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› iStim Tens Unit Stimulator Machine - EV820 with 8 Electrodes Japanese Gel for Pain Management, Back Pain and Rehabilitation Instruction Manual

iSTIM EV820

iStim TENS Unit Stimulator Machine - EV820

Instruction Manual

1. INTRODUCTION

The iStim EV-820 is a Transcutaneous Electrical Nerve Stimulation (TENS) device designed for pain management and rehabilitation. TENS is a non-invasive, drug-free method of pain relief that delivers stable electrical pulses to nerve fibers through the skin. This process can effectively block pain signals to the brain and promote the release of natural endorphins, which are the body's natural pain relievers. The reduction or elimination of pain can often last beyond the stimulation period.

This device is intended for use in treating chronic or acute pain conditions such as shoulder tension, back pain, arthritic pain, and knee pain, and can also aid in muscle relaxation and strengthening.

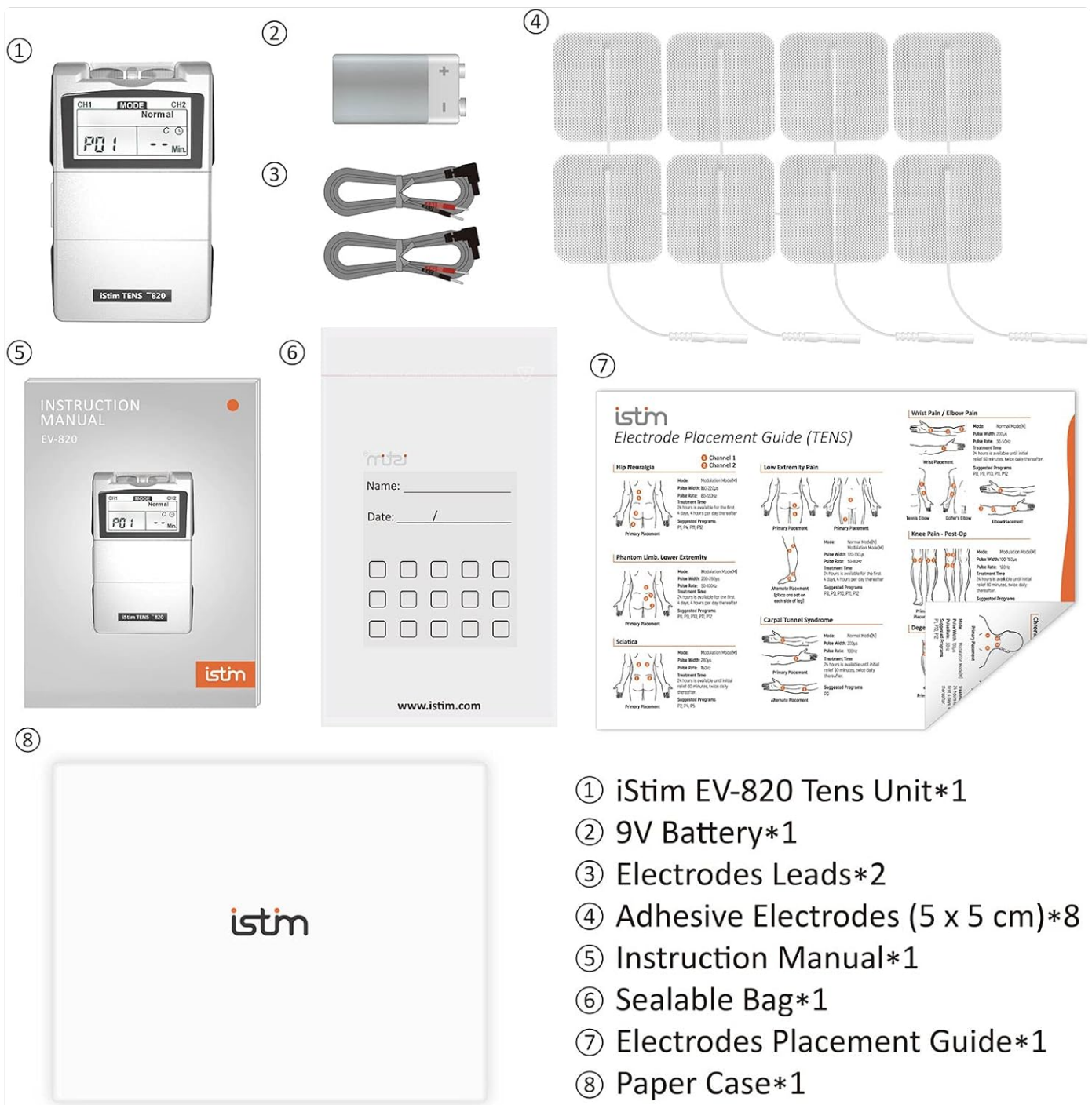
Important Safety Information

Before using the iStim EV-820, please read all instructions carefully. Consult with a healthcare professional if you have any pre-existing medical conditions, are pregnant, have a pacemaker, or have any concerns about using this device. Do not use on broken or irritated skin. 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.

