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- › [Sanitas](#) /
- › [Sanitas SEM 43 Digital EMS/TENS Device User Manual](#)

Sanitas 661.30

Sanitas SEM 43 Digital EMS/TENS Device User Manual

Model: 661.30

1. INTRODUCTION

The Sanitas SEM 43 is a versatile 3-in-1 device designed for muscle stimulation, pain therapy, and massage. It combines Transcutaneous Electrical Nerve Stimulation (TENS) for drug-free pain relief, Electrical Muscle Stimulation (EMS) for muscle training and regeneration, and a massage function for beneficial relaxation. A total of 44 pre-programmed and 6 customizable programs are available. This manual provides essential information for the safe and effective use of your device.



Figure 1: Sanitas SEM 43 Digital EMS/TENS Device with Electrode Pads.

2. IMPORTANT SAFETY INFORMATION

Please read all safety instructions carefully before using the Sanitas SEM 43 device. Failure to follow these instructions may result in injury or damage to the device.

- **Electrode Contact:** For safety, the device's intensity can only be adjusted when the electrodes are in full contact with the skin.
- **Skin Condition:** Body hair, oily/dry skin, or wear of the adhesive can affect electrode adhesion. Ensure proper skin preparation for optimal contact.
- **Cleaning Electrodes:** To ensure the longest possible service life and hygiene, clean the electrodes after each use.
- **Pacemakers:** This device is **not suitable for persons with pacemakers**. Consult a medical professional if you have any implanted electronic devices.
- **General Precautions:** Always consult your doctor before using this device, especially if you have pre-existing

medical conditions. Do not use on open wounds, irritated skin, or near sensitive areas like the eyes or heart.

3. SETUP AND INITIAL USE

Follow these steps to set up your Sanitas SEM 43 device for the first time:

1. **Unpack:** Open the package and carefully remove the device and all accessories.
2. **Read Manual:** Thoroughly read this user manual and all safety instructions before proceeding.
3. **Attach Electrodes:** Attach the self-adhesive electrodes to the desired area of your body. Ensure the skin is clean and dry for optimal adhesion.
4. **Connect Electrodes:** Connect the electrode cables to the device's channels (CH1 and CH2).
5. **Insert Batteries:** The device requires 3 AAA batteries (included). Open the battery compartment on the back of the device and insert the batteries, observing polarity.
6. **Power On:** Press the power button to turn on the device.



Figure 2: Proper placement of electrodes on the back for pain relief or muscle relaxation.

