TensCare Perfect EMS

TensCare Perfect EMS Muscle Stimulation and Pain Relief Device User Manual

Introduction

The TensCare Perfect EMS is a versatile electrotherapy device designed for both muscle stimulation (EMS) and pain relief (TENS). This unit offers a comprehensive solution for strengthening muscles, improving endurance, aiding rehabilitation, toning, and providing effective relief from various types of pain. It features clinically proven technology and is recommended by medical professionals and athletes.
This manual provides essential information for the safe and effective use of your Perfect EMS device. Please read it thoroughly before first use and keep it for future reference.

Important Safety Information

Always consult your doctor or a healthcare professional before using this device, especially if you have any pre-existing medical conditions. Failure to follow these safety guidelines could result in injury or adverse reactions.

- **Do not use** if you are pregnant, have a pacemaker, a heart condition, epilepsy, or cancer.
- **Do not apply** electrodes over the heart, on the head, or on broken or irritated skin.
- Keep the device and accessories out of reach of children.
- **Do not use** while driving, operating heavy machinery, or during any activity where involuntary muscle contractions could put you at risk.
- Discontinue use immediately if you experience any discomfort, pain, or adverse skin reactions.
- Ensure the device is switched off before applying or removing electrodes.
- Only use electrode pads and lead wires supplied or recommended by TensCare.

Package Contents

Your TensCare Perfect EMS package should contain the following items:

- 1 x TensCare Perfect EMS Device
- 1 x Belt Clip

- 4 x Self-adhesive electrode pads (E-CM5050)
- 2 x Lead wires
- 2 x AA Alkaline Batteries
- 1 x Instruction Manual (this document)
- 1 x Storage Pouch



Image: All components included in the TensCare Perfect EMS package.

Device Overview

The Perfect EMS device is designed for user-friendly operation with a clear LCD screen and intuitive controls.



Image: TensCare Perfect EMS device with key features indicated.

- **ON/OFF Button:** Located at the top, press to power the device on or off.
- **CH1/CH2 Buttons:** Used to select Channel 1 or Channel 2 for independent intensity adjustment.
- **Up/Down Arrows:** Adjusts the intensity levels for the selected channel.
- **P Button:** Cycles through the available preset programs.
- **T Button:** Toggles between TENS and EMS modes.
- **LCD Display:** Shows the selected program number, current intensity level for each channel, remaining treatment time, and battery indicator.

Setup

Follow these steps to prepare your Perfect EMS device for use:

1. **Install Batteries:** Open the battery compartment located on the back of the device. Insert the 2 AA alkaline batteries, ensuring that the polarity (+/-) matches the indicators inside the compartment. Close the compartment securely.
2. **Connect Lead Wires:** Plug the lead wires into the output sockets at the top of the device. Each lead wire has two pins that connect to two electrode pads.
3. **Attach Electrode Pads:** Connect the electrode pads to the pins on the lead wires. Ensure a firm and secure connection.
4. **Apply Electrode Pads:** Clean and dry the skin area where the pads will be placed. Remove the pads from their protective film and firmly press them onto the skin. Ensure that the pads are not touching each other.





Image: TensCare Perfect EMS device ready for use with lead wires and pads attached.

Operating Instructions

Once the device is set up, follow these steps to begin your treatment:

Powering On/Off

- To turn on, press the **ON/OFF** button. The screen will illuminate.
- To turn off, press and hold the **ON/OFF** button until the screen goes blank.

Selecting a Program (EMS/TENS)

- Press the **T** button to toggle between EMS and TENS modes. The selected mode will be indicated on the display.

- Press the **P** button to cycle through the available preset programs within the selected mode. The program number will be displayed.

Adjusting Intensity

- Press the **CH1** or **CH2** button to select the channel you wish to adjust.
- Use the **Up arrow** button to gradually increase the intensity.
- Use the **Down arrow** button to gradually decrease the intensity.
- Adjust the intensity until you feel a comfortable, strong, but not painful sensation. The device has 60 intensity levels.

