OSITO AST-2012A

OSITO TENS Unit Muscle Stimulator User Manual

Model: AST-2012A

Introduction

The OSITO TENS Unit Muscle Stimulator is a versatile electronic pulse massager designed for pain relief therapy. This device utilizes Transcutaneous Electrical Nerve Stimulation (TENS) technology to help alleviate muscle pain and tension, and can be used for various body parts. This manual provides comprehensive instructions for the safe and effective use of your device.



Image: The OSITO TENS Unit Muscle Stimulator, showing the device, its packaging, and included electrode pads.

Important Safety Information

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

- Do NOT use if you are pregnant.
- Do NOT use if you have a pacemaker or any implanted metallic or electronic device.
- Do NOT place electrode pads on broken or damaged skin.
- Do NOT use near sensitive body parts such as the heart, brain, mouth, or carotid sinus.
- Keep out of reach of children. This device is intended for adult use only.
- Discontinue use and consult a physician if you experience adverse reactions.

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.

Product Overview

Components:

- OSITO TENS Unit (Main Device)
- Electrode Pads (Reusable)
- Connection Wires
- USB Charging Cable

Device Features:

- **Dual Channel Output:** Allows for independent intensity control for two separate areas.
- **25 Massage Modes:** Includes Shiatsu, Deep Tissue, Kneading, Knocking, Cupping, Acupuncture, Tapping, and more.
- **50 Intensity Levels:** Fine-tune the stimulation strength.
- **Adjustable Timer:** Sessions can be set from 5 to 60 minutes.
- **Rechargeable Battery:** Built-in battery for portable use.



Image: Diagram illustrating the OSITO TENS Unit's features, including 25 modes, 50 intensity levels, USB rechargeable capability, and adjustable usage time.



Image: Illustration of the independent dual channels (A/B) of the OSITO TENS Unit, showing how different intensity levels can be applied to two separate areas simultaneously.

Setup

1. Charging the Device:

1. Connect the USB charging cable to the TENS unit and a compatible USB power source (e.g., computer USB port, wall adapter).
2. The battery indicator on the screen will show charging status. Ensure the device is fully charged before first use.

2. Attaching Electrode Pads:

1. Ensure the skin where pads will be placed is clean, dry, and free of sweat or oils.
2. Connect the pin connectors of the connection wires to the electrode pads.
3. Plug the other end of the connection wires into the output ports (P1 or P2) on the top of the TENS unit.

4. Carefully remove the protective film from the electrode pads.
5. Place each pair of pads on the desired treatment area, ensuring they do not overlap.

