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› [Med-Fit](#) /

› [Med-Fit 1 Dual Channel TENS Machine User Manual](#)

Med-Fit MED-FIT 1

Med-Fit 1 Dual Channel TENS Machine User Manual

Model: MED-FIT 1

INTRODUCTION

This manual provides instructions for the safe and effective use of your Med-Fit 1 Dual Channel TENS Machine. Please read all instructions carefully before operating the device and retain this manual for future reference.

The Med-Fit 1 TENS machine is designed to provide temporary relief from 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 and work activities.

PACKAGE CONTENTS

Upon opening the package, verify that all components are present:

- Med-Fit 1 Dual Channel TENS Machine
- Self-adhesive electrode pads (multiple pairs)
- Lead wires (2 sets)
- 2 AA batteries (included)
- Instruction Manual



Image: Med-Fit 1 TENS machine with its retail packaging, electrode pads, and lead wires. This image illustrates the complete set of items typically found in the product package.

DEVICE FEATURES

The Med-Fit 1 TENS machine is a dual-channel device with adjustable settings for pulse width, pulse rate, and intensity. It offers multiple modes for pain relief.

PREMIUM QUALITY

Dual Channel Functionality



Image: Diagram highlighting the key components of the Med-Fit 1 TENS machine, including lead connectors, intensity controls, mode selector, indicator lights, pulse width dial, and pulse rate dial.

- **Lead Connector:** Ports for connecting electrode lead wires.
- **Intensity Control:** Rotary dials to adjust the stimulation intensity for each channel.
- **Mode Selector:** Switch to select between different treatment modes (Constant, Modulation, Burst).
- **Indicator Lights:** Visual indicators for device operation.
- **Pulse Width Dial:** Adjusts the duration of each electrical pulse.
- **Pulse Rate Dial:** Adjusts the number of electrical pulses per second.
- **Sturdy Clip:** Located on the back for attaching the device to clothing.

SETUP AND OPERATION

1. Battery Installation

The device operates on 2 AA batteries. Ensure the batteries are correctly installed before use. Open the battery compartment on the back of the device, insert the 2 AA batteries, and close the compartment securely.

2. Connecting Electrodes

1. Connect the lead wires to the electrode pads. The electrode pads feature 2mm pin connectors.
2. Plug the lead wires into the output jacks on the top of the TENS unit.



Image: A close-up view of the self-adhesive electrode pads, showing the 2mm pin connectors and the multi-layer construction including hypoallergenic gel and conductive carbon.

3. Electrode Placement

Clean and dry the skin area where electrodes will be placed. Apply the self-adhesive electrode pads directly to the skin around the painful area. Ensure good contact for effective stimulation. Refer to the included electrode placement guide for common pain areas.

PAIN RELIEF

3 Optional Modes

The Med-Fit TENS machine uses mild, safe electrical signals to the nervous system to inhibit pain.

- Constant Mode

- Modulation Mode

- Burst Mode



Release
Endorphins



Inhibit
Pain Signals



Directly Target
Painful Areas



Alternative To
Prescription
Medication



Image: A person's back with four electrode pads strategically placed to target pain. This demonstrates a typical setup for back pain relief using the TENS machine.

RELIEVE YOUR PAIN

Home, Work Or While Travelling.