Understanding EMS Programs

The Perfect EMS offers 6 preset EMS programs designed for various muscle goals:

- **Strength & Muscle Toning:** These programs focus on developing muscle strength, improving endurance, and enhancing muscle definition through varied pulse patterns.
- **Recovery & Relaxation:** Gentle, rhythmic stimulation helps reduce post-exercise soreness, alleviate muscle stiffness, and improve local circulation for faster recovery.
- **Warm-up & Injury Support:** Low-frequency pulses prepare muscles before physical activity and assist in rehabilitating weakened or injured areas.



Image: Example of electrode placement for abdominal muscle stimulation.

Understanding TENS Programs

The Perfect EMS includes 2 manual TENS programs specifically for pain relief:

- These programs are effective for alleviating pain in areas such as the back, joints, or from injuries and overtraining.
- Adjust the intensity to a comfortable tingling sensation, which helps to block pain signals.



Image: Demonstrating use for muscle recovery and pain relief on the back.

Electrode Placement Guidelines

Proper electrode placement is crucial for effective and safe treatment. Always refer to specific diagrams for your target muscle group or pain area.

- Always place pads on clean, dry, unbroken skin.
- Ensure pads are at least 1 inch (2.5 cm) apart but not so far that they are on opposing sides of a joint.
- For EMS, place pads directly over the muscle belly you wish to stimulate.
- For TENS, place pads around the area of pain, not directly on the painful spot itself.
- Avoid placing pads directly over joints, bony prominences, or directly opposite each other across the heart.

Maintenance

To ensure the longevity and optimal performance of your TensCare Perfect EMS device, follow these maintenance guidelines:

- **Cleaning the Device:** Wipe the device with a damp cloth. Do not use abrasive cleaners, solvents, or immerse the device in water.
- **Electrode Pads:** After each use, return the electrode pads to their protective film to preserve their adhesive quality. Replace pads when they lose their stickiness or become damaged.
- **Storage:** Store the device and all accessories in the provided storage pouch in a cool, dry place, away from direct sunlight and extreme temperatures. Remove the batteries if the device will not be used for an extended period.
- **Battery Care:** Always use fresh, good quality AA alkaline batteries. Do not mix old and new batteries or different types of batteries.

Troubleshooting

If you encounter any issues with your Perfect EMS device, refer to the table below for common problems and their solutions:

Problem	Possible Cause	Solution
Device does not turn on	Batteries are low or incorrectly inserted	Replace batteries with new ones or ensure correct polarity (+/-).
No sensation or weak sensation	Lead wires not connected properly, pads not adhering well, intensity too low	Check all lead wire connections. Reapply pads firmly to clean, dry skin. Gradually increase intensity using the Up arrow button.
Discomfort or skin irritation	Intensity too high, pads placed incorrectly, allergic reaction to pads	Reduce intensity immediately. Reposition pads according to guidelines. If irritation persists, discontinue use and consult a doctor.
Screen is blank or flickering	Low battery power	Replace batteries with new AA alkaline batteries.

If the problem persists after attempting these solutions, please contact TensCare customer support.

Specifications

Key technical details of the TensCare Perfect EMS device:

Feature	Detail
Manufacturer	TensCare
Model Number	Perfect EMS

Feature	Detail
Dimensions (Device)	Approximately 20.3 x 15.2 x 4.1 cm
Weight (Device)	Approximately 80 g
Power Source	2 x AA Alkaline Batteries (included)
Modes	EMS (Electrical Muscle Stimulation), TENS (Transcutaneous Electrical Nerve Stimulation)
EMS Programs	6 Preset Programs
TENS Programs	2 Manual Programs
Intensity Levels	60 levels
Channels	Dual Channel (independent control)
Safety Feature	Disconnection Detection (intensity resets to 0 if electrode detaches)
Country of Origin	China

Warranty and Support

For professional advice, technical support, or warranty inquiries regarding your TensCare Perfect EMS device, please contact TensCare directly:

- **Email:** sales@tenscare.co.uk
- **Website:** Visit the official TensCare website for additional product information, FAQs, and support resources.

Please have your product model number (Perfect EMS) and purchase details ready when contacting support.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

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