iReliev Wireless TENS + EMS Therapeutic Wearable System

iReliev Wireless TENS + EMS Therapeutic Wearable System Instruction Manual

Model: Wireless TENS + EMS Therapeutic Wearable System

1. INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your iReliev Wireless TENS + EMS Therapeutic Wearable System. Please read this manual thoroughly before operating the device and retain it for future reference.

The iReliev Wireless TENS + EMS Therapeutic Wearable System is designed to provide both Transcutaneous Electrical Nerve Stimulation (TENS) for pain relief and Electrical Muscle Stimulation (EMS) for muscle conditioning. This FDA-cleared system offers a drug-free approach to managing pain and improving muscle performance.

2. IMPORTANT SAFETY INFORMATION AND WARNINGS

WARNING: Consult your physician before using this device, especially if you have pre-existing medical conditions.

- Do not use this TENS EMS muscle stimulator if you have a cardiac pacemaker, implanted defibrillator, or any other implanted metallic or electronic device.

- This product is not suitable for individuals with heart rhythm problems.

- Do not use this TENS EMS muscle stimulator if you have undiagnosed chronic pain.

- Do not use this TENS EMS muscle stimulator if pregnant or in labor.

- Not suitable for children under 16 years of age. Keep out of reach of children.

- Refer to the full user manual for additional warnings and cautions.

- Individual symptoms, situations, circumstances, and results may vary.

- The information provided is not intended for medical diagnosis or treatment, nor as a substitute for professional medical advice.

3. PACKAGE CONTENTS

Your iReliev Wireless TENS + EMS Therapeutic Wearable System package includes the following items:

- (1) Wireless TENS + EMS Remote

- (4) Receiver Pods
- (8) Electrode Pads
- (1) Dual Charging Cord
- (1) Dual Adapter
- (1) Carry Case
- (1) Instruction Manual (this document)
- (1) QuickStart Guide

Figure 3.1: All components included in the iReliev Wireless TENS + EMS Therapeutic Wearable System package. This image displays the remote control, four receiver pods, electrode pads, charging cables, power adapter, and the carrying case.

4. FEATURES OVERVIEW

The iReliev Wireless TENS + EMS system is equipped with several features designed for effective and convenient therapy:

- **Wireless Operation:** Provides freedom of movement during therapy.
- **Dual Therapy Modes:** Includes 8 TENS therapy programs (P1-P8, with P8 for Arthritis) for pain relief and 6 EMS

muscle treatment programs (P1-P6) for muscle conditioning.

