



Manuals.plus /

- › Dr Ho's /
- › DR-HO'S Pain Therapy System Essential Package User Manual - Model PTS-II

## Dr Ho's PTS-II

# DR-HO'S Pain Therapy System Essential Package User Manual

MODEL: PTS-II

### **IMPORTANT SAFETY INFORMATION**

The DR-HO'S Pain Therapy System is not intended to diagnose, treat, or cure any disease. If you suffer from any painful or health conditions, you should consult with your doctor for proper diagnosis and treatment.

The DR-HO'S Pain Therapy System is generally safe for use by diabetics, people on medication, and individuals who have undergone metal knee or hip replacement. However, it is always recommended to consult your doctor if you have further concerns.

#### **This product is not meant for individuals with:**

- Pacemakers, defibrillators, or extreme cardiac irregularities.
- Metal implants or electronic auxiliary devices.
- Abnormal high blood pressure.
- A tendency toward internal bleeding.
- Epilepsy.
- Pregnancy.

## **1. PRODUCT OVERVIEW**

The DR-HO'S Pain Therapy System Essential Package is a multi-functional device designed to provide pain relief and muscle stimulation. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), Neuromuscular Electrical Stimulation (NMES), and Auto-Modulation technologies to target various types of pain and muscle discomfort.

## Included Components:

- DR-HO'S Pain Therapy System Controller (Model PTS-II)
- 8 Small Electrode Pads
- 2 Large Electrode Pads (FlexTone Pads)
- 2 Foot Therapy Pads
- Electrode Wires
- Water Spray Bottle
- Travel Bag
- Instructional Manual



The DR-HO'S Pain Therapy System Essential Package, including the main unit, various electrode pads, and foot pads.

## Product Overview Video

An official overview of the DR-HO'S Pain Therapy System 4-Pad, demonstrating its components and basic functionality.