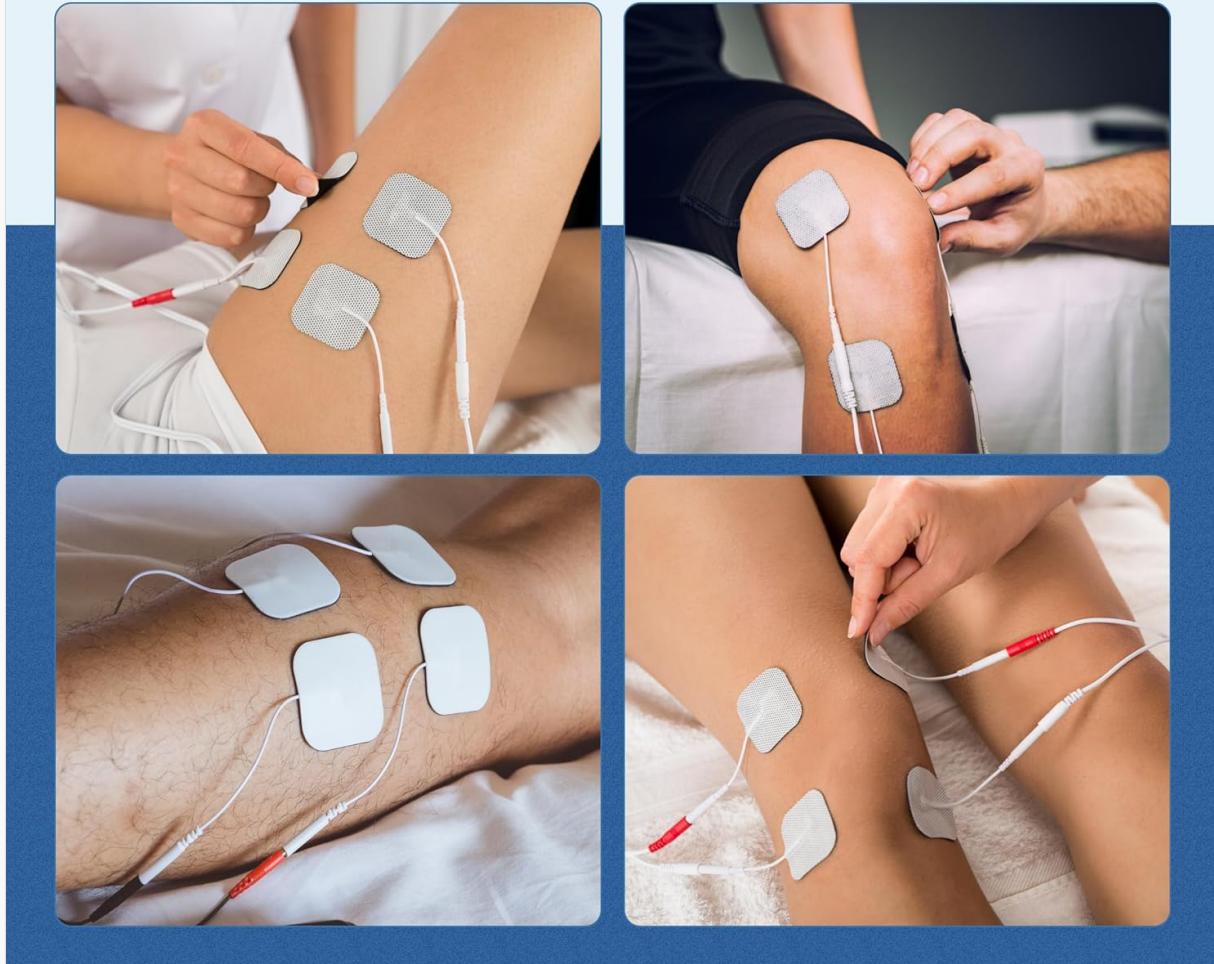


Image: A collage showing different electrode placements on various body parts, including the thigh, knee, and calf, illustrating how the TENS machine can be used for pain relief in multiple areas.

4. Selecting a Mode

The Med-Fit 1 offers three primary modes for pain relief:

- **Constant Mode:** Provides continuous electrical stimulation.
- **Modulation Mode:** Varies the pulse width and/or pulse rate to prevent adaptation.
- **Burst Mode:** Delivers short bursts of high-frequency stimulation.

Use the mode selector switch to choose the desired treatment mode. Consult a healthcare professional for guidance on the most suitable mode for your condition.

5. Adjusting Settings

Once the electrodes are in place and a mode is selected, slowly turn the intensity control dials clockwise to increase the stimulation. Adjust the pulse width and pulse rate dials as needed. Begin with low intensity and gradually increase until a comfortable, tingling sensation is felt. Avoid increasing intensity to a level that causes discomfort or muscle contraction.

Typical treatment sessions last 15-30 minutes, but duration may vary based on individual needs and professional advice.

MAINTENANCE AND CARE

- **Cleaning the Device:** Wipe the TENS unit with a soft, damp cloth. Do not immerse the device in water or use abrasive cleaners.
- **Electrode Care:** After each use, place the self-adhesive electrodes back on their protective liner. Store them in a sealed bag to prolong their lifespan. Replace electrodes when they lose their adhesiveness or become dry.
- **Storage:** Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace the 2 AA batteries when the device's performance diminishes or indicator lights dim.

TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak stimulation	Low battery Electrodes not making good contact Lead wires not properly connected Intensity too low Electrodes are dry or worn out	Replace battery Ensure electrodes are firmly pressed onto clean skin Check all lead wire connections Gradually increase intensity Replace electrodes
Skin irritation under electrodes	Electrodes left on too long Skin not clean Allergic reaction to electrode gel	Reduce treatment duration Clean skin thoroughly before application Discontinue use and consult a healthcare professional
Device does not turn on	Battery incorrectly installed Battery is dead	Check battery orientation Replace battery

SAFETY INFORMATION AND WARNINGS

Important: Consult your doctor before using this device, especially if you have pre-existing medical conditions.

- Do not use if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Do not use if you are pregnant.
- Do not use on areas of skin that are broken, irritated, or numb.
- Do not use over the carotid sinus nerves (front of the neck), on the head, or over the eyes.
- Keep out of reach of children.
- Discontinue use if you experience any adverse reactions and consult a healthcare professional.
- TENS is not a cure for pain, but a method for managing pain.

