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› [AccuRelief Wireless Tens Unit and EMS Muscle Stimulator - Includes Pulse Massager - Pain Relief Device with Remote and Mobile App, TENS Machine, TENS Device](#)

AccuRelief ACRL-9100

AccuRelief Wireless TENS Unit and EMS Muscle Stimulator User Manual

Model: ACRL-9100

INTRODUCTION

The AccuRelief Wireless TENS Unit and EMS Muscle Stimulator is an innovative device designed to provide targeted electrotherapy for pain relief and muscle stimulation. This manual provides comprehensive instructions for safe and effective use of your device, whether controlled by the wireless remote or the mobile application.



The AccuRelief Wireless TENS Unit, its remote control, and a smartphone showing the accompanying mobile application.

IMPORTANT SAFETY INFORMATION

Please read all instructions and warnings carefully before using this device. Failure to do so may result in injury or device malfunction.

- **Consult a Physician:** Always consult your physician before using this device, especially if you have pre-existing medical conditions.
- **Contraindications:** Do not use if you are pregnant, have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Do not use if you have epilepsy or a heart condition.
- **Application Areas:** Do not apply electrodes on open wounds, irritated skin, or sensitive areas such as the eyes, mouth, front of the neck, or across the chest.
- **Children:** Keep out of reach of children. This device is not intended for use by children.
- **Discontinue Use:** If you experience any adverse reactions or discomfort, discontinue use immediately and consult your physician.

- **Legal Disclaimer:** 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.

PACKAGE CONTENTS

Your AccuRelief Wireless TENS Unit and EMS Muscle Stimulator package should include the following items:

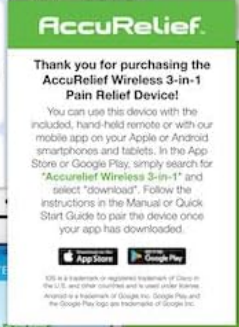
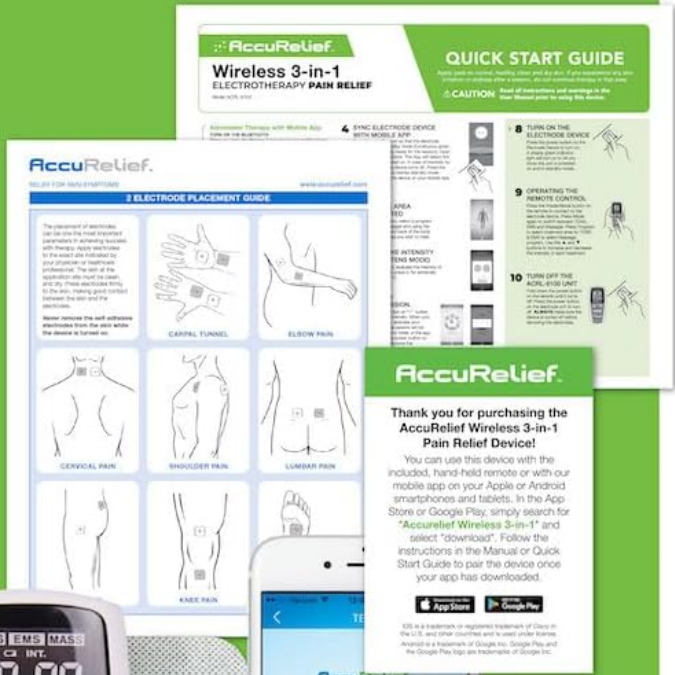
- Wireless Electrode Device with rechargeable lithium-ion battery
- Remote Control
- 4 Adhesive Electrode Pads
- USB Power Cord
- 2 AAA Batteries (for remote)
- User Manual
- Quick Start Guide
- Electrode Placement Guide

INCLUDES EVERYTHING NEEDED FOR TREATMENT

- Remote Control
- Wireless Electrode Device with rechargeable lithium ion battery
- 4 Adhesive Electrode Pads
- USB Power Cord
- 2 AAA Batteries
- App download information
- User Manual, Quick Start Guide, and Electrode Placement Guide



Mobile device not included



All items included with the AccuRelief Wireless TENS Unit and EMS Muscle Stimulator.

PRODUCT OVERVIEW

The AccuRelief device combines three therapeutic functions:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** Blocks pain signals from reaching the brain and increases endorphin production for temporary pain relief.
- **EMS (Electronic Muscle Stimulation):** Contracts and relaxes muscles to promote muscle stimulation, blood circulation, and recovery.
- **Massage:** Features three massage-like modes (Tap, Knead, Rub) to promote relaxation and reduce muscle tension.