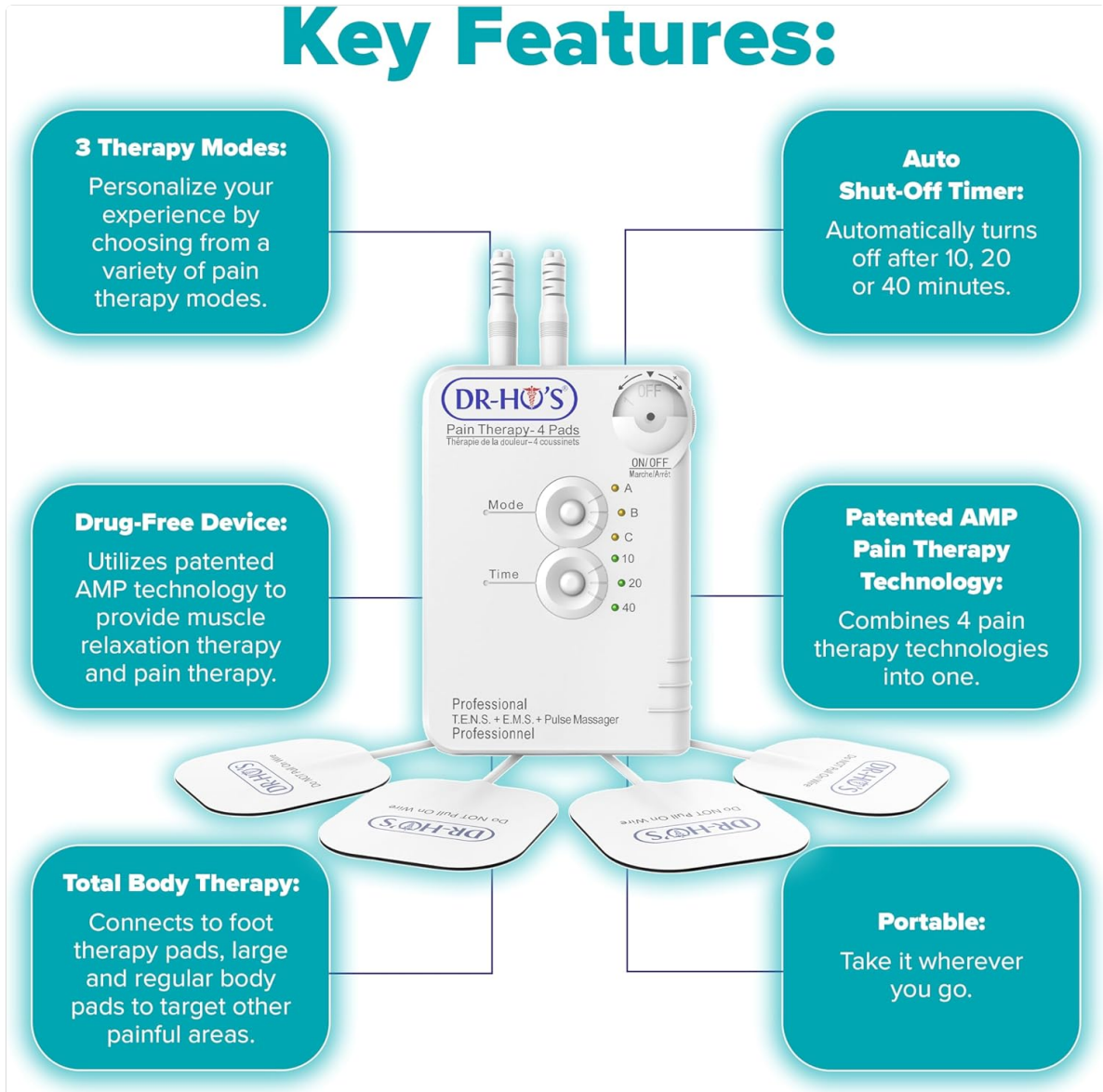
## 2. KEY FEATURES

The DR-HO'S Pain Therapy System incorporates several features designed for effective and convenient use:

- **3 Therapy Modes:** Customize your experience by choosing from a variety of pain therapy modes (A, B, C).
- **Auto Shut-Off Timer:** Automatically turns off after 10, 20, or 40 minutes to prevent overuse.
- **Drug-Free Device:** Utilizes patented AMP technology to provide muscle relaxation and pain therapy

without medication.

- **Patented AMP Pain Therapy Technology:** Combines 4 pain therapy technologies into one for comprehensive relief.
- **Total Body Therapy:** Connects to foot therapy pads, large, and regular body pads to target various painful areas.
- **Portable:** Designed for easy transport and use anywhere.



Summary of the DR-HO'S Pain Therapy System's key features.

### 3. UNDERSTANDING THE TECHNOLOGY

The system integrates multiple electrotherapy techniques:

#### 3.1. TENS Therapy (Transcutaneous Electrical Nerve Stimulation)

TENS delivers gentle electrical impulses to the nerves to help interrupt pain signals, providing deep, penetrating pain relief.



**Transcutaneous Electrical Nerve Stimulation** delivers gentle electrical impulses to the nerves to help interrupt pain signals, providing **deep, penetrating pain relief**.

TENS Therapy helps block pain signals through gentle electrical impulses.

### **3.2. EMS Therapy (Electrical Muscle Stimulation)**

EMS provides muscle therapy to soothe sore and aching muscles, and improve muscle performance by causing muscles to contract and relax.



## EMS Therapy



**Electrical Muscle Stimulation** provides **muscle therapy** to soothe sore and achy muscles, and **improve muscle performance**.

EMS Therapy aids in soothing and improving muscle performance.

### **3.3. NMES Therapy (Neuromuscular Electrical Stimulation)**

NMES sends impulses to the nerves, helping the relaxation of muscle spasms, increasing blood flow circulation, and improving range of motion.



**Neuromuscular Electrical Stimulation** sends impulses to the nerves, helping the **relaxation of muscle spasms**, increasing the **blood flow circulation** and improving range of motion.

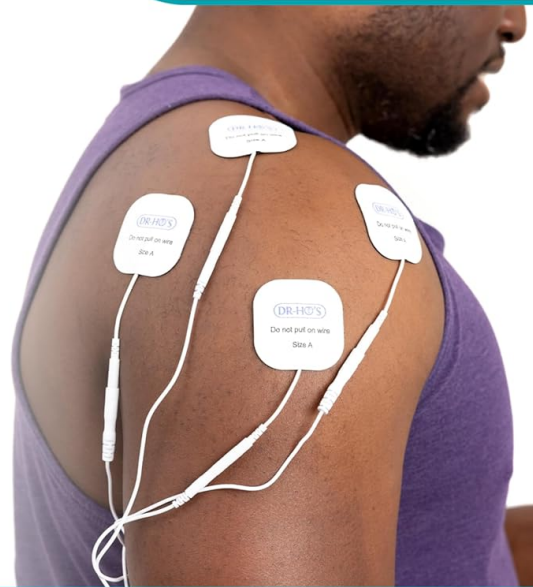
NMES Therapy assists in relaxing muscle spasms and improving circulation.

### **3.4. AMP Technology (Auto-Modulation)**

This patented technology delivers over 300+ TENS, EMS, and NMES waveforms to provide a dynamic pain relief treatment that feels like a soothing hands-on massage while relieving your pain.



## Auto-Modulation Technology



This patented technologies **delivers over 300+ TENS, EMS, and NMES waveforms** to provide a dynamic pain relief treatment that feels like a **soothing hands-on massage** while relieving your pain.

AMP Technology provides varied waveforms for dynamic pain relief.

## 4. SETUP

### 4.1. Unpacking and Inspection

Carefully remove all components from the packaging. Inspect the device and accessories for any signs of damage. If any components are missing or damaged, please contact customer support.

### 4.2. Battery Installation

The DR-HO'S Pain Therapy System Controller requires two AAA batteries. Open the battery compartment on the back of the controller, insert the batteries according to the polarity indicators, and close the compartment securely.

