TESMED TE780 Plus

Tesmed TE780 Plus Electric Muscle Stimulator User Manual

Model: TE780 Plus

Introduction

The Tesmed TE780 Plus is an advanced electric muscle stimulator designed for a variety of applications including muscle strengthening (EMS), aesthetic treatments, pain therapy (TENS), and massage. This device features 2/4 channels, allowing for the simultaneous use of up to 8 electrodes, providing comprehensive treatment options.

Important Legal Disclaimer: Always read the label and instructions carefully before use. Pay close attention to all warnings and contraindications provided in the complete manual to ensure safe and effective operation.

Package Contents

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

- Tesmed TE780 Plus device
- Quick start guide
- 8 high-quality electrodes
- 3 AA batteries
- Detailed instruction manual (with 92 photo illustrations for electrode placement)

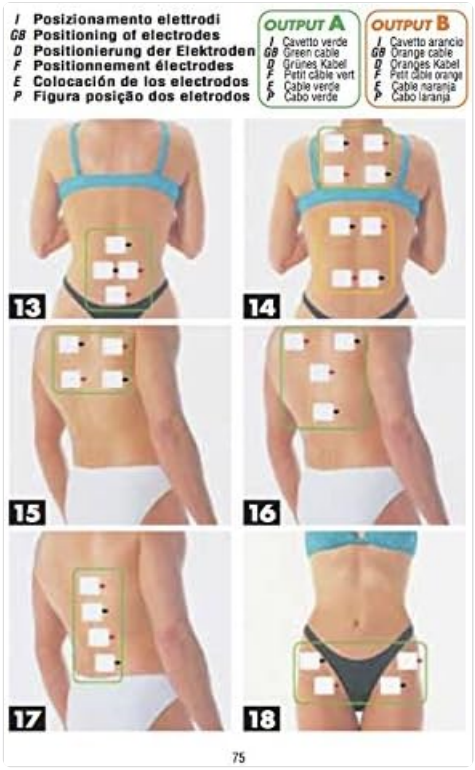


Image: The Tesmed TE780 Plus device shown alongside its retail packaging, illustrating the contents included in the box.

Setup

1. Battery Installation

1. Locate the battery compartment on the back of the Tesmed TE780 Plus device.
2. Open the compartment cover.
3. Insert 3 AA batteries, ensuring correct polarity (+/-) as indicated inside the compartment.
4. Close the battery compartment cover securely.

2. Connecting Electrodes

1. Connect the electrode cables to the output ports on the device. The device supports two quadripolar channels, allowing for 8 electrodes to be used simultaneously.
2. Attach the electrodes to the ends of the cables.
3. Ensure the electrodes are clean and have sufficient adhesive strength. Replace electrodes when their adhesive properties diminish.





Image: Front view of the Tesmed TE780 Plus device, showing its display screen and control buttons for operation.

Operating Instructions

1. **Power On:** Press the power button to turn on the device.
2. **Select Program:** Use the program selection buttons to choose from the available programs (EMS, TENS, Massage). The device offers 45 programs for muscle strengthening, abdominal toning, and TENS, plus 5 professional massage programs (tapping 1, tapping 2, pressure, vibration, kneading). This totals 124 different specific treatments.
3. **Apply Electrodes:** Place the electrodes on the skin according to the specific program and desired treatment area. Refer to the detailed manual for precise electrode placement diagrams.
4. **Adjust Intensity:** Gradually increase the intensity using the intensity adjustment buttons until a comfortable yet effective sensation is felt. The intensity is adjustable for each channel.
5. **Timer:** The device features a preset 20-minute timer for treatments.
6. **Safety Stop:** The device includes a safety stop feature. If the electrodes lose contact with the skin or if the intensity becomes too high, the device may automatically pause or stop.
7. **Power Off:** After the session, press the power button to turn off the device.

Programs Overview

The Tesmed TE780 Plus offers a wide range of programs tailored for various needs:

- **EMS Programs:** 45 programs dedicated to muscle strengthening, toning, and aesthetic treatments, including abdominal firming.
- **TENS Programs:** Specific treatments for pain therapy targeting areas such as the back, neck, wrist, tendons, and elbow. These programs are suitable for general pain relief where TENS is indicated.
- **Massage Programs:** 5 professional massage programs including tapping 1, tapping 2, pressure, vibration, and kneading, often used in physiotherapy centers.

The comprehensive manual provides detailed guidance on selecting the appropriate program for your specific goals.

Electrode Placement

Correct electrode placement is crucial for effective and safe treatment. The included manual contains 92 detailed photo illustrations for various body parts and treatments. Below are examples of typical electrode placements:

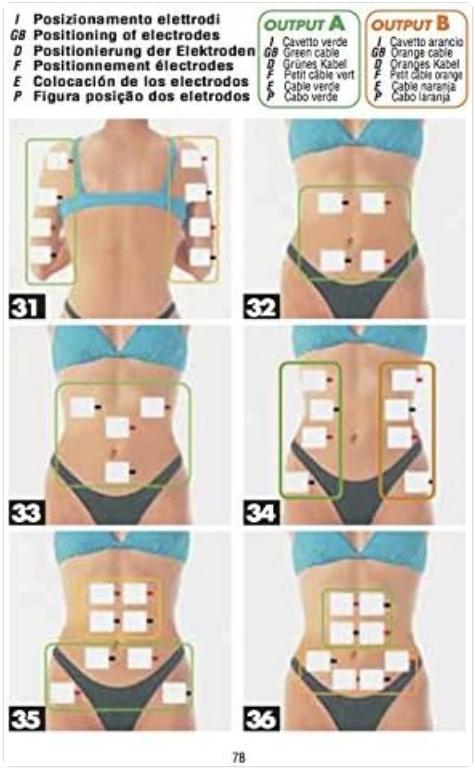


Image: Illustrations showing electrode placement on the arms, abdomen, and waist for various muscle stimulation and toning programs.



Image: Illustrations demonstrating electrode placement on the back, sides, and hip areas for targeted muscle stimulation and pain relief.

Always refer to the full instruction manual for precise and program-specific electrode placement guidelines.

Maintenance

- **Electrode Replacement:** The electrodes are consumable items. When they lose their adhesive strength, they must be replaced to ensure proper conductivity and effectiveness.
- **Cleaning:** Clean the device and electrodes with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device and electrodes in a cool, dry place away from direct sunlight and extreme temperatures.

Troubleshooting

If you encounter any issues with your Tesmed TE780 Plus, consider the following:

- **No Power:** Check if the batteries are correctly inserted and have sufficient charge. Replace batteries if necessary.
- **No Sensation/Weak Sensation:** Ensure electrodes are firmly attached to the skin. Increase the intensity gradually. Check if electrodes need replacement due to loss of adhesive.
- **Irregular Sensation:** Ensure all electrode cables are securely connected to both the device and the electrodes.

For persistent issues, consult the detailed instruction manual or contact Tesmed customer support.

Specifications

Feature	Specification
Model Number	FLD8032872080028
Power Source	3 AA batteries (required)
Product Dimensions	5 x 12 x 2 cm
Weight	610 g
Programs	45 EMS/TENS programs, 5 massage programs (124 total treatments)
Channels	2/4 (quadripolar, simultaneous use of 8 electrodes)
First Available Date	January 15, 2020

Warranty and Support

For information regarding the product warranty, please refer to the documentation included in your package or visit the official TESMED website. For technical support, troubleshooting assistance, or inquiries about replacement parts, please contact TESMED customer service directly.

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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.

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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