



[Manuals.plus](#) /

> [Alcedo](#) /

> Alcedo TENS Unit + EMS Combination Machine Muscle Stimulator Instruction Manual

## Alcedo B086DBZ196

# Alcedo TENS Unit + EMS Combination Machine Instruction Manual

Model: B086DBZ196

## 1. SAFETY INFORMATION

**Important:** Please read all instructions carefully before using this device. Failure to follow safety guidelines may result in injury or device malfunction.

### 1.1 General Precautions

- Do not use this device if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Consult your physician before use if you have any medical conditions, including but not limited to, heart disease, epilepsy, cancer, or are pregnant.
- Do not apply electrode pads over open wounds, rashes, swollen, red, infected, or inflamed skin areas.
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions could put you at risk of injury.
- Keep out of reach of children.
- This device is for external use only.
- Do not immerse the device in water or other liquids.

### 1.2 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 pain relief and muscle stimulation as described in this manual.

## 2. PRODUCT OVERVIEW

The Alcedo TENS Unit + EMS Combination Machine is a versatile device designed for pain relief, muscle stimulation, and relaxation massage. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and Massage functions into one compact unit.



Image: Alcedo TENS Unit with electrode pads and lead wires.

## 2.1 Key Features

- **3-in-1 Functionality:** TENS for pain relief, EMS for muscle stimulation, and Massage for relaxation.
- **Dual Channel:** Allows for independent intensity control for two separate areas.
- **41 Pre-set Programs:** Designed for various acute and chronic pain conditions.
- **40 Adjustable Intensity Levels:** Customizable intensity for specific needs.
- **Rechargeable Long-Lasting Battery:** Up to 20 hours of occasional use on a full charge.
- **Premium Reusable Electrode Pads:** 8 pads in 3 sizes, reusable up to 35 times with proper care.
- **Compact Size:** Portable and easy to carry.
- **Screen Lock Function:** Prevents accidental changes during use.
- **FDA Cleared & HSA/FSA Eligible:** Meets regulatory standards for safety and effectiveness.

