Manuals+

Q & A | Deep Search | Upload

manuals.plus /

- InTENSity /
- > InTENSity at Home TENS Unit Muscle Stimulator E200-6R User Manual

InTENSity E200-6R

InTENSity at Home TENS Unit Muscle Stimulator E200-6R User Manual

Model: E200-6R

1. Introduction

The InTENSity at Home TENS Unit is a Transcutaneous Electrical Nerve Stimulation (TENS) device designed for symptomatic relief and management of chronic intractable pain, and as an adjunctive treatment in the management of post-surgical and post-traumatic acute pain. This device delivers small electrical impulses through electrodes placed on the skin, which can help alleviate muscle and joint pain without medication side effects. It is intended for home use and offers various pre-set programs for specific body parts.



Image 1.1: The InTENSity at Home TENS Unit, showing the main device, connected lead wires, and electrode pads.

2. SAFETY INFORMATION AND PRECAUTIONS

Read all instructions and warnings before using this device. Improper use can lead to injury or adverse reactions. Consult your physician before using this device, especially if you have any pre-existing medical conditions.

Contraindications:

- Do not use if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Do not use if you are pregnant.
- Do not use over areas of skin that are numb, damaged, or have open wounds.
- Do not use over the carotid sinus nerves (front of the neck), across the chest, or over the eyes.

Warnings:

• Keep out of reach of children.

- Do not operate heavy machinery or drive while using the device.
- Discontinue use if skin irritation or discomfort occurs.
- Use only the electrodes and accessories recommended by the manufacturer.
- Do not immerse the device in water or other liquids.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- InTENSity At Home TENS Unit
- Lead Wires (2 sets)
- Self-Adhesive Electrode Pads (4 pads)
- AAA Batteries (4 included)
- User Manual



Image 3.1: All components included in the InTENSity at Home TENS Unit package: the device, lead wires, electrode pads, batteries, and user manual.

4. SETUP

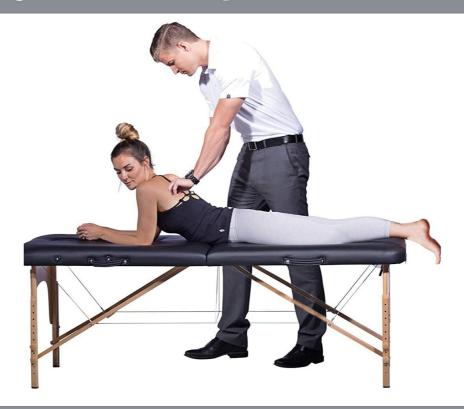
4.1 Battery Installation

- 1. Locate the battery compartment on the back of the device.
- 2. Slide the battery cover open.
- 3. Insert four (4) AAA batteries, ensuring correct polarity (+/-).
- 4. Close the battery cover securely.

4.2 Connecting Lead Wires

- 1. Insert the pin connectors of the lead wires into the output jacks (CH1 and CH2) on the top of the TENS unit.
- 2. Connect the other end of the lead wires to the electrode pads by snapping them onto the metal studs on the pads.

Professional Device Used By Physical Therapists and Chiros



Now Available Over The Counter

4.3 Applying Electrode Pads

- 1. Ensure the skin where electrodes will be placed is clean, dry, and free of lotions or oils.
- 2. Remove the electrode pads from their protective liner.
- 3. Apply the pads firmly to the skin in the desired treatment area. Refer to Section 6 for placement guidelines.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- To turn on the device, press and hold the **Power button** (located on the side or top of the unit) until the display illuminates.
- To turn off the device, press and hold the Power button again until the display turns off.

5.2 Selecting a Program

The InTENSity at Home TENS Unit features pre-set programs tailored for different body parts. Use the dedicated body part buttons on the front of the unit to select a program:

- · Press the Back button for back pain relief.
- · Press the Neck button for neck pain relief.
- Press the Shoulder button for shoulder pain relief.
- Press the Arm/Leg button for arm or leg pain relief.
- Press the Foot button for foot pain relief.
- The device also includes a **Hand** button for hand pain relief.

5.3 Adjusting Intensity

After selecting a program, gradually increase the intensity to a comfortable level. The device has two independent channels (CH1 and CH2), allowing for different intensity settings for each pair of electrodes.

