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## TensCare B07S75CTN3

# TensCare Perfect TENS Pain Aide User Manual

Model: B07S75CTN3

## 1. INTRODUCTION

The TensCare Perfect TENS Pain Aide is a Transcutaneous Electrical Nerve Stimulation (TENS) device designed to provide effective relief from various types of pain, including chronic, acute, and musculoskeletal conditions such as arthritis, back pain, hip pain, leg pain, arm pain, and sciatica. This manual provides essential information for the safe and effective use of your device.

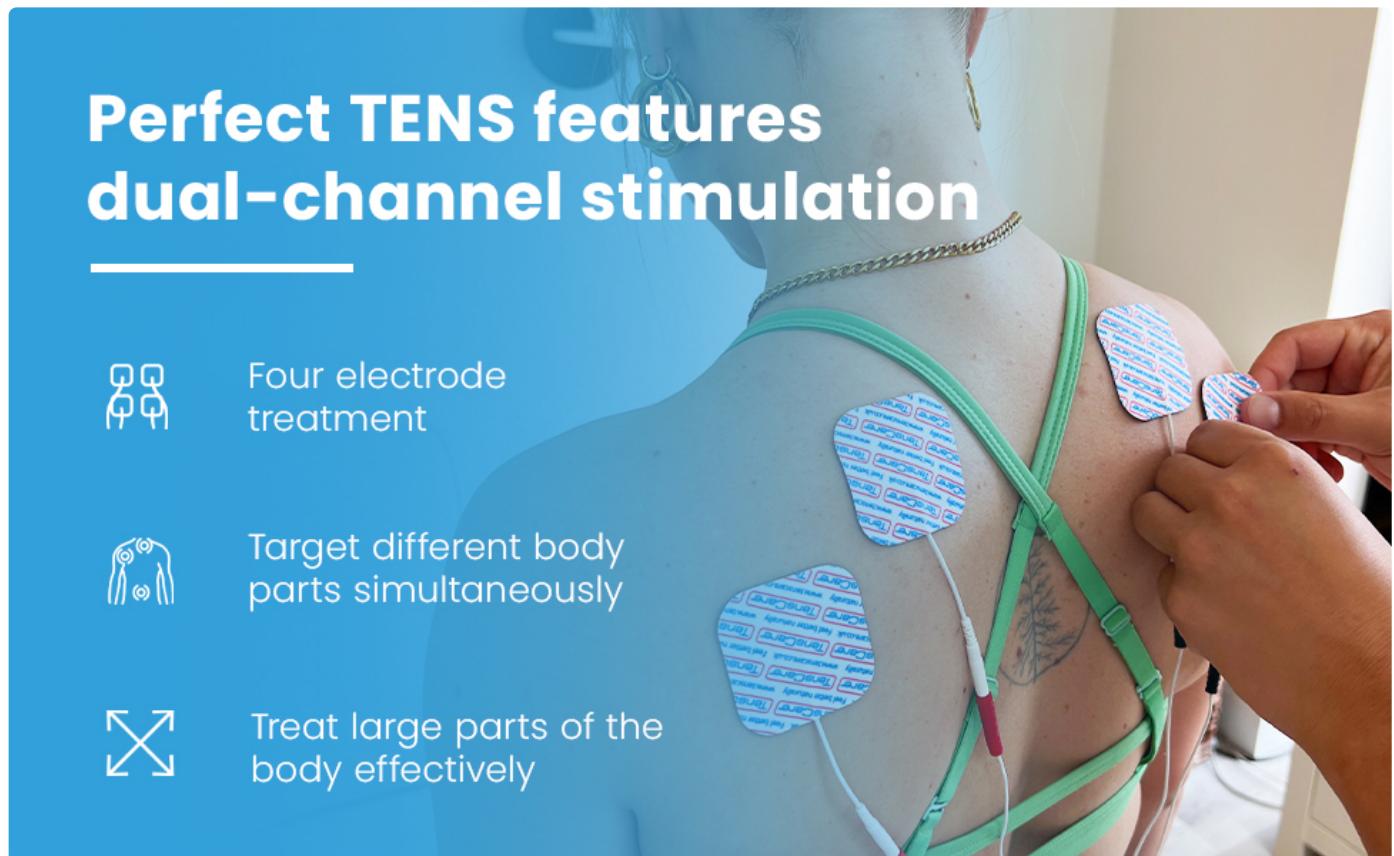


Figure 1: Overview of TENS technology benefits.

