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Beurer FM250

Beurer FM250 Vital Legs & Feet EMS Stimulator Instruction Manual

1. Product Overview

The Beurer FM250 Vital Legs & Feet EMS Stimulator is designed to improve circulation and relieve discomfort in the feet and legs using Electrical Muscle Stimulation (EMS) technology. This device provides mild electrostimulation through foot plates and additional leg cuffs to help reduce pain and swelling.

The FM250 can be used as a static EMS device or with an integrated step function, which encourages movement during treatment to support long-term mobility. It features two independently adjustable channels, allowing intensity levels from 1 to 99, and includes a treatment timer from 5 to 90 minutes with an automatic shut-off function.



Image 1.1: The Beurer FM250 Vital Legs & Feet EMS Stimulator and its retail packaging.



Image 1.2: Visual representation of the device's benefits: promoting circulation, relaxing muscle tension, and fostering mobility.

2. Important Safety Information

WARNING: This device must not be used by individuals with:

- Pacemakers or other electronic implants.
- Heart rhythm disorders.
- Pregnancy.
- Epilepsy.
- Cancer.
- Acute vein thrombosis.

Consult your physician before using this device if you have any pre-existing medical conditions or concerns.

3. Package Contents

Carefully unpack all items and check for completeness. The package should contain:

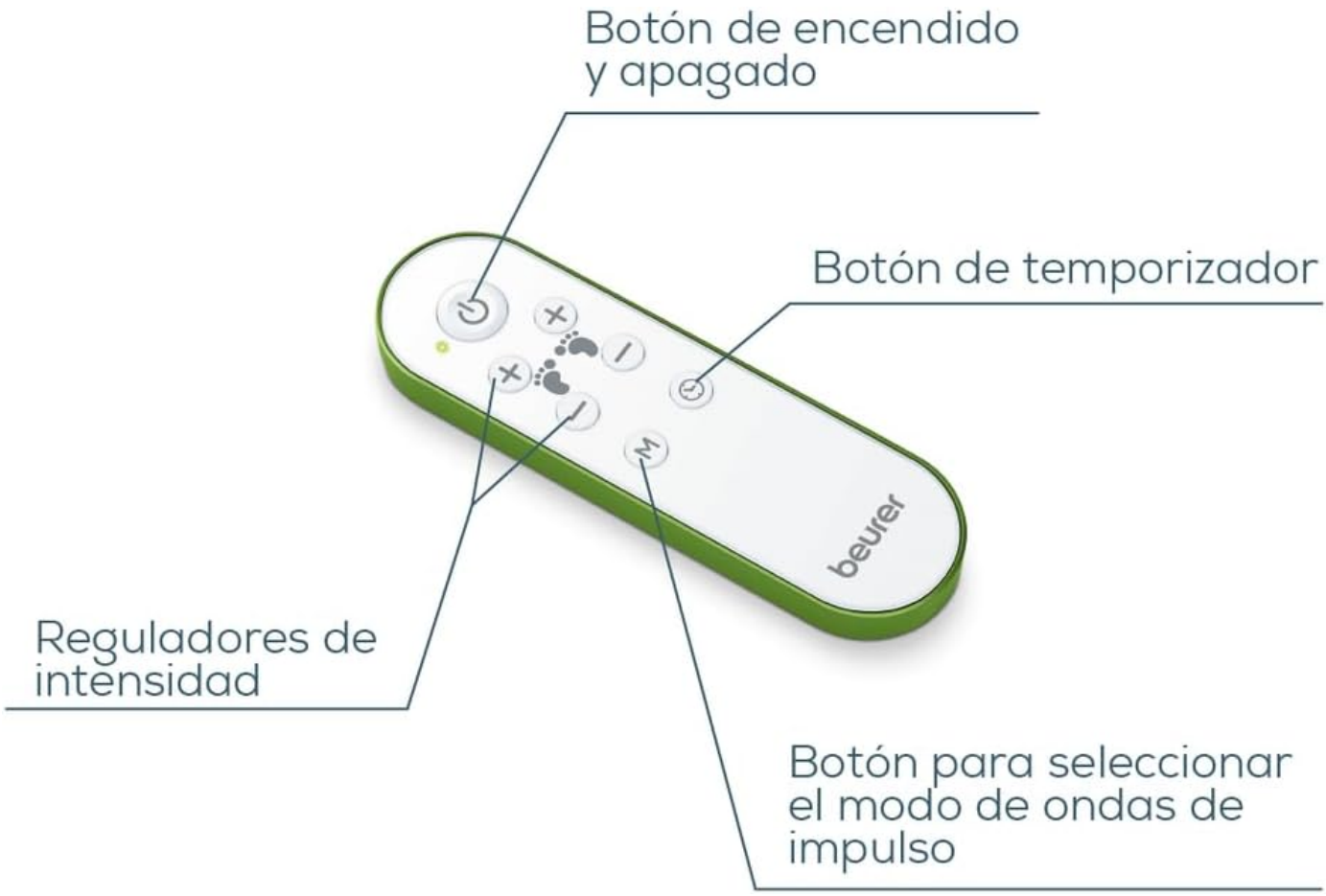


Image 3.1: All components included in the Beurer FM250 package.