### 4.3. Connecting the Pads

The system allows for simultaneous use of different pads. Each electrode wire connects to two pads. The controller has two ports for electrode wires, allowing up to four pads to be used at once.

1. Connect the electrode wires to the small or large pads by snapping them onto the pad connectors.
2. Plug the electrode wires into the ports on the top of the DR-HO'S controller.

3. For foot therapy, connect the foot pads to the electrode wires and place your feet on them.
4. Ensure all connections are secure before use.

# Total Body Pain Therapy



Connect the controller to either the foot therapy base or body pads to **target the exact area where you're experiencing pain.**

Example of pad placement for total body therapy, including back and feet.

## 5. OPERATING INSTRUCTIONS

### 5.1. Preparing the Skin

Before applying the pads, ensure the skin area is clean and dry. For optimal adhesion and conductivity, lightly spray the pads with water using the provided spray bottle if they feel less sticky.

### 5.2. Powering On/Off and Adjusting Intensity

To turn the device ON, rotate the ON/OFF/Intensity dial clockwise. To turn it OFF, rotate the dial counter-clockwise until it clicks. The intensity can be adjusted by continuing to rotate the dial clockwise to increase the intensity or counter-clockwise to decrease it. Start with the lowest intensity and gradually increase it to a comfortable level.

### 5.3. Selecting Mode

Press the 'Mode' button to cycle through the three available therapy modes: A, B, and C. Each mode

offers a different pattern of electrical impulses. Experiment to find the mode that provides the most comfortable and effective sensation for your needs.

## 5.4. Setting Treatment Time

Press the 'Time' button to select the desired treatment duration: 10, 20, or 40 minutes. The device will automatically shut off once the selected time has elapsed.



Recommended session durations for optimal use.

## 5.5. Pad Placement Guidelines

Place the electrode pads directly on the skin over the area you wish to treat. Ensure the pads are not overlapping. For specific pain areas, refer to the detailed diagrams in the full instructional manual included with your package. Always ensure the pads are firmly adhered to the skin for effective treatment.

## 6. MAINTENANCE AND CARE

### 6.1. Cleaning the Device and Pads

- **Controller:** Wipe the controller with a soft, dry cloth. Do not use abrasive cleaners or immerse it in water.
- **Electrode Pads:** After each use, gently wipe the adhesive side of the pads with a damp cloth or the provided water spray bottle to remove any skin oils or debris. Allow them to air dry completely before reattaching them to their protective film.
- **Foot Pads:** Wipe with a damp cloth and allow to air dry.

### 6.2. Storing the Device

Store the DR-HO'S Pain Therapy System and its accessories in the provided travel bag in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure the pads are reattached to their protective film before storage to maintain their adhesive quality.

## 6.3. Replacing Pads

The electrode pads are reusable but will lose their adhesive quality over time. Replace pads when they no longer stick firmly to the skin or when you notice a decrease in sensation during treatment. Replacement pads can be purchased separately from authorized retailers.

## 7. TROUBLESHOOTING

If you encounter any issues with your DR-HO'S Pain Therapy System, please refer to the following common troubleshooting tips:

- **No Sensation or Weak Sensation:**
  - Ensure the device is turned ON and the intensity dial is set to a comfortable level.
  - Check that the electrode wires are securely plugged into both the controller and the pads.
  - Verify that the pads are firmly adhered to clean, dry skin. Lightly spray the pads with water to improve conductivity if needed.
  - Replace old or worn-out pads, as their conductivity may diminish over time.
- **Device Not Turning On:**
  - Check if the batteries are correctly installed and not depleted. Replace with fresh AAA batteries if necessary.
  - Ensure the ON/OFF/Intensity dial is rotated clockwise past the 'OFF' position.
- **Irregular or Uncomfortable Sensation:**
  - Reduce the intensity level to a more comfortable setting.
  - Ensure the pads are not overlapping and are placed on flat skin surfaces.
  - Try a different therapy mode (A, B, or C) to see if it provides a more suitable sensation.

If the problem persists after trying these steps, please contact DR-HO'S customer support.

## 8. SPECIFICATIONS

- **Model Number:** PTS-II
- **Product Dimensions:** 8.5 x 3 x 10.5 inches
- **Item Weight:** 1.92 Pounds
- **Manufacturer:** DR-HO'S
- **Power Source:** 2 x AAA Batteries (not included)

## 9. WARRANTY INFORMATION

For detailed warranty information regarding your DR-HO'S Pain Therapy System Essential Package, please refer to the product packaging or visit the official DR-HO'S website. Warranty terms and conditions may vary.

## 10. CUSTOMER SUPPORT

If you require further assistance, have questions about your device, or need to report an issue, please contact DR-HO'S customer support directly. Contact information can typically be found on the product

packaging, the official DR-HO'S website, or within the full instructional manual.