Beurer EM49

Beurer EM49 PainFree Digital TENS and EMS Machine User Manual

Model: EM49
Brand: Beurer

1. Introduction

The Beurer EM49 Digital TENS and EMS Machine is a versatile device designed for pain therapy (TENS), muscle stimulation (EMS), and relaxation massage. It offers a drug-free approach to pain relief and supports muscle rehabilitation and training. This manual provides essential information for safe and effective use of your device.

2. Important Safety Information

Read all instructions carefully before use. Failure to follow safety warnings may result in injury or damage to the device.

- Do not use if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Do not use if you are pregnant.
- Do not use on open wounds, rashes, swollen, red, infected, or inflamed skin areas.
- Do not use on the head, face, neck, or across the chest.
- Consult your doctor before use if you have any medical conditions, including epilepsy, heart disease, or cancer.
- Keep out of reach of children.
- Only use the device with the specified electrodes and cables.
- Discontinue use immediately if you experience any discomfort or adverse reactions.

3. Package Contents

Your Beurer EM49 package should contain the following items:

- 1 x Beurer EM49 Digital TENS/EMS Device
- 4 x Self-adhesive gel electrodes (45 x 45 mm)
- 2 x Connection cables for electrodes
- 3 x AAA batteries (included)
- 1 x Belt clip
- 1 x Storage pouch
- 1 x Instruction Manual



Image: Overview of the Beurer EM49 device and its included accessories, including the main unit, electrode pads, and connection cables.

4. Setup

4.1 Battery Installation

1. Open the battery compartment cover on the back of the device.
2. Insert 3 x AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

4.2 Connecting Electrodes

1. Connect the electrode cables to the two channels (CH1 and CH2) on the top of the device.
2. Attach the snap connectors of the cables to the self-adhesive gel electrodes.
3. Remove the protective film from the gel electrodes.
4. Place the electrodes firmly on clean, dry skin in the desired treatment area. Refer to the electrode positioning indicator on the device display for guidance.



Image: The illuminated display of the Beurer EM49 guides the user on where to place the electrode pads according to the selected program, as shown with electrodes on an arm.

5. Operating Instructions

5.1 Power On/Off

Press and hold the power button () to turn the device on or off.

5.2 Program Selection

The device features 64 pre-programmed applications and 6 customizable programs. Use the**MENU** button to navigate through the main options (TENS, EMS, Massage, Custom Programs). Use the arrow buttons (∧ / ∨) to select a specific program within a category, then press **ENTER** to confirm.



Image: The Beurer EM49 offers a wide range of programs, including 15 TENS and 35 EMS programs, for various applications, shown here during a shoulder treatment.

5.3 Intensity Adjustment

After selecting a program, use the channel-specific arrow buttons (∧ / ∨ for CH1 and CH2) to adjust the intensity of the impulses. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation. The device has 2 separately adjustable channels, allowing for different intensities on different electrode pairs.



Image: The Beurer EM49 features two separately adjustable channels, allowing for independent intensity control for each pair of the four self-adhesive electrodes, demonstrated with electrodes on a foot.

5.4 Countdown Timer

The device includes a countdown timer for treatment duration. The remaining time is displayed on the LCD screen. The device will automatically switch off once the timer reaches zero.

5.5 Doctor's Function

The Doctor's Function allows you to save and quickly recall your preferred program settings. This feature ensures perfect coordination with your personal treatment program. To activate or use, refer to the detailed instructions in the full manual.

