

NueMedics Tens 24

NueMedics Tens 24 Rechargeable Muscle Stimulator User Manual

Model: Tens 24

1. INTRODUCTION

The NueMedics Tens 24 is a dual-channel Transcutaneous Electrical Nerve Stimulation (TENS) and Powered Muscle Stimulator (PMS) device designed for temporary relief of pain associated with sore and aching muscles due to strain from exercise or normal household and work activities. It delivers low-voltage electrical pulses to the skin, stimulating nerve fibers to help block pain signals and promote natural endorphin release. This device is intended for home use and offers a non-invasive, drug-free method for pain management and muscle recovery.

2. 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.

- Avoid use on broken skin, open wounds, or areas with decreased sensation.
- Do not use while driving or operating machinery.
- Discontinue use if experiencing discomfort, pain, or skin irritation.
- Consult a physician before use if you have a pacemaker, heart condition, epilepsy, are pregnant, or have any other medical conditions.
- Keep out of reach of children.
- Do not apply electrodes near the heart, on the head, or over the carotid sinus nerves (front of the neck).
- Statements regarding this device have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PACKAGE CONTENTS

Your NueMedics Tens 24 complete set includes the following items:



Image: All components included in the NueMedics Tens 24 package, featuring the main unit, electrodes, cables, reflexology slippers, and massage belt.

- 1x Rechargeable NueMedics Tens 24 Controller
- 1 Pair Reflexology Slippers
- 1x Flex Snap-on Belt for Lower Back
- 6x Large Electrodes (Pads)
- 2x Electrodes Cables
- 1x User's Manual (this document)
- 1x USB Cable and Wall Charger
- 1x Pad and Wire Holder
- 1x Treatment Points Chart

4. PRODUCT OVERVIEW

4.1 Device Features

- **24 Pre-programmed Massage Modes:** Includes modes for Neck, Acupuncture, Deep Tissue, Foot/Hand, Cupping, Joint, Shoulder, Back, Elbow, Hip, Knee, Tap, Knead, and Random.
- **Adjustable Timer:** Set treatment duration from 20 to 60 minutes using the "T" button.
- **Rechargeable Internal Lithium Battery:** Provides up to 20 hours of continuous use on a full charge.
- **A-B Output:** Allows for simultaneous use on two different body areas or by two separate users with independent intensity control.
- **Large LCD Display with Backlight:** Clearly shows selected mode, intensity levels, and remaining time.
- **Key Lock Function:** Press and hold the "T" button to lock the screen and prevent accidental setting changes.

4.2 Device Controls and Ports



Built-in Rechargeable Lithium Battery
Up to **20 hours** Continuous use!



**A / B
Channels**



It can be charged through wall unit or computer **USB** port

Image: Diagram illustrating the various controls and ports on the NueMedics Tens 24 device, including ON/OFF switch, mode selection, time adjustment, intensity controls, and channel outputs.

- **ON/OFF Switch:** Located on the side of the device.
- **"M" Button:** Changes the massage mode.
- **"T" Button:** Adjusts the treatment timer (20-60 minutes) and locks/unlocks the screen.
- **"+" / "-" Buttons:** Adjust intensity levels for the selected channel.
- **"A/B" Button:** Switches between Channel A and Channel B to adjust intensity independently.
- **Channel A & B Outputs:** Ports on the top for connecting electrode cables.

- **USB Charging Port:** Located on the bottom for recharging the device.

5. SETUP AND CHARGING

5.1 Initial Charging

Before first use, fully charge your NueMedics Tens 24 device. For the initial charge, it is recommended to charge for over 12 hours.



Image: The NueMedics Tens 24 device connected to its USB charging cable and wall adapter.

- Connect the USB cable to the charging port on the bottom of the device.
- Plug the other end of the USB cable into the wall charger or a computer's USB port.
- The battery indicator on the LCD screen will show charging status.
- A full charge provides up to 20 hours of continuous use.

5.2 Connecting Electrodes and Accessories

- Ensure the device is turned OFF before connecting or disconnecting any accessories.
- Snap the electrode cables' outputs securely onto the electrode pads.
- Insert the other end of the electrode cables into the Channel A or Channel B ports on the top of the device.
- For reflexology slippers or the massage belt, connect their respective cables to the device's output ports.

6. OPERATING INSTRUCTIONS

1. **Prepare the Electrodes:** Ensure the electrode pads are clean and the adhesive is intact. If using reflexology slippers, ensure your feet are clean and slightly damp for better conductivity.
2. **Apply Electrodes:** Place the electrode pads firmly on the targeted body area. Refer to the "Electrode Placement Guide" section for recommended positions.
3. **Turn On Device:** Slide the ON/OFF switch to the "ON" position. The LCD screen will illuminate.
4. **Select Mode:** Press the "M" button to cycle through the 24 pre-programmed massage modes. The selected mode will be displayed on the screen.
5. **Adjust Timer:** Press the "T" button to set the desired treatment duration (20, 30, 40, 50, or 60 minutes).
6. **Select Channel (if using two):** If using both Channel A and Channel B, press the "A/B" button to switch between them for independent intensity adjustment.
7. **Adjust Intensity:** Start with the lowest intensity and gradually increase using the "+" button until you feel a comfortable, strong, but not painful, sensation. Decrease intensity with the "-" button.
8. **Lock Screen (Optional):** To prevent accidental changes during treatment, press and hold the "T" button until a lock icon appears on the screen. Repeat to unlock.
9. **End Treatment:** The device will automatically turn off when the timer expires. You can also manually turn it off by sliding the ON/OFF switch to "OFF".
10. **Remove Electrodes:** Gently peel the electrode pads from your skin. Store them on the pad holder or their protective film.