- 1 x Beurer FM250 Vital Legs & Feet EMS Stimulator
- 2 x Lower leg cuffs
- 1 x Mains adapter
- 2 x Connection cables for leg cuffs
- 1 x Remote control
- 2 x AAA batteries for the remote control
- 4 x AA batteries for the main unit

4. Setup Guide

4.1. Battery Installation

1. **Main Unit:** Open the battery compartment on the underside of the main unit. Insert 4 AA batteries, ensuring correct polarity (+/-). Close the compartment.
2. **Remote Control:** Open the battery compartment on the back of the remote control. Insert 2 AAA batteries, ensuring correct polarity (+/-). Close the compartment.

4.2. Power Connection

Connect the mains adapter to the power input on the side of the main unit. Plug the adapter into a suitable power outlet. The device can also operate solely on batteries.

4.3. Connecting Leg Cuffs (Optional)

If using the leg cuffs, connect one end of each connection cable to the designated ports (L for left, R for right) on the front of the main unit. Attach the other end of the cables to the leg cuffs.



Image 4.1: Overview of the device components and connection points.

5. Operating the Device

5.1. Main Unit Controls

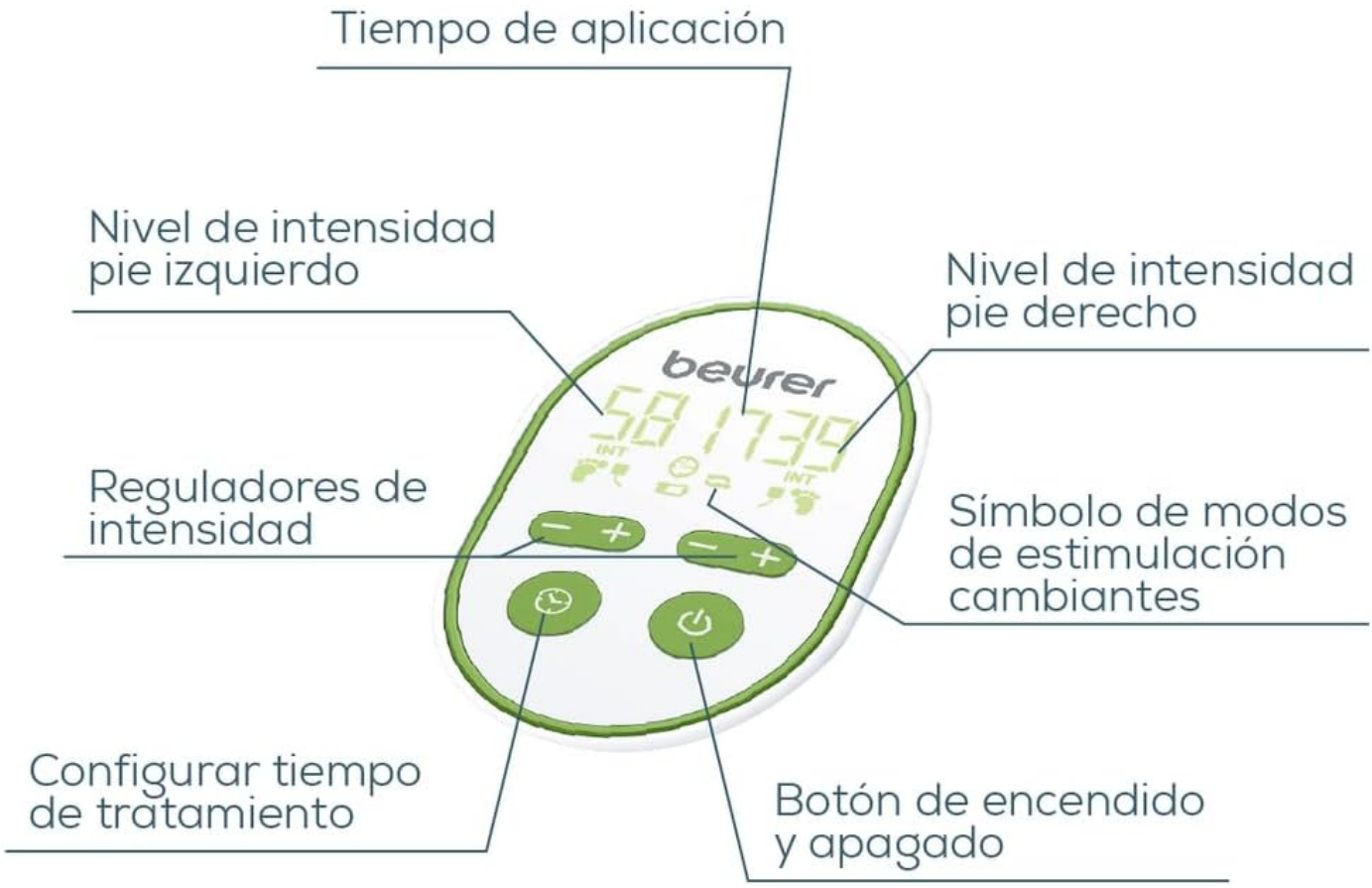


Image 5.1: Detailed view of the main unit's control panel.

- **Power Button (On/Off):** Located at the bottom right. Press to turn the device on or off.
- **Intensity Regulators (+/-):** Two sets of buttons, one for each foot (or leg cuff channel). Use to increase or decrease the EMS intensity from 1 to 99.
- **Treatment Time Setting Button (Clock icon):**Located at the bottom left. Press to adjust the treatment duration (5 to 90 minutes).
- **Display:** Shows application time, intensity levels for left and right channels, and the current stimulation mode.

5.2. Remote Control



Image 5.2: Detailed view of the remote control functions.

The remote control allows convenient adjustment of settings during use:

- **Power Button:** Turns the device on/off.
- **Timer Button:** Adjusts the treatment duration.
- **Intensity Regulators (+/-):** Adjusts the EMS intensity for both channels simultaneously or individually depending on the mode.
- **Mode Selection Button (M):** Cycles through different pulse wave modes.

5.3. Using the EMS Stimulator

1. **Placement:** Sit comfortably and place your bare feet on the foot plates. If using leg cuffs, ensure they are securely attached to your lower legs and connected to the device.
2. **Power On:** Press the power button on the main unit or remote control.
3. **Set Treatment Time:** Use the timer button to select your desired treatment duration (e.g., 30 minutes).
4. **Adjust Intensity:** Gradually increase the intensity using the '+' buttons for each foot/channel until you feel a comfortable, yet noticeable, muscle contraction. Avoid setting the intensity too high, which could cause discomfort.
