

## Med-Fit EM-6300A

# Premier TENS Machine by Med-Fit User Manual

Model: EM-6300A

Brand: Med-Fit

## INTRODUCTION

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This user manual provides comprehensive instructions for the safe and effective operation of your Premier TENS Machine by Med-Fit. This fully rechargeable dual-channel TENS and muscle stimulator is designed for pain relief, muscle strengthening, massage, and relaxation, featuring 30 pre-set programs.

The device is fully digital, offering effective and reliable treatment with a large LCD screen and user-friendly push buttons. A pause function allows for easy repositioning of electrodes. It also includes a power-saving feature that turns the unit off after 5 minutes of inactivity.



Image: The Premier TENS Machine unit shown with multiple electrode pads and the Med-Fit brand logo, indicating its primary function as a TENS and muscle stimulator.

## IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the device. Improper use can lead to injury or ineffective treatment. Consult a healthcare professional before use, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker.

- Do not use if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Do not use on open wounds, rashes, swollen, red, infected, or inflamed skin areas.
- Do not use near the heart, over the carotid sinus nerves (front of the neck), or on the head.
- Keep out of reach of children.
- Discontinue use and consult a doctor if you experience adverse reactions.
- This device is for personal use and should not be shared.

## PACKAGE CONTENTS

Upon opening the package, please verify that all components are present and undamaged:

- Premier TENS Machine (Model EM-6300A)
- 16 Self-adhesive Electrode Pads
- Electrode Lead Wires (typically 2 sets for dual channel)
- USB Charging Cable
- AC Power Adapter (UK plug type shown in images)
- User Manual / Patient Guide to TENS
- Storage Pouch/Case (as indicated by blue case in image)



Image: The complete package contents including the TENS unit, electrode pads, lead wires, charging cable, AC adapter, and user guide, all neatly arranged.

## PRODUCT OVERVIEW

The Premier TENS Machine is a compact and robust device designed for ease of use. It features a large LCD screen displaying program information, intensity levels for two channels (CH1, CH2), and a treatment timer countdown.

### Controls and Display:

- **LCD Screen:** Displays program number, intensity levels (0-99), mode (TENS/EMS), and remaining treatment time.
- **MODE Button:** Cycles through the 30 pre-set programs.
- **SET Button:** Confirms program selection or enters parameter adjustment mode.
- **Up/Down Arrows (CH1 & CH2):** Adjust intensity levels for each channel independently.



- **Pause Button (%):** Temporarily pauses the treatment, allowing for electrode repositioning.
- **Power Button:** Turns the unit on/off.
- **Low Battery Indicator:** Alerts when the battery needs recharging.



Image: A hand holding the compact Premier TENS Machine, demonstrating its portable size and ergonomic design, with the LCD screen and control buttons clearly visible.



Image: The rear view of the TENS machine, highlighting the sturdy metal belt clip for convenient portability during use.

## SETUP

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### 1. Charging the Device:

The Premier TENS Machine is fully rechargeable. Before first use, ensure the device is fully charged. Connect the USB charging cable to the unit's charging port and plug the other end into the supplied AC power adapter or any standard USB power source (e.g., computer, printer USB port).



Image: The TENS machine connected via its USB cable to a wall charger, illustrating the charging process.