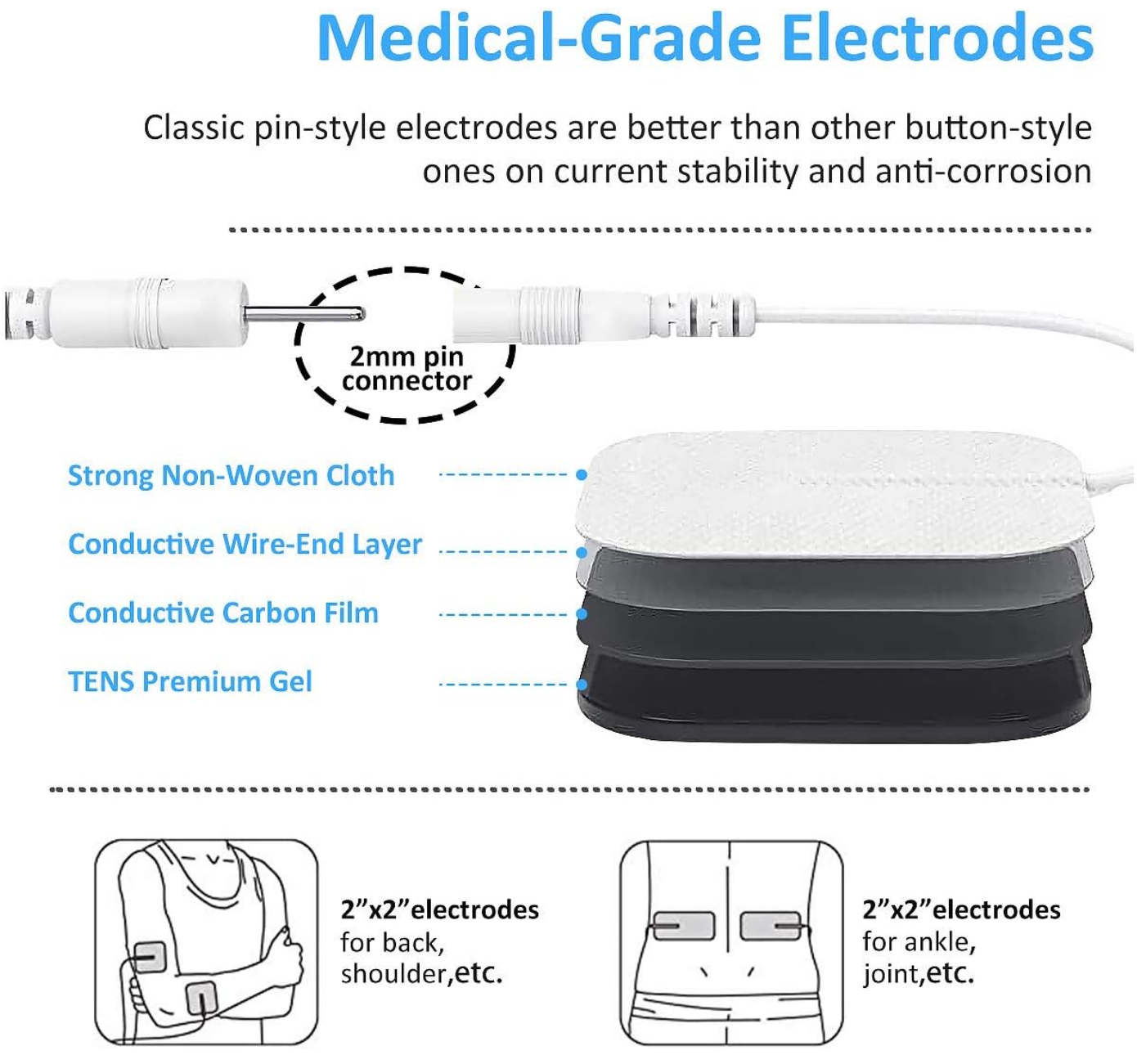


Image: Diagram showing the layers of the medical-grade electrode pads and the 2mm pin connector, along with examples of pad placement for back/shoulder and ankle/joint.

