

AccuRelief ACRL-2001

AccuRelief TENS Unit Muscle Stimulator Pain Relief System

Model: ACRL-2001

1. INTRODUCTION

The AccuRelief TENS Unit Muscle Stimulator Pain Relief System is designed to provide temporary relief of pain associated with sore and aching muscles in the neck, shoulder, back, arm, leg, and foot due to strain from exercise or normal household and work activities. TENS (Transcutaneous Electrical Nerve Stimulation) therapy works by sending stimulating pulses through the skin to the nerves, which helps to block pain signals and encourage the body's natural pain relief mechanisms.

2. IMPORTANT SAFETY INFORMATION

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

- 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 open wounds or broken skin.
- Do not use near the heart, on the head, on the front of the neck, or over areas of skin that lack normal sensation.
- Consult your physician before using this device if you have any medical conditions, including but not limited to epilepsy, heart disease, or cancer.
- Keep out of reach of children.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PACKAGE CONTENTS

Verify that all items are present in your AccuRelief TENS Unit package:

- AccuRelief Single Channel TENS Unit Device
- Two (2) pairs of 2" x 2" reusable self-adhesive electrode gel pads (4 pads total)
- One (1) lead wire
- Two (2) AAA long-life batteries
- Instruction Manual (this document)
- Quick Start Guide
- Electrode Placement Guide



Image: Contents of the AccuRelief TENS Unit package, showing the device, electrode pads, lead wire, AAA batteries, and various guides.

4. SETUP

4.1 Battery Installation

1. Locate the battery compartment on the back of the AccuRelief TENS Unit.
2. Slide the battery cover off.

3. Insert two (2) AAA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
4. Replace the battery cover.

4.2 Connecting Lead Wires and Electrodes

1. Insert the pin connectors of the lead wire into the electrode pads. Ensure a secure connection.
2. Plug the lead wire connector into the port on the top of the AccuRelief TENS Unit.



Image: The AccuRelief TENS Unit with its lead wires and two electrode pads attached, ready for use.

4.3 Electrode Placement

Proper electrode placement is crucial for effective and safe TENS therapy. Refer to the included Electrode Placement Guide for specific recommendations for different body areas. General guidelines:

- Ensure skin is clean, dry, and free of lotions or oils.
- Place electrodes on or around the area of pain, ensuring they do not touch each other.
- Avoid placing electrodes over joints that move frequently, as this can cause them to detach.