# 3-IN-1 TENS/EMS/MASSAGE Combo Stimulator

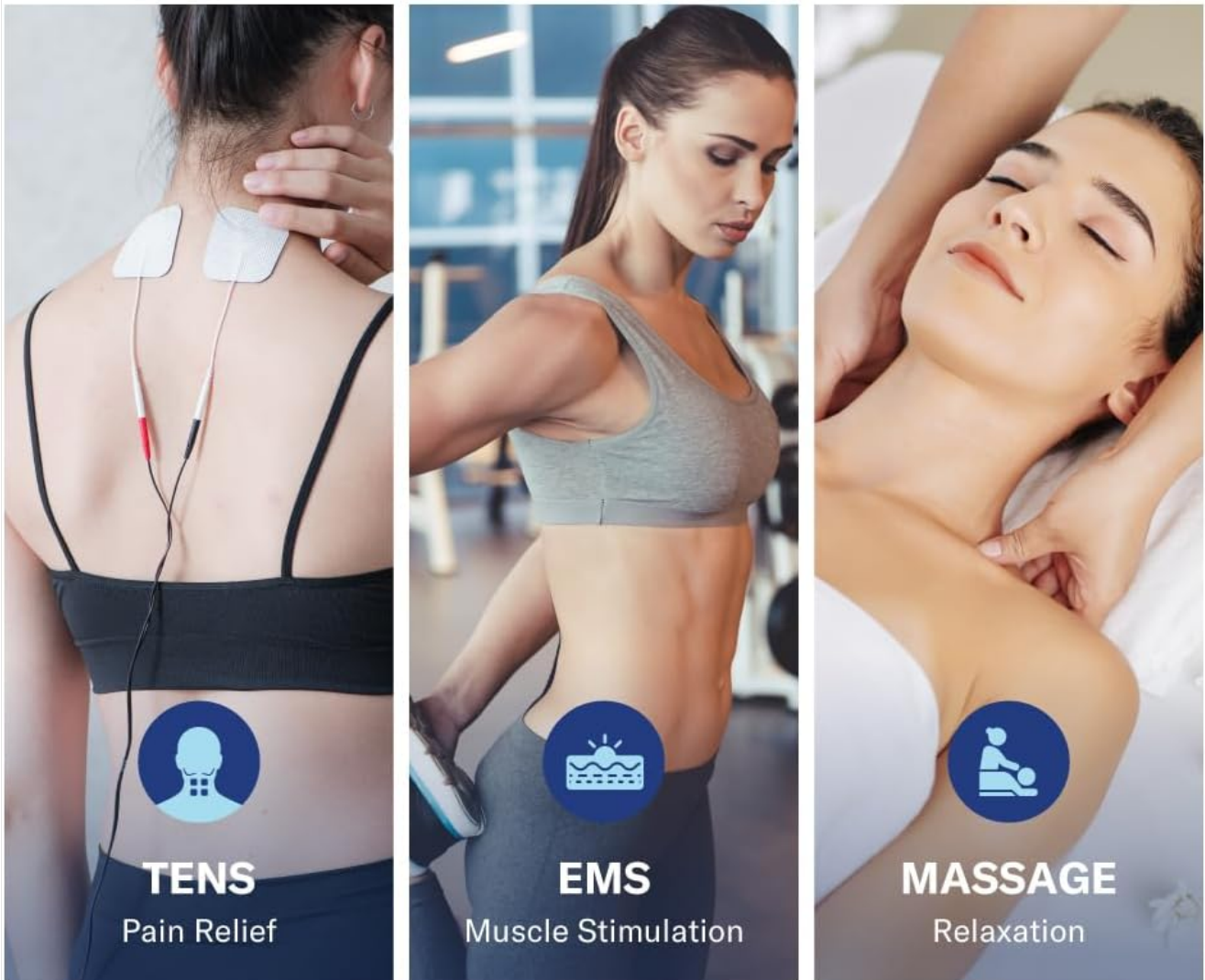


Image: Visual representation of the 3-in-1 functionality: TENS for pain relief, EMS for muscle stimulation, and Massage for relaxation.

## 2.2 Package Contents

The Alcedo TENS Unit package includes the following items:

- 1 x Alcedo TENS Unit
- 4 x 2" Electrode Pads (50mm x 50mm)
- 2 x Large Rectangle 2"x4" Pads (50mm x 100mm)
- 2 x Small 1.5" x 1.5" Pads (40mm x 40mm)
- 3 x Lead Wires
- 1 x USB Cable
- 1 x Pad Holder
- 3 x Cable Ties
- 1 x Pouch (Storage Bag)
- 1 x User Manual (this document)
- 1 x Quick Start Guide

## Rechargeable Long-Lasting Battery

Lasts up to 20 hours with occasional use  
on a full charge and recharges easily.



Image: All components included in the Alcedo TENS Unit package.

### 3. SETUP

#### 3.1 Charging the Device

The device comes with a built-in rechargeable Lithium Ion battery. Before first use, fully charge the device. Connect the provided USB cable to the charging port on the device and plug the other end into a USB power source (e.g., computer, wall adapter). The battery indicator on the screen will show charging status. A full charge provides up to 20 hours of occasional use.

# Rechargeable Long-Lasting Battery

Lasts up to 20 hours with occasional use on a full charge and recharges easily.



Image: Alcedo TENS Unit being charged via USB cable, highlighting its long-lasting battery.

## 3.2 Connecting Lead Wires and Electrode Pads

1. Insert the pin connectors of the lead wires into the electrode pads. Ensure a secure connection.
2. Connect the lead wire plug(s) into the output port(s) (Channel A or Channel B) on the top of the TENS unit.

## 3.3 Applying Electrode Pads

1. Ensure the skin area where pads will be applied is clean, dry, and free of oils or lotions.
2. Carefully peel the electrode pads from their protective film. Retain the film for storage.
3. Apply the sticky side of the pads firmly to the desired treatment area on your skin. Ensure the entire surface of the pad is in contact with the skin.
4. For optimal results, place pads at least one inch apart. Refer to the body placement guide for common application areas.



Image: Visual guide for connecting wires, placing pads, and operating the device.

## 4. OPERATING INSTRUCTIONS

### 4.1 Power On/Off

Press and hold the **M** (Mode) button for a few seconds to turn the device ON or OFF.

### 4.2 Selecting a Mode (TENS/EMS/MASSAGE)

After powering on, press the **M** button repeatedly to cycle through the three main modes: TENS, EMS, and MASSAGE. The selected mode will be displayed on the screen.

### 4.3 Selecting Body Part and Program

1. Once a main mode is selected, use the arrow buttons (up/down) to navigate through the available body parts (e.g., Neck, Shoulder, Back, Arm, etc.) or general programs (e.g., Knead, Rub, Tap).
2. Press the **SET** button to confirm your selection.
3. The device offers 41 pre-set programs. Each body part or general program has specific sub-programs.

