conree B07VVPW56Q

conree TENS Unit Muscle Stimulator User Manual

Model: B07VVPW56Q

Introduction

Thank you for choosing the conree TENS Unit Muscle Stimulator. This device is designed for the symptomatic relief of chronic intractable pain and the temporary relief of pain associated with sore and aching muscles in various body parts due to strain from exercise or normal household and work activities. It offers a professional solution for pain and muscle relief with multiple massage modes and intensity levels.



Image: The conree TENS Unit Muscle Stimulator, showing the main device, electrode pads, and a compact travel case. The device features a large display and control buttons.

Safety Information

Please read all safety information carefully before using the device. Failure to follow these instructions may result in injury or damage to the device.

- The unit cannot be used by people with pacemakers and/or defibrillators.
- Do not apply stimulation over the carotid sinus nerves (front of neck), across the chest, or over the head.
- Do not use on open wounds or broken skin.
- Consult a physician before use if you have any medical conditions.
- Keep out of reach of children.

What's Included

Upon opening the package, please ensure all the following components are present:

- conree TENS Unit Muscle Stimulator (Main Device)
- Electrode Pads (multiple pairs)
- Lead Wires
- Pads Holder
- User Manual
- Storage Bag / Waterproof Hard Case



Image: A visual representation of the package contents, including the TENS device, electrode pads, lead wires, pads holder, user manual, and storage bag.

Setup

1. **Prepare the Skin:** Clean the skin area where the electrode pads will be placed with rubbing alcohol. Ensure the skin is dry and free of lotions or oils for optimal adhesion and conductivity.
2. **Connect Pads to Lead Wires:** Attach the electrode pads securely to the lead wires. Each lead wire typically connects to two pads.
3. **Attach Pads to Body:** Place a pair of pads from the same wire onto the desired treatment area on your body. Ensure the pads are placed on healthy, intact skin.
4. **Connect Lead Wires to Device:** Plug the lead wires into the appropriate ports on the conree TENS Unit. The device features dual channels (CH1 and CH2) allowing for simultaneous treatment of two different areas or a larger single area.



Image: A visual guide illustrating various common pain points on the human body, such as the neck, shoulders, back, waist, arms, hips, legs, and knees, indicating suitable areas for electrode pad placement.

Operating Instructions

The conree TENS Unit is designed for user-friendly operation with a large backlit LCD screen.

1. **Power On:** Press the **ON/OFF** button to turn on the unit. The LCD screen will illuminate.
2. **Select Mode:** Press the **MODE** button to cycle through the 12 available massage modes. Each mode offers a different pulse pattern for various types of pain and muscle relief. The selected mode will be displayed on the screen.
3. **Adjust Intensity:** Use the **CH1+** / **CH1-** and **CH2+** / **CH2-** buttons to increase or decrease the intensity for each channel independently. Start with a low intensity and gradually increase it until you feel a comfortable, yet effective, sensation. There are 30 intensity levels available.
4. **Set Timer:** Press the **TIMER** button to select the desired treatment duration. The timer can be set for up to 90 minutes. The device will automatically shut off once the timer expires.
5. **Begin Treatment:** Once the mode, intensity, and timer are set, the device will begin delivering therapeutic pulses.

6. **Power Off:** Press and hold the **ON/OFF** button to turn off the unit after your session.



Image: A detailed view of the conree TENS unit's control panel, highlighting the Timer button, ON/OFF switch, CH1 intensity controls, CH2 intensity controls, and the Mode selector button.

Understanding Modes and Intensity

The 12 massage modes are pre-programmed to provide various types of stimulation, such as tapping, kneading, and muscle contraction, catering to different pain relief and muscle relaxation needs. The 30 intensity levels allow for fine-tuning the strength of the electrical pulses, from mild to powerful, to ensure personalized comfort and effectiveness.



Image: A graphic illustrating key features: Steady Pulse for consistent treatment, Pocket Size for portability, Up to 12 Modes for varied therapy, and Industry-Leading Pads for durability and adhesion.

Maintenance

- **Cleaning the Device:** Wipe the main unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Caring for Electrode Pads:** After each use, gently place the pads back on the pads holder or the protective film. If the pads lose their stickiness, gently rinse the adhesive side with a small amount of water and let them air dry. Do not scrub or use soap. Replace pads when they no longer adhere well.
- **Storage:** Store the device and accessories in the provided waterproof hard case in a cool, dry place away from direct sunlight and extreme temperatures.

Troubleshooting

Problem	Possible Cause	Solution
No sensation or weak sensation	Low intensity setting; Pads not adhering well; Lead wires not connected properly; Low battery.	Increase intensity gradually; Ensure pads are firmly attached to clean, dry skin; Check all wire connections; Recharge or replace batteries.
Device does not turn on	Low or depleted battery; Device malfunction.	Recharge the device fully; If problem persists, contact customer support.
Pads losing stickiness	Accumulation of dirt/oil; Pads are old/worn out.	Gently rinse adhesive side with water and air dry; Replace with new electrode pads.

Specifications

- **Product Dimensions:** 8 x 6 x 4 inches
- **Weight:** 9.59 ounces
- **Brand:** conree
- **Model:** B07VVPW56Q
- **Power Source:** Corded Electric
- **Material:** Waterproof Material
- **Color:** White
- **Massage Modes:** 12 Programs
- **Intensity Levels:** 30 Intensities

- **Channels:** Dual Channels Output (TENS & EMS)
- **Timer:** Adjustable, up to 90 minutes

Warranty and Support

conree is committed to providing quality products and services. For any questions, concerns, or technical support regarding your TENS Unit Muscle Stimulator, please contact conree customer service. Please refer to the product packaging or the official conree website for the most current contact information.

Legal Disclaimer: 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 intended for symptomatic relief of pain as described in the introduction.

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