

BodyMed B07YF1C2YD

BodyMed TENS/EMS Unit Electrode Pads Instruction Manual

Brand: BodyMed

INTRODUCTION

This instruction manual provides essential information for the proper use, care, and maintenance of your BodyMed TENS/EMS Unit Electrode Pads. These self-adhering electrodes are designed for use with Transcutaneous Electrical Nerve Stimulators (TENS) and Electrical Muscle Stimulators (EMS) to facilitate muscle stimulation and discomfort relief. Each package contains ten individual sachets, with four 2x2 inch (5x5 cm) square electrodes per sachet, totaling 40 reusable pads.

Please read this manual thoroughly before using the product to ensure safe and effective application.

SAFETY INFORMATION

Important Safety Precautions:

- Always consult a healthcare professional before using TENS/EMS devices and electrode pads, especially if you have pre-existing medical conditions, are pregnant, or have a pacemaker.
- These electrode pads are intended for external use only and should not be applied to broken or irritated skin.
- Do not apply electrodes over the eyes, mouth, carotid sinus (front of the neck), or directly over the heart.
- Keep out of reach of children.
- Discontinue use immediately if you experience any adverse reactions such as skin irritation, redness, or discomfort, and consult a healthcare professional.
- These electrode pads are not made with natural rubber latex.
- This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.

PRODUCT OVERVIEW

The BodyMed TENS/EMS Unit Electrode Pads are designed for effective and comfortable muscle stimulation. Key features include:

- **Flexible Design:** Conforms to various body contours for optimal contact.
- **Self-Adhering:** Features a gentle, yet secure adhesive for easy application and removal.
- **Reusable:** Designed for multiple uses, providing long-lasting value.
- **Carbon Electrode:** Ensures efficient and consistent electrical conductivity.

- **Individually Wrapped:** Each sachet contains four electrodes, maintaining hygiene and freshness until use.
- **Standard Size:** Each pad measures 2 x 2 inches (5 x 5 cm) square, suitable for various applications.



Image: A close-up view of four square BodyMed electrode pads, each measuring 2x2 inches, connected by white lead wires. The pads feature a grey grid pattern on the adhesive side, indicating the carbon electrode surface.

SETUP

1. **Prepare the Skin:** Ensure the skin area where the electrodes will be applied is clean, dry, and free of lotions, oils, or hair. This helps maximize adhesion and conductivity.
2. **Open Packaging:** Carefully tear open one of the individually wrapped sachets. Each sachet contains four electrode pads.
3. **Remove Electrodes:** Gently peel the electrode pads from their protective liner. Avoid touching the

adhesive gel surface with your fingers to maintain its stickiness.

4. **Connect Lead Wires:** Attach the lead wires from your TENS or EMS unit to the electrode pads. The pads are designed with standard snap connectors for easy attachment. Ensure a secure connection.
5. **Apply to Skin:** Place the electrode pads firmly onto the prepared skin area. Ensure full contact between the pad and the skin. Refer to your TENS/EMS unit's instruction manual for recommended electrode placement for specific conditions.



Reorder Number
CUS111

Self-Adhering Electrodes

4 Electrodes
Not made with
natural rubber latex

Flexible

**White Fabric Back
Carbon Electrode**

Reusable

For use with Transcutaneous
Electrical Nerve Stimulators (TENS)
and Electrical Muscle Stimulators (EMS)

**2 in x 2 in
(5 cm x 5 cm)**

Square

Manufactured for BodyMed®
Hudson, OH 44236
1-866-528-2152
Made in China Rev 4



(01)00815991020551(10)180531(17)210531

Image: A single, clear plastic sachet containing four BodyMed self-adhering electrodes. The sachet label provides product

details such as "Flexible White Fabric Back Carbon Electrode," "2 in x 2 in (5 cm x 5 cm) Square," and "Reusable." It also states "Not made with natural rubber latex" and includes manufacturer contact information.