7. ELECTRODE PLACEMENT GUIDE

Proper electrode placement is crucial for effective and safe treatment. Refer to the included Treatment Points Chart for specific recommendations. General guidelines are provided below:

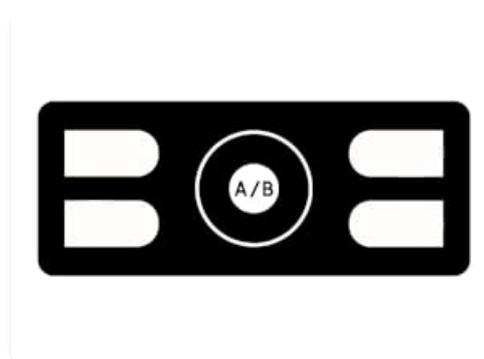


Image: Visual guide showing recommended electrode pad placements for common body areas such as the neck, shoulder, back, elbow, hip, knee, and foot.

- Place pads on clean, dry skin.
- Position pads around the area of discomfort, not directly over joints or bony prominences.
- Ensure pads are at least one inch apart.
- For larger areas, use multiple pads or the massage belt.

7.1 Using the Reflexology Slippers



Image: Close-up of the reflexology slippers, highlighting the snap connectors for attaching the electrode cables.

Connect the electrode cables to the snap connectors on the slippers. Wear the slippers on clean, slightly damp feet for optimal conductivity and sensation. Adjust intensity as desired.

7.2 Using the Flex Snap-on Belt

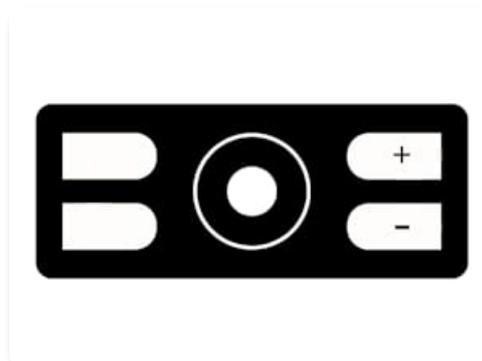


Image: A person wearing the NueMedics massage belt around their lower back, connected to the TENS unit.

Attach the electrode cables to the snap connectors on the massage belt. Secure the belt around your lower back or other large muscle groups. Adjust the fit for comfort and ensure good contact with the skin. Adjust intensity as desired.

8. MAINTENANCE AND CARE

- **Device Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- **Electrode Pad Care:** After each use, place the pads back on their protective film or the included pad holder to preserve adhesive quality. If pads lose stickiness, clean them gently with a damp cloth or replace them.
- **Storage:** Store the device and all accessories in a cool, dry place, away from direct sunlight and extreme temperatures. Use the protective cover case for added durability.

Comes with Protective Cover Case



Image: The NueMedics Tens 24 device shown with its protective cover case, designed for safe storage and transport.

- **Battery Life:** Recharge the device regularly to maintain battery health. Avoid completely draining the battery frequently.

9. TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	Device not turned on. Low battery. Electrodes not properly attached to skin or device. Pads are dry or worn out. Intensity level too low.	Turn on the device. Recharge the battery. Ensure all connections are secure and pads are firmly on skin. Replace pads if adhesive is gone or they are damaged. Increase intensity gradually using the "+" button.

Problem	Possible Cause	Solution
Device does not turn on	Battery is completely drained. Device malfunction.	Charge the device for several hours. Contact customer support if charging does not resolve the issue.
Skin irritation under electrodes	Pads left on too long. Allergic reaction to adhesive. Skin not clean before application.	Reduce treatment time. Discontinue use and consult a doctor. Try hypoallergenic pads. Clean and dry skin thoroughly before applying pads.

10. SPECIFICATIONS

Feature	Detail
Model Number	Tens 24
Brand	NueMedics
Power Source	Battery Powered (Rechargeable Lithium Polymer)
Battery Life	Up to 20 hours continuous use
Number of Modes	24 Pre-programmed
Timer Settings	20, 30, 40, 50, 60 minutes
Output Channels	2 (A & B)
Material	Plastic
Item Weight	5 Ounces
Package Dimensions	11.1 x 5.16 x 3.5 inches

11. WARRANTY AND SUPPORT

The NueMedics Tens 24 comes with a **lifetime limited warranty**. For warranty claims, technical support, or any questions regarding your device, please contact NueMedics customer service.

You can visit the official NueMedics store for more information and support:

[Visit NueMedics Store](#)