## 2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the TensCare Perfect TENS Pain Aide. Failure to follow these

instructions could result in injury or damage to the device.

## 2.1 Contraindications and Warnings

- **Do not use this device near any metal implants.** This is a critical safety warning. Consult your doctor if you have metal implants.
- Do not use if you have a pacemaker or any other implanted electronic device.
- Do not use if you are pregnant or suspect you might be pregnant, unless advised by a medical professional.
- Do not use on areas of skin that are broken, infected, or have rashes.
- Do not use over the eyes, across the front of the neck, or directly over the heart.
- Consult a medical professional before use if you have epilepsy, heart disease, cancer, or any other serious medical condition.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This device is not a dietary supplement.

## 2.2 General Precautions

- Keep out of reach of children.
- Do not immerse the device in water or other liquids.
- Do not use while driving or operating heavy machinery.
- If you experience any discomfort or adverse reactions, discontinue use immediately and consult a medical professional.

## 3. PACKAGE CONTENTS

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Your TensCare Perfect TENS Pain Aide package should include the following items:

- 1 x Perfect TENS unit
- 1 x Set of 4 electrode pads
- 2 x Lead wires
- 1 x User manual
- 2 x AA batteries (included)
- 1 x Belt clip
- 1 x Soft storage pouch



Figure 2: Contents of the Perfect TENS Pain Aide kit.



Figure 3: Perfect TENS unit with its soft storage pouch.

## 4. PRODUCT OVERVIEW

The TensCare Perfect TENS Pain Aide is a compact and lightweight device designed for ease of use and portability. It features a clear digital display and intuitive controls.

### 4.1 Device Components



CH1

CH2

00

00



18



CH1+

P

CH2+

CH1-

T

CH2-

PerfectTENS

TensCare™

Figure 4: Front view of the Perfect TENS unit.

- **Digital Display:** Shows program number, intensity levels for Channel 1 (CH1) and Channel 2 (CH2), and remaining treatment time.
- **ON/OFF Button:** Powers the device on or off.
- **P Button (Program):** Selects between the 8 preset programs and 1 manual program.
- **T Button (Time):** Adjusts the treatment duration.
- **CH1+/CH1- Buttons:** Increase or decrease intensity for Channel 1.
- **CH2+/CH2- Buttons:** Increase or decrease intensity for Channel 2.
- **Lead Wire Ports:** Located at the top of the device for connecting electrode leads.
- **Battery Compartment:** Located on the back of the device.
- **Belt Clip:** Attached to the back for convenient portability.





Figure 5: Side view showing the integrated belt clip.



Figure 6: Back view of the device.



Figure 7: The Perfect TENS unit held in hand, illustrating its portable design.

## 5. SETUP

### 5.1 Battery Installation

1. Open the battery compartment cover on the back of the device.
2. Insert the two AA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment cover securely.

### 5.2 Connecting Lead Wires and Electrode Pads

1. Insert the pin connectors of the lead wires into the ports at the top of the TENS unit.
2. Connect the other end of the lead wires to the electrode pads. Ensure a secure connection.
3. Peel the electrode pads from their protective backing.
4. Apply the electrode pads firmly to clean, dry skin over the area requiring treatment. Ensure the pads are not touching each other.





Figure 8: TENS unit with connected lead wires and electrode pads.

