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› NURSAL TENS EMS Unit Instruction Manual

## NURSAL AS1080

# NURSAL TENS EMS Unit Instruction Manual

Model: AS1080 | Brand: NURSAL

## 1. INTRODUCTION

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The NURSAL TENS EMS Unit is an advanced muscle stimulator designed for effective pain relief therapy. This dual-channel device offers 24 pre-programmed modes and features a continuous stable mode, along with a memory function to recall your preferred settings. It is a portable solution for managing various types of body pain and muscle soreness.



Image: The NURSAL TENS EMS Unit with various electrode pads and accessories.

## HOW DOES TENS UNIT WORK?

The TENS generates electrical impulses through the skin to nearby nerves to block the body's pain signal to the brain, thus reduce the sensation of pain.

**TENS - Transcutaneous Electrical Nerve Stimulation** has been used and recommended for decades by the physical therapists and professional doctors as a safe and non - invasive pain relief and management method!

**EMS - Electrical Muscle Stimulation** electromyostimulation is an internationally recognized muscle stimulation method!

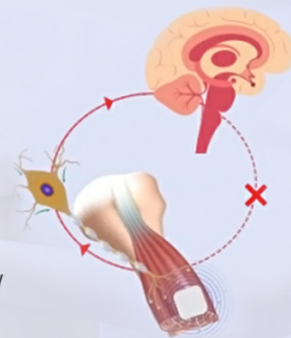


Image: An illustration detailing the principles of Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS).

## 2. SAFETY INFORMATION

**WARNING:**

- Not suitable for pregnant women or individuals with heart disease, epilepsy, or hypertension.
- Not safe for people with pacemakers or any other implanted metallic or electronic devices.
- Do not use if you have undiagnosed chronic pain or cancer.
- Not suitable for children under 16 years of age. Keep out of reach of children.
- Please consult your physician or qualified healthcare provider regarding your condition and appropriate medical treatment. The information provided is not intended for medical diagnosis or treatment or as a substitute for professional medical advice.

### 3. WHAT'S IN THE BOX?

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Your NURSAL TENS EMS Unit package includes the following components:

- 1 x TENS Unit Device
- 8 x 2" Square Electrode Pads
- 4 x 2"x4" Large Electrode Pads
- 3 x Lead Wires
- 1 x Pads Holder
- 1 x USB Cable
- 1 x Pouch
- Cable Ties
- 1 x User Manual
- 1 x Hand Lanyard

