

Belifu

TENS

Model:SM9128H



CUSTOMER SERVICE

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SM9128H TENS & PMS/EMS is a portable and DC 3.7V battery powered multifunctional device, offering both Transcutaneous Electrical Nerve Stimulation (TENS) and Powered Muscle Stimulation (PMS/EMS) functions 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

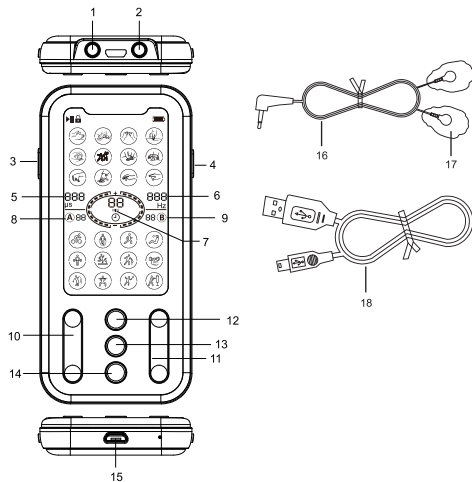
When using cable with 4connectors, make sure to use at least 1pc white(positive)+1pc blue connector (negative)at the same time.

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

Features

- 2 output with 24 modes
- 20 level of intensity
- 20 minutes default timer, can be adjusted from 10 to 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. A output connector
2. B output connector
3. Lock button
4. Switch
5. Pulse width indicator
6. Frequency indicator
7. Time indicator
8. Intensity level of A
9. Intensity level of B

10. Mode adjustment
11. Intensity adjustment
12. AB output switch
13. Pause
14. Time adjustment
15. USB port
16. Electrode wire
17. Electrode pad
18. USB cable

Modes and Function

There are 24 modes to choose from, twelve are TENS mode, and twelve are EMS mode. 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/EMS is intended to be used to stimulate healthy muscles in order to improve and facilitate muscle performance.



1. Hop (TENS)
Suitable for back



5. Cupping (TENS)
Suitable for back



2. Acupuncture (TENS)
Suitable for joints



6. Tai chi (TENS)
Suitable for whole body (except head and heart)



3. Punch (TENS)
Suitable for limbs



7. Press (TENS)
Suitable for back and waist



4. Gua Sha (TENS)
Suitable for back and shoulders



8. Tuina (TENS)
Suitable for Shoulders and back



9. Shiatsu (TENS)
Suitable for wrist, instep, shoulder and neck



15. Used for muscle strengthening after aerobic exercise (EMS)



10. Shiatsu (TENS)
Suitable for feet



16. Used for abdominal muscle strengthening after sit-ups (EMS)



11. Slap (TENS)
Suitable for Shoulders and back



17. Used to relieve muscle soreness after anaerobic exercise (EMS)



12. Pinch (TENS)
Suitable for muscle



13. Used to relax the leg muscles after cycling (EMS)



18. Used to strengthen leg muscles after running (EMS)



14. Used to relax and strengthen the leg muscles after rope skipping (EMS)



19. Used to relieve joint pain after playing basketball (EMS)



20. Used to exercise arm muscles (EMS)



23. Used to relieve arm soreness after playing badminton (EMS)



21. Used to strengthen waist muscles (EMS)



24. Used to relieve muscle soreness after boxing (EMS)



22. Used for leg and buttocks muscle strengthening (EMS)

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 are desired. And plug wire into one of the ports on the top of the device. For additional relief, use the second port and repeat steps 1&2 for 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 the lead wire with 2 buttons, please help to make sure attach both 2 pads on your skin When you use the lead wire with 4 buttons(2 white and 2 blue buttons),please make sure attach at least one white and one blue on your skin, otherwise the device won't work.

3. Press and hold the switch on the right side of the device for 1 second to turn on the device.

4. There are 24 icons on the screen . Press M > and M < button to change the 24 icons. Please increase the intensity because it will return to lowest automatically when you change to a new mode. When A is blinking, you can switch the mode of A channel and increase or decrease the intensity of A channel, When B blinks, you can switch the mode of the B channel and increase or decrease the intensity of the B channel: You can press the A/B button to convert A port or B port.

5. Once you select a mode , gradually increase the A / B intensity by pressing the "+" button; decrease it by pressing "-" button.

6. Adjust the tens using time by pressing the "T" button. 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 "▷||" button to pause when change the massage point.

8. Press the lock button on the left of the device to prevent accidental press after completing above steps. Press the button to unlock screen.

9. Turn the device off by pressing and hold the switch on the right side of the device for 1 second If you need to turn off the device during massaging.

Note:

1) Press and hold the switch on the right side of the device for 1 second ,the LCD lights up and the device turns on. Press and hold again for 1 second , the display goes blank and the device turns off.

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 anterior carotid artery 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.

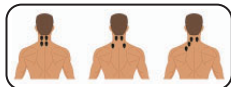
● **CAUTIONS + WARNINGS**

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.

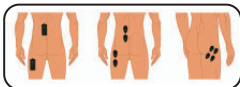
Recommend massage points

Neck Pain



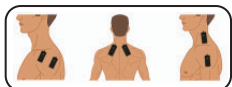
Suggested Mode:
Mode 4 5 8

Chronic Hip Pain



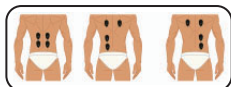
Suggested Mode:
Mode 7 13 18 22

Frozen Shoulder



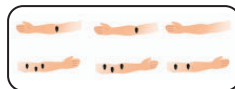
Suggested Mode:
Mode 4 8 12 20

Lower Back Pain



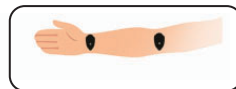
Suggested Mode:
Mode 1 5 7 8 11 21

Tennis Elbow



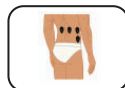
Suggested Mode:
Mode 3 12 20 23

Carpel Tunner Syndrome



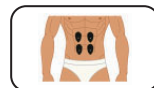
Suggested Mode:
Mode 2 3

Stomach Pain



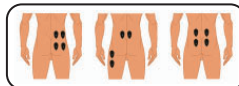
Suggested Mode:
Mode 7 21

Erector Spinalis



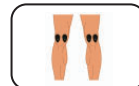
Suggested Mode:
Mode 6 16

Sciatica



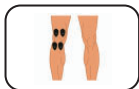
Suggested Mode:
Mode 3 7 12 21

Knee Pain-Post OP



Suggested Mode:
Mode 2 3 15

Dedenerative Arthritis-Knee Pain



Suggested Mode:
Mode 12 13 14

Lower Leg Pain



Suggested Mode:
Mode 10 13 14 18

Foot Pain



Suggested Mode:
Mode 9 10

General System Nerves, Muscle, Tierdness & Bad Blood Circulation



Suggested Mode:
Mode 1 4 5 7 11 21 24

Ankle Pain



Suggested Mode:
Mode 9 10 22

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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Made in China



This device complies with part 15 of the FCC rules