## 6. OPERATING INSTRUCTIONS

### 6.1 Powering On and Off

- To turn on: Press the **ON/OFF** button. The display will illuminate.
- To turn off: Press and hold the **ON/OFF** button until the display turns off.

### 6.2 Selecting a Program

The Perfect TENS offers 8 preset programs and 1 manual program. Press the **P** button to cycle through the available

programs (P1-P8, then P9 for manual). The selected program number will be displayed.



Figure 9: The device features 9 programs for various pain relief needs.

### 6.3 Adjusting Intensity (Dual Channel)

The device features dual channels, allowing you to treat two different areas or use four pads for a larger area. Each channel's intensity can be adjusted independently.

- To increase intensity for Channel 1: Press the **CH1+** button.
- To decrease intensity for Channel 1: Press the **CH1-** button.
- To increase intensity for Channel 2: Press the **CH2+** button.
- To decrease intensity for Channel 2: Press the **CH2-** button.
- Adjust the intensity until you feel a strong, comfortable tingling sensation. Avoid increasing it to a painful level.



**x2**

→ **Dual-Channel**  
→ to cover larger areas  
and multiple body parts

Figure 10: Dual-channel stimulation allows for treatment of multiple areas.

# Relief from different types of pain



## Wrist

Carpal Tunnel Syndrome



## Feet

Plantar fasciitis



## Dental & Facial

TMJ



## Back

Lumbago



## Elbow

Tennis/Golfers elbow



## Hip

Osteoarthritis and Hip Bursitis



## Knee



## Sciatica



## Arthritis

Figure 11: Example of dual-channel electrode placement for back pain.

## 6.4 Setting Treatment Time

Press the **T** button to adjust the treatment duration. Refer to the display for the selected time. Typical treatment sessions range from 20 to 60 minutes.

Figure 12: Personalized treatment options including adjustable intensity and time.

## 6.5 Understanding TENS Operation

TENS therapy works primarily through two mechanisms:

- **Pain Gate Theory:** High-frequency TENS stimulation activates nerve fibers that block pain signals from reaching the brain, effectively "closing the pain gate."
- **Endorphin Release:** Low-frequency TENS stimulation promotes the body's natural production of endorphins, which are natural pain-relieving chemicals.

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Video 1: An animated explanation of how TENS therapy works, illustrating both the pain gate theory and endorphin release mechanisms.

## 6.6 Targeted Pain Relief Areas

The Perfect TENS is designed to provide relief for various pain types and body areas:

- Hip pain
- Knee pain
- Elbow pain
- Dental & Facial pain (TMJ)
- Back pain (Lumbago)

- Sciatica
- Migraine
- Arthritis
- Plantar Fasciitis
- Wrist pain (Carpal Tunnel Syndrome)



Figure 13: Target problem areas for TENS therapy.

# Perfect TENS provides personalised treatment

60

Intensity levels for comfortable and effective stimulation

9

Preset and manual programmes

⌚

Adjustable treatment times to suit you



Figure 14: Detailed list of pain types and body areas treatable with Perfect TENS.



Figure 15: The device is effective for acute, chronic, and musculoskeletal pain.

## 7. MAINTENANCE

### 7.1 Cleaning the Device

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

### 7.2 Electrode Pad Care

- After each use, reattach the electrode pads to their protective backing.
- If pads lose their stickiness, gently wipe the adhesive surface with a damp cloth and allow to air dry. Replace pads when they no longer adhere well to the skin, as this can affect treatment effectiveness and comfort.
- Store pads in a sealed bag to prevent drying out.

