmusstörungen
Epilepsie
Bluthochdruck
Hohes Fieber
Krebs
Infektionen jeder Art
Bösartige Tumore
Kürzliche Operation (6 Monate)
Hautprobleme
Schwangerschaft
Unbehandelte Schmerzsymptome
Leistenbruch oder Bauchdeckenbruch
Schmerzen in den Muskeln
Verminderte Beweglichkeit der Gelenke

- Von Kindern fernhalten
- Dieses Produkt ist nicht zur Anwendung bei medizinischen Erkrankungen oder Krankheiten gedacht und ist nicht zur Physiotherapie zu nutzen. Es ist kontraindiziert zur Anwendung auf verletzten oder erkrankten Muskeln.

Wartung und Pflege

1. Wenn Sie das Gerät nicht mehr verwenden, schalten Sie dieses aus und entfernen die Pads. Lagern Sie das Gerät an einem trockenen und kühlen Ort.
2. Bitte bedecken Sie die Pads nach der Nutzung mit dem Schutzfilm und lagern Sie die Pads in ihren verschließbaren Taschen. Mit einigen Tropfen Wasser vor und nach der Anwendung können Sie die Lebensdauer der Pads verlängern.
3. Laden Sie das Gerät mindestens alle 3 Monate auf, falls es nicht regelmäßig verwendet wird. Sie können das Gerät auch per Steckdosenbetrieb nutzen oder es per USB-Kabel aufladen (Verbindung mit PC).

Problembehandlung

Problem	Ursache	Lösung
Die Haut brennt während der Nutzung oder die Massagewirkung lässt nach.	Das Gel der Pads liegt nicht ideal auf der Haut an. Oder die Gelpads sind zu trocken.	Tragen Sie einige Tropfen Wasser auf die Klebeoberfläche der Pads auf und stellen Sie sicher, dass die Pads gut auf der Haut aufliegen.
Das Gerät ist eingeschaltet, aber die Pads reagieren nicht.	Beide Pads müssen gut auf der Haut aufliegen. Möglicherweise sind die Kabel nicht fest angeschlossen. Oder die Intensität ist zu gering.	Stellen Sie sicher, dass die Pads gut auf der Haut aufliegen und dass alle Verbindungen fest angeschlossen sind. Erhöhen Sie ggf. die Intensität.
Die Gelpads lassen sich nach der Reinigung und Befeuchtung nicht auf der Haut anbringen.	Die Gelpads müssen ausgetauscht werden.	Ersetzen Sie die Gelpads. Diese können beim Verkäufer erworben werden.
Das Gerät schaltet sich nicht ein oder das Display ist dunkel.	Niedriger Batteriestand	Laden Sie die Batterie auf.
Das Gerät sorgt nicht für die gewünschte Schmerzlinderung.	Die Anwendungsdauer ist zu kurz.	Nutzen Sie das Gerät pro Sitzung für 20-30 Minuten bis zu 3-6 Mal täglich. Legen Sie sich auf den Rücken und entspannen Sie per Kissen Ihren Nacken.

TENS

ACTIVEZ VOTRE GARANTIE DE 24 MOIS ET OBTENEZ DES COUSSINETS DE RECHANGE

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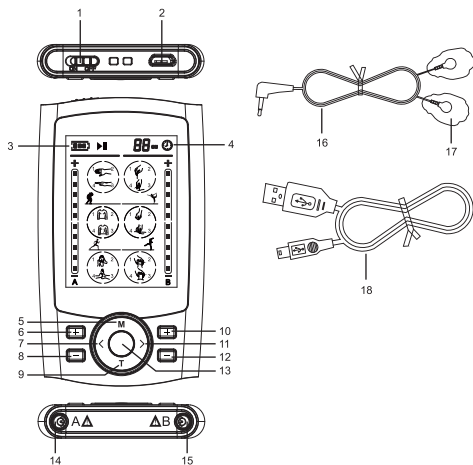
Inclus dans ce pack standard

- Appareil x 1pc
- Grand coussinet x 2pcs
- Coussinet moyen x 6pcs
- Petit coussinet x 2pcs
- Fil électrique x 3pcs

Lors de l'utilisation d'un câble à 4 lignes, assurez-vous d'utiliser au moins 1 ligne blanche (positive) + 1 ligne bleue (négative) en même temps.