2. PACKAGE CONTENTS

Verify that all items are present in your iStim EV-820 package:

- iStim EV-820 TENS Unit x 1
- Electrode Pads (Japanese Gel, 5 x 5 cm) x 8
- Lead Wires x 2
- Instruction Manual x 1
- Quick Guide x 1
- 9V Battery x 1
- Sealable Bag x 1
- Electrodes Placement Guide x 1
- Paper Case x 1



- ① iStim EV-820 Tens Unit*1
- ② 9V Battery*1
- ③ Electrodes Leads*2
- ④ Adhesive Electrodes (5 x 5 cm)*8
- ⑤ Instruction Manual*1
- ⑥ Sealable Bag*1
- ⑦ Electrodes Placement Guide*1
- ⑧ Paper Case*1

Figure 2.1: Included components of the iStim EV-820 TENS Unit package.

3. PRODUCT FEATURES

- **Dual Channel Output:** Features 2 independent channels for treating two different areas simultaneously or for enhanced stimulation in one area.
- **Multiple Modes:** Offers 5 TENS modes and 12 preset programs for varied treatment options.
- **High-Quality Electrodes:** Includes 8 electrode pads with high-grade, biocompatible SEKISUI Japanese gel for efficient electrical conduction and suitability for sensitive skin. *Note: Do not use extra electrode gel.*
- **User-Friendly Design:** Equipped with a Liquid Crystal Display (LCD) for clear visibility, a flip-top cover for button protection, a non-slip bar, and a metal belt clip for portability.
- **Safety Approved:** 510K approved for Over-The-Counter (OTC) use and certified with safety regulations (IEC60601-1, IEC60601-1-2 EMC). Manufactured in Taiwan.
- **FSA/HSA Eligible:** This product qualifies for Flexible Spending Account (FSA) and Health Savings Account (HSA) eligibility.



