Beurer 662.00

Beurer EM 80 3-in-1 Digital TENS/EMS Unit

Model: 662.00 | **Brand:** Beurer

Introduction

The Beurer EM 80 is a versatile 3-in-1 digital device designed for pain therapy (TENS), muscle stimulation (EMS), and massage. It offers a wide range of applications for pain relief, muscle regeneration, and relaxation. This manual provides essential information for the safe and effective use of your device.



Image: The Beurer EM 80 device, showing the main unit, electrode pads, connecting cables, and the product packaging.

Safety Information

Please read all safety instructions carefully before using the device. Failure to follow these instructions may result in injury or damage to the device.

- **Do not use on the torso:** Avoid placing electrodes directly on the chest or near the heart.
- Consult a physician before use if you have a pacemaker, heart condition, epilepsy, or are pregnant.
- Do not use on open wounds, irritated skin, or mucous membranes.
- Keep out of reach of children.
- Ensure electrodes are properly adhered to the skin for effective and safe stimulation.



Image: A woman demonstrating electrode placement on the upper back, highlighting the device's safety switch-off feature.

Product Overview

The Beurer EM 80 unit consists of the main device, electrode pads, and connecting cables. It features a clear display and intuitive controls for easy operation.

Components:

- Main unit with LCD display
- 8 self-adhesive electrodes
- Connecting cables (4 channels)
- Storage bag
- Batteries (2 AAA batteries required, included)



Image: A detailed view of the Beurer EM 80's digital display and control buttons, showing channel indicators and program settings.

Setup

1. **Insert Batteries:** Open the battery compartment on the back of the device and insert 2 AAA batteries, ensuring correct polarity.
2. **Connect Cables:** Plug the connecting cables into the output sockets (CH1, CH2, CH3, CH4) on the device.
3. **Attach Electrodes:** Connect the electrode pads to the ends of the connecting cables. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where electrodes will be placed.
5. **Apply Electrodes:** Peel the protective film from the electrodes and firmly press them onto the desired skin area. Refer to the electrode placement guidelines in the operating section.



Image: A visual guide illustrating the recommended placement of eight electrodes on the back for muscle stimulation or pain relief, alongside a package of the included gel pads.

Operating Instructions

Turning On/Off:

Press and hold the **Power/Pause** button (central round button) to turn the device on or off.

Program Selection:

1. Once powered on, use the **MENU** button to navigate through the main modes: TENS, EMS, or Massage.
2. Use the **UP/DOWN** arrows to select a specific program within the chosen mode (e.g., P1, P2, etc.). The device has 30 pre-set applications.
3. Press **ENTER** to confirm your program selection.



Image: A detailed view of the device's control panel, showing buttons for 'UP', 'ENTER', 'CYCLE', 'µS' (pulse width adjustment), 'Hz' (frequency adjustment), and a timer icon (cycle time counter).

Intensity Adjustment:

After selecting a program, the intensity for each channel (CH1-CH4) can be adjusted independently. Use the **'+'** and **'-'** buttons located next to each channel indicator on the display to increase or decrease the intensity. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation.

