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Dr Ho's Neck Pain Pro - Essential

DR-HO'S Neck Pain Pro Instruction Manual

Model: Neck Pain Pro - Essential

1. Introduction to DR-HO'S Neck Pain Pro

The DR-HO'S Neck Pain Pro is an innovative device designed to provide targeted relief for neck and shoulder discomfort. Utilizing advanced TENS (Transcutaneous Electrical Nerve Stimulation) and EMS (Electrical Muscle Stimulation) therapy, combined with DR-HO'S proprietary AMP technology, it offers a comprehensive solution for pain management and muscle relaxation.

Its ergonomic, contoured design with a memory foam core ensures comfortable use, conforming to your neck and providing built-in armrests to help relieve tension in the upper shoulders. The device is portable and drug-free, making it suitable for use at home or while traveling.



Figure 1: The DR-HO'S Neck Pain Pro in use, demonstrating its ergonomic design and application for neck and shoulder pain.



Figure 2: Targeted pain relief for neck and shoulder areas with the DR-HO'S Neck Pain Pro.

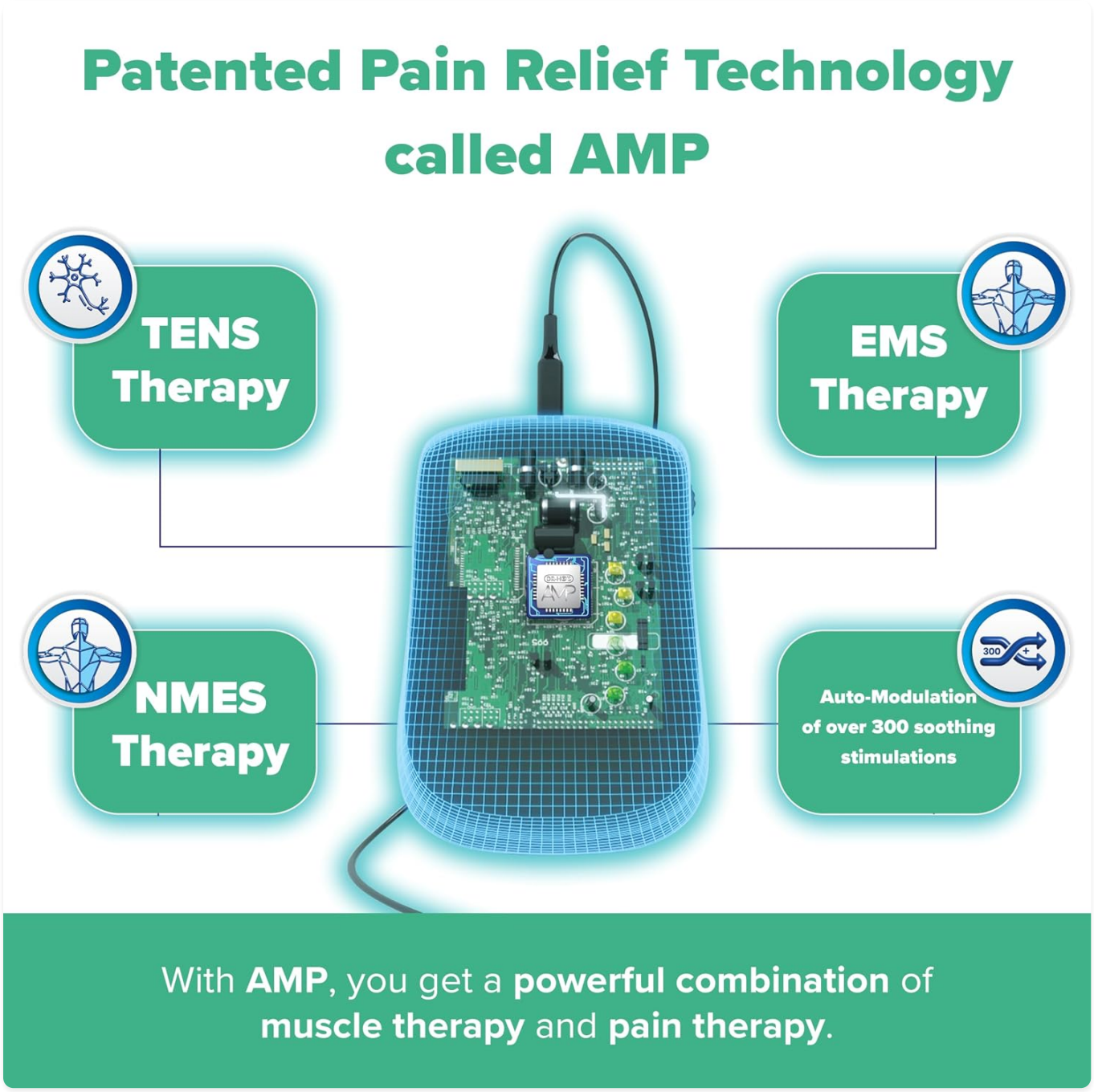


Figure 3: Overview of the patented AMP technology, combining TENS, EMS, and NMES therapies with over 300 stimulations.

2. Important Safety Information

WARNING:

DR-HO'S Neck Pain Pro and any other electronic stimulators should NOT be used by patients with the following conditions:

- Pacemakers, defibrillators or extreme cardiac irregularities
- Metal implants or electronic auxiliary devices
- Abnormally high blood pressure
- A tendency toward internal bleeding
- Epilepsy

- Pregnant women

Please consult your doctor before using the device if you have any of these conditions or other medical concerns.