- **4-Channel System:** Allows for isolated treatment on various muscle groups simultaneously.
- **25 Intensity Levels:** Adjustable intensity output up to 80 mA for personalized comfort and effectiveness.
- **Adjustable Treatment Time:** Sessions can be set from 5 to 60 minutes.
- **Rechargeable Batteries:** Remote operates 8-10 hours, receiver pods 3-5 hours per full charge.
- **LED Backlight Display:** Easy-to-read screen for program and intensity settings.
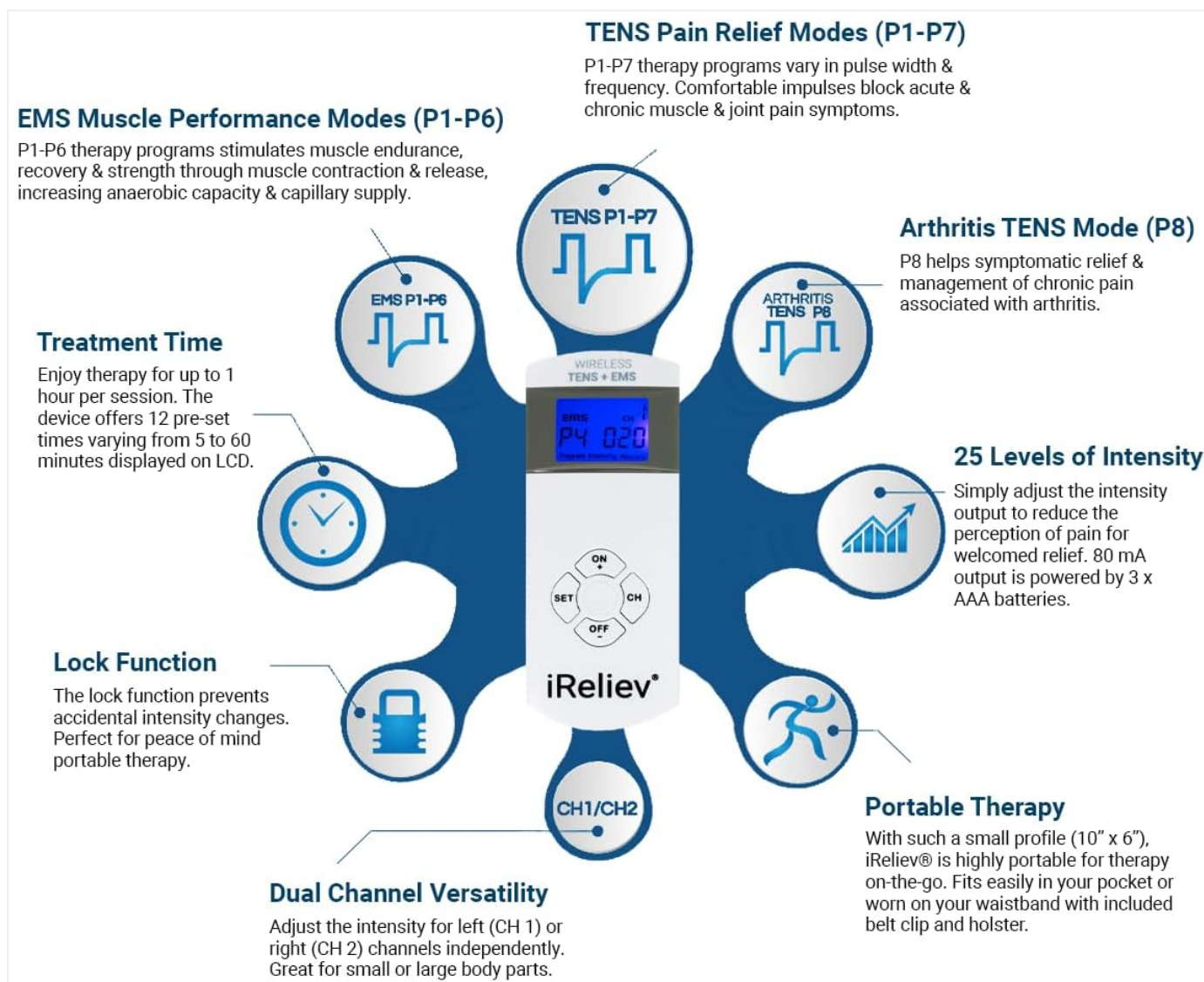- **Lock Function:** Prevents accidental changes to settings during use.

EMS Muscle Performance Modes (P1-P6)
P1-P6 therapy programs stimulates muscle endurance, recovery & strength through muscle contraction & release, increasing anaerobic capacity & capillary supply.

TENS Pain Relief Modes (P1-P7)
P1-P7 therapy programs vary in pulse width & frequency. Comfortable impulses block acute & chronic muscle & joint pain symptoms.

Arthritis TENS Mode (P8)
P8 helps symptomatic relief & management of chronic pain associated with arthritis.

Treatment Time
Enjoy therapy for up to 1 hour per session. The device offers 12 pre-set times varying from 5 to 60 minutes displayed on LCD.

25 Levels of Intensity
Simply adjust the intensity output to reduce the perception of pain for welcomed relief. 80 mA output is powered by 3 x AAA batteries.

Lock Function
The lock function prevents accidental intensity changes. Perfect for peace of mind portable therapy.

Portable Therapy
With such a small profile (10" x 6"), iReliev® is highly portable for therapy on-the-go. Fits easily in your pocket or worn on your waistband with included belt clip and holster.