- Sacx1pc

Illustrations de l'appareil et des accessoires



- | | |
|---------------------------------|----------------------------------|
| 1. Interrupteur marche/arrêt | 10. Réglage de l'intensité B (+) |
| 2. Port USB | 11. Réglage du mode |
| 3. Indicateur de batterie | 12. Réglage de l'intensité B (-) |
| 4. Durée | 13. Pause |
| 5. Sélecteur de mode | 14. Connecteur de sortie A |
| 6. Ajustement d'intensité A (+) | 15. Connecteur de sortie B |
| 7. Réglage du mode | 16. Fils de coussinet |
| 8. Ajustement d'intensité A (-) | 17. Coussin de massage |
| 9. Réglage de la durée | 18. Câble USB |

Modes

Vous avez le choix entre 24 modes. La touche "M" fait défiler les 6 modes principaux, tous ces 6 modes principaux contiennent 4 différents modes intégrés.

1. Malaxage latéral de la paume de la main
2. Malaxage à plat sur la paume de la main
3. Malaxage en croix au poing
4. Malaxage vertical au poing
5. Acupuncture
6. Moxibustion
7. Malaxage par acupuncture
8. Malaxage par moxibustion
9. Frottement
10. Réduction du frottement
11. Tapotement
12. Massage par fibrillation
13. Manipulation de lifting-pincement
14. Manipulation vibratoire
15. Manipulation à haute fréquence
16. Manipulation par fibrillation
17. Shiatsu profond
18. Massage thaïlandais
19. Shiatsu
20. Massage alternatif de force

21. Ventouse scintillante
22. Ventouses
23. Enveloppe de fibrillation
24. Maintien de la ventouse

Notice d'utilisation

1. Connectez les tampons au fil en les enclenchant, puis enlevez le film protecteur.
Remarque : l'ajout de quelques gouttes d'eau sur les coussinets augmente leur longévité.
2. Placez les coussinets là où les sensations de massage sont désirées. Et branchez-vous sur l'un des ports de l'appareil. Pour un soulagement supplémentaire, utilisez le deuxième port et répétez les étapes 1 et 2 pour deux pads supplémentaires.
S'assurer que les deux coussinets sont sur la peau et qu'ils ne se chevauchent pas.
Assurez-vous que votre peau est exempte de toute saleté, huile ou lotion.
3. Allumez l'appareil en appuyant sur l'interrupteur marche/arrêt situé sur le dessus de l'appareil. L'appareil est maintenant activé et démarre dans le mode 1.
4. Appuyez sur le bouton mode pour essayer

- un autre mode. Appuyez ensuite sur la touche centrale pour choisir les ondes à l'intérieur de cette sélection. Il y a six icônes à l'écran, appuyez sur les boutons "<" et ">" pour changer les six icônes. Chaque icône contient 4 différents modes intégrés, appuyez sur le "M" pour choisir les 24 modes intégrés. Veuillez augmenter l'intensité parce qu'elle reviendra automatiquement au niveau le plus bas lorsque vous passerez à un nouveau mode.
5. Une fois que vous avez sélectionné un mode, augmentez progressivement l'intensité A/B en appuyant sur le bouton + sur le côté droite/gauche ; diminuez l'intensité en appuyant sur le bouton - sur le côté droite/gauche des dizaines.
 6. Réglez les dizaines à l'aide du temps en appuyant sur la touche T située sur le côté des dizaines. La minuterie peut être augmentée de 10 minutes d'intervalle et les dizaines s'éteignent automatiquement une fois le temps réglé écoulé.
Éteignez l'appareil en appuyant sur l'interrupteur marche/arrêt situé sur le dessus de l'appareil Si vous avez besoin d'éteindre

l'appareil pendant le massage.