### 7.3 Battery Replacement

- When the battery indicator on the display is low, replace both AA batteries.
- Always use new, high-quality AA batteries.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	Batteries are low or incorrectly installed. Electrode pads are not making good contact with skin. Lead wires are not properly connected. Intensity is set too low. Open circuit detected.	Replace batteries or check polarity. Ensure pads are firmly applied to clean, dry skin. Replace old pads if they have lost stickiness. Check all lead wire connections to the device and pads. Increase intensity using CH+/CH- buttons. If the unit's intensity returns to 0, it indicates an open circuit (poor pad contact). Re-apply pads firmly.
Device does not turn on	Batteries are dead or incorrectly installed.	Replace batteries with new ones, ensuring correct polarity.
Pads losing stickiness quickly	Skin was not clean or dry before application. Pads are old or worn out.	Clean and dry skin thoroughly before applying pads. Gently wipe pads with a damp cloth and air dry. If stickiness does not return, replace with new pads.

## 9. SPECIFICATIONS

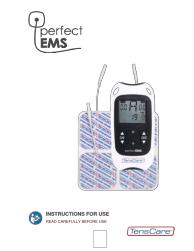
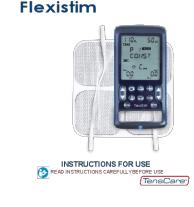
- **Model:** Perfect TENS Pain Aide (B07S75CTN3)
- **Manufacturer:** TensCare
- **Power Source:** 2 x AA batteries (included)
- **Channels:** Dual independent channels
- **Programs:** 8 preset, 1 manual
- **Intensity Levels:** 60 levels
- **Safety Feature:** Open circuit detection
- **Dimensions:** Approximately 7.95 x 5.98 x 1.61 inches
- **Weight:** Approximately 11.57 ounces (with batteries)
- **Date First Available:** May 23, 2019

## 10. WARRANTY AND SUPPORT

For warranty information, technical support, or to purchase replacement parts (such as electrode pads or lead wires), please refer to the TensCare official website or contact their customer service department. Keep your proof of purchase for warranty claims.

**TensCare Contact Information:** Please visit the official TensCare website for the most up-to-date contact details and support resources.

## Related Documents - B07S75CTN3

	<p><a href="#"><u>Perfect mamaTENS: TensCare TENS Machine for Labor and Pregnancy Pain Relief - Instructions</u></a></p> <p>User manual for the TensCare Perfect mamaTENS device. Learn how to use this TENS machine for drug-free pain relief during pregnancy, labor, and postpartum. Includes setup, operation, troubleshooting, and care guidelines.</p>
	<p><a href="#"><u>Maternity TENS for Safe, Drug-Free Pain Relief During Labour   TensCare Guide</u></a></p> <p>Explore TensCare's Maternity TENS machines for safe, drug-free pain relief during childbirth. Learn about features, benefits, usage guidelines, and rental options for MamaTENS and other models.</p>
	<p><a href="#"><u>TensCare TENS One User Manual - Pain Relief Device Instructions</u></a></p> <p>Comprehensive user manual for the TensCare TENS One digital TENS unit. Learn how to use this medical device for effective pain relief, including setup, operation, safety precautions, and troubleshooting. Suitable for managing various types of pain.</p>
	<p><a href="#"><u>TensCare Perfect EMS: Instructions for Use and Features</u></a></p> <p>Comprehensive guide to the TensCare Perfect EMS unit, covering its features, how EMS and TENS work, intended use, contraindications, and operating instructions for muscle toning, rehabilitation, and pain relief.</p>
	<p><a href="#"><u>TensCare i-touch Easy &amp; Plus User's Guide: Intelligent TENS Pain Relief</u></a></p> <p>Comprehensive user's guide for TensCare's i-touch Easy and i-touch Plus Intelligent TENS units, covering setup, operation, programs, and troubleshooting for effective pain relief.</p>
	<p><a href="#"><u>Flexistim User Manual: TENS, EMS, MIC, IFT Electrotherapy Device</u></a></p> <p>Comprehensive user manual for the TensCare Flexistim, detailing its features, operation, and applications for TENS, EMS, MIC, and IFT electrotherapy for pain relief and muscle stimulation.</p>