DR-HO'S CIRCULATION PROMOTER TENS

DR-HO'S Circulation Promoter Electric Massager Instruction Manual

Model: CIRCULATION PROMOTER TENS

1. Introduction

The DR-HO'S Circulation Promoter Electric Massager is designed to provide a complete system for relieving pain, stiffness, and tension in the legs and feet, while also improving blood circulation. This device utilizes advanced pain therapy technologies to offer multi-faceted relief.
Please read this instruction manual thoroughly before using the device to ensure safe and effective operation. Keep this manual for future reference.

2. Important Safety Information

Warning: Do not use this device if you have a pacemaker without consulting your doctor.
Before using this device, consult your doctor or healthcare professional, especially if you suffer from a medical condition or are taking medications that may affect blood circulation.

- Do not use on open wounds or irritated skin.
- Do not use near water or in damp environments.
- Keep out of reach of children.
- Discontinue use if you experience any discomfort or adverse reactions.
- This device is for personal use only and not intended for medical diagnosis or treatment.

3. Package Contents

Verify that all items are present in the package:

- 1 x Main Unit (Circulation Promoter)
- 1 x Pain Therapy System (Controller)
- 4 x Small Electrode Pads
- 2 x XL Electrode Pads

- 1 x Water Spray Bottle
- 1 x Instruction Manual (this document)
- 1 x Travel Case



Image: The DR-HO'S Circulation Promoter main unit with various accessories including electrode pads and the controller.

4. Setup Instructions

1. **Charge the Device:** Before first use and whenever necessary, ensure the device is fully charged. The device is battery-powered.
2. **Attach Pads:** Fix the desired electrode pads (foot pads or body pads) to the massager. Ensure a secure connection.



Image: A user connecting the controller to either the foot therapy base or body pads to target specific areas.

3. **Position the Device:** Place the Circulation Promoter on a flat, stable surface. If using foot pads, place your bare feet on the designated areas. If using body pads, apply them to the target area of the body.

5. Operating Instructions

1. **Power On:** Turn on the device using the power switch on the controller.
2. **Select Mode:** Choose one of the three available modes (TENS, EMS, AMP) according to your needs. Refer to the descriptions below for guidance:
    - **TENS Therapy (Transcutaneous Electrical Nerve Stimulation):** Delivers gentle electrical impulses to the nerves to help interrupt pain signals, providing deep, penetrating pain relief.



Image: Two people sitting on a couch, using the DR-HO'S Circulation Promoter for TENS therapy, with electrical impulses shown targeting leg nerves.

- **EMS Therapy (Electrical Muscle Stimulation):** Provides muscle therapy to soothe sore and aching muscles and improve muscle performance.



Image: A woman sitting on a couch, using the DR-HO'S Circulation Promoter for EMS therapy, with muscle stimulation indicated on her legs.

- **NMES Therapy (Neuromuscular Electrical Stimulation):** Sends impulses to the nerves, helping the relaxation of muscle spasms, increasing blood flow circulation, and improving range of motion.



Image: A woman sitting by a window, using the DR-HO'S Circulation Promoter for NMES therapy, illustrating nerve impulses for muscle relaxation and improved circulation.

- **Auto-Modulation Technology (AMP):** This patented technology delivers over 300+ TENS, EMS, and NMES waveforms to provide a dynamic pain relief treatment that feels like a soothing hands-on massage while relieving your pain.



Image: A diagram showing the internal chip for Auto-Modulation Technology alongside a man using the Circulation Promoter, highlighting the advanced waveform delivery.

3. **Adjust Intensity:** Set the intensity to a comfortable level using the controls on the device. Start with a low intensity and gradually increase it.
4. **Treatment Duration:** For optimal results, massage for 15-30 minutes, 2-3 times per day. The device features an auto shut-off timer that automatically turns off after 10, 20, or 40 minutes.

6. Maintenance

- **Cleaning:** After each use, clean the device and electrode pads properly. Use a damp cloth to wipe the main unit. For electrode pads, gently wipe them with the provided water spray bottle and a clean cloth. Do not immerse the device in water.
- **Storage:** Store the device and accessories in the provided travel case in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery Care:** Ensure the device is charged regularly to maintain battery health, especially if not used for extended periods.

7. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device fully. Ensure the power switch is in the 'ON' position.
No sensation or weak sensation.	Pads not properly attached or dry. Intensity level too low.	Ensure pads are securely attached and moist (use water spray if needed). Increase intensity gradually. Ensure skin is clean and free of lotions.
Pads losing stickiness.	Pads are dirty or worn out.	Clean pads with water. If stickiness does not return, replace with new pads.
Discomfort during use.	Intensity level too high. Incorrect pad placement.	Reduce intensity. Adjust pad placement. Consult a healthcare professional if discomfort persists.

