Roscoe Medical DS2202-OTC

Roscoe Medical Twin Stim TENS Unit and EMS Muscle Stimulator Instruction Manual

Model: DS2202-OTC

1. Introduction

The Roscoe Medical Twin Stim TENS Unit and EMS Muscle Stimulator is a dual-channel device designed for both Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) therapies. This device provides temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household and work activities. It also aids in muscle rehabilitation by stimulating healthy muscles to improve and facilitate muscle performance.

This manual provides essential information for the safe and effective operation of your device. Please read it thoroughly before use and retain it for future reference.



Image 1.1: The Roscoe Medical Twin Stim TENS Unit and EMS Muscle Stimulator, shown with its included carrying case, lead wires, and electrode pads.

2. Important Safety Information

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

- Do not place electrodes on your head, face, neck, or across your heart.
- Do not use if you have a pacemaker, defibrillator, or other implanted metallic or electronic device.
- Do not use if you are pregnant.
- Do not use on areas of skin that are broken, irritated, or numb.
- Keep out of reach of children.
- Discontinue use and consult a physician if you experience adverse reactions.
- This device is for external use only.
- Do not operate heavy machinery or drive while using the device.

3. Package Contents

Verify that all items are present in your package:

- Dual channel digital TENS/EMS device (Twin Stim OTC)
- 4 x 2" x 2" premium electrodes
- User manual
- 2 lead wires
- Hard case carrying case
- 1 x 9V battery (included)



Image 3.1: The complete package contents of the Roscoe Medical Twin Stim TENS Unit, neatly arranged within its hard carrying case.

4. Setup

4.1 Battery Installation

1. Locate the battery compartment on the back of the device.
2. Slide the battery cover open.
3. Insert one 9V battery, ensuring correct polarity (+/-).
4. Close the battery cover securely.



Image 4.1: A detailed view of the TENS unit, illustrating the battery compartment and control panel.

4.2 Connecting Lead Wires and Electrodes

1. Insert the pin connectors of the lead wires into the electrode pads. Ensure a secure connection.
2. Plug the lead wire connectors into the output jacks (CH1 and CH2) on the top of the TENS unit. The device supports two independent channels, allowing up to four electrodes to be used simultaneously.
3. Peel the electrode pads from their protective liner.
4. Apply the electrode pads firmly to clean, dry skin over the target area. Refer to the electrode placement guidelines for optimal results.

5. Operating Instructions

5.1 Device Overview and Controls



Image 5.1: Labeled diagram of the TENS unit's display and control buttons for easy identification and operation.

- **Protective Cover:** Slides down to reveal controls.
- **Dual-Channel Intensity Control:** Adjusts stimulation strength for each channel.
- **Active Mode Display:** Shows the current therapy mode (TENS or EMS) and program.
- **Pulse Width/Rate Display:** Shows the current pulse width and rate settings.
- **Timer Display:** Shows the remaining treatment time.
- **Increase/Decrease Parameters (▲/▼ buttons):** Adjusts selected parameters.
- **SET Button:** Confirms parameter selection.
- **MODE Button:** Cycles through TENS and EMS modes and programs.

5.2 Basic Operation Steps

1. **Turn on the power:** Slide the protective cover down and turn the intensity dials clockwise from the "OFF" position.
2. **Select Mode:** Press the **MODE** button to cycle between TENS and EMS modes. The display will indicate the active mode.
3. **Select Program:** Within each mode, press the **MODE** button again to cycle through the available programs (5 custom stimulation modes are available).
4. **Adjust Settings:** Use the **SET** button to select parameters like pulse rate (Hz), pulse width, and

treatment time (Min). Use the ▲ and ▼ buttons to increase or decrease the selected setting.

5. **Increase Intensity:** Slowly turn the intensity dials (CH1 and CH2) clockwise to increase the stimulation intensity to a comfortable level. Do not set the intensity too high, as this can cause discomfort.
6. **Treatment Duration:** The device will automatically turn off after the set treatment time. You can manually turn it off by rotating the intensity dials counter-clockwise to the "OFF" position.



Image 5.2: User adjusting the device settings during a session.

5.3 Electrode Placement Guidelines

Proper electrode placement is crucial for effective therapy. Place electrodes on clean, dry skin over or around the area of pain or muscle to be stimulated. Avoid placing electrodes directly over joints or bony prominences.



Image 5.3: Examples of electrode placement for various body areas to target pain relief and muscle stimulation.

- For TENS (pain relief), place electrodes around the painful area.
- For EMS (muscle stimulation), place electrodes on the muscle belly and at the origin/insertion points of the muscle.
- Ensure electrodes are at least one inch apart.

6. Maintenance

6.1 Electrode Care

- After each use, gently remove electrodes from your skin.
- To maintain adhesiveness, lightly dampen the adhesive side of the pads with a few drops of water or a TENS unit gel and place them back on their protective liner.
- Store electrodes in a sealed bag to prevent drying.
- Replace electrodes when they lose their stickiness or if you experience uneven stimulation.

6.2 Unit Cleaning and Storage

- Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- Remove the battery if the device will not be used for an extended period.

- Store the unit and accessories in the provided hard carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.

7. Troubleshooting

Problem	Possible Cause	Solution
No stimulation or weak stimulation	Low or dead battery Loose lead wire connection Electrodes not properly adhered or dried out Intensity set too low	Replace 9V battery. Check all lead wire connections to the unit and electrodes. Ensure electrodes are firmly applied to clean, dry skin. Replace old electrodes. Slowly increase intensity dials.
Uneven or stinging sensation	Electrodes not fully adhered Electrodes too close together Skin not clean or dry	Press electrodes firmly onto skin. Replace if adhesive is worn. Adjust electrode placement, ensuring at least one inch separation. Clean and dry skin thoroughly before application.
Device does not turn on	Battery incorrectly installed Dead battery	Check battery polarity. Replace 9V battery.

8. Specifications

- **Model Number:** DS2202-OTC
- **Product Dimensions:** 9 x 2.1 x 7.7 inches
- **Weight:** 13.44 ounces
- **Power Source:** 1 x 9V battery
- **Channels:** Dual (2 independent channels)
- **Therapy Modes:** TENS and EMS (5 custom stimulation modes)
- **Manufacturer:** Compass Health Brands



Image 8.1: Key features and specifications of the Roscoe Medical Twin Stim TENS Unit.

9. Warranty and Support

The Roscoe Medical Twin Stim TENS Unit and EMS Muscle Stimulator comes with a**1-Year Warranty** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.



Image 9.1: The 1-Year Warranty seal, indicating product support.

For technical support, warranty service, or questions regarding the operation of your device, please contact Roscoe Medical customer service. Contact information can typically be found on the product packaging or the official Roscoe Medical website.