Précautions

- Ne placez pas les applicateurs de massage près du cœur, sur la tête, au-dessus du cou, sur la région pubienne, sur les zones cutanées cicatrisées, sur la gorge ou la bouche.
- Évitez de toucher les applicateurs lorsque l'appareil est en marche.
- Les femmes enceintes ne peuvent utiliser cet appareil de massage.
- N'utilisez pas cet appareil de massage si vous utilisez un stimulateur cardiaque ou autre dispositif médical comme un respirateur artificiel.
- N'utilisez pas l'appareil lorsque vous conduisez, lorsque vous utilisez une machine-outil ou durant toute activité où des contractions musculaires involontaires peuvent se révéler dangereuses.
- N'utilisez pas cet appareil si vous souffrez d'une des pathologies suivantes :
Maladie sévère, traumatisme ou opération chirurgicale durant les six derniers mois.

Trouble cardiaque

Épilepsie

Surtension

Fièvre

Cancer

Maladie infectieuse

Tumeur maligne

Opération chirurgicale récente

Trouble cutané

Grossesse

Syndromes douloureux non diagnostiqués

Hernie abdominale ou inguinale

Muscles douloureux ou atrophiés

Arthrose ou arthrite

- Gardez hors de portée des enfants.
- Cet appareil n'est pas destiné à être utilisé en tant que substitution à un traitement médical, à la physiothérapie ou à la rééducation musculaire. Il est contre-indiqué d'utiliser cet appareil sur un muscle blessé en mauvaise condition.

Entretien

1. Lorsque vous avez fini d'utiliser l'appareil, éteignez-le et débranchez les applicateurs.

Conservez l'appareil dans un endroit sec pour la prochaine utilisation.

2. Après utilisation, veuillez couvrir les applicateurs avec les films protecteurs et replacez-les dans leurs poches de rangement. Déposer quelques gouttes d'eau sur les applicateurs avant et après utilisation augmentera leur longévité.

3. Rechargez l'appareil au moins une fois tous les 3 mois si vous ne l'utilisez pas régulièrement. Vous pouvez aussi utiliser l'appareil en le branchant à une prise secteur ou à votre ordinateur en utilisant le câble USB.

Résolution des problèmes

Problème	Cause	Solution
Pendant le massage, je ressens une brûlure douloureuse sur la peau ou la stimulation s'affaiblit.	Le gel adhésif des applicateurs n'est pas bien en contact avec la peau ou les applicateurs ne sont pas suffisamment humides.	Déposez quelques gouttes d'eau sur la surface adhésive des applicateurs et assurez-vous d'appuyer fermement les applicateurs contre la peau.
L'appareil est en marche, mais les applicateurs ne délivrent aucune sensation.	Les applicateurs ne sont pas positionnés fermement contre la peau, il y a un mauvais branchement ou le niveau d'intensité est trop faible.	Assurez-vous d'appuyer fermement les applicateurs contre la peau. Assurez-vous que tous les branchements sont effectués correctement (appareil et fils ; fils et applicateurs). Augmentez le niveau d'intensité.
Les applicateurs n'adhèrent pas à la peau, même après les avoir nettoyés et humidifiés.	Le gel adhésif des applicateurs doit être remplacé.	Remplacez les applicateurs. Vous pouvez en acheter auprès de votre distributeur local.
L'appareil ne s'allume pas ou l'écran est sombre.	La batterie est faible.	Rechargez la batterie.
L'appareil ne soulage pas mes douleurs.	Vous ne l'utilisez pas assez longtemps. Vous ne vous allongez pas lorsque vous massez le cou.	Utilisez le masseur 20-30 minutes par séance, 3-6 fois par jour. Allongez-vous sur le dos pour soulager les maux de tête et les douleurs au cou.