- Use the + button for CH1 to increase intensity for the electrodes connected to Channel 1.
- Use the button for CH1 to decrease intensity for the electrodes connected to Channel 1.
- Use the + button for CH2 to increase intensity for the electrodes connected to Channel 2.
- Use the button for CH2 to decrease intensity for the electrodes connected to Channel 2.
- Increase intensity slowly until you feel a strong but comfortable sensation. Avoid setting it so high that it causes discomfort or muscle contraction.

5.4 Treatment Timer

The device has a pre-set treatment timer, typically defaulting to 20 minutes for most programs. The remaining treatment time will be displayed on the screen. The unit will automatically shut off once the timer expires.



Image 5.1: The InTENSity TENS unit held in a hand, illustrating its portable design and clear digital display during operation.

6. ELECTRODE PLACEMENT GUIDE

Proper electrode placement is crucial for effective TENS therapy. Always place electrodes on clean, dry skin. Avoid placing electrodes directly over joints, bony prominences, or areas with excessive hair. The following images provide general guidance for common pain areas.

6.1 Neck and Cervical Pain



Image 6.1: Example of electrode placement for neck pain, showing two pads on either side of the cervical spine.

6.2 Back Pain (Upper and Lower)

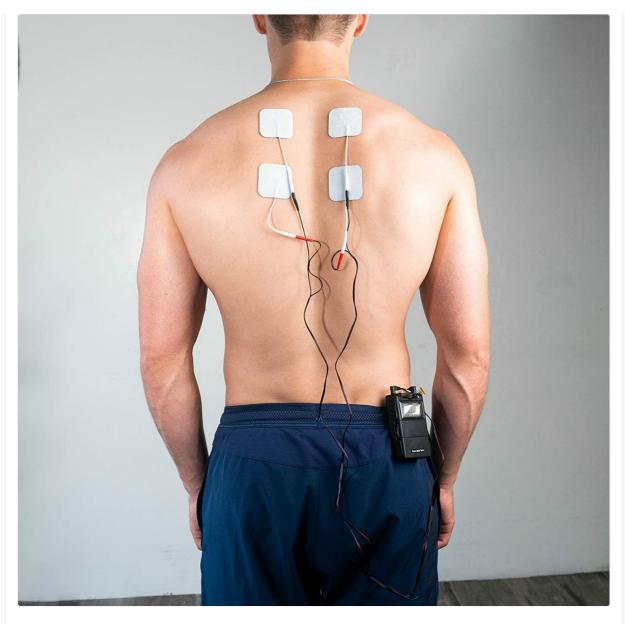


Image 6.2: Example of electrode placement for upper back pain, with four pads positioned around the affected area.



Image 6.3: Various electrode placement examples, including lower back, shoulder, elbow, knee, and calf.

6.3 Shoulder, Elbow, Knee, and Calf Pain

For these areas, place electrodes on or around the painful region, ensuring they do not touch each other. For joints, place pads above and below the joint, or on either side.

7. MAINTENANCE AND CARE

7.1 Device Care

- Clean the device with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- Store the device in a cool, dry place when not in use.
- Remove batteries if the device will not be used for an extended period.

7.2 Electrode Pad Care

- After each use, reattach the electrode pads to their protective liner to preserve the adhesive.
- If pads lose their stickiness, gently wipe the adhesive surface with a damp cloth or a drop of water.

 Allow to air dry.

• Replace electrode pads when they no longer adhere well to the skin, typically after 15-30 uses depending on skin type and care.

8. TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|--|---|--|
| Device does not turn on. | Dead or incorrectly inserted batteries. | Check battery polarity; replace with new AAA batteries. |
| No sensation or weak sensation. | Electrodes not properly attached; lead wires loose; intensity too low; pads worn out. | Ensure pads are firmly on skin; check lead wire connections; increase intensity gradually; replace old pads. |
| Skin irritation under electrodes. | Allergic reaction to adhesive; skin not clean; prolonged use in one spot. | Discontinue use; clean skin thoroughly before application; try repositioning pads; consult physician if irritation persists. |
| Display is dim or flickering. | Low battery power. | Replace batteries. |

9. SPECIFICATIONS

• Model Number: E200-6R

• **Power Source:** 4 x AAA batteries (included)

• Channels: Dual, isolated

Dimensions: Approximately 7.09 x 5.83 x 1.93 inches
Weight: Approximately 3.5 ounces (without batteries)

• Manufacturer: Roscoe Medical

• Date First Available: February 20, 2018

10. WARRANTY AND SUPPORT

For warranty information or technical support, please contact the manufacturer, Roscoe Medical. Refer to the packaging or their official website for current contact details.

