Trademark Global 80-5122

Bluestone TENS Muscle Stimulator Unit

Model: 80-5122 - Instruction Manual

Important Safety Information

Read all instructions before using this device. Failure to follow safety guidelines may result in injury or device malfunction.

- Do not use if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Do not use if you are pregnant or suspect you might be pregnant.
- Do not use on areas of skin that are broken, irritated, or numb.
- Consult your physician before use if you have any medical conditions, including but not limited to epilepsy, heart disease, or cancer.
- Keep out of reach of children.
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions could put you at risk of injury.
- Do not apply pads to the head, face, neck (especially carotid sinus), chest, or directly over the heart.
- Discontinue use immediately if you experience any adverse reactions such as skin irritation, dizziness, or discomfort.

Package Contents

Verify that all items are present in your package:

- 1 x Bluestone TENS Muscle Stimulator Unit
- 2 x Electrode Wires
- 8 x Electrode Pads (1.5" x 1.5")
- 4 x AAA Batteries (pre-installed or included separately)

Product Overview

Familiarize yourself with the components of your TENS unit.

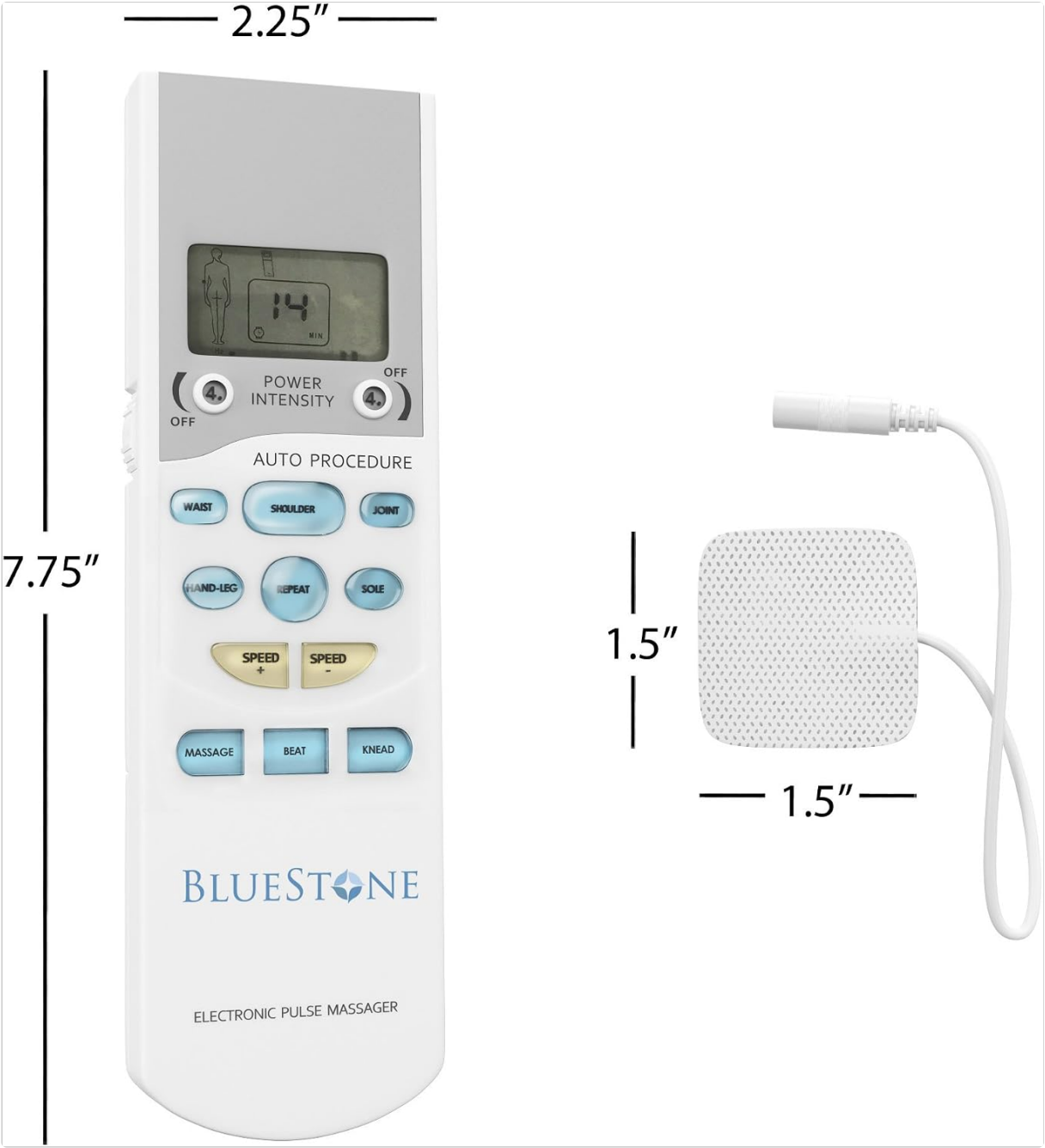


Image Description: A white Bluestone TENS Muscle Stimulator Unit is shown alongside a single electrode pad. The unit measures approximately 7.75 inches in length and 2.25 inches in width. The electrode pad is square, measuring 1.5 inches by 1.5 inches. The unit features an LCD screen, power/intensity dials, and buttons for various body regions (Waist, Shoulder, Joint, Hand-Leg, Repeat, Sole) and stimulation modes (Massage, Beat, Knead), along with speed adjustment buttons. The brand name "Bluestone" is prominently displayed.