Flip Top Cover



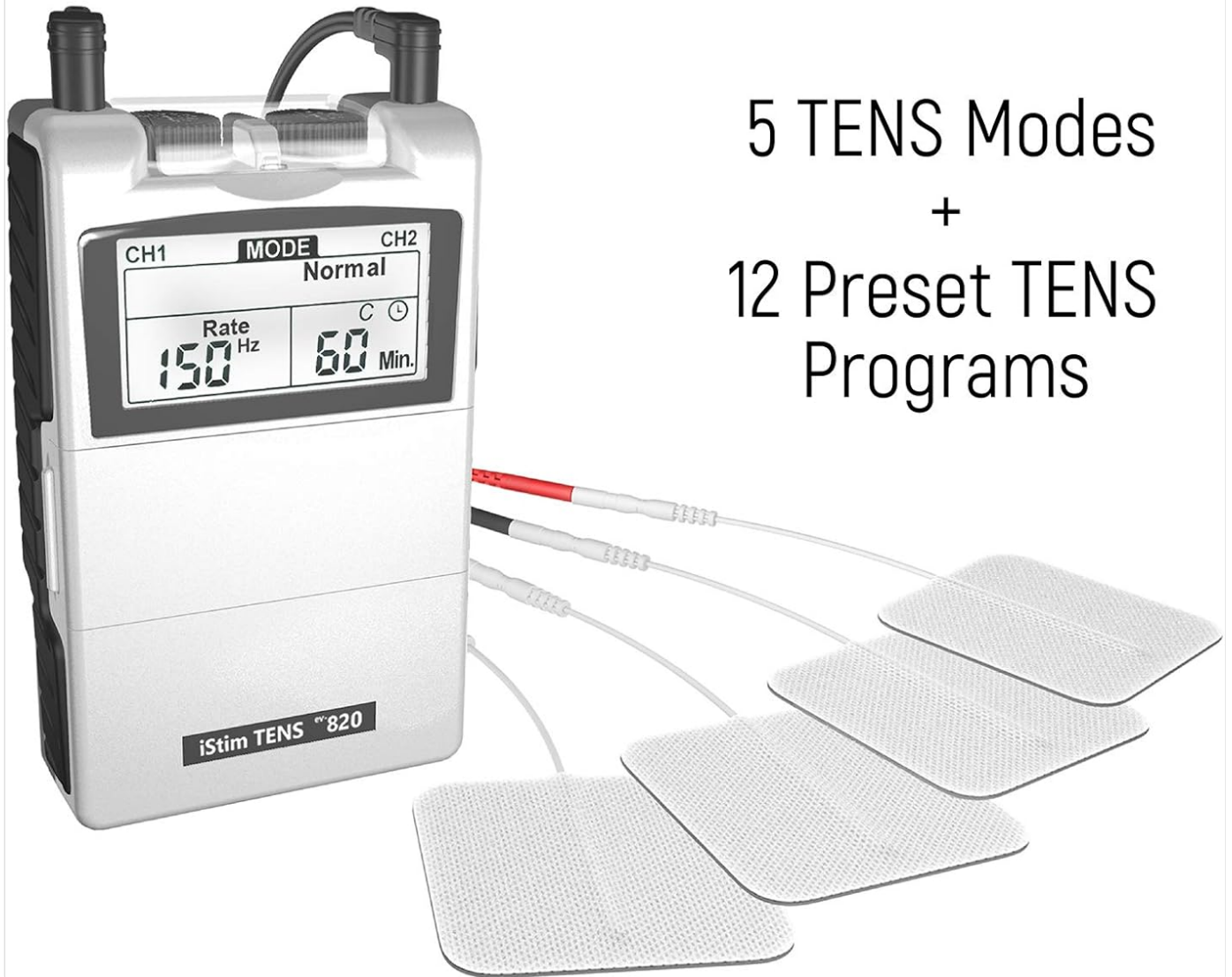
Non-Slip Bar



Metal Belt Clip



Liquid Crystal Display (LCD)



5 TENS Modes
+
12 Preset TENS Programs

Figure 3.1: Key features of the iStim EV-820 TENS Unit.

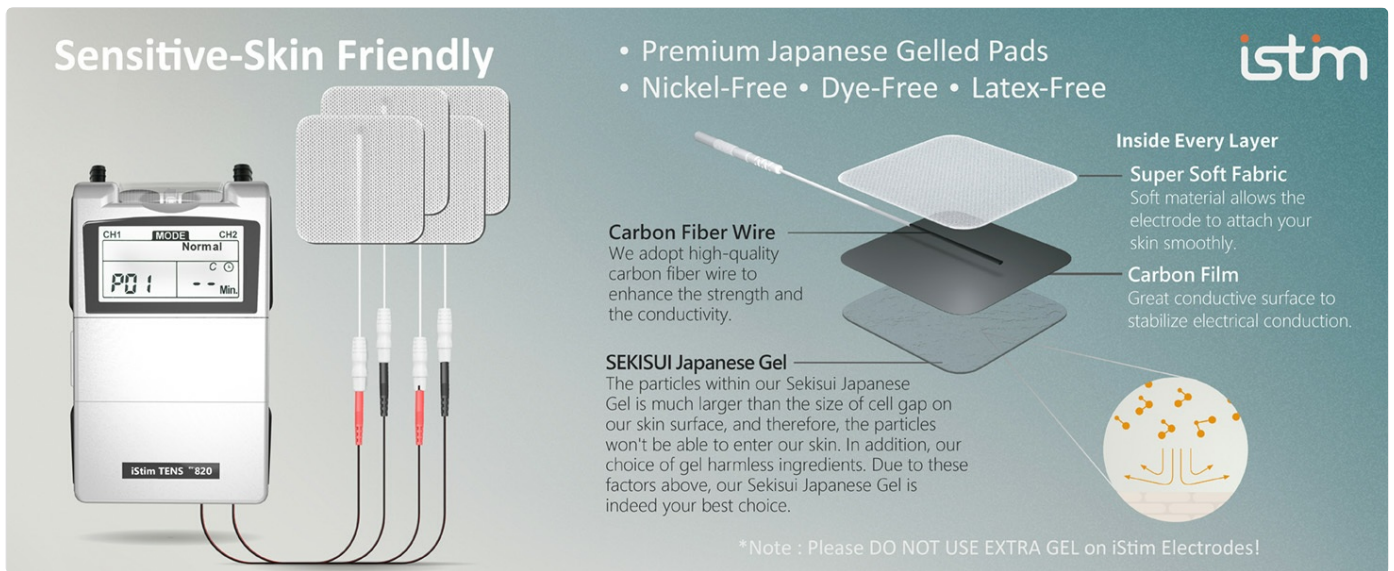


Figure 3.2: Construction of the sensitive-skin friendly electrode pads.