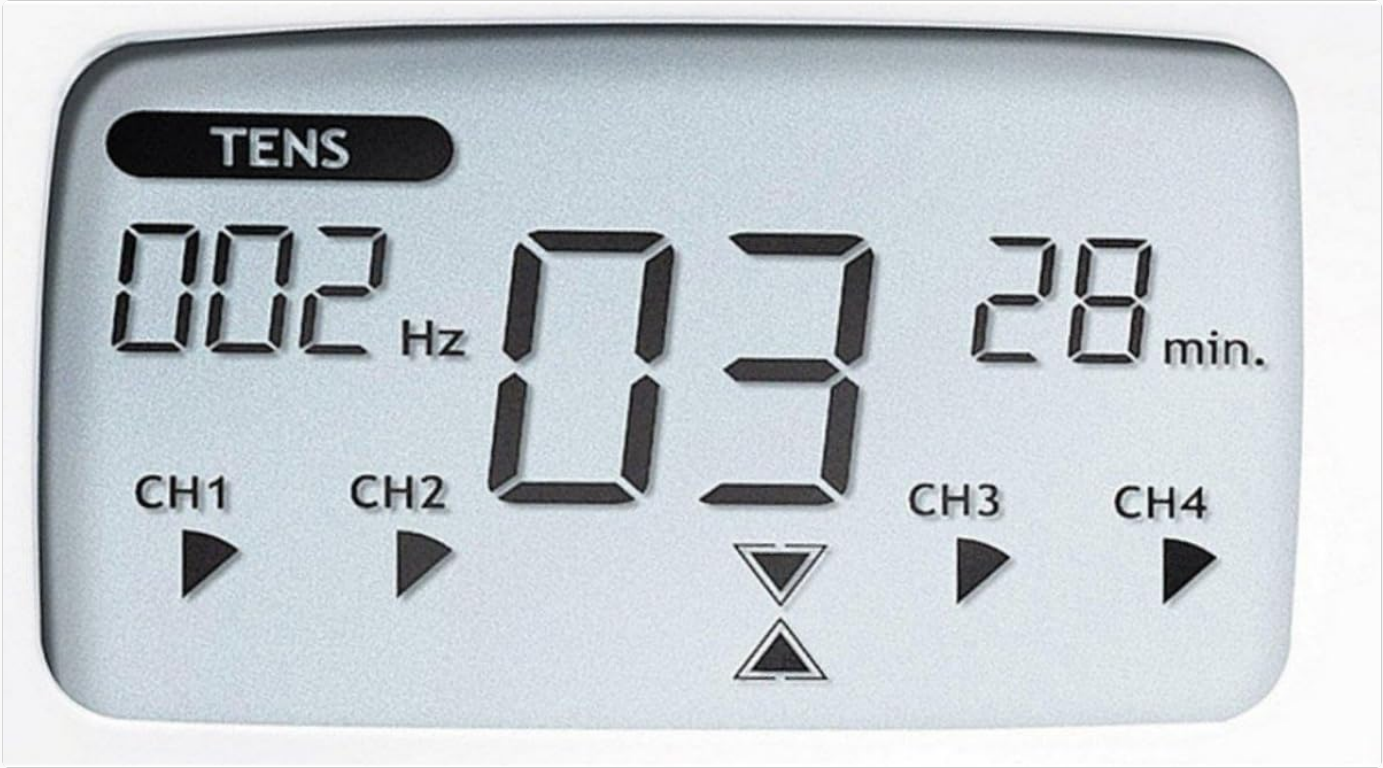


Image: A close-up of the Beurer EM 80's digital screen, displaying the active 'TENS' mode, frequency (Hz), remaining time (min), and individual intensity indicators for channels CH1, CH2, CH3, and CH4.

Electrode Placement:

Correct electrode placement is crucial for effective treatment. Refer to the manual's program-specific diagrams for optimal placement. Generally, place electrodes on or around the target muscle or pain area, ensuring they do not touch each other.

- For muscle stimulation (EMS), place electrodes on the muscle belly.
- For pain relief (TENS), place electrodes around the painful area or along nerve pathways.
- Avoid placing electrodes on joints, bony prominences, or directly over the heart.



Image: A man demonstrating the placement of electrodes on his abdominal muscles, suitable for EMS training.



Image: A man demonstrating the placement of electrodes on his lower back, suitable for TENS pain relief or EMS muscle stimulation.

Maintenance

- **Cleaning:** Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Electrode Care:** After each use, place the electrodes back on their protective film. If the adhesive quality decreases, clean the electrodes with a damp cloth or replace them.
- **Storage:** Store the device and accessories in the provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures. Remove batteries if the device will not be used for an extended period.

Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Replace batteries or check polarity.
No sensation or weak sensation.	Electrodes not properly adhered, intensity too low, or electrodes worn out.	Ensure electrodes are firmly pressed, increase intensity gradually, or replace electrodes.
Skin irritation under electrodes.	Skin not clean, electrodes used too long, or allergic reaction.	Clean skin thoroughly before use, reduce session duration, or discontinue use if irritation persists.

Specifications

- **Model Number:** 662.00
- **Dimensions:** 12.5 x 16.5 x 5 cm
- **Weight:** 1 Kilogram (device only, approx.)
- **Power Supply:** 2 x AAA batteries (included)
- **Channels:** 4 independently adjustable channels
- **Programs:** 30 pre-set applications

- **Functions:** TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electrical Muscle Stimulation), Massage
- **Electrodes:** 8 self-adhesive gel electrodes

Warranty and Support

Beurer products are manufactured to high quality standards. For warranty claims or technical support, please refer to the information below:

- **Warranty:** Egyserv Company grants 1 Year service on all Beurer's products. Blood Pressure Monitors have 3 years.
- **Activation:** You can activate your warranty by entering the required data and uploading the invoice on the activation page on the website: egyservshop.com
- **Cairo Service Branch:** 26 Mohamed Mekled St, Nasr City, 8th district, first floor. Mobile Number: 01000777453
- **Alexandria Service Branch:** 40 Tout Ankh Amoun St, Smouha, second floor. Mobile Number: 01000777452

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Example: How do I reset this device or fix this error?

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