Unit Controls and Display:

- **LCD Display:** Shows speed, intensity level, selected massage style, and remaining treatment time.
- **Power/Intensity Dials:** Two independent dials (left and right) to turn the unit on/off and adjust stimulation intensity for each channel.
- **Body Region Buttons:** Select specific areas for treatment (Waist, Shoulder, Joint, Hand-Leg, Repeat, Sole).
- **Speed Buttons (+/-):** Adjust the pulse speed of the stimulation.
- **Mode Buttons:** Choose between three stimulation modes: Massage, Beat, and Knead.

Electrode Pads and Wires:



Image Description: Eight square electrode pads are displayed, arranged in two sets of four. Each pad has a textured surface and a short wire extending from it, terminating in a connector. These pads are designed to adhere to the skin and deliver electrical impulses from the TENS unit.

The electrode pads are self-adhesive and connect to the unit via the electrode wires. Each wire can connect to two pads, allowing for treatment of one or two areas simultaneously.

Setup

1. **Install Batteries:** Open the battery compartment on the back of the unit. Insert 4 AAA batteries, ensuring correct polarity (+/-). Close the compartment securely.
2. **Connect Electrode Wires:** Plug the electrode wires into the output ports located on the top of the TENS unit. The unit has two independent output channels.
3. **Attach Electrode Pads:** Connect the electrode pads to the ends of the electrode wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where you intend to apply the pads. Remove any lotions, oils, or excessive hair to ensure good adhesion and conductivity.
5. **Apply Pads:** Carefully peel the protective film from the electrode pads and firmly press them onto the desired treatment area. Ensure the pads are not touching each other.

Operating Instructions

Follow these steps for safe and effective use of your TENS unit.

1. **Power On:** Slowly turn the Power/Intensity dial(s) clockwise from the "OFF" position. The LCD screen will illuminate. Start with the intensity at the lowest setting.
2. **Select Body Region:** Press one of the body region buttons (Waist, Shoulder, Joint, Hand-Leg, Repeat, Sole) to select the target area. This may pre-set a default mode and speed.
3. **Choose Mode:** Press the "Massage", "Beat", or "Knead" button to select your preferred stimulation mode. The selected mode will be displayed on the LCD.

4. **Adjust Speed:** Use the "SPEED +" or "SPEED -" buttons to increase or decrease the pulse speed of the stimulation.
5. **Adjust Intensity:** Slowly turn the Power/Intensity dial(s) clockwise to gradually increase the intensity of the electrical impulses. Increase until you feel a comfortable, strong, but not painful, sensation. You can adjust each channel independently if using both.
6. **Monitor Treatment:** The LCD will display the remaining treatment time. Typical sessions last 15-30 minutes.
7. **Power Off:** After your session, slowly turn the Power/Intensity dial(s) counter-clockwise until it clicks into the "OFF" position.



Image Description: A man is shown sitting on a bed, holding the TENS unit in one hand and looking at its screen. Two electrode pads are visible on his upper arm, connected to the unit by wires. This illustrates a typical application of the device for muscle stimulation.



Image Description: A woman is lying in bed, holding the TENS unit and looking at it. Two electrode pads are attached to her upper arm, connected to the unit by wires. This image demonstrates the device being used in a relaxed setting for personal therapy.

Maintenance

- **Cleaning the Unit:** Wipe the TENS unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Cleaning Electrode Pads:** Gently wipe the adhesive side of the pads with a damp cloth or a small amount of water to restore stickiness. Allow to air dry completely before re-applying the protective film.
- **Replacing Electrode Pads:** Electrode pads have a limited lifespan. Replace them when they lose their stickiness or if you notice reduced conductivity or uneven sensation.
- **Storage:** Store the unit and pads in a cool, dry place, away from direct sunlight and extreme temperatures. Always re-apply the protective film to the electrode pads before storage.
- **Battery Replacement:** Replace all 4 AAA batteries when the display becomes dim or the unit fails to power on.

Troubleshooting

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Unit does not power on.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace with fresh AAA batteries.
No sensation or weak sensation.	Intensity too low. Pads not adhering well. Wires not connected properly. Pads are worn out.	Increase intensity slowly. Ensure pads are firmly pressed onto clean, dry skin. Check all wire connections to the unit and pads. Replace electrode pads.
Skin irritation under pads.	Pads left on too long. Allergic reaction to adhesive. Skin not clean before application.	Reduce treatment time. Discontinue use and consult a physician. Ensure skin is clean and dry before applying pads.

Specifications

Model Number:	80-5122
Power Source:	4 x AAA Batteries (Included)
Unit Dimensions (L x W x H):	7.8" x 2.25" x 0.75"
Electrode Pad Dimensions (L x W):	1.5" x 1.5"
Electrode Wire Length:	62"
Weight:	Approximately 3.2 ounces (without batteries)
Modes:	Massage, Beat, Knead
Output Channels:	2 Independent Channels

Warranty and Support

For warranty information and customer support, please refer to the documentation included with your purchase or contact the manufacturer directly. Keep your proof of purchase for any warranty claims.
Manufacturer: Trademark Global