3. Setup and Preparation

3.1. Installing Batteries

Before first use, install two AAA alkaline batteries into the battery compartment located on the back of the main control unit. Ensure correct polarity (+/-) as indicated inside the compartment. Close the battery cover securely.

3.2. Preparing the Electrogel

The electrogel is essential for optimal conductivity. Fill the included small spray bottle with the electrogel provided in the package. This spray bottle will be used to moisten the fabric electrodes on the Neck Pain Pro cushion or the adhesive body pads.

3.3. Connecting the Neck Cushion

Locate the black wire attached to the Neck Pain Pro cushion. Plug the end of this wire into one of the two ports at the top of the main control unit. Once connected, the control unit can be tucked into the designated pocket on the cushion for convenience.

3.4. Connecting Body Pads (Optional)

If using the included body pads for other body areas, take the white wire(s) and plug them into the available port(s) on the main control unit. Each wire typically connects to two body pads. Ensure the pads are properly attached to the wires before application.

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Video 1: Quick Start Guide for DR-HO'S Neck Pain Pro. This video demonstrates battery installation, preparing the electrogel, and connecting both the neck cushion and body pads to the control unit.

4. Operating Instructions

4.1. Using with the Neck Cushion

1. **Prepare the Cushion:** Spray 7 to 10 sprays of electrogel onto each of the four fabric electrodes located on the underside of the neck cushion. Ensure the electrodes are adequately moistened for effective therapy.
2. **Position the Cushion:** Remove any jewelry or hair that might interfere with the electrodes. Place the cushion around your neck, ensuring the moistened electrodes are in direct contact with your skin.
3. **Turn On and Adjust Intensity:** Slowly turn the blue dial on the side of the control unit clockwise to increase the intensity. Start with a low intensity and gradually increase it until you feel a comfortable, yet strong, sensation.
4. **Select Mode and Time:** Press the "Mode" button to cycle through the available therapy modes (A, B, or C) to find the one that feels most comfortable. Press the "Time" button to select your desired treatment duration: 10, 20, or

40 minutes.

5. **Relax and Enjoy:** Once settings are adjusted, sit back and allow the Neck Pain Pro to deliver soothing therapy. The device will automatically shut off once the selected time has elapsed.



Figure 4: Adjusting the intensity and settings on the DR-HO'S Neck Pain Pro control unit.



Figure 5: The DR-HO'S Neck Pain Pro allows for comfortable use during daily activities.

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Video 2: Learn more about what makes DR-HO'S Neck Pain Pro unique, including its therapy modes and benefits.

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Video 3: Demonstrates how to use DR-HO'S Neck Pain Pro for neck and shoulder pain relief.

4.2. Using with Body Pads

The Neck Pain Pro system includes adhesive body pads for treating other areas of the body. Each body part typically requires two pads for effective treatment.

1. **Prepare the Pads:** Remove the body pads from their protective sheet. Spray a small amount of electrogel onto the adhesive side of each pad.
2. **Apply Pads:** Place the moistened pads onto the desired body part, ensuring good skin contact.
3. **Turn On and Adjust:** Turn on the main control unit and slowly increase the intensity using the blue dial. Select your preferred mode (A, B, or C) and treatment time (10, 20, or 40 minutes).



Figure 6: Key features of the DR-HO'S Neck Pain Pro, highlighting its versatility for full body pain relief.

5. Maintenance and Storage

5.1. After Each Use

- **Turn Off Device:** Always turn the intensity dial to the "OFF" position after each treatment.
- **Remove Body Pads:** If using body pads, carefully peel them off your skin (do not pull on the wires). Re-attach them to their original protective sheet to maintain their adhesive quality and prolong their lifespan.
- **Clean Electrodes:** For both the cushion and body pads, gently wipe any excess electrogel from the electrodes with a soft, damp cloth. Do not submerge the device or pads in water.

5.2. Storage

Store the Neck Pain Pro and its accessories in a cool, dry place, away from direct sunlight and extreme temperatures. Keep the body pads on their protective sheets when not in use.



Figure 7: Accessories for the DR-HO'S Neck Pain Pro, including wires and a convenient storage bag.

6. Troubleshooting

If you experience any issues with your DR-HO'S Neck Pain Pro, please consider the following common solutions:

- **No Sensation/Weak Sensation:**
  - Ensure batteries are new and correctly installed.
  - Verify that the electrogel has been adequately applied to the electrodes/pads.
  - Check that all wires are securely plugged into the control unit and pads/cushion.

- Slowly increase the intensity dial.

- **Pads Not Sticking:**
  - Ensure skin is clean and dry before application.
  - Re-moisten pads with electrogel.
  - If pads are old, they may need replacement.

For further assistance, please refer to the warranty and support section or contact DR-HO'S customer service.

7. Product Specifications

Feature	Detail
Brand	Dr Ho's
Model Number	810890001854
Product Dimensions	13.39 x 10.63 x 4.33 inches
Item Weight	1 Pound (16 ounces)
Power Source	Battery Powered (2 x AAA Alkaline batteries, not included)
Material	Cotton
Therapy Types	TENS, EMS, Proprietary AMP (Auto-Modulating Pulses)
Target Area	Neck, Shoulder, and other body parts with included pads

8. Warranty and Support

The DR-HO'S Neck Pain Pro comes with a 2-year warranty when purchased directly from DR-HO'S. This warranty ensures reliable support and longevity for consistent relief from daily aches and pain.

For warranty claims, technical support, or any product-related inquiries, please visit the official DR-HO'S website or contact their customer service department. Keep your proof of purchase for warranty validation.

Visit the official Dr Ho's Store for more information and support resources.

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