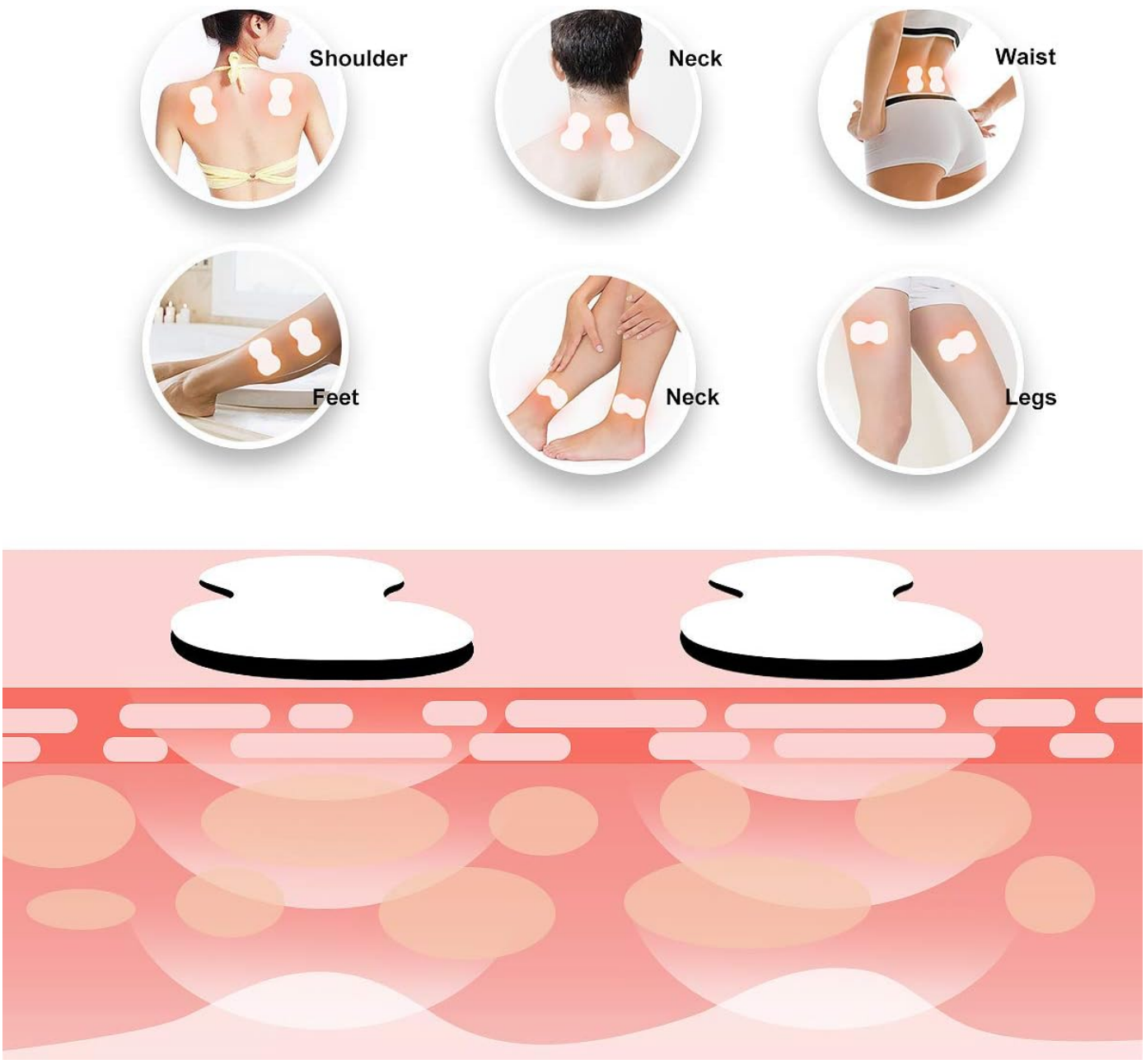


Image: Visual guide for recommended electrode pad placement on various body parts including shoulder, neck, waist, feet, and legs.

Operating Instructions

1. Power On/Off:

- Press and hold the power button () for approximately 3 seconds to turn the unit on or off.

2. Setting the Timer:

- The default timer is 30 minutes. Press the timer button () to adjust the session duration. Each press increases the time by 5 minutes, up to 60 minutes.

3. Selecting a Mode:

- Press the "M+" or "M-" buttons to cycle through the 25 available massage modes.
- Note: The unit will temporarily cut off when changing modes. Re-adjust intensity as needed after selecting a new mode.

4. Adjusting Intensity:

- Use the "P1+" / "P1-" buttons to adjust the intensity for Channel 1.
- Use the "P2+" / "P2-" buttons to adjust the intensity for Channel 2.
- Start with a low intensity and gradually increase until you feel a comfortable, stimulating sensation. Avoid setting the intensity too high, which may cause discomfort.

Expected sensations include tapping, tingling, acupuncture-like feelings, or mild muscle contractions.

Maintenance

Cleaning the Device:

- Wipe the main unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.

Electrode Pad Care:

- After each use, reattach the protective film to the adhesive side of the pads to maintain their stickiness and prolong their lifespan.
- If pads lose their stickiness, gently clean the adhesive surface with a drop of water on your finger. Allow to air dry.
- Replace pads when they no longer adhere well to the skin or if they cause discomfort. Pads are reusable for approximately 70-110 times with proper care.

Storage:

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

Troubleshooting

Problem	Possible Cause	Solution
No sensation or weak sensation	Pads not properly attached; Low battery; Intensity too low; Pads worn out.	Ensure pads are firmly on clean skin; Recharge device; Increase intensity gradually; Replace old pads.
Device does not turn on	Battery is depleted.	Charge the device fully.
Skin irritation	Pads placed on broken/irritated skin; Allergic reaction to pads; Intensity too high.	Do not use on broken skin; Discontinue use if irritation persists; Reduce intensity.

If issues persist, please contact customer support.

Specifications

- **Model:** AST-2012A
- **Channels:** Dual Channel
- **Modes:** 25
- **Intensity Levels:** 50
- **Timer:** 5-60 minutes (adjustable in 5-minute increments)
- **Power Source:** Rechargeable Battery (USB)
- **Electrode Pads:** Reusable, hydrogel multi-layer technology
- **Dimensions:** Approximately 7.01 x 3.98 x 2.6 inches

- **Weight:** Approximately 15.52 ounces

Warranty and Support

For warranty information or technical support, please refer to the contact details provided with your product packaging or visit the official OSITO website. Keep your purchase receipt for warranty claims.

OSITO Store Link: Visit the OSITO Store on Amazon

© 2023 OSITO. All rights reserved.

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