# WHAT'S IN THE BOX?

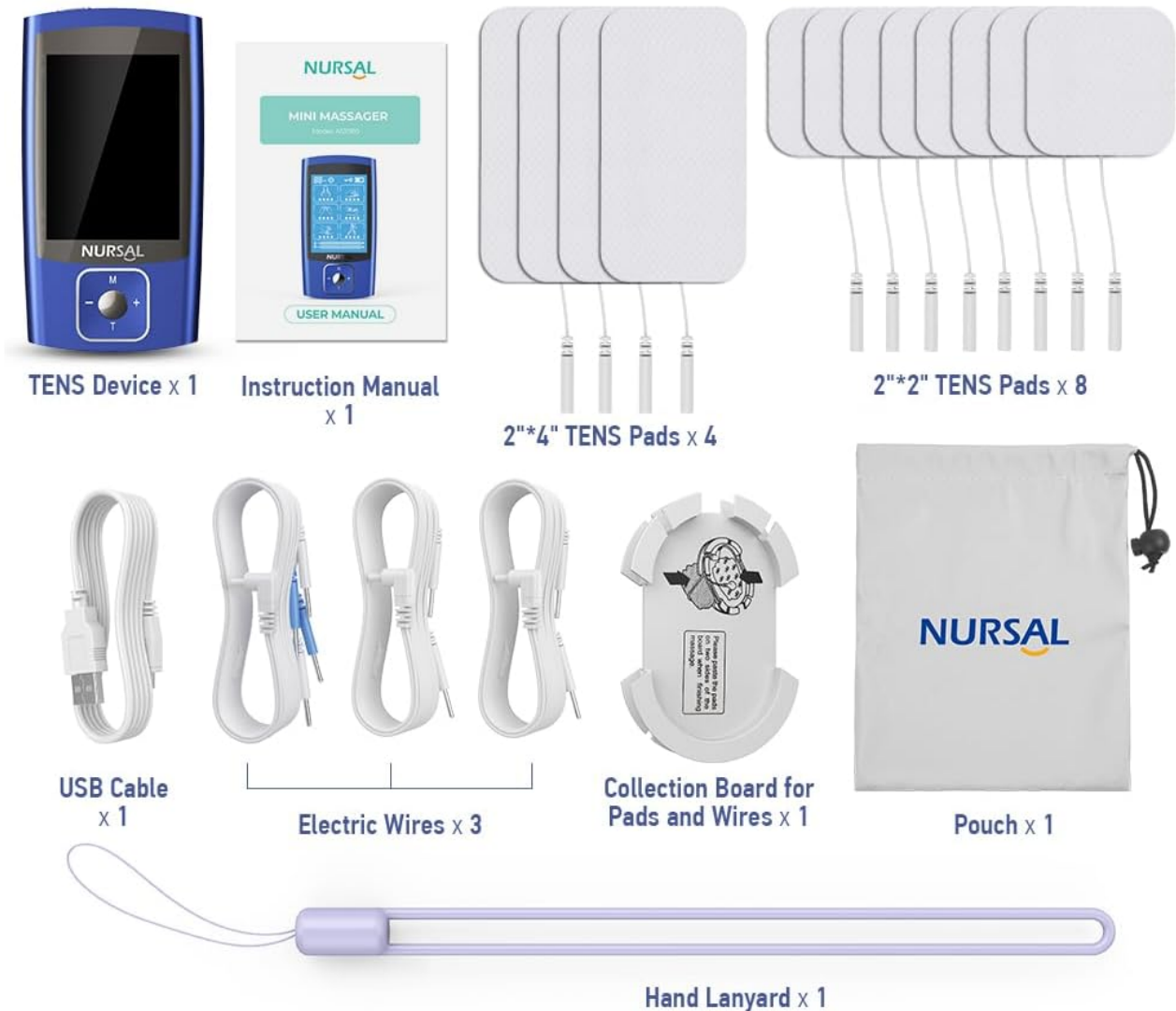




Image: All components included in the NURSAL TENS EMS Unit package.

## 4. PRODUCT FEATURES

- **A/B Dual Channels:** Allows for independent mode and intensity settings for two different body areas simultaneously. The device remembers your last used settings.
- **24 Pre-Programmed Modes:** A wide variety of massage modes, including stable pulse modes (Mode 1 & 2) ideal for continuous use during activities.
- **Effective Pain Relief:** Designed to alleviate pain and muscle soreness from conditions such as neck, back, shoulder, elbow, knee pain, arthritis, nerve pain, joint pain, period pain, and sports injuries.
- **Powerful Rechargeable Battery:** Provides up to 24 hours of continuous use on a single charge. Can be charged via wall charger, power bank, or laptop USB port. A power indicator keeps you informed of battery life.
- **Portable Design:** Compact and comes with a carrying bag for easy transport, allowing for therapy anywhere.
- **User-Friendly Memory Function:** The device automatically saves your last mode setting for quick and easy therapy initiation.
- **Medical-Grade Wired Electrodes:** High-quality electrode pads with super soft cotton fabric, excellent conductive carbon film, conductive wire-end layer, and self-adhesive enhanced premium gel for effective and comfortable use.