3 THERAPIES IN ONE DEVICE

1 TENS PAIN RELIEF

Electrical pulses modify pain receptors to temporarily relieve minor pain and trigger endorphins.

2 MUSCLE STIMULATION

Contracts and relaxes muscles to promote muscle stimulation, blood circulation and muscle recovery.

3 MASSAGE

3 massage-like modes (tap, knead, rub) to promote relaxation and reduce muscle tension.



Visual representation of the three therapies offered by the device: TENS for pain relief, EMS for muscle stimulation, and Massage for relaxation.

SETUP

Charging the Device

Before first use, fully charge the wireless electrode device using the provided USB power cord. Connect the USB cable to the device and a compatible USB power source (e.g., computer USB port, wall adapter). The indicator light will show charging status.

App Download & Pairing

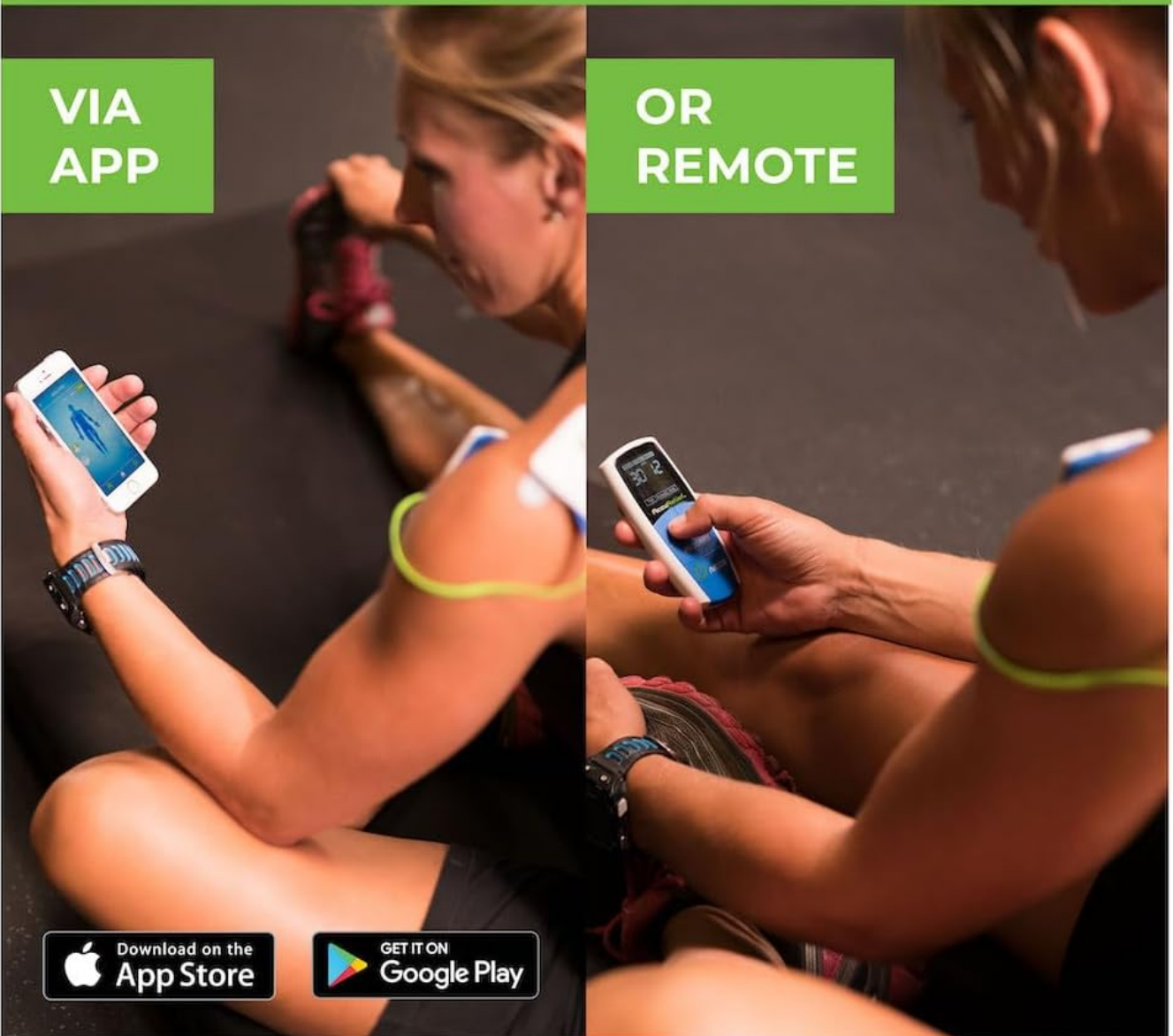
The AccuRelief device can be controlled via its wireless remote or a mobile application. The app is available on the App Store (for iOS) and Google Play Store (for Android). Search for "AccuRelief" to download.

