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Dr Ho's PTS-II

DR-HO'S Pain Therapy System TENS Unit and EMS User Manual

Model: PTS-II

INTRODUCTION

The DR-HO'S Pain Therapy System is an advanced device combining TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electrical Muscle Stimulation), and DR-HO'S proprietary AMP (Auto-Modulating Pulse) technologies. It is designed to provide temporary relief from muscle-related distress, increase local circulation, and manage chronic, intractable pain, including pain associated with arthritis. This system offers various massaging techniques such as deep kneading, chopping, and rubbing, providing comprehensive full-body pain management.

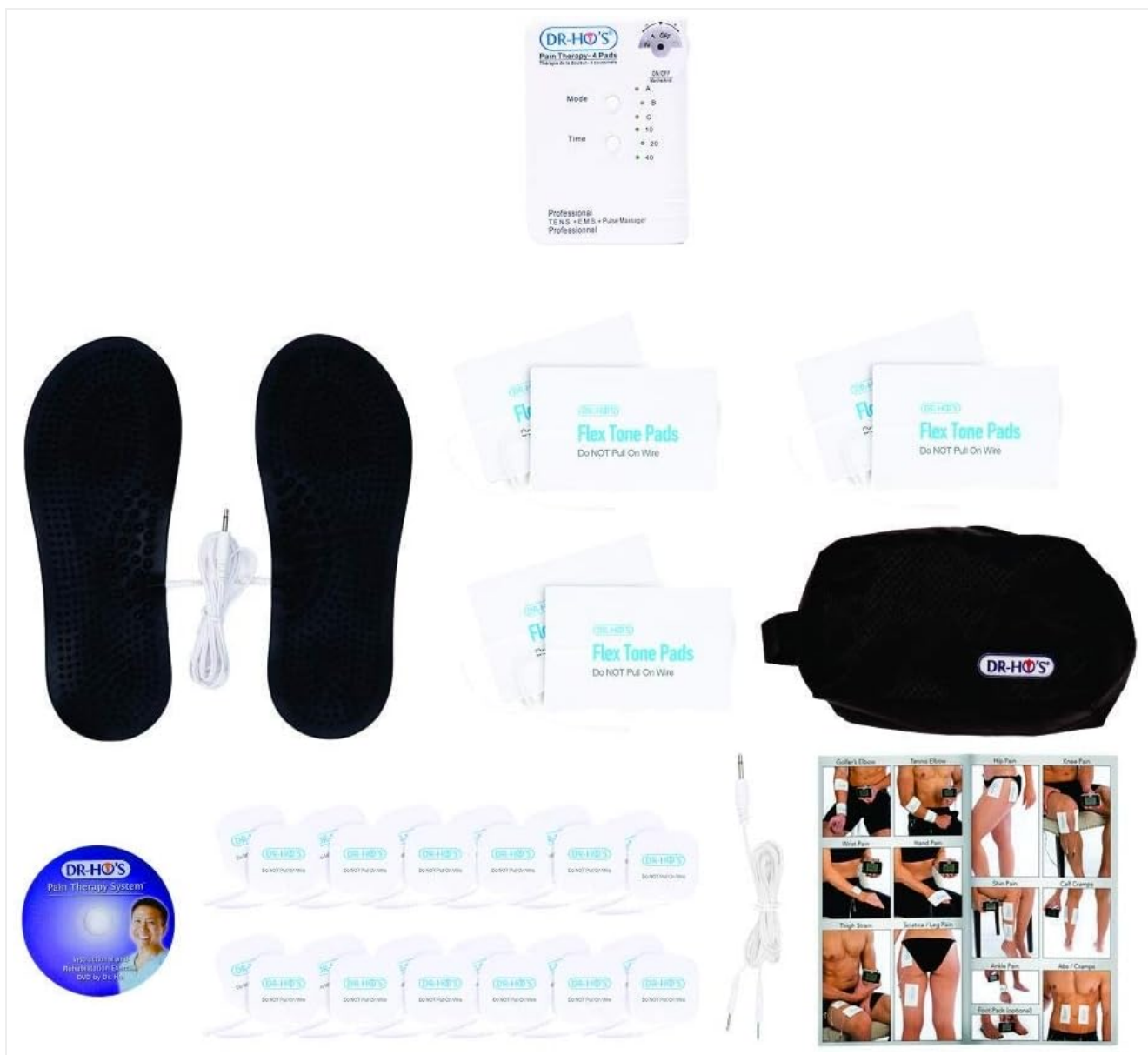


Figure 1: DR-HO'S Pain Therapy System Deluxe Package contents.

This image displays the complete DR-HO'S Pain Therapy System, including the main control unit, various sizes of gel pads, and other accessories, illustrating the comprehensive nature of the deluxe package.

IMPORTANT SAFETY INFORMATION

DISCLAIMER: The DR-HO'S Pain Therapy System and any other electronic stimulators should **NOT** be used by patients with the following conditions:

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

Please consult your doctor before using the device if you have any of these conditions or other health concerns.

PACKAGE CONTENTS

The DR-HO'S Pain Therapy System Deluxe Package typically includes:

- DR-HO'S Pain Therapy System Control Unit

- 24 Small Gel Pads
- 6 Large Flex Tone Pads
- Connecting Wires
- Travel Bag
- Instruction Manual (this document)



Figure 2: Overview of the DR-HO'S Pain Therapy System and its accessories.

This image provides a visual representation of all components included in the DR-HO'S Pain Therapy System Deluxe Package, such as the main unit, various electrode pads, and carrying case.

SETUP

1. Device Overview

The DR-HO'S Pain Therapy System control unit is compact and features an intuitive interface for easy operation. It includes controls for mode selection, time setting, and intensity adjustment.