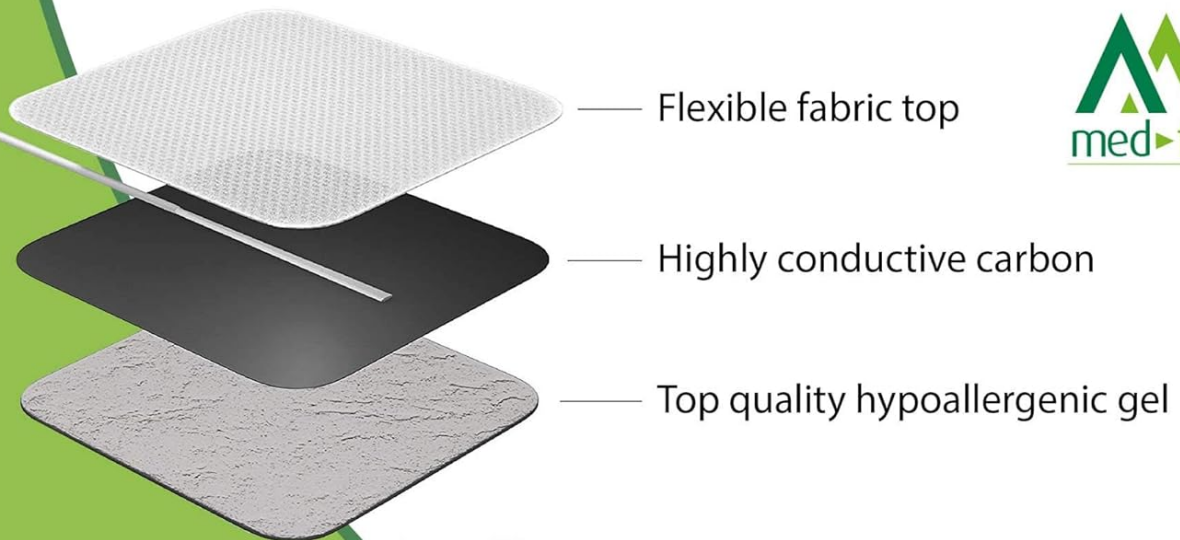
## 2. Connecting Electrodes:

1. Ensure the device is turned off before connecting or disconnecting electrodes.
2. Connect the electrode lead wires to the output ports on the top of the TENS unit (CH1 and CH2).
3. Attach the 2mm pin connectors of the lead wires to the self-adhesive electrode pads.
4. Peel the electrode pads from their protective liner.
5. Apply the electrode pads firmly to clean, dry skin in the desired treatment area. Refer to the "Electrode Placement" section for guidance.



# High-quality reusable self-adhesive electrodes

## Medical grade 3rd generation Sekisui Gel



Flexible fabric top

Highly conductive carbon

Top quality hypoallergenic gel

2mm Pin connectors  
Supplied as standard with all our devices



Image: A detailed diagram illustrating the high-quality construction of the reusable self-adhesive electrodes, showing layers of flexible fabric, conductive carbon, and hypoallergenic gel, along with the 2mm pin connector.

### OPERATING INSTRUCTIONS

1. **Turn On:** Press the Power button to turn on the device. The LCD screen will illuminate.
2. **Select Program:** Press the **MODE** button to cycle through the 30 pre-set programs. Each program is designed for specific therapeutic needs (TENS for pain relief, EMS for muscle stimulation, massage). Refer to the included Patient Guide for detailed program descriptions.
3. **Confirm Program:** Once the desired program is displayed, press the **SET** button to confirm.
4. **Adjust Intensity:** Use the **Up** (▲) and **Down** (▼) arrow buttons for CH1 and CH2 independently to increase or decrease the intensity. Start with a low intensity and gradually increase until you feel a comfortable, strong, but not painful, sensation.
5. **Pause Function:** During treatment, press the **%** button to pause the stimulation. This allows you to reposition electrodes or take a break without turning off the unit. Press it again to resume.

6. **Treatment Timer:** The LCD displays a countdown timer for the selected program's duration. The unit will automatically turn off when the treatment is complete.
7. **Turn Off:** Press and hold the Power button to turn off the device. Always turn off the unit before removing electrodes.

## ELECTRODE PLACEMENT

Correct electrode placement is crucial for effective and safe treatment. Always refer to the detailed electrode placement guides provided in your Patient Guide to TENS. General guidelines include:

- Place electrodes on clean, dry, intact skin.
- For pain relief, place electrodes around or directly on the painful area, ensuring they do not touch each other.
- For muscle stimulation, place electrodes on the belly of the muscle you wish to stimulate.
- Avoid placing electrodes over joints, bony prominences, or areas with excessive hair.
- Never place electrodes on the head, face, front of the neck, or directly over the heart.



**NHS Main Supplier for TENS & Muscle Stimulators**



**Fully Certified CE Products Only**



**Full After Sales Service Support**





Image: Visual examples demonstrating various electrode placements on the body, including the back, knee, arm, and ankle, for targeted pain relief.