# Body Part Specific Treatment

Allows targeted treatment for different parts to help reduce discomfort throughout the body



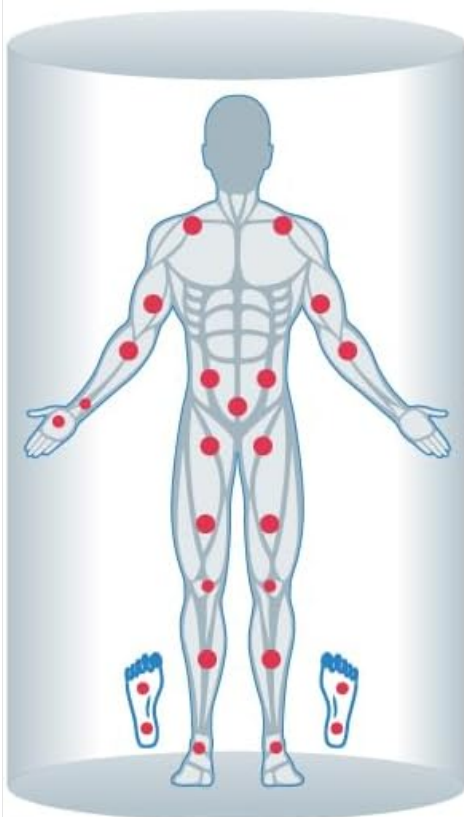
KNEAD



RUB



TAP



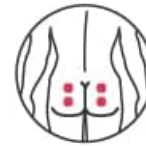
NECK



SHOULDER



BACK



HIP



HAND



ABDOMEN



FOOT



ARM



LEG



JOINT

Image: Body map indicating various treatment areas and available treatment types (Knead, Rub, Tap).

## 4.4 Adjusting Intensity

The device has dual channels (A and B), allowing for independent intensity control.

- Press the **CH** button to switch between Channel A and Channel B. The active channel will be indicated on the screen.
- Use the **+** and **-** buttons to increase or decrease the intensity level for the selected channel. There are 40 intensity levels.
- Start with the lowest intensity and gradually increase until you feel a comfortable, yet effective, sensation. Avoid setting the intensity too high, which may cause discomfort.

## 4.5 Setting the Timer

Press the **P** (Program/Timer) button to adjust the treatment duration. The available time settings will cycle through. Select your desired treatment time. The device will automatically shut off once the timer expires.

## 4.6 Screen Lock Function

To prevent accidental changes during a session, press and hold the **SET** button for a few seconds to activate the screen lock.

Repeat the action to unlock.

## 5. MAINTENANCE

### 5.1 Cleaning the Device

- Turn off the device and disconnect all lead wires before cleaning.
- Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners, alcohol, or chemical solvents.
- Ensure the device is completely dry before storing or next use.

### 5.2 Caring for Electrode Pads

- After each use, gently remove the pads from your skin.
- Place the sticky side of the pads back onto their protective film.
- If the pads lose their stickiness, gently wipe the adhesive surface with a damp cloth and let them air dry. This can help restore some stickiness.
- Replace pads when they no longer adhere well to the skin, typically after 35 uses, or if they become damaged.

## Premium Pads



Image: Features of the premium electrode pads, including reusability and skin compatibility.

## 5.3 Storage

- Store the device and accessories in the provided dust-proof storage bag (pouch).
- Use the included pad holder to keep electrode pads organized and protected.
- Utilize the cable ties to manage lead wires and prevent tangling.
- Store in a cool, dry place away from direct sunlight and extreme temperatures.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	Device not turned on. Intensity too low. Pads not properly attached to skin. Lead wires not securely connected. Pads have lost stickiness. Battery low.	Turn on the device. Increase intensity using the + button. Ensure pads are firmly pressed onto clean, dry skin. Check all lead wire connections. Clean pads or replace with new ones. Recharge the device.
Device does not turn on	Battery is depleted. Device malfunction.	Charge the device for at least 30 minutes. If still unresponsive, contact customer support.
Pads do not stick	Skin is oily or dirty. Pads are worn out.	Clean and dry skin thoroughly before application. Clean pads or replace with new ones.

## 7. SPECIFICATIONS

- **Model:** B086DBZ196
- **Functions:** TENS, EMS, Massage
- **Channels:** Dual (A & B)
- **Modes:** 41 Pre-set Programs
- **Intensity Levels:** 40 Adjustable Levels
- **Battery:** 1 Lithium Ion battery (included), Rechargeable
- **Battery Life:** Up to 20 hours (occasional use)
- **Package Dimensions:** 6.26 x 3.62 x 2.83 inches
- **Item Weight:** 9.59 ounces
- **Manufacturer:** Nature Major Inc.
- **First Available Date:** March 25, 2020
- **Certifications:** FDA Cleared, HSA/FSA Eligible

## 8. WARRANTY AND SUPPORT

Alcedo products are manufactured with high-quality standards. For warranty information, technical support, or any questions

regarding your Alcedo TENS Unit, please contact Alcedo customer service. Refer to the contact information provided in the Quick Start Guide or on the official Alcedo website.

**Note:** Keep your purchase receipt as proof of purchase for warranty claims.