Figure 3: Front view of the DR-HO'S Pain Therapy System control unit.

This image shows a detailed view of the DR-HO'S control unit, highlighting its buttons for mode and time selection, and the intensity dial.

2. Connecting Electrode Pads

The system comes with both small and large electrode pads to suit different body areas. Each connecting wire has two ends, allowing for up to four pads to be used simultaneously for broader coverage or multiple pain points.

- Insert the pin connectors of the electrode pads into the corresponding jacks on the connecting wires.
- Plug the connecting wires into the output ports on the top of the DR-HO'S control unit.
- Ensure the skin is clean and dry before applying the pads for optimal adhesion and conductivity.



Figure 4: Small and Large Flex Tone Pads.

These images show the different sizes of electrode pads available: smaller square pads for targeted relief and larger Flex Tone Pads for broader areas.

3. Powering On and Off

To power on the device, locate the ON/OFF switch on the side of the unit and slide it to the 'ON' position. To power off, slide the switch back to the 'OFF' position.

OPERATING INSTRUCTIONS

1. Understanding Therapy Modes (TENS, EMS, AMP)

The DR-HO'S Pain Therapy System utilizes three distinct therapy modes to address various pain and muscle needs:

- **TENS Therapy:** Transcutaneous Electrical Nerve Stimulation delivers gentle electrical impulses to the nerves to help interrupt pain signals, providing deep, penetrating pain relief.
- **EMS Therapy:** Electrical Muscle Stimulation provides muscle therapy to soothe sore and achy muscles, and improve muscle performance.
- **AMP (Auto-Modulating Pulse) Technology:** This patented technology delivers over 300+ different TENS, EMS, and NMES waveforms to provide a dynamic pain relief treatment that feels like a soothing hand-on massage while relieving your pain. This prevents the body from adapting to the stimulation, ensuring continuous effectiveness.



Figure 5: Key Features of the Pain Therapy System.

This diagram illustrates the core features of the device, including its three therapy modes, auto shut-off timer, drug-free nature, patented AMP technology, total body therapy capability, and portability.

Key Features:



Figure 6: Detailed explanation of TENS, EMS, NMES, and Auto-Modulation Technology.

This image provides a visual breakdown of how TENS, EMS, NMES, and Auto-Modulation technologies work within the DR-HO'S system to provide pain relief and muscle stimulation.

2. Adjusting Intensity and Time

- **Intensity:** Use the '+' and '-' buttons on the control unit to increase or decrease the intensity of the stimulation. Start with a low intensity and gradually increase it until you feel a comfortable, yet effective, sensation.
- **Time:** The device features an auto shut-off timer. You can select session durations of 10, 20, or 40 minutes. It is recommended to start with 2-3 sessions per day for 10-20 minutes and gradually increase to 30-40 minute sessions as needed.



Figure 7: Recommended session durations.

This image advises users on starting with shorter sessions (10-20 minutes, 2-3 times daily) and gradually increasing to longer sessions (30-40 minutes) for optimal results.

3. Applying Pads to Target Areas

The electrode pads can be placed on various painful areas of the body for targeted treatment, including the neck, shoulders, arms, knees, hips, and back.



Figure 8: Pad placement examples.

These images demonstrate typical placement of the DR-HO'S electrode pads on the neck, shoulders, and knee for effective pain relief.

4. Product Overview Video

For a visual guide on the DR-HO'S Pain Therapy System and its functionalities, please watch the official overview video below.

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Video 1: DR-HO'S Pain Therapy System 4-Pad - Overview. This video provides a comprehensive overview of the DR-HO'S Pain Therapy System, demonstrating its features, how it works, and its benefits for pain relief.

MAINTENANCE

1. Cleaning Electrode Pads

To maintain the effectiveness and longevity of your electrode pads, clean them gently after each use. Use a damp cloth with a small amount of mild soap and water. Allow them to air dry completely before reattaching them to their protective film.

2. Storage

Store the DR-HO'S Pain Therapy System and all accessories in the provided travel bag in a cool, dry place away from direct sunlight and extreme temperatures. Ensure pads are re-covered with their protective film before storage to prevent drying out.

TROUBLESHOOTING

If you experience issues with your DR-HO'S Pain Therapy System, consider the following common troubleshooting steps:

- **No Sensation:**

- Ensure the device is powered on and the intensity is turned up.
- Check that all connecting wires are securely plugged into the unit and the pads.
- Verify that the electrode pads are making full contact with clean, dry skin. Pads may need to be replaced if they have lost their adhesiveness.

- **Weak Sensation:**

- Increase the intensity gradually.
- Ensure pads are not dried out; re-moisten with a drop of water if necessary, or replace if worn.

- **Irregular or Uncomfortable Sensation:**

- Adjust pad placement.
- Lower the intensity.
- Ensure pads are not overlapping or touching each other.

If problems persist, please refer to the support section for further assistance.

SPECIFICATIONS

Feature	Detail
Model Number	PTS-II
Manufacturer	DR-HO'S
Package Dimensions	12.09 x 10.35 x 6.65 inches
Item Weight	1.59 Pounds
First Available Date	April 11, 2016

WARRANTY INFORMATION

A **2-year warranty** is provided when purchased directly from DR-HO'S official Amazon store. This warranty applies only to

the control unit and excludes all accessories. Standard Manufacturer's Warranty is provided by DR-HO'S.

For warranty claims or detailed terms and conditions, please retain your proof of purchase and contact DR-HO'S customer service.

SUPPORT

For further assistance, technical support, or inquiries regarding your DR-HO'S Pain Therapy System, please visit the official DR-HO'S website or contact their customer service department. Contact information can typically be found on the product packaging or the official brand website.

You can also visit the DR-HO'S Store on Amazon for additional product information and resources.