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› [Sanitas](#) /

› [Sanitas SEM 44 Digital Electronic Muscle Stimulation Device User Manual](#)

## Sanitas SEM 44

# Sanitas SEM 44 Digital Electronic Muscle Stimulation Device

## USER MANUAL

### 1. Introduction

The Sanitas SEM 44 is a versatile digital electronic muscle stimulation device designed for various applications including muscle toning and regeneration (EMS), pain therapy (TENS), and relaxation massage. This device features 64 preset programs and 6 individually adjustable programs, offering a wide range of treatment options. It operates with 4 adhesive electrodes connected via 2 separate adjustable channels. The integrated display assists with electrode placement for effective application.

This manual provides essential information for the safe and effective use of your Sanitas SEM 44 device. Please read it thoroughly before first use and keep it for future reference.

### 2. Safety Warnings

**WARNING: Failure to follow these safety instructions may result in injury or damage to the device.**

- Always follow the manufacturer's instructions for use provided in this manual.
- Do not use the device near water or in wet environments.
- Switch off the device when not in use and remove batteries if storing for extended periods.
- Consult a healthcare professional before use if you have any medical conditions, including but not limited to: cardiac problems, epilepsy, pacemakers, metal implants, skin conditions, or pregnancy.
- Do not apply electrodes to the head, face, front of the neck, or across the chest.
- Keep out of reach of children.
- Do not use on open wounds or damaged skin.

### 3. Product Features

- **3-in-1 Functionality:** Muscle Toning and Restoration (EMS), Pain Relief (TENS), and Relaxation Massage.

- **Electrode System:** 4 adhesive electrodes with 2 separate, adjustable channels.
- **Programs:** 64 pre-set programs for various applications.
- **Customization:** 6 individually adjustable programs for personalized treatment.
- **User Guidance:** Display shows recommended electrode positions for easy application.

## 4. Setup

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### 4.1 Battery Installation

1. Locate the battery compartment on the back of the device.
2. Open the battery compartment cover.
3. Insert 3 AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

### 4.2 Connecting Electrodes

1. Connect the electrode cables to the output sockets on the top of the device.
2. Attach the adhesive electrodes to the ends of the cables. Ensure a secure connection.



Figure 1: Sanitas SEM 44 device with connected electrodes. The image shows the compact digital unit with its display, control buttons, and the two cables extending to four adhesive electrode pads.

## 5. Operating Instructions

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### 5.1 Powering On/Off

- To power on, press and hold the 'ON/OFF' button until the display illuminates.
- To power off, press and hold the 'ON/OFF' button until the display turns off.

### 5.2 Electrode Placement

- Clean and dry the skin area where electrodes will be applied.
- Refer to the device's display for recommended electrode positions for your chosen program.
- Apply the adhesive electrodes firmly to the skin. Ensure good contact for optimal performance.

## 5.3 Program Selection

- Use the 'Program' button to cycle through the 64 pre-set programs.
- For personalized treatment, select one of the 6 individually adjustable programs. Consult the full manual for detailed customization steps.
- The display will show the selected program number and its intended application (EMS, TENS, Massage).

## 5.4 Adjusting Intensity

- After selecting a program, use the '+' and '-' buttons for each channel to adjust the intensity of the stimulation.
- Increase intensity gradually until you feel a comfortable, yet effective, sensation. Avoid setting the intensity too high, which may cause discomfort.
- Each channel can be adjusted independently.

## 5.5 Session Duration

The device typically has pre-set session durations for each program. Refer to the specific program details in the comprehensive manual for more information. The device will automatically switch off after the session concludes.

## 6. Maintenance

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### 6.1 Cleaning the Device

- Ensure the device is switched off and batteries are removed before cleaning.
- Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Allow the device to dry completely before reinserting batteries or storing.

### 6.2 Electrode Care

- After each use, carefully remove the electrodes from your skin.
- Place the electrodes back on their protective film to preserve their adhesive properties.
- If the adhesive pads lose their stickiness, they may need to be replaced. Replacement pads are available from authorized retailers.

### 6.3 Battery Replacement

- When the battery indicator on the display shows low power, replace all 3 AAA batteries simultaneously.
- Dispose of used batteries according to local regulations.

## 7. Troubleshooting

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Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity and replace with fresh AAA batteries.

Problem	Possible Cause	Solution
No sensation or weak sensation during use.	Electrodes not properly connected or applied; intensity too low; pads lost adhesiveness.	Ensure electrode cables are fully plugged in. Apply electrodes firmly to clean, dry skin. Increase intensity gradually. Replace old adhesive pads.
Device turns off unexpectedly.	Low battery power; session duration completed.	Replace batteries. This is normal if the session duration has ended.

## 8. Specifications

- **Brand:** Sanitas
- **Model:** SEM 44
- **Functions:** EMS (Electrical Muscle Stimulation), TENS (Transcutaneous Electrical Nerve Stimulation), Massage
- **Channels:** 2 (with 4 adhesive electrodes)
- **Programs:** 64 pre-set, 6 individually adjustable
- **Power Source:** 3 x AAA batteries
- **Item Weight:** Approximately 300 g
- **Package Dimensions:** 22.6 x 16.4 x 5.6 cm
- **Special Feature:** Cordless operation

## 9. Warranty and Support

For warranty information, please refer to the warranty card included with your product packaging or visit the official Sanitas website. Keep your proof of purchase for any warranty claims.

For technical support or further assistance, please contact Sanitas customer service. Contact details can typically be found on the manufacturer's website or in the product packaging.