

## Performance Health 091531730

# Performance Health TPN 200 Plus TENS Electro-stimulator User Manual

Model: 091531730

## 1. INTRODUCTION

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The Performance Health TPN 200 Plus is a two-channel Transcutaneous Electrical Nerve Stimulation (TENS) device designed to provide pain relief. This electro-stimulator features simple analog controls, a protective flip-down cover, and a belt clip for convenient portability. It offers adjustable pulse frequency and width, along with three selectable treatment modes to customize therapy for various types of pain.

Please read this manual thoroughly before using the device to ensure safe and effective operation.

## 2. PACKAGE CONTENTS

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Upon opening your TPN 200 Plus TENS unit package, verify that all the following items are included:

- TPN 200 Plus TENS Unit
- Electrode Cables (2)
- Self-adhesive Electrodes (4)
- 9V Battery (1)
- Soft Carrying Case
- User Manual (this document)

# INCLUDES



Image: The TPN 200 Plus TENS unit, two electrode cables, four self-adhesive electrodes, a 9V battery, and a soft carrying case.

### 3. DEVICE OVERVIEW

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The TPN 200 Plus unit features intuitive analog dials for adjusting settings and output intensity. A protective cover shields the controls from accidental changes during use.



# CUSTOMISE YOUR PAIN RELIEF

## MODES

- Modulation
- Constant
- Burst

With adjustable pulse  
width and rates

Image: Front view of the TPN 200 Plus TENS unit, highlighting the two output channels and control dials.

# SIMPLE CONTROLS, MADE EASY FOR EVERYONE



Image: Close-up of the TPN 200 Plus TENS unit's top controls, showing the dials for pulse width, pulse rate, and mode selection.

## 4. SETUP

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### 4.1 Battery Installation

1. Ensure the device is turned off.
2. Open the battery compartment cover located on the back of the unit.
3. Insert the 9V battery, ensuring the polarity (+/-) matches the diagram inside the compartment.
4. Close the battery compartment cover securely.

### 4.2 Connecting Electrode Cables

1. Insert the pin connectors of the electrode cables into the output jacks on the top of the TENS unit. There are two channels, each with two output jacks.
2. Connect the other end of the electrode cables to the self-adhesive electrodes. Ensure a secure connection.

### 4.3 Attaching Electrodes to Skin

1. Clean and dry the skin area where the electrodes will be placed. Avoid applying over broken or irritated skin.

2. Remove the electrodes from their protective liner.
3. Apply the electrodes firmly to the skin, ensuring good contact. Place electrodes at least one inch apart.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Powering On/Off

To turn the device on, rotate the intensity dials (one for each channel) clockwise from the 'OFF' position. To turn off, rotate the dials counter-clockwise until they click into the 'OFF' position.

### 5.2 Adjusting Intensity

Once the device is on, slowly turn the intensity dials clockwise to increase the stimulation level. Adjust to a comfortable, strong sensation without causing discomfort or pain. Each channel's intensity can be adjusted independently.

### 5.3 Selecting Modes

The TPN 200 Plus offers three selectable modes:

- **Modulation (M):** Varies pulse width and/or frequency to prevent nerve accommodation.
- **Constant (C):** Delivers continuous stimulation at a fixed pulse width and frequency.
- **Burst (B):** Delivers bursts of pulses at regular intervals.

Use the 'MODE' switch to select the desired treatment mode.

### 5.4 Adjusting Pulse Width and Pulse Rate

Use the 'PULSE WIDTH' dial to adjust the duration of each electrical pulse (range: 30  $\mu$ s to 260  $\mu$ s). Use the 'PULSE RATE' dial to adjust the number of pulses per second (frequency) (range: 2 Hz to 150 Hz).

*General Guidance:* For acute pain, a pulse rate of 80-120 Hz is often used. For muscle stimulation, 35-50 Hz. For chronic pain, 2-10 Hz. A pulse width between 175-200  $\mu$ s is a common starting point. Consult a healthcare professional for specific recommendations.