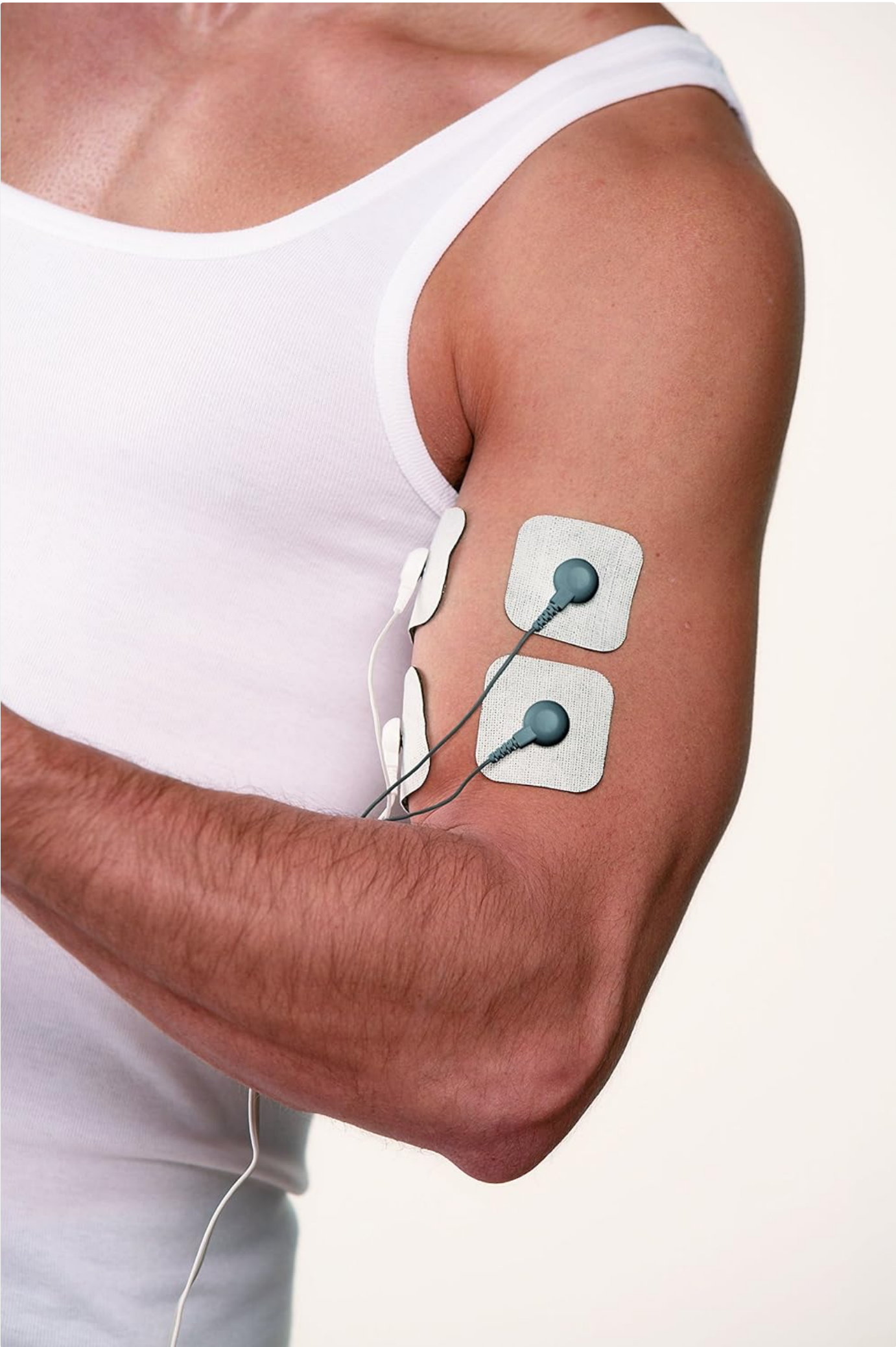


Figure 3: Electrode placement on the arm for muscle stimulation.

4. OPERATING THE DEVICE

The Sanitas SEM 43 offers three primary functions: TENS, EMS, and Massage. It features 44 pre-programmed applications and 6 customizable programs.

4.1 Function Selection and Program Settings

1. **Select Function:** Use the mode button (M) to cycle through TENS, EMS, or Massage functions. The selected function will be displayed on the backlit LCD.
2. **Choose Program:** Use the 'UP' and 'DOWN' buttons to select from the 44 pre-programmed applications or one of the 6 customizable programs.
3. **Set Timer:** Adjust the treatment duration using the timer function, which can be set between 5 and 100 minutes.
4. **Adjust Intensity:** Once the electrodes are properly applied, use the '+' and '-' buttons for Channel 1 (CH1) and Channel 2 (CH2) to adjust the intensity of the stimulation. Increase intensity gradually until a comfortable sensation is achieved.





Figure 4: Device control panel with LCD display showing program and intensity settings.

4.2 Doctor's Function

The device includes a practical 'Doctor's Function' which allows for adaptation to your personal therapy program. This individual program can be set based on advice from your medical professional.

4.3 Key Lock and Safety Shutdown

The device features a key lock to prevent accidental changes during use and an automatic safety shutdown for secure operation.

4.4 Product Video Guide

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Video 1: Product Summary Video. This video provides a brief overview of the Sanitas SEM 43 device's features and functions.

5. MAINTENANCE AND CARE

- **Electrode Cleaning:** After each use, gently clean the self-adhesive electrodes. This helps maintain their adhesive properties and extends their lifespan.
- **Device Cleaning:** Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device and accessories in a safe, dry place away from direct sunlight and extreme temperatures.

- **Battery Replacement:** Replace batteries when the low battery indicator appears on the display. Ensure proper disposal of used batteries.