- A Channel: A
-  Mode: Kneading(EMS)
-  Intensity: Level 3

## INDEPENDENT A/B DUAL CHANNELS

Enjoy personalized treatment with independent intensity & mode



- B Channel: B
-  Mode: Beating(TENS)
-  Intensity: Level 7

*Image: Demonstrates the independent A/B dual channel functionality, allowing different settings for separate body areas.*

# USER-FRIENDLY MEMORY FUNCTION

Start Your Therapy Instantly.

Nursal TENS Unit Keeps Your Mode Used Last Time

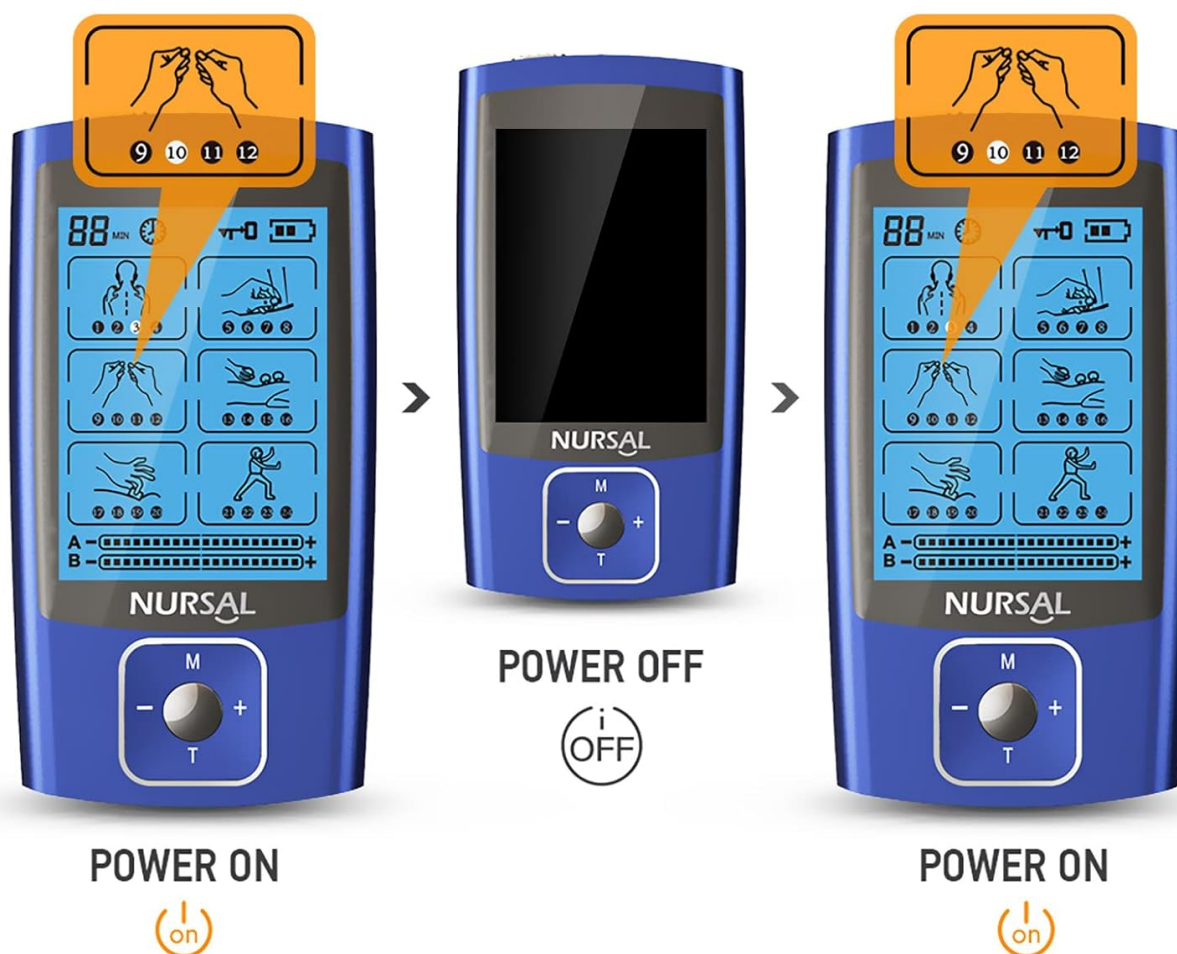


Image: Illustrates how the memory function retains the last used mode, simplifying repeated use.