Dual Channel Versatility
Adjust the intensity for left (CH 1) or right (CH 2) channels independently. Great for small or large body parts.

Figure 4.1: Visual representation of the system's key features, including TENS and EMS programs, treatment time, intensity levels, lock function, and dual-channel versatility.

5. SETUP GUIDE

5.1 Charging the Device

Before initial use, fully charge the remote control and all receiver pods. Use the provided dual charging cord and adapter.

1. Connect the dual charging cord to the charging ports on the remote and each receiver pod.
2. Plug the dual adapter into a standard wall outlet.
3. Allow the devices to charge until the battery indicators show a full charge. The remote typically charges in 8-10 hours, and receiver pods in 3-5 hours.

Note: The provided charging cable has four connectors. If you have four receiver pods and one remote, you will need to charge the remote and two pods first, then the remaining two pods separately.

5.2 Attaching Electrode Pads to Receiver Pods

Ensure the skin is clean and dry before applying electrode pads.

1. Remove the electrode pads from their protective liner.

2. Snap the electrode pads onto the receiver pods. Ensure a secure connection.

Figure 5.1: The iReliev system components, including the remote, receiver pods, and electrode pads, neatly organized within the provided carrying case.

6. OPERATING INSTRUCTIONS

6.1 Powering On/Off

- To power on the remote: Press and hold the **ON/+** button.

- To power on receiver pods: Press the power button on each pod.

- To power off the remote: Press and hold the **OFF/-** button.

- To power off receiver pods: Press the power button on each pod.

6.2 Selecting a Program (TENS or EMS)

The system offers 8 TENS programs (P1-P8) and 6 EMS programs (P1-P6).

1. Press the **SET** button to enter program selection mode.

2. Use the **ON/+** and **OFF/-** buttons to cycle through the available programs (P1-P8 for TENS, P1-P6 for EMS).

3. Press **SET** again to confirm your selection.

Figure 6.1: A close-up view of the iReliev remote control, showing the digital display with program (P1), channel (CH 1), and treatment time (060 minutes) settings. The control buttons for ON/+, OFF/-, SET, and CH are also visible.

6.3 Adjusting Intensity

The system has 25 adjustable intensity levels.

1. After selecting a program, use the **ON/+** button to increase intensity.

2. Use the **OFF/-** button to decrease intensity.

3. Adjust to a comfortable level. Do not set the intensity so high that it causes discomfort or pain.

6.4 Setting Treatment Time

Treatment duration can be set from 5 to 60 minutes.

1. Press the **SET** button repeatedly until the time setting flashes on the display.

2. Use the **ON/+** and **OFF/-** buttons to adjust the time in 5-minute increments.

3. Press **SET** to confirm.

6.5 Using the Lock Function

The lock function prevents accidental changes to settings during therapy.

- To activate: Press and hold the **SET** button until a lock icon appears on the display.

- To deactivate: Press and hold the **SET** button again until the lock icon disappears.

6.6 Channel Versatility

The 4-channel system allows you to control multiple receiver pods independently or in groups.

- Press the **CH** button to cycle through channels (CH1, CH2, CH3, CH4) or to select all channels.

- Once a channel is selected, you can adjust its program, intensity, and time settings independently.

7. PAD PLACEMENT GUIDELINES

Proper placement of electrode pads is crucial for effective therapy. Always apply pads to clean, dry skin.

Pad placements.

Figure 7.1: This diagram illustrates recommended electrode pad placements for different body areas, including the abdomen, calves, lower back, quadriceps, shoulder, and upper back. Consult a healthcare professional for specific guidance.

- **General Principle:** Place pads on or around the area requiring therapy. For TENS, place pads to surround the painful area. For EMS, place pads on the muscle belly.
- **Abdomen:** Place pads on either side of the abdominal muscles.
- **Calves:** Place one pad on the upper calf and another on the lower calf.
- **Lower Back:** Place pads on either side of the spine in the lower back region.
- **Quadriceps:** Place pads on the upper and lower parts of the thigh muscle.
- **Shoulder:** Place pads on the shoulder muscle, avoiding direct placement over bone.
- **Upper Back:** Place pads on either side of the spine in the upper back region.