OPERATING INSTRUCTIONS

Once the electrode pads are securely applied to the skin and connected to your TENS/EMS unit, follow the operating instructions provided with your specific TENS/EMS device.

- **Power On:** Turn on your TENS/EMS unit and select the desired program and intensity settings as per your device's manual or your healthcare professional's recommendations.
- **Monitor Sensation:** Begin with a low intensity and gradually increase it until you feel a comfortable, tingling sensation or muscle contraction, depending on the therapy type (TENS or EMS). Avoid increasing the intensity to a painful level.
- **Treatment Duration:** Adhere to the recommended treatment duration specified by your TENS/EMS unit's manual or your healthcare provider.
- **Removal After Use:** After the treatment session, turn off your TENS/EMS unit. Gently peel the electrode pads off your skin. Avoid pulling on the lead wires.

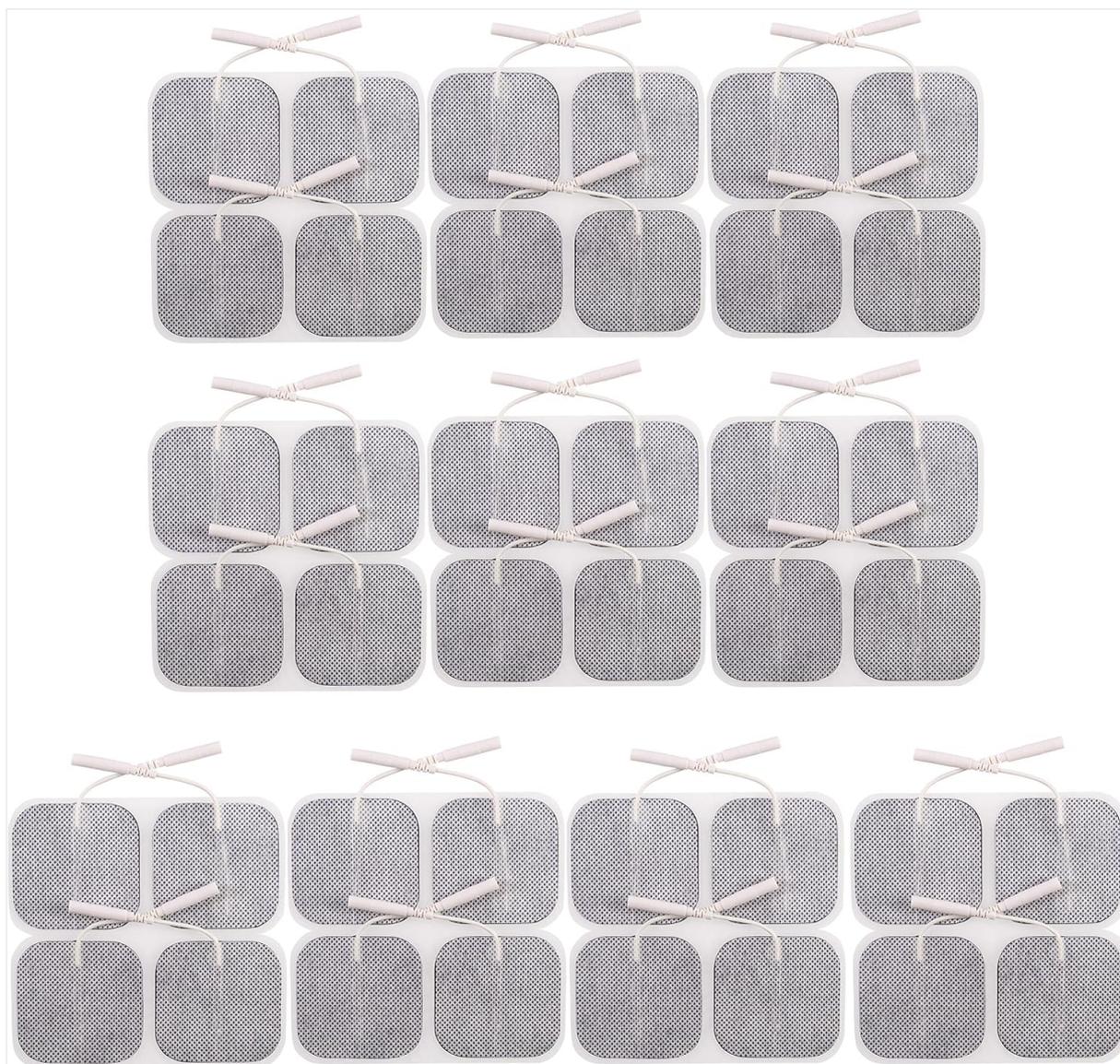


Image: An array of BodyMed TENS/EMS electrode pads, showing several sets of four pads each, connected by their lead wires. The pads are arranged neatly, highlighting the quantity and design of the product.

MAINTENANCE AND CARE

Proper care extends the life and effectiveness of your electrode pads.

- **Re-apply to Liner:** After each use, carefully place the electrode pads back onto their original protective plastic liner. This helps preserve the adhesive gel.
- **Storage:** Store the pads in their original resealable sachet or an airtight bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Cleaning:** If the adhesive surface becomes dirty or loses some stickiness, gently dab it with a small amount of water on your fingertip. Do not use soap, alcohol, or abrasive cleaners, as these can damage the pads. Allow to air dry completely before re-applying to the liner.
- **Replacement:** Replace electrode pads when they no longer adhere well to the skin, become dry, or show signs of damage (e.g., tears, frayed edges). Worn-out pads can lead to uneven current distribution and reduced effectiveness.



