

## I TECH 28376

# I Tech Mio-Care Fitness Electrostimulator User Manual

Model: 28376

## INTRODUCTION

The I Tech Mio-Care Fitness Electrostimulator is a versatile 2-channel device designed for various applications including medical, beauty, and fitness programs. It features a biphasic compensated square wave generator, ensuring no thermal polarization effects. This manual provides essential information for the safe and effective use of your electrostimulator.

## SETUP GUIDE

### 1. Unboxing and Components

Carefully unpack all items from the packaging. Verify that the following components are present:

- I Tech Mio-Care Fitness Electrostimulator Unit
- Electrode Cables (2 pairs)
- Self-adhesive Electrodes
- Power Adapter/Charger
- User Manual (this document)
- Carrying Case



Image: The I Tech Mio-Care Fitness Electrostimulator unit, electrode cables, and self-adhesive electrodes neatly organized within its dedicated black carrying case, alongside the user manual.

## 2. Charging the Device

Before first use, fully charge the internal rechargeable battery. Connect the power adapter to the device's charging port and plug it into a standard electrical outlet. The charging indicator on the device will show the charging status. A full charge typically takes several hours.

## 3. Electrode Placement

Proper electrode placement is crucial for effective and safe stimulation. Always ensure the skin is clean, dry, and free of lotions or oils before applying electrodes. Connect the electrode cables to the device's output channels (CH1 and CH2). Attach the electrodes to the desired body areas as indicated by your specific program or a healthcare professional. Refer to the detailed electrode placement diagrams in the comprehensive manual for precise guidance for each program.



Image: A clear plastic bag containing two pairs of I Tech reusable self-adhesive electrodes, ready for application.

## OPERATING INSTRUCTIONS

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### 1. Powering On/Off

Press and hold the **ON/OFF** button located on the device's control panel to turn the unit on or off.



Image: The I Tech Mio-Care Fitness Electrostimulator, showcasing its digital display with program number, intensity levels for CH1 and CH2, and category indicators (Beauty, TENS, Fitness).

## 2. Navigating Programs

The device offers 55 programs categorized into Medical (20), Beauty (15), and Fitness (20). Use the **MODE** button to switch between program categories (Beauty, TENS, Fitness). Once a category is selected, use the **PRG** button to cycle through the available programs within that category. The display will show the current program number.



Image: A detailed close-up of the electrostimulator's screen, highlighting the program selection, time remaining, and intensity controls for both channels (CH1 and CH2).

### 3. Adjusting Intensity

After selecting a program, you can adjust the intensity for each channel independently. Use the **up/down arrow buttons** next to **CH1** and **CH2** to increase or decrease the stimulation intensity. Start with a low intensity and gradually increase it until you feel a comfortable, yet effective, sensation. Avoid setting the intensity too high, which could cause discomfort.

### 4. Understanding the Display

The digital display provides real-time information:

- **Program Number:** Indicates the currently selected program.
- **Time Remaining:** Shows the duration left for the current program cycle.
- **Intensity Levels:** Displays the output intensity for Channel 1 (CH1) and Channel 2 (CH2).
- **Category Indicators:** Highlights the active program category (Beauty, TENS, Fitness).

## MAINTENANCE

### 1. Cleaning the Device

To clean the electrostimulator unit, gently wipe its surface with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the device. Ensure no liquid enters the device openings.

### 2. Electrode Care and Storage

After each use, carefully remove the electrodes from your skin and reattach them to their protective plastic film. Store them in a sealed bag or their original packaging to prevent drying out. Replace electrodes when they lose their adhesiveness or show signs of wear.

### 3. Device Storage

When not in use, store the I Tech Mio-Care Fitness Electrostimulator in its carrying case in a cool, dry place, away from direct sunlight and extreme temperatures. This helps protect the device from dust and physical damage.

### 4. Battery Care

To prolong the life of the internal rechargeable battery, avoid completely draining it before recharging. If the device will not be used for an extended period, charge it periodically (e.g., every 3-6 months) to maintain battery health.

## TROUBLESHOOTING

If you encounter issues with your I Tech Mio-Care Fitness Electrostimulator, refer to the following common problems and solutions:

- **Device does not turn on:**  
Ensure the battery is sufficiently charged. Connect the device to the power adapter and allow it to charge for at least 30 minutes before attempting to power it on again.
- **No sensation or weak sensation:**  
Check that the electrode cables are securely connected to both the device and the electrodes. Ensure the electrodes are firmly adhered to clean, dry skin. Increase the intensity gradually using the channel-specific arrow buttons. Replace old or worn-out electrodes.
- **Display is blank or frozen:**  
Try turning the device off and then on again. If the issue persists, allow the battery to fully discharge and then recharge it.
- **Error message on display:**  
Specific error codes may indicate different issues. Refer to the comprehensive user manual provided with your device for a detailed list of error messages and their corresponding troubleshooting steps.

If these steps do not resolve the issue, please contact customer support for further assistance.

## TECHNICAL SPECIFICATIONS

| Feature | Specification |
|---------|---------------|
|---------|---------------|

|                        |                                                      |
|------------------------|------------------------------------------------------|
| Model Number           | 28376                                                |
| Channels               | 2 independent channels                               |
| Waveform               | Biphasic compensated square wave                     |
| Programs               | 55 total (20 Medical, 15 Beauty, 20 Fitness)         |
| Maximum Intensity      | 200 mAh                                              |
| Power Source           | Internal rechargeable battery                        |
| Dimensions (L x W x H) | 20.5 x 29 x 7.5 cm (approx. 8.1 x 11.4 x 3.0 inches) |
| Weight                 | 1.15 kg (approx. 2.54 lbs)                           |
| Manufacturer           | I-Tech Medical Division                              |
| Compliance             | Conforms to 93/42/CEE MDD standards                  |

## WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your product or visit the official I-Tech Medical Division website. The warranty typically covers manufacturing defects for a specified period from the date of purchase.

If you require technical support, have questions about specific programs, or need assistance with repairs, please contact I-Tech Medical Division customer service. Contact details can usually be found on the manufacturer's website or in the full product manual.

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## ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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

#### Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

#### Answered questions about this manual

##### **How should I position the electrodes for the breast program on the I-TECH Mio-Care Fitness Electrostimulator (Model 28376)?**

For the I-TECH Mio-Care Fitness (Model 28376), electrode placement for beauty programs like the breast (seno) program generally follows standard electrostimulation protocols for toning. While the summary manual does not include the specific diagram,...

[Read full answer](#)