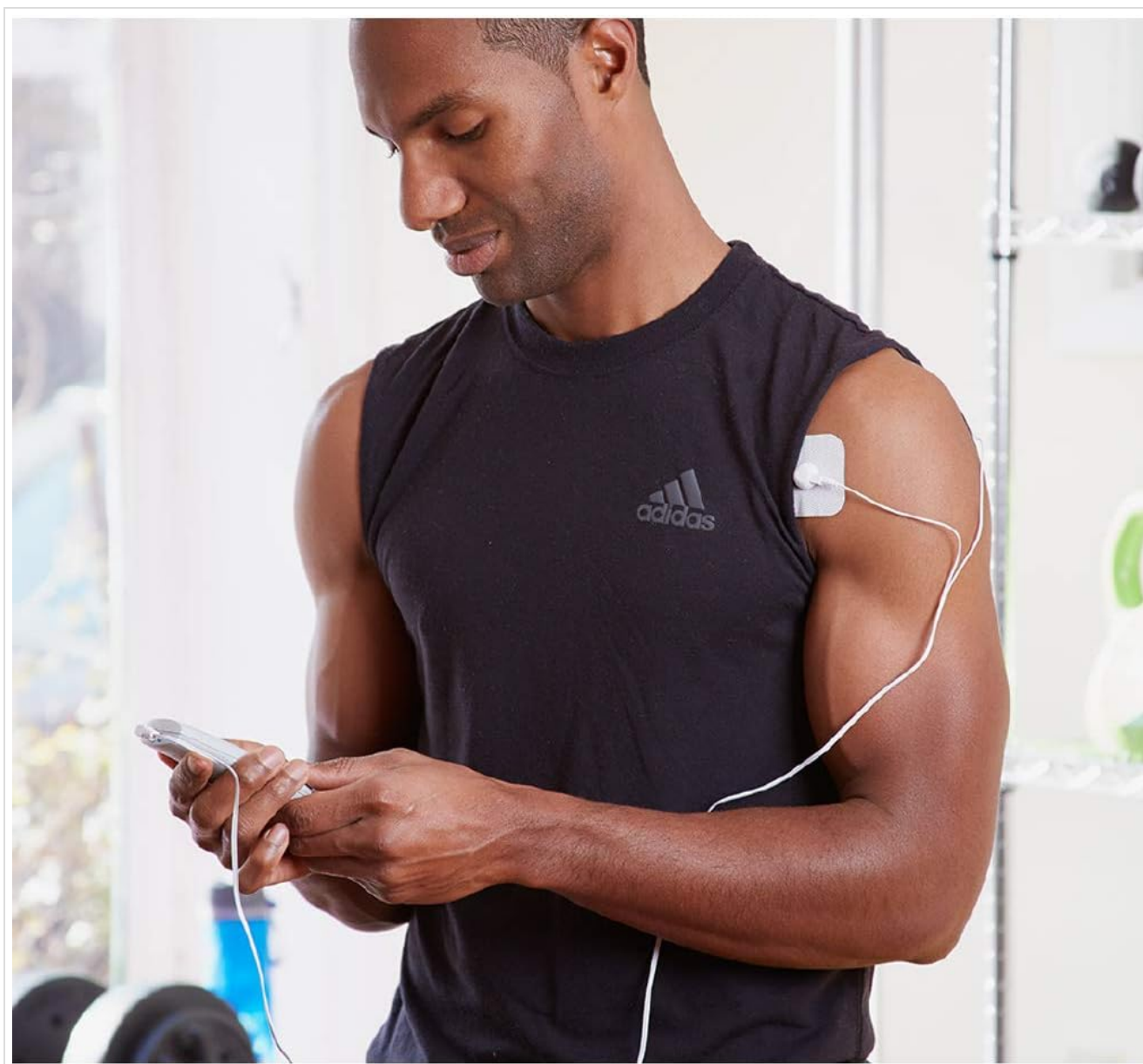


Image: A person demonstrating the application of an AccuRelief TENS unit electrode pad to the shoulder area.

5. OPERATING INSTRUCTIONS

The AccuRelief TENS Unit features 6 preset programs and 25 adjustable intensity levels for customized pain relief.

NO PAIN IS THE SAME

CUSTOMIZE YOUR TREATMENT

6 THERAPEUTIC PROGRAMS

25 INTENSITY LEVELS



Image: The AccuRelief TENS Unit's display, highlighting the selection of therapeutic programs and intensity levels.

5.1 Power On/Off

- To turn on: Press and hold the power button () located on the device until the screen illuminates.
- To turn off: Press and hold the power button () until the screen turns off. The device also features an automatic shut-off after 30 minutes of continuous use.

5.2 Program Selection

The device offers 6 preset programs tailored for specific body areas:

1. With the device on, press the 'P' button to cycle through the available programs (P1-P6).
2. Each program is designed for a specific body part (e.g., Neck, Shoulder, Back, Joints, Leg, Hand). Select the program that best suits your pain location.

5.3 Intensity Adjustment

Adjust the intensity to a comfortable level, avoiding any discomfort or pain.

1. Use the '▲' (up arrow) button to increase the intensity.
2. Use the '▼' (down arrow) button to decrease the intensity.
3. The intensity level is displayed on the screen (00-25). Start at the lowest setting and gradually increase.

5.4 Treatment Duration

Each treatment session is set for 30 minutes. The device will automatically shut off after the session is complete.

6. MAINTENANCE

6.1 Cleaning the Device

Wipe the device with a soft, damp cloth. Do not immerse the device in water or use abrasive cleaners.

6.2 Electrode Pad Care

The electrode pads are reusable. To prolong their life:

- After each use, place the pads back on their protective liner.
- If the pads lose their adhesiveness, gently clean the adhesive surface with a drop of water on your fingertip. Allow to air dry.
- Replace pads when they no longer adhere well to the skin. Additional pads are available for purchase.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity or replace with new AAA batteries.
No sensation or weak sensation.	<ul style="list-style-type: none">• Electrodes not properly attached to skin.• Lead wire not securely connected.• Intensity level too low.• Electrode pads have lost adhesiveness.	<ul style="list-style-type: none">• Ensure electrodes are firmly pressed onto clean, dry skin.• Check all lead wire connections.• Increase intensity gradually.• Replace electrode pads if they no longer stick.
Skin irritation under electrodes.	<ul style="list-style-type: none">• Skin not clean before application.• Allergic reaction to electrode gel.• Electrodes used for too long.	<ul style="list-style-type: none">• Clean skin thoroughly before each use.• Discontinue use if irritation persists and consult a physician.• Limit treatment duration as recommended.

8. SPECIFICATIONS

- **Model Number:** ACRL-2001
- **Power Source:** 2 x AAA batteries (included)
- **Number of Programs:** 6 preset programs
- **Intensity Levels:** 25 adjustable levels
- **Automatic Shut-off:** 30 minutes
- **Product Dimensions:** 4.61 x 2.36 x 1.34 inches (11.7 x 6.0 x 3.4 cm)
- **Weight:** 2.67 ounces (75.7 grams)
- **Manufacturer:** AccuRelief
- **Date First Available:** June 5, 2014

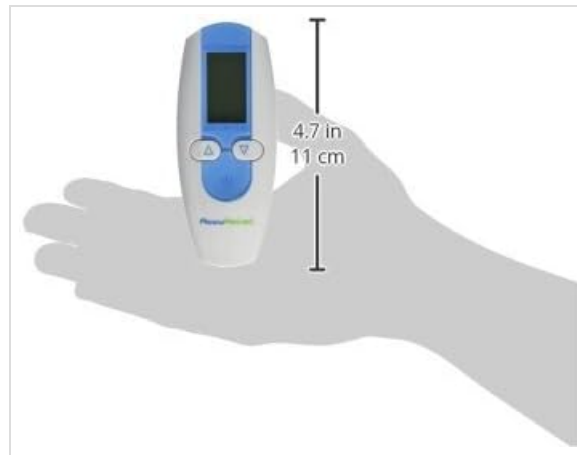


Image: The AccuRelief TENS Unit shown with its approximate length dimension of 4.7 inches (11 cm).

9. SUPPORT

For further assistance, questions, or to purchase replacement parts such as electrode pads, please contact AccuRelief customer support. Refer to the packaging or the official AccuRelief website for current contact information.

