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Massage Therapy Concepts BD17093

TENS Unit Muscle Stimulator User Manual

Model: BD17093 | Brand: Massage Therapy Concepts

INTRODUCTION

This manual provides essential information for the safe and effective operation of your TENS Unit Muscle Stimulator. This device is designed for non-invasive pain relief and muscle stimulation, utilizing Transcutaneous Electrical Nerve Stimulation (TENS) and Electronic Muscle Stimulation (EMS) technologies. It is intended to address chronic discomfort, muscle spasms, and aid in muscle recovery.

Please read this manual thoroughly before first use and retain it for future reference.

SAFETY INFORMATION

Important Safety Precautions:

- Do not use if you have a pacemaker, 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.
- Do not use over the carotid sinus nerves (front of the neck), on the head, or over the eyes.
- Consult a physician before use if you have epilepsy, heart disease, or any other serious medical condition.
- Keep out of reach of children.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Always start with the lowest intensity setting and gradually increase to a comfortable level. Discontinue use if you experience any discomfort or adverse reactions.

WHAT'S IN THE BOX



The package includes everything required for a complete therapy experience:

- 1 x TENS/EMS Device (Model BD17093)
- 2 x Small Latex-Free Electrode Pads
- 2 x Large Latex-Free Electrode Pads
- 2 x X-Large Latex-Free Electrode Pads
- 2 x Lead Wires
- 1 x Pad Holder
- 1 x Detailed User Manual (this document)
- 1 x USB Charging Cable and Wall Adapter

Image description: The main product image shows the TENS unit device, its various sizes of electrode pads, lead wires, and the charging adapter, laid out against a white background.

PRODUCT FEATURES



- **Dual-Channel Capability:** Allows for separate intensity control for each channel, treating two different areas or using four pads simultaneously.
- **12 Therapy Modes:** A variety of pre-set programs for different types of pain relief and muscle stimulation.
- **20 Intensity Levels:** Fine-tune the electrical stimulation to your comfort and therapeutic needs.
- **Adjustable Timer:** Set treatment sessions up to 60 minutes.
- **Easy-to-Read Display:** Large touchscreen display for intuitive navigation.
- **Portable & Lightweight:** Compact design for use at home or on the go.
- **Rechargeable Battery:** Built-in Lithium battery provides up to 12 hours of continuous use.

Image description: A graphic displaying the TENS unit alongside icons and text highlighting its key features: easy-to-read LED display, lock function, dual channel versatility, portable & lightweight design, TENS pain relief, EMS muscle performance, and adjustable treatment time.

SETUP GUIDE

1. **Charge the Device:** Before first use, fully charge the TENS unit using the provided USB cable and wall adapter. The

battery indicator on the display will show charging status.

2. **Connect Lead Wires:** Insert the lead wires into the output ports (Port A and/or Port B) on the top of the device.
3. **Attach Electrode Pads:** Connect the electrode pads to the pins on the lead wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where pads will be applied. Avoid applying pads to broken or irritated skin.
5. **Apply Pads:** Carefully peel the protective film from the electrode pads and firmly place them on the desired treatment area. Ensure the entire surface of the pad is in contact with the skin.



Image description: A composite image showing three steps: 1) Unboxing the Verve unit, 2) Plugging lead wires into Port A or B, and 3) Attaching wires to electrode pads.

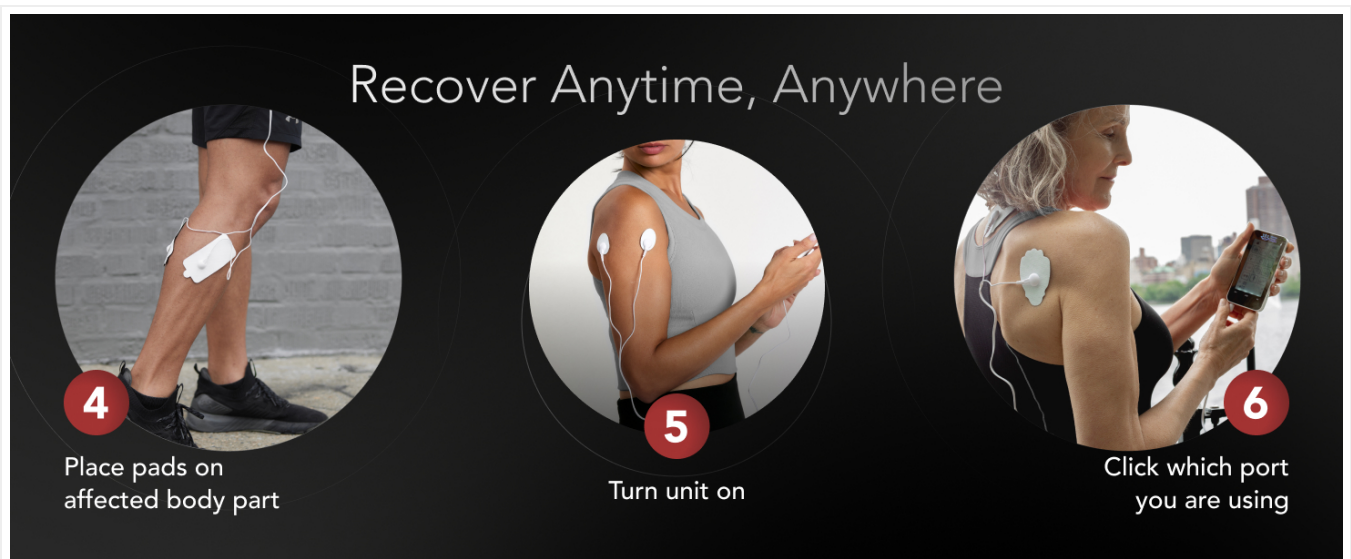


Image description: A composite image showing three steps: 4) Placing pads on the affected body part, 5) Turning the unit on, and 6) Clicking which port is being used.

OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the power button (usually on the side or top) for approximately 6 seconds until the screen illuminates.
2. **Select Mode:** Use the touchscreen to select one of the 12 available therapy modes. Each mode offers a different sensation and pulse pattern.
3. **Adjust Intensity:** For each channel (A and/or B), use the '+' and '-' buttons on the screen to adjust the intensity level. Start at level 1 and gradually increase until you feel a comfortable, strong, but not painful, sensation.

4. **Set Timer:** The device typically has a default treatment time. Adjust the timer if desired, up to 60 minutes.
5. **Lock Function:** Some models feature a lock function to prevent accidental changes during therapy. Refer to the on-screen icon or specific device instructions for activation.
6. **Power Off:** After your session, press and hold the power button for 6 seconds to turn off the device.



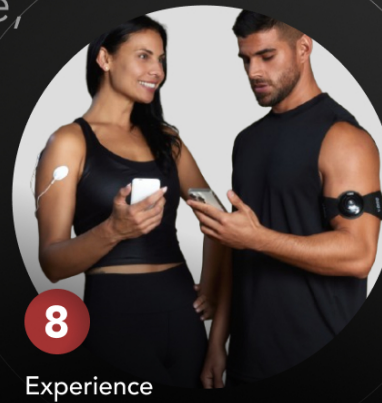
**GREAT
FOR DIFFERENT
LIFESTYLES!**

Image description: The TENS unit's display screen, clearly showing 12 different therapy modes represented by icons, and indicators for 20 intensity levels, emphasizing the device's versatility.

Recover Anytime, Anywhere



7
Choose between
12 modes



8
Experience
Relief

Image description: A composite image showing two steps: 7) Choosing between 12 modes on the device, and 8) Experiencing relief while using the device.

PAD PLACEMENT GUIDE

Proper pad placement is crucial for effective therapy. The electrode pads should be placed on clean, dry skin, typically around the area of pain or muscle you wish to stimulate. Avoid placing pads directly over joints, bony prominences, or areas with reduced sensation.

For TENS therapy, place pads on either side of the painful area. For EMS therapy, pads can be placed on the belly of the muscle you wish to stimulate.



Image description: A circular diagram illustrating common areas for pain relief on the human body, including the knee, upper back, lower back, elbow, abdomen, shoulder, and neck, indicating where TENS unit pads can be applied.

Refer to the included quick reference guide or consult a healthcare professional for specific pad placement recommendations for your condition.

MAINTENANCE

- **Cleaning the Device:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Electrode Pad Care:**
 - After each use, place the pads back on the protective film to maintain their adhesive quality.
 - Clean your skin with rubbing alcohol before applying pads to prolong their stickiness.
 - Replace pads when they lose their adhesive quality or become dirty.
- **Charging:** Recharge the device regularly, especially after extended periods of non-use, to maintain battery health.

The device can be charged via a wall unit or a computer USB port.

- **Storage:** Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.




**MESSAGE[®]
THERAPY
CONCEPTS**

**Built in Rechargeable
Lithium Battery
Up to 12 hours
Continuous use!**

**It can be charged through
wall unit or computer USB port**

Image description: The TENS unit device is shown with text indicating it has a built-in rechargeable Lithium Battery, offering up to 12 hours of continuous use, and can be charged via a wall unit or computer USB port.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device fully. Ensure the power button is held for 6 seconds.
No sensation or weak sensation.	Pads not properly attached to skin. Pads have lost adhesiveness. Lead wires not securely connected. Intensity level too low.	Ensure pads are firmly pressed onto clean, dry skin. Replace old pads with new ones. Check all lead wire connections. Gradually increase intensity using the '+' button.
Sensation is uncomfortable or painful.	Intensity level too high.	Decrease intensity using the '-' button. Reposition pads if necessary.
Pads do not stick.	Skin is oily or dirty; pads are old.	Clean skin thoroughly before application. Replace pads if they have lost their stickiness.

SPECIFICATIONS

- **Model Number:** BD17093
- **Power Source:** 1 Lithium Ion battery (rechargeable)
- **Number of Modes:** 12
- **Intensity Levels:** 20
- **Channels:** Dual A/B Independent Channels
- **Treatment Timer:** Up to 60 minutes
- **Package Dimensions:** 5.75 x 3.98 x 2.72 inches
- **Item Weight:** 14.07 ounces
- **Manufacturer:** Massage Therapy Concepts

WARRANTY AND SUPPORT

Your TENS Unit Muscle Stimulator comes with a warranty. Please refer to the warranty registration information included in your package for details on how to register your product and the terms of coverage. Warranty registration ensures you have full confidence and convenience when managing your pain.

For further assistance, technical support, or to purchase replacement parts (such as electrode pads or lead wires), please visit the official Massage Therapy Concepts store or contact customer service:

Visit the [Massage Therapy Concepts Store on Amazon](#)

