TESMED Fit 5.4

TESMED Fit 5.4 TENS EMS Muscle Stimulator User Manual

Model: Fit 5.4 | Brand: TESMED

Introduction

The TESMED Fit 5.4 is a versatile 3-in-1 device designed for TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electrical Muscle Stimulation), and massage. It offers 22 programs and 40 intensity levels to address various needs, from pain relief and muscle training to relaxation and recovery. This manual provides detailed instructions for safe and effective use of your device.



Image: The TESMED Fit 5.4 device, along with its included electrodes, connection cables, and AAA batteries, displayed within its product packaging.

Safety Information

The use of the device is prohibited for individuals with pacemakers, epileptics, pregnant women, and subjects with cardiac rhythm disorders.

Before using this device, carefully read the user manual, especially the warnings and contraindications. This product is not a substitute for medical treatment, and results may vary based on individual health and correct use. Do not use if you have an implanted defibrillator, pacemaker, metallic or electronic implants, heart rhythm issues, undiagnosed chronic pain, are pregnant, in labor, or have cancer. It is not suitable for children under 16, and should be kept out of their reach. Consult a healthcare provider for medical advice, as this information is not intended for diagnosis or treatment. The manufacturer and distributors are not liable for any direct, indirect, special, incidental, or consequential damages from misuse or improper use of the device. By purchasing and using this product, you agree to follow the usage guidelines and assume full responsibility for its use.

Setup and Initial Use

1. Open the package and remove the device, electrodes, and user manual.
2. Clean the electrodes with water and let them dry.
3. Connect the electrodes to the device.
4. Attach the electrodes to the skin in the desired area.
5. Turn on the device and select the desired program.
6. Adjust the intensity level as needed.
7. Use the device for the recommended time per session.
8. After use, remove the electrodes and clean them for the next session.
9. Turn off and store the device in a safe place.



Image: The TESMED Fit 5.4 device demonstrating its compact, pocket-sized design and the integrated belt clip for convenient portability.

Operating Instructions

TENS Unit for Pain Relief

The TENS function provides drug-free pain relief by stimulating nerves. It is suitable for various conditions such as tendinitis, neck pain, lower back pain, sciatica, and other pain treatable with TENS in physiotherapy. The device includes 9 preset TENS programs, with 3 of these being customizable to adjust frequency and pulse width according to your specific needs or healthcare professional's guidance.



Image: An illustrative diagram highlighting various areas of the body where TENS therapy can be applied for pain relief, including the back, neck, knee, and sciatic nerve region.



Image: A woman demonstrating the application of electrodes on her arm for TENS therapy, emphasizing the 9 preset and 3 customizable TENS programs for personalized pain relief.

Video: An official product video demonstrating the TESMED Fit 5.4 TENS unit in use, highlighting its features and application for pain relief.

EMS Machine for Training and Toning

The EMS function allows for effective muscle training and toning. You can target various muscle groups such as abs, glutes, legs, arms, and chest. The device offers 8 preset EMS programs, with 3 customizable options to fine-tune pulse width and frequency for optimal results in muscle electrostimulation.



Image: A visual representation of EMS and massage programs, showing electrode placement on the abdomen for muscle strengthening and on the back for relaxation.



Image: Electrodes positioned on the abdominal area, demonstrating their use for muscle definition and toning.

Relaxing Massage

The TESMED Fit 5.4 electrostimulator provides rejuvenating massages for relaxation and muscle recovery, contributing to overall well-being. It includes 5 dedicated massage programs to help soothe tired muscles.



Image: A woman demonstrating electrode placement for massage programs on her thigh and back, highlighting the device's ability to provide relaxation and aid muscle recovery.



Image: Electrodes applied to the back, illustrating the use of the device for massage therapy.

Advanced Features

- **6 Customizable Programs:** Adjust frequency and pulse width to create personalized therapy sessions.
- **4 Electrodes:** Works with four electrodes, allowing for treatment of larger areas or two separate areas simultaneously.
- **2 Bipolar Cables & 2 Independent Channels:** Provides precise control over each channel's intensity.
- **LCD Screen:** Backlit display for clear visibility and easy program selection.
- **Battery Powered:** Operates on 3 AAA non-rechargeable batteries (included), ensuring continuous use without the need for recharging.

Image: A man utilizing the TESMED Fit 5.4, highlighting its dual bipolar output, 40 intensity levels, and 22 available programs for comprehensive treatment.



Image: A man demonstrating the device's customizable settings, including a timer up to 90 minutes, adjustable pulse width, and frequency, allowing users to tailor sessions to their needs.