Image: The TPN 200 Plus TENS unit clipped to a waistband, illustrating its compact size and portability for on-the-go use.

## 6. ELECTRODE PLACEMENT

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Correct electrode placement is crucial for effective TENS therapy. Electrodes should be placed on clean, dry, intact skin around the painful area. Avoid placing electrodes directly over joints, bony prominences, or directly on the spine.

- For localized pain, place electrodes on either side of the pain site.
- For radiating pain, place electrodes along the nerve pathway.
- Ensure electrodes from the same channel are placed on the same side of the body or within the same pain region.

Refer to the electrode placement chart provided in your physical user manual for specific guidance on various body areas. If you are unsure, consult a healthcare professional.



**FP**  
PERFORMANCE  
HEALTH

Image: Visual representation of common pain areas (neck, head, abdomen, lower back) where TENS therapy can be applied, with an inset of the TENS unit and electrodes.



Eases labour pain but also simulates it for educational purposes



Image: The TPN 200 Plus TENS unit positioned to suggest its application for managing labor pain.

## 7. MAINTENANCE

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### 7.1 Cleaning the Device

Wipe the TENS unit with a soft, damp cloth. Do not immerse the device in water or use abrasive cleaners. Ensure the device is completely dry before storage or next use.

### 7.2 Electrode Care

After each use, place the self-adhesive electrodes back onto their protective liners. If the electrodes lose their adhesiveness, they may be gently cleaned with a small amount of water and allowed to air dry. Replace electrodes when they no longer stick well or if they cause skin irritation.

### 7.3 Battery Replacement

Replace the 9V battery when the device's output weakens or fails to turn on. Follow the battery installation steps in Section 4.1.

### 7.4 Storage

Store the TENS unit and accessories in the provided soft carrying case in a cool, dry place, away from direct

sunlight and extreme temperatures.

## 8. TROUBLESHOOTING

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- **No Sensation or Weak Sensation:**

- Check if the device is turned on and the intensity dials are adjusted.
- Ensure the battery is correctly installed and not depleted. Replace if necessary.
- Verify that electrode cables are securely connected to both the unit and the electrodes.
- Ensure electrodes have good contact with clean, dry skin. Replace old or non-adhesive electrodes.

- **Skin Irritation:**

- Ensure skin is clean and dry before applying electrodes.
- Avoid over-tightening electrodes.
- Use fresh electrodes if they are old or dirty.
- Reduce intensity if sensation is too strong.
- Discontinue use and consult a healthcare professional if irritation persists.

## 9. SPECIFICATIONS

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- **Model Number:** 091531730
- **Channels:** 2 (Dual Channel)
- **Power Source:** 1 x 9V Battery
- **Pulse Frequency:** Variable, 2 Hz to 150 Hz
- **Pulse Width:** Variable, 30  $\mu$ s to 260  $\mu$ s
- **Modes:** Modulation, Constant, Burst
- **Controls:** Analog dials for intensity, pulse width, pulse rate; switch for mode selection.

## 10. SAFETY INFORMATION

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### Important Safety Precautions:

- Do not use if you have a pacemaker, implanted defibrillator, or other metallic or electronic implanted devices.
- Do not use if you are pregnant, unless specifically advised by a healthcare professional.
- Do not apply electrodes over broken skin, open wounds, or areas with skin conditions.
- Do not apply electrodes over the eyes, mouth, front of the neck, or across the chest (which could affect heart rhythm).
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions could put the user at risk.
- Keep out of reach of children.
- Consult a healthcare professional before use if you have any underlying medical conditions.

## 11. WARRANTY AND SUPPORT

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For information regarding the product warranty, please refer to the documentation included with your purchase or visit the official Performance Health website. For technical support or further assistance, please contact Performance Health customer service.