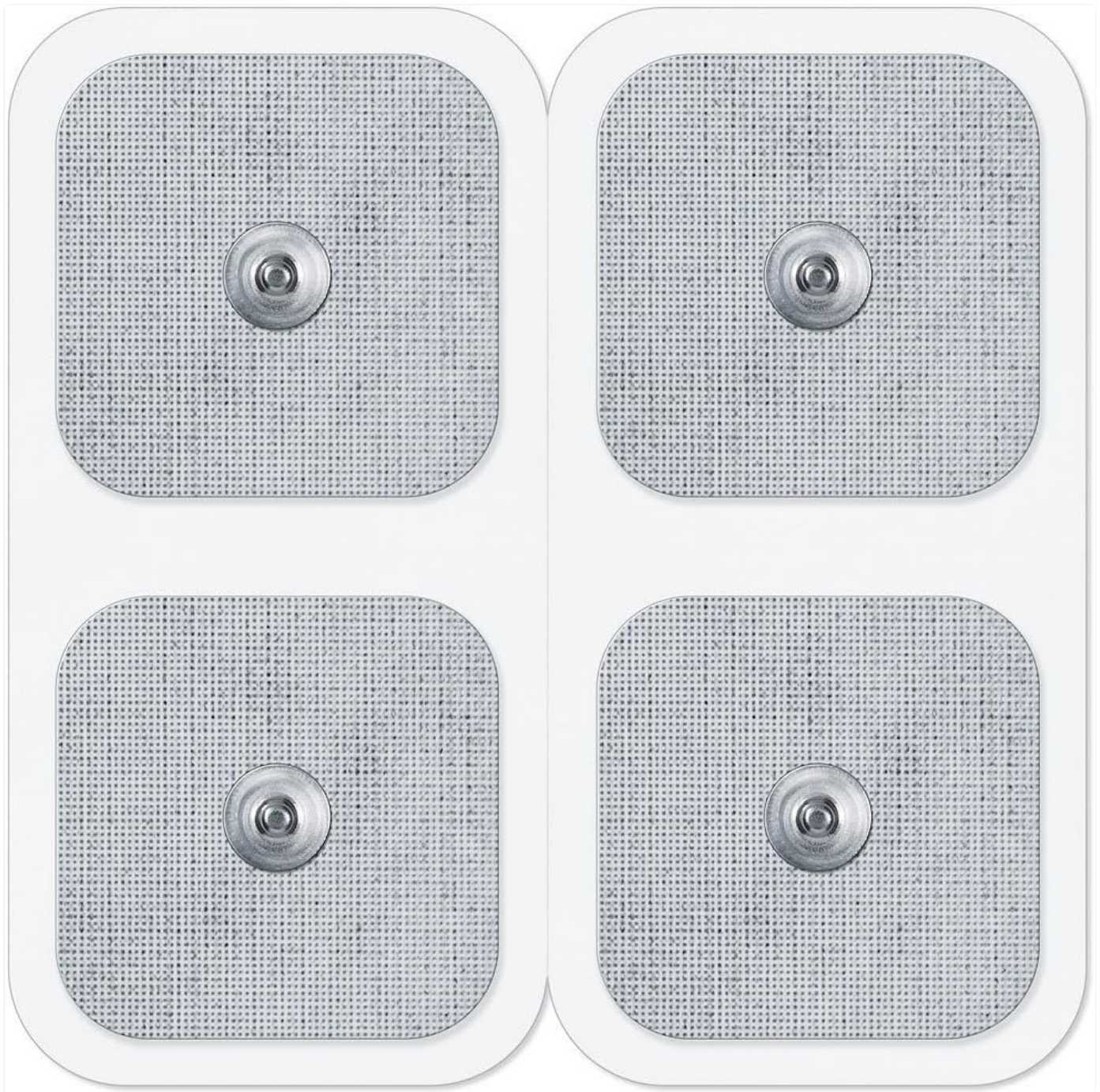


Figure 5: Self-adhesive electrode pads, requiring regular cleaning for optimal performance.

6. TROUBLESHOOTING

If you encounter issues with your Sanitas SEM 43, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Device does not turn on.	Low or dead batteries; incorrect battery insertion.	Replace batteries with new ones, ensuring correct polarity.

Problem	Possible Cause	Solution
No stimulation felt or weak stimulation.	Electrodes not fully adhered; intensity too low; worn-out electrodes; loose cable connection.	Ensure electrodes are firmly attached to clean, dry skin. Increase intensity gradually. Replace old electrodes. Check cable connections.
Display is not working.	Low batteries; device malfunction.	Replace batteries. If problem persists, contact customer support.

If the problem persists after attempting these solutions, please contact Sanitas customer support.

7. TECHNICAL SPECIFICATIONS

Feature	Detail
Model Number	661.30
Functions	EMS (Electrical Muscle Stimulation), TENS (Transcutaneous Electrical Nerve Stimulation), Massage
Channels	2 (separately controllable)
Electrodes	4 self-adhesive electrodes (45 x 45 mm)
Pre-programmed Applications	44
Customizable Programs	6 (TENS and EMS)
Timer Function	Adjustable (5-100 minutes)
Display	Backlit LCD
Power Supply	3 x AAA batteries (included)
Product Dimensions	22 x 16.2 x 5.2 cm
Item Weight	0.18 Grams
Manufacturer	Beurer GmbH

8. WARRANTY AND SUPPORT

The Sanitas SEM 43 device comes with a **2-year guarantee** from the date of purchase. Please retain your proof of purchase for warranty claims.

For technical support, warranty claims, or further inquiries, please contact Sanitas customer service. Contact information can typically be found on the product packaging or the official Sanitas website.



Figure 6: Product packaging highlighting key features and warranty information.