TENS

ACTIVE SU GARANTÍA DE 24 MESES Y
OBTenga ALMOHADILLAS DE
REPUESTO

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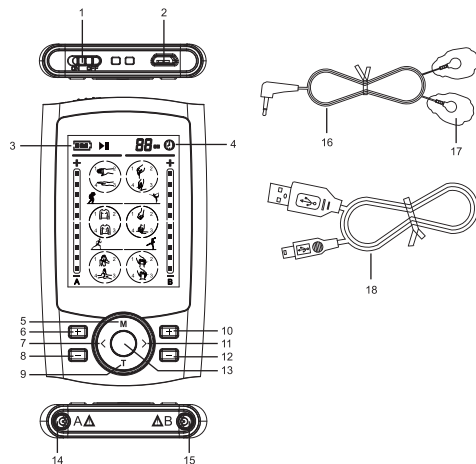
En este paquete estándar se ha incluido

- Dispositivo: 1
- Almohadillas grandes: 2
- Almohadillas medianas: 6
- Almohadillas chicas: 2
- Cable eléctrico: 3

Cuando use un cable de 4 líneas, asegúrese de usar al menos 1 blanco (positivo) y 1 azul (negativo) al mismo tiempo.

- Bolsa: 1

Imágenes del dispositivo y sus accesorios



1. Interruptor de Encendido/ Apagado
2. Puerto USB
3. Indicador de batería
4. Hora
5. Selector de Modo
6. Ajuste de intensidad A (+)
7. Ajuste de modo
8. Ajuste de intensidad A (-)
9. Ajuste de tiempo
10. Ajuste de intensidad B (+)
11. Ajuste de modo
12. Ajuste de intensidad B (-)
13. Pausa
14. Conector de salida A
15. Conector de salida B
16. Cables de la almohadilla
17. Almohadilla de masaje
18. Cable USB

Modos

Puede elegir entre 24 modos. El botón "M" rota entre los 6 modos principales, todos estos modos tienen 4 modos integrados diferentes.

1. Masajeo con el lateral de la palma.
2. Masajeo con la palma plana
3. Masajeo de puño cruzado
4. Masajeo de puño vertical
5. Acupuntura
6. Moxibustión
7. Masajeo de acupuntura
8. Masajeo de moxibustión
9. Frotamiento
10. Reducción de frotamiento
11. Golpeteo
12. Masaje de fibrilación
13. Manipulación de pellizco y estiramiento.
14. Manipulación vibratoria
15. Manipulación de alta frecuencia.
16. Manipulación de fibrilación
17. Profundidad de Shiatsu
18. Masaje tailandés
19. Shiatsu
20. Masaje de Fuerza Alternada
21. Succión intermitente

22. Succión
23. Succión de fibrilación
24. Retención de copa

Instrucciones de uso

1. Conecte las almohadillas al cable haciendo presión en ellas, luego retire la película protectora.

Nota: agregar unas gotas de agua en las almohadillas aumentará su duración.

2. Coloque las almohadillas donde desee sentir el masaje. Y enchúfelas en uno de los puertos del dispositivo. Para obtener un alivio adicional, use el segundo puerto y repita los pasos 1 y 2 con dos almohadillas adicionales.

Asegúrese de que ambas almohadillas estén en contacto con la piel y que no se superponen.

Asegúrese de que su piel esté libre de suciedad, aceite o loción.

3. Encienda el dispositivo presionando el interruptor de encendido/apagado en la parte superior de la unidad. La unidad se activará y comenzará en Modo1.

4. Presione el botón de modo para probar un modo diferente. Luego presione el botón central para elegir las ondas dentro de esa selección. Hay seis iconos en la pantalla, presione los botones “<” y “>” para cambiar entre los seis iconos. Cada ícono tiene 4 diferentes modos integrados, presione la “M” para elegir uno de los 24 modos integrados. Aumente la intensidad, porque esta volverá automáticamente a la más baja cuando cambie a un nuevo modo.

5. Cuando haya seleccionado un modo, aumente gradualmente la intensidad A/B presionando el botón + en el lado derecho/izquierdo; disminúyalo presionando el botón - en el lado derecho/izquierdo del TENS.

6. Ajuste el tiempo de uso del TENS presionando el botón T en el costado del dispositivo. El temporizador se puede incrementar en intervalos de 10 minutos, el dispositivo se apagará automáticamente una vez que el tiempo fijado haya transcurrido.

