Beurer EM59

Beurer EM59 Digital 3-in-1 TENS, EMS & Heat Therapy Device User Manual

Brand: Beurer | **Model:** EM59 (64663)

1. Product Overview

The Beurer EM59 3-in-1 Therapy Device is designed to provide versatile pain relief, muscle toning, massage, and relaxation through Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and heat functions. It features 64 pre-programmed applications and 6 customizable programs, allowing for a personalized therapy experience. The device is compact, ergonomic, and includes a rechargeable battery for convenient on-the-go use.

- **3-IN-1 KIT:** Combines TENS, EMS, and Heat for comprehensive treatment options.
- **CUSTOMIZED COMFORT:** Two independently adjustable channels and 4 self-adhesive electrodes for precise application.
- **VERSATILE OPTIONS:** 64 pre-programmed settings and 6 customizable programs to suit various needs.
- **USER-FRIENDLY DESIGN:** Inverse LCD display for guided electrode placement and program selection, with an adjustable timer (5-100 minutes).
- **PORTABLE & SAFE:** Compact design with a belt clip, rechargeable battery, and safety switch-off feature.



The Beurer EM59 device, showing the main unit connected to four self-adhesive electrodes.

2. Safety Information

WARNING: For external use only.

Always read the entire instruction manual thoroughly before the first use of the Beurer EM59 device. Failure to follow instructions may result in injury or improper device function.

- Do not use the device if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic devices.
- Consult a physician before use if you have any medical conditions, including but not limited to heart disease, epilepsy, cancer, or if you are pregnant.

- Do not apply electrodes to the head, face, neck (carotid sinus area), or across the chest.
- Avoid using the device over open wounds, rashes, swollen, red, infected, or inflamed areas.
- Keep out of reach of children.
- Do not use while driving or operating machinery.
- Discontinue use immediately if you experience any adverse reactions such as skin irritation, discomfort, or pain.
- 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.

3. Components and What's Included

The Beurer EM59 package typically includes the following items:

- Beurer EM59 Digital 3-in-1 TENS/EMS/Heat Therapy Device
- 4 Self-adhesive electrodes (2 large, 2 small)
- 2 Connection cables for electrodes
- USB charging cable
- Belt clip
- Instruction Manual



The Beurer EM59 device, showing the main unit, electrodes, and connection cables.

4. Setup and First Use

4.1 Charging the Device

1. Connect the USB charging cable to the charging port on the Beurer EM59 device.
2. Plug the other end of the USB cable into a suitable USB power adapter (not included) or a computer USB port.
3. The battery indicator on the LCD display will show the charging status. Charge the device fully before first use.

4.2 Attaching Electrodes

1. Ensure the device is turned off.
2. Connect the electrode cables to the two channels on the top of the device.
3. Attach the self-adhesive electrodes to the snap connectors on the end of the cables.
4. Carefully peel the protective film from the gel pads of the electrodes. Retain the film for storage.
5. Apply the electrodes firmly to clean, dry, and healthy skin in the desired treatment area. Refer to the electrode placement guide in the operating instructions for specific applications.



Proper placement of electrodes on the upper back for pain relief using TENS and heat functions.

5. Operating Instructions

5.1 Turning On/Off

- To turn on: Press and hold the power button () located at the bottom of the device until the LCD display illuminates.
- To turn off: Press and hold the power button () until the display turns off. The device also features an automatic safety switch-off.

5.2 Program Selection

The EM59 offers TENS, EMS, and Heat functions with various pre-programmed applications and customizable programs.

1. Once powered on, use the **MENU** button to navigate through the main therapy modes (TENS, EMS, Massage, Heat).
2. Use the arrow buttons (▲ / ▼) to select a specific program within the chosen mode. The LCD display will show a body diagram indicating recommended electrode placement for each program.

3. Press **ENTER** to confirm your program selection.

5.3 Adjusting Intensity

The device has two independently adjustable channels (CH1 and CH2).

- After selecting a program, use the dedicated intensity arrow buttons for Channel 1 (left side) and Channel 2 (right side) to increase or decrease the stimulation intensity.
- Increase intensity gradually until you feel a comfortable, strong, but not painful, sensation.