Related Documents - E200-6R



Richmar InTENSity 7 Quick Reference Guide for TENS Unit Pain Relief

Operating instructions and quick reference for the Richmar InTENSity 7 TENS unit. Learn how to set up, select modes, adjust settings, and insert batteries for drug-free pain relief.



OMRON PM3030 electroTHERAPY Pain Relief Instruction Manual

This instruction manual provides detailed guidance on using the OMRON PM3030 electroTHERAPY pain relief device. It covers setup, operation, safety precautions, cleaning, storage, troubleshooting, and warranty information for effective muscle and joint pain relief.





INTENSITY™ Select Combo II Instruction Manual | Richmar

Comprehensive instruction manual for the Richmar INTENSITY™ Select Combo II electrotherapy device. Learn about TENS, NMES, IF, and Russian stimulation modes, safe operation, technical specifications, and troubleshooting for effective pain relief and muscle therapy.



John Deere 6R Tractors: Versatile, Powerful, and Smart Farming Solutions

Explore the John Deere 6R Series tractors, engineered for versatility, power, and precision farming. Discover advanced automation, efficient engines, and intuitive technology designed to optimize agricultural operations.



Fine Life Electric Deep Kneading Foot Massager Instruction Manual

Instruction manual for the Fine Life Electric Deep Kneading Foot Massager, detailing its features, operation, safety precautions, and technical specifications. Learn about EMS technology and how to use the foot massager for muscle strengthening and relaxation.



iReliev Troubleshooting Guide: Device Not Turning On, Intensity, and Pulse Issues

Comprehensive troubleshooting guide for iReliev devices. Resolve common issues such as the device not powering on, intermittent operation, intensity control problems, and lack of electric pulses. Includes solutions for battery, electrode, and lead wire problems.



[pdf] User Manual Decleration of Conformity

Dual Channel TENS images na ssl amazon Please read the complete manual carefully before using device for first time and keep this instruction in a convenient place or store with future reference What is stands Transcutaneous Electrical Nerve Stimulation It noninvasive drug free method of controlling pain B1MTND5J0zS I Check Replace battery Remove belt clip cover Insert 4 AAA Disposal batteries Depleted do not belong household waste

Dual Channel TENS Prescription Strength Pain Relief Quick and Easy Set-Up 20 Minute Treatment Timer 12 Preset Modes 100 Intensity Levels Treatment Record Log Auto Shut-Off User Manual This manual is valid for the InTENSity at HomeTM Dual Channel TENS **E200-6R**. This instruction manual is publ...

lang:en score:26 filesize: 3.7 M page_count: 46 document date: 2017-08-10



[pdf] User Manual

Todd Matrisciano Item Code Compass Health Brands APM MANUAL PUMP 8 LPM 0 33 \$ 4800 ULTRA CARE INFRARED FOREHEAD THERMOMETER KIT K3 WC HEIGHT ADJ DESK Description Updated FSF 29 M6 C M9 CYLINDER BACKPACK 10 31 D SHOULDER BAG 09 ZEPHYR FOR M7 Liquid Oxygen Backpack with 5 AIR MATTRESS W 3 BASE Freight Share Fee August 2021 compasshealthbrands media images items

Item Code 29 31 33 35 39 114 4502 4581 4800 5802 30036 30038 30100 30172 50000 50002 50004 50006 500 ... 2 DU1025 DU3035 DU6012 E1F1515TC2 E1P1515WC2 E1P2020BC2 E1P2020TC2 E1P2020WC2 E1P2035WC2 E1P3000WC2 **E200-6R** E204-20A E2-CARTPC EASY-FLEX10 EASY-FLEX18 EASY-FLEX6 EASY-FLEX8 E-CARTPC EF2000TC2 EF2000TC...

lang:en score:12 filesize: 231.15 K page count: 25 document date: 2021-08-27