7. Apague el dispositivo presionando el interruptor de encendido/apagado en la parte superior de la unidad si necesita detenerlo

durante el masaje.

Precauciones

- No aplique las almohadillas de masaje cerca del corazón, en la cabeza, por encima del cuello, en la región del pubis, áreas sobre las cicatrices, en la garganta o en la boca.
- Evite tocar las almohadillas cuando la unidad está encendida.
- Las mujeres embarazadas deben evitar el uso de este masajeador.
- No utilice este masajeador si tiene un marcapasos u otro equipo de soporte de vida, como un pulmón artificial o respirador.
- No se debe utilizar al conducir, operar maquinaria, o durante cualquier actividad en la que las contracciones musculares involuntarias pueden poner al usuario en situación de riesgo o de lesión indebida
- No utilice si tiene alguno de los siguientes problemas médicos:
Enfermedades agudas, traumatismo o tuvo algún procedimiento quirúrgico dentro de un periodo de seis meses.
Disfunción cardíaca

Epilepsia

Alta presión sanguínea

Fiebre alta

Cáncer

Enfermedades infecciosas

Tumores malignos

Cirugía reciente

Problemas de la piel

Embarazo

Síndromes de dolor no diagnosticados

Hernia abdominal o inguinal

Dolores musculares y / o atrofiados

Rango limitado de movimiento en las articulaciones del esqueleto

- Mantenga fuera del alcance de los niños.
- No está diseñado para aplicar dentro de condiciones médicas o enfermedades, ni tiene la intención de fisioterapia o rehabilitación muscular. Está contraindicado para su uso en cualquier músculo que está lesionado o enfermo

Mantenimiento y cuidado

1. Cuando haya terminado de usar el dispositivo, apáguelo y retire las almohadillas.

Guarde la unidad en un lugar fresco y seco hasta su próximo uso.

2. Después de su uso, por favor cubra las almohadillas con la película protectora y vuelva a ponerlas en sus bolsas con cierre de cremallera. Aplique unas gotas antes y después de su uso para aumentar la longevidad de las almohadillas.

3. Cargue la unidad por lo menos cada 3 meses en caso de que no lo utilice con regularidad. También puede utilizar la unidad con el cargador de pared o directamente desde el ordenador mediante el cable USB.

Resolución de problemas

Problema	Causa	Solución
Durante el masaje, la piel se siente una sensación de ardor dolorosa o la estimulación se debilita.	Las almohadillas de gel adhesivas se adhieren firmemente a la piel. O las almohadillas de gel son demasiado secas.	Aplique algunas gotas de agua a la superficie de cada almohadilla y asegúrese de que se apoyan firmemente a la piel durante la aplicación.
La unidad está encendida, pero no se experimenta la sensación de las almohadillas.	Ambas almohadillas no están firmemente sobre la piel. O hay una conexión suelta. O necesita aumentar el nivel de intensidad.	Asegúrese de que ambas almohadillas están firmemente apoyadas a su piel. Asegúrese de que todas las conexiones están bien conectadas desde la unidad a los cables, y de los cables hasta las almohadillas. Aumente el nivel de intensidad.
Las almohadillas de gel adhesivas no se adhieren a la piel incluso después de limpiarlas y humedecerlas.	Las almohadillas de gel adhesivas necesitan ser reemplazadas.	Reemplace el set de las almohadillas. Las almohadillas se pueden comprar con un distribuidor.
La unidad no se enciende o la pantalla está oscura.	La batería está baja.	Recargue la batería
No proporciona un alivio adecuado del dolor.	No lo está usando durante el tiempo suficiente. No se acueste luego de masajear el cuello.	Use su masajeador de 20-30 minutos, unas 3-6 veces por día. Acuéstese sobre su espalda para dar soporte al cuello cuando necesita aliviar dolores o dolor de cuello.