## 5. SETUP

- 1. Charge the Device:** Before first use, fully charge the TENS EMS unit using the provided USB cable. Connect the USB cable to the device's micro-USB port and a power source. The power indicator will show charging status.
- 2. Connect Lead Wires:** Insert the lead wires into the A/B channel ports on the top of the device.
- 3. Attach Electrode Pads:** Connect the electrode pads to the pins at the end of the lead wires. Ensure a secure connection.
- 4. Prepare Skin:** Clean and dry the skin area where you intend to place the electrode pads. Avoid placing pads on broken or irritated skin.
- 5. Apply Pads:** Remove the protective film from the electrode pads and firmly apply them to the desired muscle area. Ensure full contact with the skin.

## 6. OPERATING INSTRUCTIONS

- 1. Power On:** Slide the ON/OFF switch to the 'ON' position. The screen will illuminate.
- 2. Select Main Mode:** Long press the 'M' button to enter the main mode selection. Use the '+' or '-' buttons

to navigate through the available modes.

3. **Select Sub-Mode:** Once a main mode is selected, quick press the 'M' button to choose a sub-mode if available.
4. **Adjust Intensity:** Use the '+' button to increase intensity and the '-' button to decrease intensity. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation. There are 20 speed levels for intensity adjustment.
5. **Set Timer:** Press the 'T' button to adjust the treatment time. The default time is 20 minutes.
6. **Switch Channels (A/B):** Quick press the center button to switch between Channel A and Channel B settings. Long press the center button to lock the channel settings.