RECOMMENDED BY

Most Pain Clinics Across The UK

Supplier To **NHS** Pain Clinics
& Hospitals

Doctor Recommendation ❤️ ↗

Not Suitable For Use In Pregnancy.



Image: A healthcare professional giving a thumbs-up gesture next to the Med-Fit 1 TENS machine and electrode pads, indicating professional recommendation. Note: Not suitable for use in pregnancy.

SPECIFICATIONS

Brand	Med-Fit
Model Number	MED-FIT 1
Dimensions (L x W x H)	4 x 2 x 10 cm
Weight	300 grams
Power Source	2 AA Batteries (included)
Channels	Dual Channel
Manufacturer	HealthCentre

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided with your purchase or visit the official Med-Fit website. Keep your proof of purchase for warranty claims.

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Related Documents - MED-FIT 1

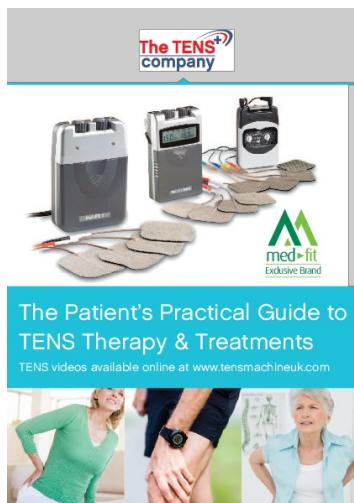
	<p>Med-Fit Pebble TENS Therapy Device JPD-ES200 User Manual</p> <p>Comprehensive user manual for the Med-Fit Pebble TENS Therapy Device (Model JPD-ES200), detailing its features, operation, safety precautions, TENS programs, maintenance, and troubleshooting.</p>
	<p>Med-Fit R-C4A-RW1 Premier TENS Machine User Manual</p> <p>User manual and instructions for the Med-Fit R-C4A-RW1 Premier Dual Channel TENS Machine, providing guidance on operation, safety, programs, and specifications for pain relief and muscle stimulation.</p>
	<p>Med-Fit Wireless 4 Channel TENS Machine User Manual & Instructions</p> <p>Comprehensive user manual and instructions for the Med-Fit Wireless 4 Channel TENS Machine. Learn how to use this portable device for temporary muscle pain relief. Includes safety guidelines and technical specifications.</p>
	<p>Med-Fit Wireless 2 Channel TENS Machine User Manual</p> <p>User manual for the Med-Fit Wireless 2 Channel TENS Machine, detailing safe operation, pain relief, and maintenance. Includes contraindications and troubleshooting.</p>
	<p>The Premier Easy TENS and Muscle Stimulators User Guide</p> <p>A comprehensive user guide for the Premier Easy TENS and Muscle Stimulators, Model EM6300P. This guide provides detailed instructions on controls, functions, programs, electrode placement, and safety precautions for both TENS and EMS modes.</p>



[Med-Fit Pebble TENS Therapy Device User Manual](#)

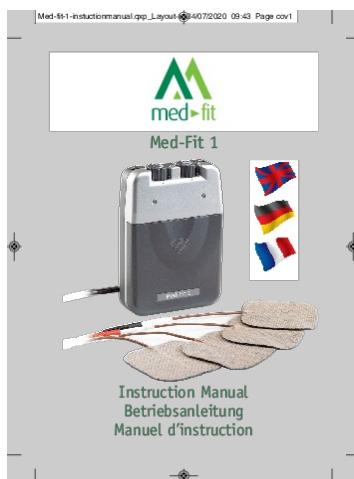
User manual for the Med-Fit Pebble Dual Channel TENS Therapy Device (Model: JPD-ES200), providing instructions on usage, safety, specifications, and troubleshooting.

Documents - Med-Fit – MED-FIT 1



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Patient Instructions & User Manual
Tel: 0161 429 7330 email: sales@med-fit.co.uk
Med-Fit 1



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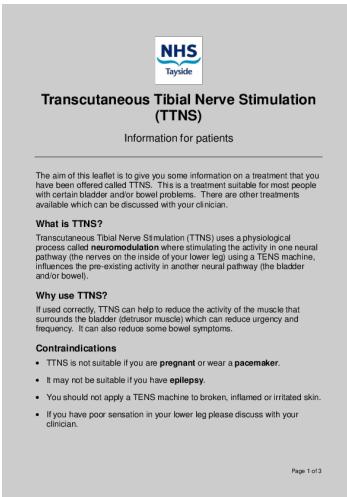
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lmontgomery Transcutaneous Tibial Nerve Stimulation TTNS Suggested TENS machines Med Fit 1 3

TPN 200 Can be purchased online approximately £25 £30 Page of Do not use in the bath near PROD

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Transcutaneous Tibial Nerve Stimulation TTNS Information for patients The aim of this leaflet is to give you some information on a treatment that you have been offered called TTNS. This is a treatment suitable for most people with certain bladder and/or bowel problems. There are other treatments a...

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