Image: The reverse side of four BodyMed TENS/EMS electrode pads, showing the white fabric backing and the lead wire connections. This view highlights the non-adhesive side of the pads.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Pads not sticking to skin	Skin is oily, dirty, or hairy; pads are dry or worn out.	Clean and dry skin thoroughly before application. Gently dab the adhesive with a wet fingertip to reactivate. If pads are old or severely dry, replace them.
Weak or uneven sensation	Poor contact with skin; pads are dry or worn; lead wire connection is loose.	Ensure pads are fully adhered to the skin. Check lead wire connections to the pads and the TENS/EMS unit. Replace pads if they are dry or worn.

Problem	Possible Cause	Solution
Skin irritation or redness	Allergic reaction; excessive use; improper skin preparation.	Discontinue use immediately. Clean the skin. Consult a healthcare professional. Ensure skin is clean and dry before application.

SPECIFICATIONS

Product Type: TENS/EMS Unit Electrode Pads

Brand: BodyMed

Model/ASIN: B07YF1C2YD

Pad Dimensions: 2 x 2 inches (5 x 5 cm) square

Material: Flexible, white fabric back, carbon electrode

Adhesive: Self-adhering, reusable

Quantity: 4 electrodes per sachet, 10 sachets per pack (total 40 electrodes)

Latex-Free: Yes, not made with natural rubber latex

Manufacturer: BodyMed

Product Dimensions (packaging): 1.1 x 1.1 x 1.1 inches; 0.96 ounces (for a single unit of 40 pads)

Date First Available: September 26, 2019



Image: A full view of ten individually packaged sachets of BodyMed self-adhering electrodes. Each sachet is clearly labeled with product information, demonstrating the bulk packaging of the 40-count product.

WARRANTY AND SUPPORT

For specific warranty information regarding your BodyMed TENS/EMS Unit Electrode Pads, please refer to the product packaging or contact the manufacturer directly.

Manufacturer Contact:

Brand: BodyMed

Phone: 1-866-528-2152

Website: [Visit the BodyMed Store on Amazon](#)

Related Documents



[BodyMed 8" Wheel Rollator: Instruction Manual & Safety Guide](#)

Comprehensive instruction manual for the BodyMed 8" Wheel Rollator, covering safety considerations, assembly instructions, operational use, maintenance, warranty, and limitations of liability.