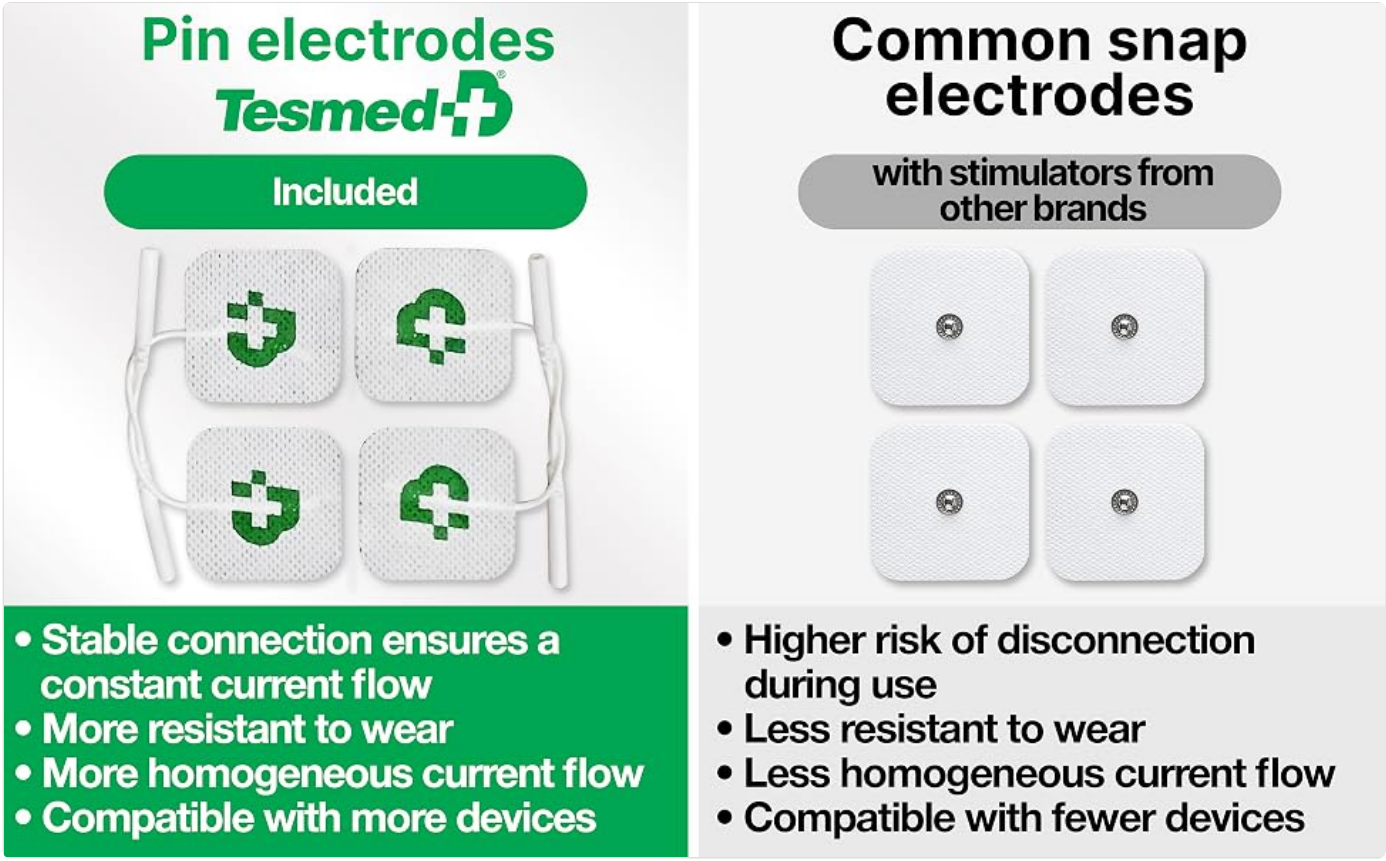


Image: A comparison illustrating the advantages of TESMED's pin electrodes, such as stable connection and durability, compared to standard snap electrodes.

Maintenance

To ensure the longevity and optimal performance of your TESMED Fit 5.4, regular maintenance is recommended. After each use, gently clean the electrodes with water and allow them to air dry completely before storing. Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures. Do not use abrasive cleaners or immerse the device in water.

Troubleshooting

If you experience any issues with your TESMED Fit 5.4, please ensure that the batteries are fresh and correctly inserted. Check all cable connections to ensure they are secure. If the device does not power on or function as expected, refer to the detailed instructions in the included user manual. For persistent issues, contact TESMED customer support for assistance.

Product Specifications

Feature	Specification
Product Dimensions	4.33 x 2.17 x 0.98 inches; 2.33 ounces
Item Model Number	Fit 5.4
Department	Unisex-Adult
Batteries	3 AAA batteries required. (included)
Date First Available	April 11, 2024

Feature	Specification
Manufacturer	TESMED
ASIN	B08B5YPXVG
Country of Origin	China
Use for	Stomach
Power Source	Battery Powered
Material	Plastic
Item Weight	66 Grams
Brand	TESMED

Warranty and Support

While specific warranty terms are typically provided with your purchase, TESMED offers optional protection plans for extended coverage. For any product inquiries, technical support, or warranty claims, please refer to the contact information provided in your product packaging or visit the official TESMED website. Always ensure you are following the usage guidelines to maintain product validity.

Legal Disclaimer: This product is not a substitute for medical treatment, and results may vary based on individual health and correct use. Do not use if you have an implanted defibrillator, pacemaker, metallic or electronic implants, heart rhythm issues, undiagnosed chronic pain, are pregnant, in labor, or have cancer. It is not suitable for children under 16, and should be kept out of their reach. Consult a healthcare provider for medical advice, as this information is not intended for diagnosis or treatment. The manufacturer and distributors are not liable for any direct, indirect, special, incidental, or consequential damages from misuse or improper use of the device. By purchasing and using this product, you agree to follow the usage guidelines and assume full responsibility for its use.