

## AccuRelief ACRL-9001

# AccuRelief Wireless TENS Unit with Remote Control

Model: ACRL-9001

## 1. INTRODUCTION

The AccuRelief Wireless TENS Unit with Remote Control is designed to provide temporary relief from muscle and joint pain. This device utilizes Transcutaneous Electrical Nerve Stimulation (TENS) technology, which delivers gentle electrical pulses to block pain signals and stimulate nerve endings. Its wireless design allows for discreet and convenient use.

This instruction manual provides important information on how to properly set up, operate, and maintain your AccuRelief Wireless TENS Unit. Please read it thoroughly before first use.

## 2. WHAT'S INCLUDED

Your AccuRelief Wireless TENS Unit package contains the following components:

- 1 Wireless Remote Control
- 2 Electrode Controllers
- 2 Reusable Electrode Gel Pads with Snap Connectors
- 6 AAA Batteries
- 1 Instruction Manual (this document)
- 1 Quick Start Guide
- 1 Electrode Placement Guide
- 1 Drawstring Carry Bag

# INCLUDES EVERYTHING NEEDED FOR TREATMENT

- Wireless Remote
- 2 Electrode Controllers and 2 Gel Pads
- 6 x AAA Batteries
- User Manual
- Drawstring Carry Bag



Image: All components of the AccuRelief Wireless TENS Unit laid out, including the remote, two electrode controllers, two gel pads, six AAA batteries, the user manual, and a drawstring carry bag.

## 3. SETUP

### 3.1 Battery Installation

1. Open the battery compartments on the remote control and each electrode controller.
2. Insert the provided AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartments securely.

### 3.2 Electrode Pad Preparation

The electrode gel pads are self-adhesive and do not require additional gel. Ensure your skin is clean, dry, and free of lotions, oils, or excessive hair before application to maximize adhesion and pad lifespan.

### 3.3 Attaching Controllers to Pads

Snap each electrode controller onto a gel pad using the integrated snap connectors. Ensure a firm connection.



Image: A close-up view of the AccuRelief wireless remote control and two electrode controllers, each securely attached to a self-adhesive gel pad.

### 3.4 Applying Pads to Skin

Carefully peel the protective film from the gel pads. Apply the pads to the desired treatment area on your body. The lightweight and flexible design allows them to conform to various body parts and be worn discreetly under clothing. Refer to the Electrode Placement Guide for recommended placement for specific pain areas.

# DITCH THE WIRES

ENJOY DISCREET PAIN RELIEF ANYWHERE



Image: A man is shown applying the AccuRelief TENS unit pads to his lower back, demonstrating the wireless and discreet nature of the device. He holds the remote control in his hand.

## 4. OPERATING INSTRUCTIONS

### 4.1 Power On/Off

Press the power button on the remote control to turn the unit on. The device will automatically shut off after 30 minutes of continuous use.

### 4.2 Adjusting Intensity

The unit offers 20 levels of adjustable intensity. Use the '+' and '-' buttons on the remote control to increase or decrease the stimulation level for each channel (A and B) or both simultaneously (A/B). Adjust the intensity to a comfortable yet effective level.

### 4.3 Selecting Programs

The AccuRelief Wireless TENS Unit is pre-programmed with three phases of alternating therapy. These programs cycle automatically to provide varied stimulation for effective pain relief. There is no manual program selection; the device cycles through these phases during each 30-minute treatment session.

## Safe and effective

The AccuRelief Wireless Remote Control TENS Pain Relief Device uses TENS technology, clinically proven for safe and effective pain relief.

This easy-to-operate, portable pain management electronic massager device starts working instantly, safely blocking the pain signal.



Image: The AccuRelief wireless remote and electrode controllers are displayed, with text indicating the availability of 3 phases of alternating therapy and 20 intensity levels for customized treatment.

### 4.4 Treatment Duration

Each treatment session lasts for 30 minutes, after which the unit will automatically power off. You may initiate another session if needed, but always follow recommended usage guidelines.

### 4.5 Remote Control Functionality

The remote control allows you to manage both electrode controllers wirelessly. You can adjust the intensity for each pad independently (Channel A or B) or for both simultaneously (A/B button). This provides flexibility for treating different areas or varying pain levels.

Your browser does not support the video tag.

Video: This video demonstrates the AccuRelief Wireless TENS Unit, highlighting its wireless functionality and ease of use for pain relief. It shows the remote control and electrode pads in action.

## 5. MAINTENANCE

### 5.1 Electrode Pad Care

Electrode pads are disposable and typically last for 8-10+ uses with proper care. To extend their lifespan:

- Always apply pads to clean, dry skin.
- After each use, return the pads to their plastic sheet for storage.
- If pads begin to lose adhesion, gently rub one or two drops of water onto the gel surface to reactivate stickiness.
- Avoid contact with excess hair, make-up, lotions, or skin oils, as these can reduce pad stickiness and treatment effectiveness.

# LONG-LASTING

**REUSABLE UP  
TO 30 TIMES**

***SELF-ADHESIVE,  
NO GEL NEEDED***



If electrodes begin losing adhesion, gently rub one or two drops of water onto the gel surface to extend usage

Image: A close-up view of two AccuRelief reusable electrode gel pads, emphasizing their self-adhesive quality and indicating they can be reused up to 30 times.

## 5.2 Device Cleaning

Wipe the remote control and electrode controllers with a soft, damp cloth. Do not immerse the devices in water or use abrasive cleaners.

## 6. TROUBLESHOOTING

### 6.1 No or Weak Stimulation

- Check battery levels in both the remote and electrode controllers. Replace if necessary.
- Ensure electrode pads are firmly attached to the controllers and making full contact with your skin.
- Verify that the intensity level is increased sufficiently using the remote control.
- If pads have lost adhesion, try applying a drop of water to the gel surface or replace with new pads.

### 6.2 Skin Irritation

- Ensure skin is clean and dry before applying pads.
- Avoid placing pads over broken or irritated skin.
- If irritation persists, discontinue use and consult a healthcare professional.

If you continue to experience issues after attempting these troubleshooting steps, please contact our Consumer Therapy Support Team for assistance.

## 7. SPECIFICATIONS

Feature	Detail
Model Number	ACRL-9001
Product Dimensions	2.36 x 2.08 x 0.7 inches (each controller)
Weight	1.57 ounces (each controller)
Batteries	6 AAA batteries (included)
Intensity Levels	20
Treatment Programs	3 alternating phases
Auto Shut-off	30 minutes



Image: A diagram illustrating the dimensions of a single AccuRelief electrode pad, measuring 3.5 inches by 2.5 inches,

indicating its size for targeted treatment.

## 8. IMPORTANT SAFETY INFORMATION

---

This device is intended for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household and work activities. Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Consult your physician before using this device if you have any medical conditions, including but not limited to, pregnancy, heart disease, epilepsy, or if you are under medical supervision for any acute or chronic disease.

Keep out of reach of children. Do not use while driving or operating heavy machinery. Do not apply stimulation over your neck, head, or chest. Read all warnings and precautions in the full instruction manual before use.

## 9. WARRANTY AND SUPPORT

---

For product support, troubleshooting assistance, or to inquire about replacement parts, please contact our dedicated Consumer Therapy Support Team. They can be reached at 800.871.7858 (extensions 640 or 606).

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.