To pair the device with the app or remote, ensure the device is charged and powered on. Follow the on-screen instructions within the app or refer to the Quick Start Guide for remote pairing details.

CHOOSE HOW YOU CONTROL

VIA
APP

OR
REMOTE



The AccuRelief device offers flexible control options, allowing users to manage settings either through a dedicated mobile application on their smartphone or via the included wireless remote control.

OPERATING INSTRUCTIONS

Applying Electrodes

Ensure your skin is clean and dry before applying the adhesive electrode pads. Attach the wireless electrode device to the pads. Place the pads on the desired treatment area, ensuring good contact with the skin. Refer to the included Electrode Placement Guide for recommended placements for various body parts.



A woman demonstrating the application of the AccuRelief device to her lower back for pain relief.

Selecting Therapy Mode and Intensity

The device offers 14 therapeutic programs and 60 levels of adjustable intensity. You can customize your treatment to suit your specific pain relief needs.

NO PAIN IS THE SAME

CUSTOMIZE YOUR TREATMENT

14 THERAPEUTIC PROGRAMS

60 INTENSITY LEVELS



The AccuRelief system allows for customized treatment with 14 therapeutic programs and 60 intensity levels, controllable via remote or app.

Using the Remote Control

The remote control allows you to power the device on/off, select programs, and adjust intensity levels. The display on the remote shows the current mode, intensity, and remaining treatment time.

Using the Mobile Application

The mobile app provides an intuitive interface for controlling the device. You can select specific body areas for treatment, choose between TENS, EMS, and Massage modes, and fine-tune the intensity. The app also allows for tracking and managing your therapy sessions.

Official product video demonstrating the features and use of the AccuRelief Wireless TENS Unit and EMS Muscle Stimulator, including its wireless capabilities and control options.

Enjoy Discreet Pain Relief

The wireless design allows for discreet use, enabling you to receive therapy while performing daily activities, such as working at a desk.

DITCH THE WIRES

ENJOY DISCREET PAIN RELIEF ANYWHERE



A man using the AccuRelief device discreetly on his shoulder while working on a laptop, highlighting its portability and convenience.

MAINTENANCE

Cleaning the Device and Pads

- Wipe the device and remote with a soft, damp cloth. Do not submerge in water.
- Clean the adhesive side of the electrode pads gently with a small amount of water to maintain stickiness. Allow to air dry.

Storage

- Store the device and pads in a cool, dry place, away from direct sunlight and extreme temperatures.
- Always reattach the protective film to the electrode pads after use to preserve their adhesive quality.

TROUBLESHOOTING

If you encounter issues with your AccuRelief device, refer to the table below for common problems and their solutions.

Problem	Possible Cause	Solution
Device not turning on or no stimulation.	Low battery; improper connection; device off.	Ensure device is fully charged. Check that electrode pads are securely connected and making good skin contact. Press the power button on the device.
Remote control not working.	Dead batteries; not paired; out of range.	Replace AAA batteries in the remote. Ensure the remote is paired with the device. Operate the remote within close proximity to the device.
Mobile app not connecting to device.	Bluetooth off; app not updated; device not discoverable.	Ensure Bluetooth is enabled on your smartphone. Update the app to the latest version. Power cycle the AccuRelief device and restart the app.
Device is beeping continuously.	Indicates disconnection or end of session.	This is normal behavior to alert you when the device disconnects from the app or when a session ends. Turn off the device manually.
Electrode pads losing stickiness.	Dirt/oil on pads; improper storage.	Clean pads gently with a damp cloth and allow to air dry. Always reattach protective film after use and store properly.

SPECIFICATIONS

Feature	Detail
Model Number	ACRL-9100
Product Dimensions	0.96 x 2.09 x 4.53 inches
Weight	3.52 ounces
Batteries	1 Lithium Ion battery (included for device), 2 AAA batteries (included for remote)
Therapy Modes	TENS, EMS, Massage (Tap, Knead, Rub)
Intensity Levels	60
Programs	14 Therapeutic Programs
Country of Origin	China

WARRANTY AND SUPPORT

For detailed warranty information and further support, please refer to the complete User Guide (PDF) provided with your product or visit the official AccuRelief website. You can access the digital User Guide [here](#).

For technical assistance or customer service inquiries, please contact AccuRelief customer support through the contact information provided in your product packaging or on the manufacturer's official website.