TENS

ATTIVA LA GARANZIA DI 24 MESI E OTTIENI I PAD DI RICAMBIO

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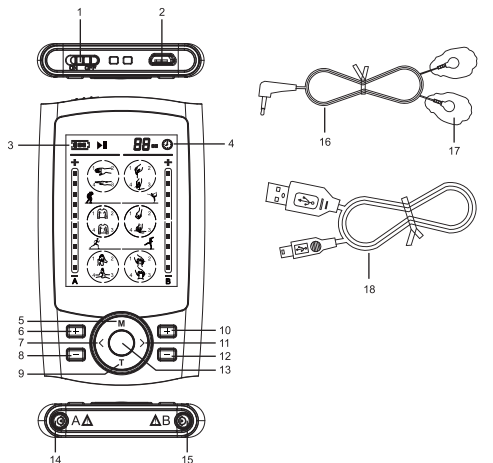
Inclusi nella confezione standard

- Dispositivo x 1pz
- Pad grande x 2 pz
- Pad medio x 6 pz
- Pad piccolo x 2 pz
- Cavo elettrico x 3 pz

Quando si usa un cavo a 4 linee, assicurarsi di usare almeno 1 linea bianca (positivo) + 1 linea blu (negativo) allo stesso tempo.

- Borsa x 1pz

Illustrazioni dispositivo e accessori



1. Interruttore On / Off
2. Porta USB
3. Indicatore batteria
4. Tempo
5. Selettore modalità
6. Regolazione di intensità A (+)
7. Regolazione modalità
8. Regolazione di intensità A (-)
9. Regolazione tempo
10. Regolazione di intensità B (+)
11. Regolazione modalità
12. Regolazione di intensità B (-)
13. Pausa
14. Connettore uscita A
15. Connettore uscita B
16. Fili pad
17. Pad massaggio
18. Cavo USB

Modalità

Ci sono 24 modalità tra cui scegliere. Il pulsante "M" scorre tra le 6 modalità principali, tutte e 6 le modalità principali contengono 4 diverse modalità integrate.

1. Kneading palmare laterale
2. Kneading a palmo steso
3. Kneading trasversale con pugno
4. Kneading verticale con pugno
5. Agopuntura
6. Moxibustione
7. Agopuntura con kneading
8. Moxibustione con kneading
9. Sfregamento
10. Riduzione sfregamento
11. Tapping
12. Massaggio con fibrillazione
13. Manipolazione con sollevamento e pizzicamento
14. Manipolazione vibrante
15. Manipolazione ad alta frequenza
16. Manipolazione con fibrillazione
17. Shiatsu profondo
18. Massaggio thai
19. Shiatsu
20. Massaggio a potenza alternata

21. Coppettazione twinkling
22. Coppettazione
23. Coppettazione con fibrillazione
24. Mantenimento coppettazione

Istruzioni per l'uso

1. Collegare i pad al cavo facendoli scattare, quindi rimuovere la pellicola protettiva.
Nota: l'aggiunta di alcune gocce d'acqua sui pad aumenterà la loro longevità.
2. Posizionare i pad dove si desidera ottenere il massaggio. E collegare una delle porte sul dispositivo. Per un ulteriore sollievo, utilizzare la seconda porta e ripetere i passaggi 1 e 2 per due pad aggiuntivi.
Assicurarsi che entrambi i pad sulla pelle non si sovrappongano.
Assicurarsi che la pelle sia priva di sporco, olio o crema.
3. Accendere il dispositivo premendo l'interruttore on/off nella parte superiore dell'unità. L'unità verrà ora attivata e verrà avviata in Model1.
4. Premere il pulsante modalità per provare una modalità diversa. Quindi premere il tasto centrale per scegliere le onde all'interno di

quella selezione. Ci sono sei icone sullo schermo, premere "<" e ">" per cambiare le sei icone. Ogni icona contiene 4 modalità integrate diverse, premere "M" per scegliere le 24 modalità integrate.

Aumentare l'intensità, perché tornerà automaticamente al minimo quando si passa a una nuova modalità.

5. Una volta selezionata una modalità, aumentare gradualmente l'intensità A / B, premendo il pulsante + sul lato destro / sinistro; diminuirla premendo il pulsante - sul lato destro / sinistro di tens.

