TESMED Tesmed Trio 6.5

TESMED Trio 6.5 TENS/EMS Muscle Stimulator User Manual

Model: Tesmed Trio 6.5

1. Introduction

The TESMED Trio 6.5 is a versatile electrostimulator designed for muscle stimulation, pain relief, and relaxation. This USB-rechargeable device features 36 programs, 40 intensity levels, and two independent channels, making it suitable for various fitness, muscle comfort, and wellness needs. Its compact design ensures portability and ease of use.

2. Important Safety Information and Contraindications

Read this entire manual carefully before using the device, paying special attention to warnings and contraindications.

- Do not use this device if you have an implanted defibrillator, pacemaker, metallic or electronic implants.
- Do not use if you have heart rhythm issues or undiagnosed chronic pain.
- Not suitable for pregnant women or those in labor.
- Not suitable for individuals with cancer.
- Not suitable for children under the age of 16. Keep out of reach of children.
- This product is not a substitute for medical treatment. Consult a healthcare provider for medical advice.
- Results may vary based on individual health and correct use.
- The manufacturer and distributors are not liable for any damages resulting from misuse or improper use of the device.

3. Product Overview and Components

The TESMED Trio 6.5 package includes the following items:

- TESMED Trio 6.5 Electrostimulator Unit

- 4 Pre-gelled Electrodes
- USB Charging Cable
- Multilingual User Manual



The TESMED Trio 6.5 package includes the electrostimulator unit, a comprehensive user manual, and a USB charging cable for convenient recharging.

4. Setup

4.1 Charging the Device

1. Connect the provided USB charging cable to the charging port on the side of the TESMED Trio 6.5 unit.
2. Plug the other end of the USB cable into a compatible USB power source (e.g., computer, USB wall adapter).
3. The device will indicate charging status on its display. Ensure the device is fully charged before first use.



The TESMED Trio 6.5 electrostimulator being recharged via its USB port, indicating its rechargeable battery feature.

4.2 Attaching Electrodes

1. Ensure the device is turned off before attaching electrodes.
2. Carefully remove the protective film from the pre-gelled electrodes.
3. Connect the electrode wires to the two independent channels (CH1 and CH2) on the top of the device.
4. Apply the electrodes firmly to clean, dry skin in the desired treatment area. Refer to the user manual's illustrations for correct placement.



A detailed view of the TESMED Trio 6.5, emphasizing its two separate output channels, allowing for customized intensity settings for different electrode pairs.

5. Operating Instructions

5.1 Powering On and Program Selection

1. Press and hold the power button to turn on the device.
2. Use the program selection buttons to navigate through the 36 available programs, categorized into TENS, EMS, and Massage.
3. The display will show the selected program and remaining time.



The TESMED Trio 6.5 electrostimulator features a clear display showing its three main program categories: TENS for pain relief, EMS for muscle stimulation, and Massage for relaxation. Each category offers 12 distinct programs, totaling 36 programs.

5.2 Adjusting Intensity

1. After selecting a program, use the intensity adjustment buttons to increase or decrease the stimulation level.
2. The device offers 40 intensity levels. Start with a low intensity and gradually increase until a comfortable, yet effective, sensation is felt.
3. The two channels are independent, allowing for different intensity settings for each pair of electrodes.

5.3 TENS Function: Targeted Pain Relief

The 12 TENS programs are designed for localized pain relief. TENS (Transcutaneous Electrical Nerve Stimulation) is a non-invasive, drug-free method to help alleviate certain types of pain.



This image illustrates the application of the TESMED Trio 6.5 for TENS pain relief across different body parts. The device offers 12 TENS programs designed to target areas prone to tension and discomfort, such as the back, neck, knees, and shoulders.



A woman experiencing shoulder discomfort, illustrating a common area where the TESMED Trio 6.5 TENS programs can be applied for relief.



A person experiencing knee pain, demonstrating another area where the TESMED Trio 6.5 TENS programs can be used for targeted relief.

5.4 EMS Function: Muscle Toning and Recovery

The 12 EMS programs are designed to stimulate major muscle groups, aiding in muscle toning and recovery after physical activity. EMS (Electrical Muscle Stimulation) helps activate muscles through electrical impulses.



A man is shown using the TESMED Trio 6.5 for muscle strengthening, with electrodes placed on his leg muscles. The device's 12 EMS programs are designed to stimulate major muscle groups, supporting toning and recovery.



The TESMED Trio 6.5 electrostimulator shown in use, with electrodes placed on the abdomen for muscle stimulation or pain relief.

5.5 Massage Function: Muscle Relaxation

The 12 Massage programs are designed to promote muscle relaxation and a sense of well-being, helping to alleviate muscle tension.



This image depicts the use of the TESMED Trio 6.5 for muscle relaxation, with electrodes applied to the lower back. The device includes 12 massage programs to help alleviate muscle tension and promote a sense of well-being.

5.6 Electrode Placement

The included user manual provides 67 color illustrations for correct electrode placement for various body parts and program types. Proper placement is crucial for effective and safe treatment.



Electrodes from the TESMED Trio 6.5 positioned on the neck area, demonstrating a common application point for pain relief or muscle relaxation.



Electrodes from the TESMED Trio 6.5 placed on the lower abdomen, suitable for various programs including EMS for core muscle stimulation.



Electrodes from the TESMED Trio 6.5 positioned on the knee, illustrating application for targeted pain relief or muscle support.

6. Maintenance

6.1 Cleaning the Device

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

6.2 Electrode Care and Storage

- After each use, reattach the protective film to the electrodes to preserve their adhesive quality.
- Store electrodes in a cool, dry place.
- Replace electrodes when they lose their adhesiveness or if they become damaged.

6.3 Device Storage

Store the TESMED Trio 6.5 in its original packaging or a protective case when not in use to prevent damage.

7. Troubleshooting

If you encounter issues with your TESMED Trio 6.5, please refer to the following common solutions:

- **No Power:** Ensure the device is fully charged. Connect it to a USB power source and allow sufficient time for charging.
- **No Stimulation:** Check that the electrodes are firmly attached to both the device and your skin. Increase the intensity level gradually. Ensure the electrode wires are securely plugged into the channels.
- **Weak Stimulation:** The electrodes may be losing their adhesiveness. Try replacing them with new ones. Ensure skin is clean and dry before application.
- **Irregular Sensation:** Check all connections for looseness. Ensure electrodes are evenly applied to the skin.

If problems persist, contact TESMED customer support for further assistance.

8. Specifications

Feature	Specification
Model Number	Tesmed Trio 6.5
Brand	TESMED
Product Dimensions	4.72 x 2.36 x 0.79 inches (12 x 6 x 1.6 cm)
Item Weight	3.17 ounces (90 Grams)
Power Source	Battery Powered (USB Rechargeable)
Battery Type	1 LR44 battery required (included)
Material	Plastic
Programs	36 (12 TENS, 12 EMS, 12 Massage)
Intensity Levels	40
Channels	2 Independent Channels

9. Warranty and Support

For warranty information or technical support, please refer to the official TESMED website or contact TESMED customer service directly. Keep your purchase receipt as proof of purchase.
You can visit the TESMED store for more information:TESMED Store

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