5. **Select Mode (Optional):** If desired, use the 'M' button on the remote to cycle through different stimulation programs.

6. **Step Function (Optional):** The device can be used statically or with gentle rocking movements of your feet on the plates to engage the step function, which can enhance results.
7. **Completion:** The device will automatically turn off after the set treatment time. You can also manually turn it off at any point.



Image 5.3: A user demonstrating the proper use of the EMS stimulator with leg cuffs.

6. Care and Maintenance

6.1. Cleaning

- Always turn off and unplug the device before cleaning.
- Wipe the device and foot plates with a slightly damp, soft cloth. Do not use abrasive cleaners or immerse the device in water.
- Ensure the device is completely dry before storage or next use.

6.2. Storage

Store the device in a cool, dry place, away from direct sunlight and extreme temperatures. If not in use for an extended period, remove the batteries from both the main unit and the remote control to prevent leakage.

6.3. Battery Replacement

Replace batteries when the display indicates low power or if the device or remote control stops responding. Follow the battery installation instructions in Section 4.1.

7. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Batteries are depleted or incorrectly inserted. Mains adapter not connected or faulty.	Check and replace batteries if necessary, ensuring correct polarity. Ensure mains adapter is securely connected and functional.
No sensation or weak sensation.	Intensity level is too low. Feet are not making good contact with electrodes. Connection cables for cuffs are loose.	Increase intensity gradually. Ensure bare feet are fully on the foot plates. Check that leg cuff cables are securely connected.
Remote control not working.	Remote batteries are depleted or incorrectly inserted. Obstruction between remote and device.	Replace remote batteries, ensuring correct polarity. Ensure a clear line of sight between the remote and the device.

8. Technical Specifications

Feature	Specification
Brand	Beurer
Model Number	FM250
Product Name	Electrotherapy
Power Source	Corded Electric / Battery (4 AA for main unit, 2 AAA for remote)
Intensity Levels	1 to 99
Treatment Timer	5 to 90 minutes
Special Features	Remote Control, Timer, Step Function
Use For	Feet and Legs
Product Benefits	Pain Relief, Circulation Improvement, Muscle Tension Relief
Item Weight	1.88 Grams
Material	Plastic

9. Warranty and Customer Support

For information regarding warranty, repairs, or customer support, please refer to the warranty card included with your product or visit the official Beurer website. Keep your proof of purchase for any warranty claims.

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Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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