

Manuals.plus /

- › HiDow /
- › HiDow XP-Micro TENS EMS Combo Muscle Stimulator Instruction Manual

HiDow XP-Micro

HiDow XP-Micro TENS EMS Combo Muscle Stimulator Instruction Manual

Model: XP-Micro

INTRODUCTION

The HiDow XP-Micro is a compact, dual-channel TENS and EMS combo device designed for muscle stimulation and temporary pain relief. This manual provides essential information for the safe and effective operation, setup, and maintenance of your device.



Image: The HiDow XP-Micro unit connected to four electrode pads, ready for use.

SAFETY INFORMATION

Important: Read all safety warnings and instructions before using this device. Failure to do so may result in injury or device damage.

- Avoid contact with skin for prolonged periods due to heat.
- Unplug the device when not in use.
- Do not use near water or other liquids.
- Keep away from children and pets.
- Consult a healthcare professional before use if you have any medical conditions or are pregnant.

PACKAGE CONTENTS

Verify that all items are present in the package:

- HiDow XP-Micro Device
- Electrode Pads (various sizes)
- Electrode Wires (2 sets)
- USB Charging Cable
- Power Adapter
- Pads Holder
- User Manual



Image: An overhead view of all items included in the HiDow XP-Micro product package.

DEVICE OVERVIEW

The HiDow XP-Micro features a compact design with an intuitive interface for easy operation.



Image: A detailed view of the HiDow XP-Micro device, highlighting its digital display with mode icons and intensity level, and the central control button.

Key Components:

- **Digital Display:** Shows selected mode, intensity level, and battery status.
- **Mode Selection Icons:** Eight distinct icons representing different massage modes.
- **Intensity Controls:** '+' and '-' buttons to adjust stimulation intensity.
- **Power/Play/Pause Button:** Central button for turning the device on/off and controlling session flow.
- **Output Ports:** Two ports located at the top for connecting electrode wires, enabling dual-channel operation.

SETUP

1. **Charge the Device:** Before first use, fully charge the HiDow XP-Micro using the provided USB cable and power adapter. The battery indicator on the display will show charging status.
2. **Connect Electrode Wires:** Insert the pin connectors of the electrode wires into the output ports at the top of the device.
3. **Attach Electrode Pads:** Connect the electrode pads to the other end of the electrode wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where the pads will be applied. This helps ensure proper adhesion and conductivity.
5. **Apply Electrode Pads:** Carefully peel the protective film from the electrode pads and firmly place them on the desired treatment area. For optimal results, refer to online resources or consult a healthcare professional for proper pad placement for specific conditions.

OPERATING INSTRUCTIONS

To use the HiDow XP-Micro TENS EMS Combo Massager effectively, follow these steps:

1. **Power On:** Press and hold the central Power/Play/Pause button until the display illuminates.
2. **Select Mode:** Use the mode selection icons on the digital display to choose one of the eight available massage modes. Each icon represents a different stimulation pattern.
3. **Adjust Intensity:** Use the '+' and '-' buttons to increase or decrease the stimulation intensity for each channel. Start with a low intensity and gradually increase it to a comfortable level. The device features dual output channels, allowing for independent intensity adjustment for different areas or simultaneous treatment of larger areas.
4. **Begin Session:** Press the central Power/Play/Pause button to start the session.
5. **Pause/Resume:** During a session, press the central Power/Play/Pause button once to pause, and press again to resume.
6. **Power Off:** To turn off the device, press and hold the central Power/Play/Pause button until the display turns off.

Note: It is recommended to start with shorter sessions (e.g., 15-20 minutes) and gradually increase duration as tolerated. Do not change modes while the device is paused; turn off the device, select the new mode, and then restart.

MAINTENANCE AND CARE

- **Cleaning the Device:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse in water.
- **Cleaning Electrode Pads:** After each use, gently wipe the adhesive side of the pads with a damp cloth or a small amount of water to remove any residue. Allow them to air dry completely before reattaching the protective film. This helps maintain adhesion and prolong pad life.
- **Storing Pads:** Store electrode pads on the provided pads holder or reattach the protective film and store them in a sealed bag to prevent drying out.
- **Battery Care:** To preserve battery life, avoid fully discharging the device frequently. Charge the device regularly, even if not in constant use.
- **Storage:** Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device fully. Ensure the power button is pressed and held correctly.
No sensation or weak sensation.	Pads not adhering properly, low intensity, or faulty connection.	Ensure pads are firmly attached to clean skin. Increase intensity gradually. Check electrode wire connections. Replace old pads if adhesion is lost.
Pads losing stickiness.	Pads are dirty or dry.	Clean pads with a damp cloth and allow to air dry. If severely worn, replace with new pads.
Device turns off unexpectedly.	Low battery or automatic shut-off.	Recharge the device. The device may have an automatic shut-off feature after a set duration.

SPECIFICATIONS

- **Model:** XP-Micro
- **Brand:** HiDow
- **Item Model Number:** 4332487750
- **Dimensions:** 6 x 4 x 5 inches
- **Item Weight:** 10.08 ounces
- **Power Source:** Battery Powered (1 Lithium Ion battery required)
- **Channels:** Dual Output
- **Modes:** 8

WARRANTY AND SUPPORT

For warranty information, technical support, or service inquiries, please contact HiDow customer service. Refer to the contact information provided in your product packaging or visit the official HiDow website.

Manufacturer: Hi-Dow

LEGAL DISCLAIMER

Follow manufacturer warnings included with manual.