6. Regolare il tens usando il tempo e premendo il pulsante T sul lato di tens. Il timer può essere aumentato a intervalli di 10 minuti e tens si spegne automaticamente al termine del tempo impostato.

7. Spegnerne il dispositivo premendo l'interruttore on / off nella parte superiore dell'unità, se occorre spegnere il dispositivo durante il massaggio.

Precauzioni

- Non applicare i pad massaggianti vicino al cuore, sulla testa, nell'area superiore al collo,

nella regione pubica, su cicatrici, sulla gola o sopra la bocca.

- Evitare di toccare i pad quando l'unità è accesa.
- Non usare su donne in stato di gravidanza.
- Non utilizzare su persone con pacemaker o altre apparecchiature di supporto vitale, come polmoni artificiali o respiratori.
- non utilizzare durante la guida, durante l'uso di macchinari o durante qualsiasi attività in cui contrazioni muscolari involontarie possono esporre l'utente ad una condizione di rischio
- Non utilizzare su persone affette dalle seguenti patologie:

Malattia, trauma o intervento chirurgico negli ultimi sei mesi.

Disfunzione cardiaca

Epilessia

Ipertensione

Febbre alta

Cancro

Malattie infettive

Tumori maligni

Intervento chirurgico recente

Problemi di pelle

Gravidanza

Sindromi dolorose non diagnosticate

Ernia addominale o inguinale

Muscoli doloranti e/o atrofizzati

Capacità limitata di movimento delle articolazioni scheletriche

- Tenere fuori dalla portata dei bambini.
- Non destinato alla cura di qualsiasi condizione medica o malattia. Non destinato a cure fisioterapiche o a riabilitazione muscolare. Controindicato per muscoli danneggiati o per malattie muscolari

Cura e manutenzione

1. Dopo aver utilizzato il dispositivo, spegnerlo e rimuovere i pad. Conservare l'unità in un luogo fresco e asciutto.
2. Dopo l'utilizzo, coprire i pad con la pellicola protettiva e riporli nelle apposite custodie con chiusura a cerniera. L'applicazione di alcune gocce d'acqua prima e dopo l'utilizzo prolunga la durata dei pad.
3. Caricare l'unità almeno ogni 3 mesi nel caso non venga utilizzata regolarmente. È inoltre possibile utilizzare l'unità con il caricatore o direttamente dal computer, utilizzando il cavo USB.

Risoluzione dei problemi

Problema	Causa	Soluzione
Durante il massaggio, si avverte una sensazione di bruciore sulla pelle o la stimolazione si indebolisce.	I pad in gel adesivo non sono ben aderenti alla pelle. Oppure i pad in gel sono troppo asciutti.	Applicare alcune gocce di acqua sulla superficie adesiva di ogni pad e assicurarsi che i pad siano saldamente aderenti alla pelle durante l'applicazione.
L'unità è accesa ma non si avverte alcuna sensazione nell'area in cui sono applicati i pad.	I due pad non sono ben aderenti alla pelle. Oppure la connessione si è persa. Oppure occorre aumentare il livello di intensità.	Accertarsi che entrambi i pad siano ben fissati alla pelle. Assicurarsi che tutti sia ben collegato, dall'unità ai cavi e ai cavi dei pad. Aumentare il livello di intensità.
I pad adesivi non aderiscono alla pelle, nemmeno dopo averli puliti e dopo aver umettato il pad di gel.	I pad di gel adesivi devono essere sostituiti.	Sostituire il set di pad. È possibile acquistare i pad presso un distributore della propria zona.
L'unità non si accende o la luminosità dello schermo è flebile.	La batteria è scarica.	Ricaricare la batteria.
Non dà alcun sollievo al dolore.	Non viene utilizzato per un tempo adeguato. Non utilizzare l'unità in posizione supina.	Utilizzare il massaggiatore per 20-30 minuti per volta, 3-6 volte al giorno. Se si ha bisogno di sollievo per mal di testa o dolore al collo, sdraiarsi sulla schiena.