## MAINTENANCE AND CARE

- **Cleaning the Unit:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Electrode Care:** After each use, reattach the electrode pads to their protective liner to preserve their adhesive quality. Store them in a sealed bag to prevent drying. Replace electrodes when they lose their stickiness.
- **Storage:** Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures. Use the provided storage pouch/case.
- **Battery:** The device contains a rechargeable Lithium Ion battery. Do not attempt to replace the battery yourself.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the supplied charger.
No sensation or weak sensation.	Electrodes not properly applied or dried out; Intensity too low; Lead wires not connected.	Ensure electrodes are firmly on clean skin; Increase intensity gradually; Check lead wire connections to unit and electrodes; Replace old electrodes.
Sensation is uncomfortable or stinging.	Intensity too high; Electrodes not making full contact; Electrodes too close together.	Decrease intensity; Reapply electrodes firmly; Adjust electrode placement.
Low battery indicator is on.	Battery is low.	Recharge the device.

## SPECIFICATIONS

- Model Number:** EM-6300A
- Channels:** Dual Channel
- Programs:** 30 Pre-set Programs (TENS, EMS, Massage)
- Power Source:** Rechargeable Lithium Ion Battery (included)
- Charging:** USB (compatible with AC adapter and USB ports)
- Weight:** Approximately 750g (Package Weight: 839 Grams)
- Dimensions:** Package Dimensions: 25.3 x 23.7 x 8.9 cm
- Manufacturer:** The Tens Company
- Medical Compliance:** Fully compliant to the medical device directive Class 2a, UK approved medical company.

## WARRANTY AND SUPPORT





The Premier TENS Machine by Med-Fit comes with a**5-Year Warranty**.

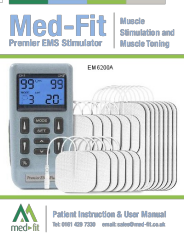
Med-Fit, as a UK approved medical company, provides full support and after-sales service. Professional advice is available from their experienced TENS therapy team. For any inquiries, technical assistance, or warranty claims, please contact the manufacturer directly using the contact information provided in your product packaging or on the Med-Fit official website.



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Related Documents - EM-6300A

	<p><a href="#">Med-Fit Interferential, TENS &amp; EMS Quick Start Guide and Product Overview</a></p> <p>This guide provides essential information for the Med-Fit Interferential, TENS, and EMS electrotherapy device, including product features, operation instructions, charging procedures, and detailed treatment program parameters for TENS, EMS, RUSS, and IF modes.</p>
	<p><a href="#">The Premier Easy TENS and Muscle Stimulators User Guide</a></p> <p>A comprehensive user guide for the Premier Easy TENS and Muscle Stimulators, Model EM6300P. This guide provides detailed instructions on controls, functions, programs, electrode placement, and safety precautions for both TENS and EMS modes.</p>
	<p><a href="#">Beurer EM 49 Digital EMS/TENS Unit Instructions for Use</a></p> <p>Comprehensive instructions for the Beurer EM 49 Digital EMS/TENS unit, covering its features, applications, safety precautions, and operation for pain relief, muscle stimulation, and massage.</p>
	<p><a href="#">Med-Fit Pebble TENS Therapy Device JPD-ES200 User Manual</a></p> <p>Comprehensive user manual for the Med-Fit Pebble TENS Therapy Device (Model JPD-ES200), detailing its features, operation, safety precautions, TENS programs, maintenance, and troubleshooting.</p>



### [Med-Fit EM6200A Premier EMS Stimulator User Manual](#)

This comprehensive user manual for the Med-Fit EM6200A Premier EMS Stimulator provides detailed instructions on operation, features, safety precautions, and program settings for muscle stimulation and toning. Learn how to effectively use your device for muscle training, strengthening, and recovery.



### [Kardena MED AST-905B User Manual: Neck Massager with Heat and EMS/TENS Therapy](#)

Comprehensive user manual for the Kardena MED AST-905B neck massager, detailing its features, usage, safety precautions, and technical specifications. This device offers heat and EMS/TENS therapy for targeted relief of neck tension.