4. SETUP

1. **Install Battery:** Open the battery compartment on the back of the unit. Insert the provided 9V battery, ensuring correct polarity. Close the compartment securely.
2. **Connect Lead Wires:** Plug the lead wires into the output jacks at the top of the TENS unit (CH1 and CH2).
3. **Attach Electrodes:** 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 the electrodes will be placed. Remove any lotions, oils, or excessive hair to ensure optimal adhesion and conductivity.
5. **Apply Electrodes:** Carefully peel the electrodes from their protective liner and apply them firmly to the prepared skin area. Refer to the included Electrodes Placement Guide for recommended placements for various body parts.



Figure 4.1: iStim EV-820 TENS Unit with connected electrodes.

5. OPERATING INSTRUCTIONS

1. **Turn On:** Rotate the intensity control knobs (CH1 and CH2) clockwise from the "OFF" position to turn on the unit. The LCD will illuminate.
2. **Select Mode:** Press the **MODE** button to cycle through the 5 TENS modes (Burst, Normal, Modulation, SD1, SD2) and 12 preset programs. The selected mode will be displayed on the LCD.
3. **Adjust Settings:**
 - Press the **SET** button to toggle between Pulse Width, Rate (Frequency), and Treatment Time settings.
 - Use the ▲ (Up) and ▼ (Down) buttons to increase or decrease the selected setting value.
4. **Adjust Intensity:** Slowly rotate the CH1 and CH2 intensity control knobs clockwise to increase the stimulation intensity for each channel. Increase gradually until a comfortable, strong, non-painful sensation is felt. If the sensation becomes uncomfortable, decrease the intensity.
5. **Treatment Duration:** The default treatment time is 30 minutes. You can adjust this using the SET and ▲/▼ buttons. The unit will automatically shut off after the set time.
6. **Turn Off:** After treatment, slowly rotate both intensity control knobs counter-clockwise until they click into the "OFF" position.



Increase or Decrease setting value

Mode

Setting for Pulse Width/Rate, Treatment Time

iStim EV-820 TENS

The most popular model of iStim series.

Figure 5.1: iStim EV-820 TENS Unit controls and display.

6. MAINTENANCE

- **Cleaning the Unit:** Wipe the TENS unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Electrode Care:**
 - After each use, reattach the electrodes to their protective liner to preserve the adhesive gel.
 - Store electrodes in the provided sealable bag to prevent drying.
 - If electrodes lose their stickiness, they should be replaced. Do not use extra electrode gel as it can damage the pads.
- **Battery Replacement:** Replace the 9V battery when the low battery indicator appears on the LCD or when the unit fails to power on.
- **Storage:** Store the TENS unit and accessories in the provided case in a cool, dry place, away from direct sunlight and extreme temperatures.



Figure 6.1: Proper electrode usage and care reminder.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Unit does not turn on.	Battery is dead or incorrectly installed.	Check battery polarity or replace with a new 9V battery.
No sensation or weak sensation.	Electrodes not properly adhered to skin. Lead wires not securely connected. Intensity set too low. Electrodes are dry or worn out.	Ensure electrodes are firmly pressed onto clean, dry skin. Check all lead wire connections. Slowly increase intensity knobs. Replace electrodes if they are no longer sticky.
Skin irritation at electrode site.	Skin not clean before application. Electrodes used for too long or too frequently. Allergic reaction to electrode gel.	Clean skin thoroughly before each use. Reduce treatment time or frequency. Discontinue use and consult a physician if irritation persists.

8. SPECIFICATIONS

Feature	Detail
Product Model Number	EV-820 (Internal: YYOJ043)
Product Dimensions	3.98 x 2.4 x 0.96 inches
Weight	1.01 Pounds (approx. 458 grams)
Power Source	1 x 9V Battery (included)
Channels	Dual Channel
TENS Modes	5 (Burst, Normal, Modulation, SD1, SD2)
Preset Programs	12
Electrode Pads	8 Japanese Gel Electrodes (5 x 5 cm)
Manufacturer	Everyway4all

9. WARRANTY AND SUPPORT

For warranty information or technical support regarding your iStim EV-820 TENS Unit, please contact the manufacturer, Everyway4all. Refer to the product packaging or the official iSTIM website for the most current contact details. It is recommended to retain your purchase receipt as proof of purchase for any warranty claims.