Always refer to the QuickStart Guide or consult a healthcare professional for personalized pad placement recommendations.

8. MAINTENANCE AND CARE

8.1 Cleaning the Device

- Wipe the remote and receiver pods with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- Ensure the device is completely dry before storing or recharging.

8.2 Electrode Pad Care

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

8.3 Storage

Store the iReliev system and all its components in the provided carrying case when not in use. Keep it in a cool, dry place away from direct sunlight and extreme temperatures.

9. TROUBLESHOOTING

If you experience issues with your iReliev Wireless TENS + EMS Therapeutic Wearable System, refer to the following common troubleshooting tips:

- **No Power:** Ensure the remote and receiver pods are fully charged. Check charging connections.
- **No Sensation:**
  - Increase the intensity level gradually.
  - Check that electrode pads are firmly attached to the receiver pods and to clean, dry skin.
  - Ensure electrode pads are not worn out and have sufficient adhesive gel. Replace if necessary.
  - Verify that the receiver pods are powered on and paired with the remote.
- **Irregular or Weak Sensation:**
  - Check for loose connections between pads and pods.
  - Ensure pads are not dried out; apply a small amount of water to reactivate gel or replace pads.
  - Confirm the device is not in lock mode if you are trying to adjust settings.
- **Remote Not Responding:** Recharge the remote. If the issue persists, try resetting the device (refer to the full manual for specific reset instructions if available).

For further assistance, contact iReliev customer support.

10. SPECIFICATIONS

Feature	Detail
Output	80 mA (medical-grade)
TENS Programs	8 (P1-P7 for pain relief, P8 for Arthritis)
EMS Programs	6 (P1-P6 for muscle conditioning)
Intensity Levels	25
Channels	4
Treatment Time	Adjustable from 5 to 60 minutes

Remote Battery Life	8-10 hours per full charge
Receiver Pod Battery Life	3-5 hours per full charge
Batteries	1 Lithium Ion battery required (included)
Package Dimensions	9.49 x 9.33 x 2.6 inches
Weight	1.85 Pounds

11. WARRANTY AND SUPPORT

Your iReliev Wireless TENS + EMS Therapeutic Wearable System includes a **1-Year Warranty** from the date of purchase.

For warranty claims, technical support, or any questions regarding your device, please contact iReliev customer support. Refer to the QuickStart Guide or the iReliev website for contact information.

Related Documents - Wireless TENS + EMS Therapeutic Wearable System

	[iReliev Electrode Pad Care and Placement Guide](#) A comprehensive guide to electrode pad care, maintenance, and placement for iReliev TENS and EMS therapy devices. Learn how to maximize pad lifespan and effectiveness for optimal pain relief.
	[iReliev Conductive Back Wrap Instruction Manual](#) Instruction manual for the iReliev Conductive Back Wrap, detailing its features, safety information, usage instructions, troubleshooting, care, and warranty.
	[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.

Model # CO-2000	[iReliev Leg & Foot Air Compression System User Manual](#) User manual for the iReliev Leg & Foot Air Compression System (Model CO-2000), detailing instructions for use, safety warnings, troubleshooting, care, and specifications. Learn how to operate the air compression therapy device for leg and foot relief.
Model # HC-2412	[iReliev Premium Heating Pad HC-2412 Instruction Manual](#) Official instruction manual for the iReliev Premium Heating Pad, Model HC-2412. Includes indications for use, contraindications, warnings, setup procedures, care instructions, technical specifications, and warranty information.
Model # CO-2000	[iReliev CO-2000 Leg & Foot Air Compression System User Manual](#) Comprehensive user manual for the iReliev CO-2000 Leg & Foot Air Compression System. Learn about its features, indications, safety warnings, operating instructions, troubleshooting, and care.