8. Specifications

Feature	Detail
Model Number	CIRCULATION PROMOTER TENS
Brand	DR-HO'S
Power Source	Battery Powered
Wireless	Yes
Targeted Body Part	Body (Feet, Legs, etc.)
Massage Therapy Technique	Percussion (TENS, EMS, NMES, AMP)
Product Dimensions (L x W x H)	41.7 cm x 40.6 cm x 6.6 cm (16.4 in x 16.0 in x 2.6 in)
Item Weight	2.44 kg (5.37 lbs)
Waterproof Level	Not waterproof
Auto Shut-Off Timer	10, 20, or 40 minutes
UPC / GTIN	810890000345

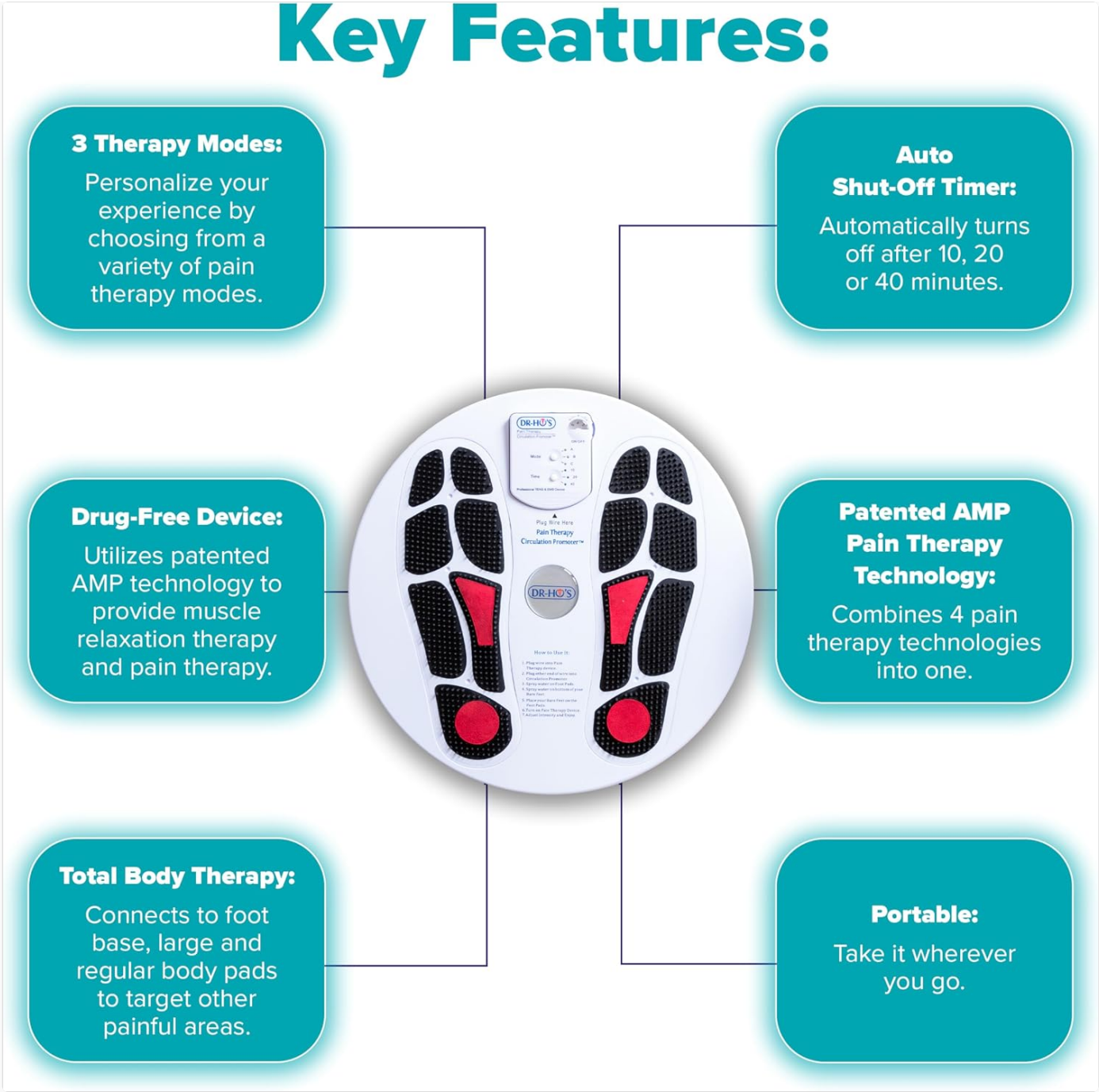


Image: An overview of the DR-HO'S Circulation Promoter's key features, highlighting its 3 therapy modes, auto shut-off timer, drug-free nature, patented AMP technology, total body therapy capability, and portability.

9. Warranty and Support

For warranty information and customer support, please refer to the official DR-HO'S website or contact their customer service directly. Keep your purchase receipt as proof of purchase.
For further assistance, you may visit the manufacturer's website or contact their support team using the contact information provided with your product packaging.

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