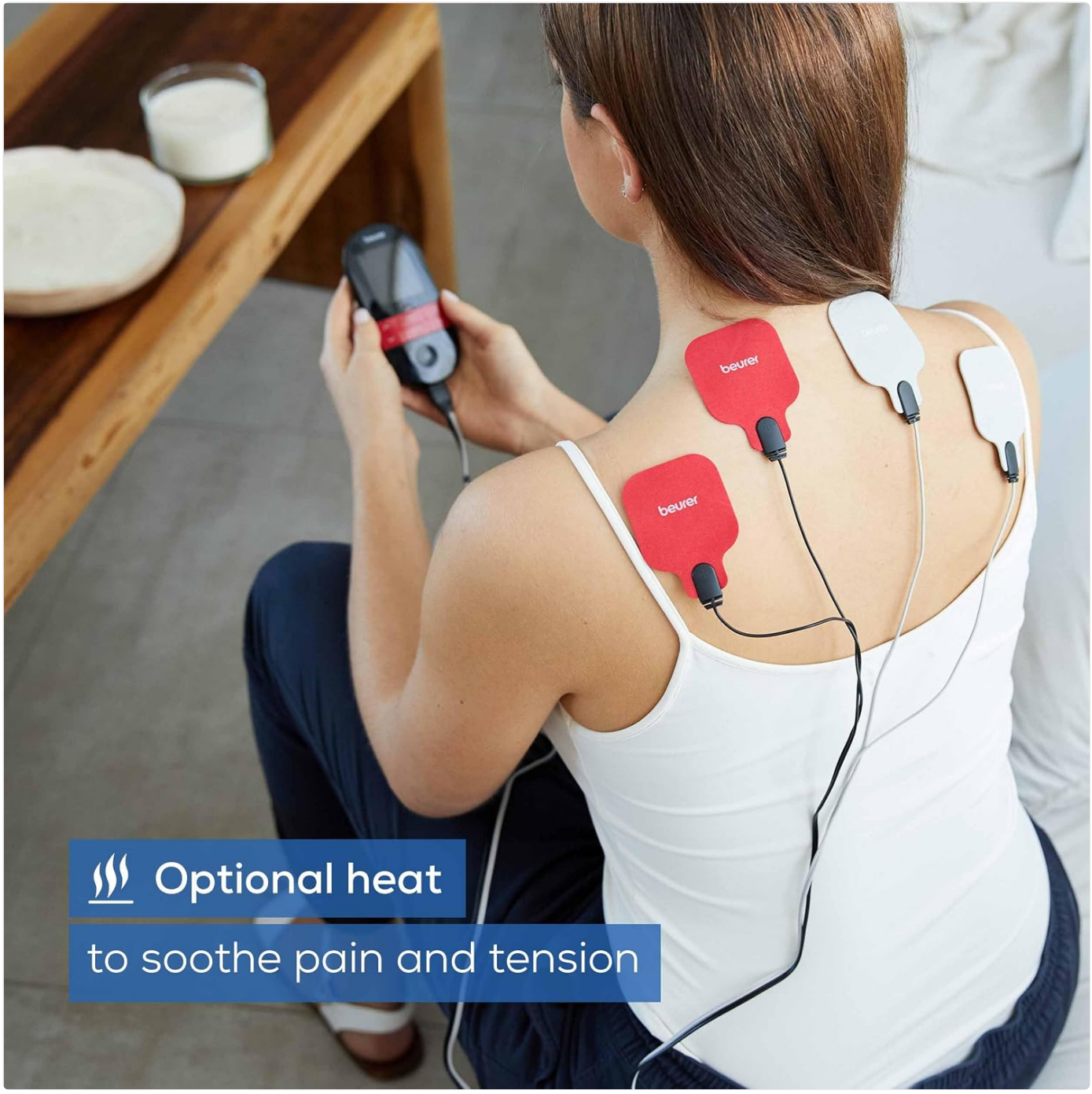
5.4 Heat Function

The heat function can be used independently or in conjunction with TENS/EMS programs.

- To activate heat, press the dedicated heat button (flame icon).
- Toggle between two heat settings (low and high) by pressing the heat button again.
- The heat will be delivered through the electrodes.



EMS function being used on the arm to support muscle stimulation during exercise.



The optional heat function can be applied to soothe pain and tension in areas like the back.

6. Maintenance and Care

6.1 Cleaning the Device and Electrodes

- **Device:** Wipe the device with a soft, slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Electrodes:** After each use, gently wipe the gel pads with a damp cloth to remove any skin oils or debris. Do not use soap or harsh chemicals.

6.2 Electrode Longevity and Replacement

The self-adhesive electrodes will lose their stickiness over time and with repeated use. To prolong their life:

- Always apply electrodes to clean, dry skin.
- After use, reattach the protective film to the gel pads and store them in the original packaging or a sealed bag.

- Store electrodes in a cool, dry place, ideally in a refrigerator as some users have found this helps maintain stickiness.
- Replace electrodes when they no longer adhere well to the skin or if the sensation becomes uneven. Ensure replacement pads have 3.5mm button-style connectors.

6.3 Storage

Store the device and all accessories in a cool, dry place, away from direct sunlight and extreme temperatures.

7. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the provided USB cable.
No or weak sensation from electrodes.	Electrodes not properly attached; Electrodes have lost stickiness; Cables are loose or damaged; Intensity setting is too low.	Ensure electrodes are firmly applied to clean skin. Replace old electrodes. Check cable connections. Increase intensity gradually.
Uneven sensation or discomfort.	Electrodes are not evenly placed or are worn out.	Adjust electrode placement for even contact. Replace electrodes if they are old or damaged.
Heat function not working.	Heat function not activated; Device malfunction.	Ensure the heat button (flame icon) has been pressed. If problem persists, contact customer support.
Device beeps frequently.	This is normal operation for certain functions or warnings (e.g., intensity adjustment, program end).	Refer to the full manual for specific beep codes. There is no mute option for operational beeps.

8. Specifications

- **Model Number:** 64663 (EM59)
- **Product Dimensions:** 2.6 x 5.5 x 1 inches
- **Weight:** 6.7 ounces
- **Battery:** 1 Lithium Polymer battery (included, rechargeable)
- **Channels:** 2 independently adjustable channels
- **Applications:** 64 pre-programmed, 6 customizable
- **Intensity Levels:** Up to 70 intensity levels
- **Timer:** Adjustable from 5 to 100 minutes
- **Manufacturer:** Beurer
- **Country of Origin:** China

9. Warranty and Support

For detailed warranty information, product support, or to purchase replacement parts (such as electrodes), please refer to the official Beurer website or the warranty card included with your product. You may also contact Beurer customer service

directly for assistance.

Beurer North America LP: Visit the Beurer Store on Amazon

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This manual is for informational purposes only. Always consult with a healthcare professional before starting any new therapy.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question