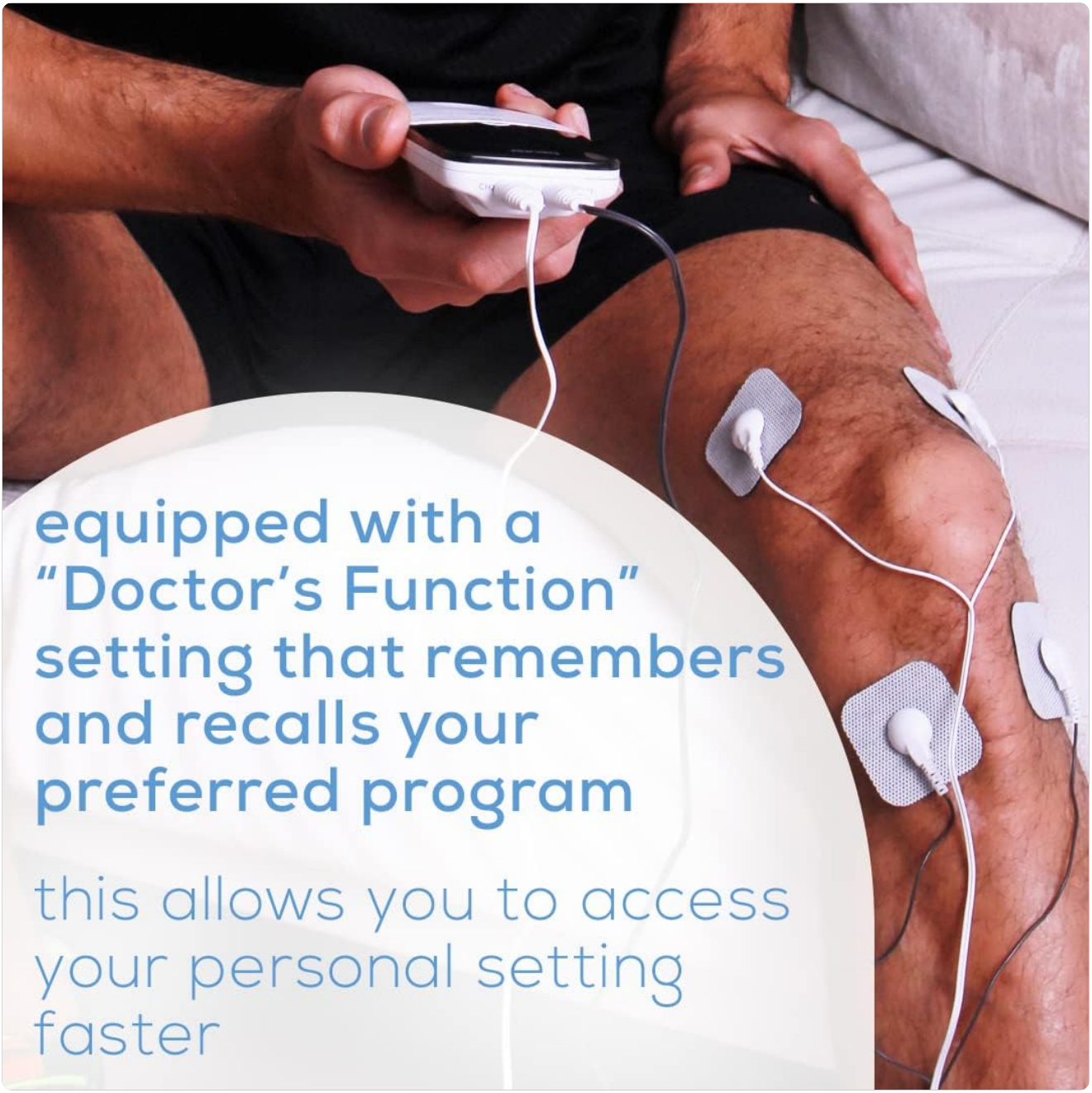


Image: The Beurer EM49 is equipped with a "Doctor's Function" setting that remembers and recalls your preferred program, allowing faster access to personal settings, as shown during a knee application.

6. Application Modes and Programs

The Beurer EM49 offers three primary functions:

6.1 TENS (Transcutaneous Electrical Nerve Stimulation)

TENS is used for drug-free pain relief, targeting nerves to block pain signals. It is effective for various types of pain, including chronic and acute pain.



Image: The Beurer EM49 provides TENS pain relief for muscles and joints, demonstrated here with electrode placement on the back.

6.2 EMS (Electrical Muscle Stimulation)

EMS is used for muscle training, regeneration, and rehabilitation. It helps to strengthen muscles, improve muscle endurance, and aid in recovery after injury or exercise.



Image: EMS (Electrical Muscle Stimulation) with the Beurer EM49 supports muscle building and rehabilitation, illustrated by electrode placement on the abdomen.

6.3 Massage

The massage function provides a relaxing effect, helping to alleviate muscle tension and promote well-being.

6.4 Custom Programs

The 6 customizable programs allow you to adjust parameters such as frequency, pulse width, and on/off time to create personalized treatment settings tailored to your specific needs.

7. Maintenance and Care

7.1 Cleaning the Device

Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.

7.2 Electrode Care

After each use, place the protective film back on the gel electrodes to preserve their adhesive properties. If the electrodes lose their stickiness, they may need to be replaced. Clean the skin thoroughly before applying electrodes to ensure optimal adhesion and conductivity.

7.3 Storage

Store the device and electrodes in a cool, dry place, away from direct sunlight and extreme temperatures. Use the provided storage pouch to protect the device.

8. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly inserted.	Check battery polarity or replace with new AAA batteries.
No sensation or weak sensation.	Electrodes not properly attached; intensity too low; electrodes worn out.	Ensure electrodes are firmly on skin; increase intensity gradually; replace electrodes if adhesive is gone.
Display is dim or flickering.	Low battery power.	Replace batteries.
Device turns off unexpectedly.	Safety switch-off activated; low battery.	Ensure electrodes are making good contact; replace batteries.

9. Specifications

- **Model Number:** 662.05
- **Functions:** TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electrical Muscle Stimulation), Massage
- **Channels:** 2 (separately adjustable)
- **Pre-programmed Applications:** 64
- **Customizable Programs:** 6
- **Electrodes:** 4 self-adhesive gel electrodes (45 x 45 mm) included
- **Power Supply:** 3 x AAA batteries (included)
- **Product Dimensions:** 16.5 x 22.4 x 5.4 cm
- **Item Weight:** 110.56 Grams
- **Display:** Inverse LCD display with blue backlight
- **Features:** Countdown timer, Safety switch-off, Doctor's function, Electrode positioning indicator

10. Warranty and Support

The Beurer EM49 Digital TENS and EMS Machine comes with a**5 Year Warranty**. For warranty claims, technical support, or further assistance, please contact Beurer customer service. As a product of German Design & Engineering, it is built to high standards of quality and reliability.
For more information, visit the official Beurer website or contact your local distributor.

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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.

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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