# PICK YOUR PREFERRED INTENSITY

20 speed levels to fit a variety of required purposes

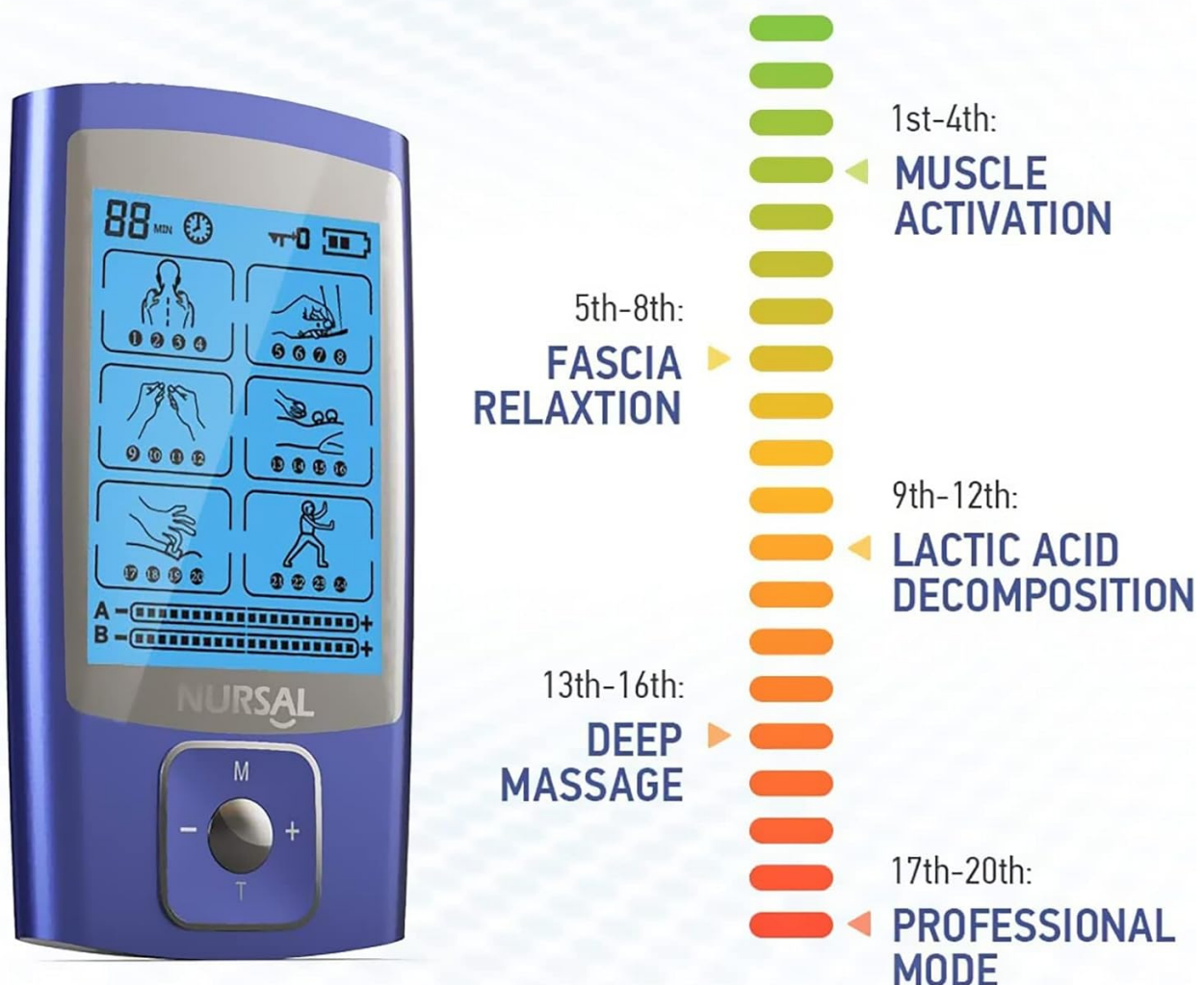


Image: Visual representation of the 20 intensity levels, categorized for different therapeutic purposes.



Image: Step-by-step guide on how to operate the device, including mode selection, intensity adjustment, and channel switching.

## 7. ELECTRODE PLACEMENT

Proper electrode placement is crucial for effective therapy. Refer to the diagram below for recommended placement on various body parts:



Image: A visual guide showing optimal electrode pad placement for neck, shoulder, back, elbow, knee, wrist, and leg.

- For localized pain, place pads directly on or around the painful area.
- For muscle stimulation, place pads on the belly of the muscle.
- Ensure pads are not touching each other.

## 8. CHARGING

The NURSAL TENS EMS Unit is equipped with a powerful rechargeable battery. To charge the device:

1. Locate the micro-USB port on the device.
2. Connect the provided USB cable to the device and a compatible USB power source (e.g., wall adapter, computer USB port, power bank).
3. The battery indicator on the screen will show the charging status. A full charge can provide up to 24 hours of continuous use.

# ULTRA-LONG OPERATING TIME



*Image: Highlights the device's 180mAh rechargeable battery, offering up to 24 hours of continuous use.*

## 9. MAINTENANCE

- **Cleaning the Device:** Wipe the device 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 electrode pads to preserve their adhesive quality. Store them in a cool, dry place. Pads can be reused multiple times.
- **Storage:** When not in use for extended periods, store the device and accessories in the provided pouch.

# MEDICAL - GRADE WIRED ELECTRODES

Powerful Pain Relief



*Image: Detailed view of the medical-grade wired electrodes, showing their layered construction for durability and conductivity.*

## 10. TROUBLESHOOTING

If you encounter any issues with your NURSAL TENS EMS Unit, please refer to the following common troubleshooting tips:

- **No Sensation:** Ensure the electrode pads are firmly attached to the skin and the lead wires are securely connected to both the pads and the device. Increase the intensity gradually. Check if the device is powered on and charged.
- **Weak Sensation:** The electrode pads may be losing their adhesiveness. Try cleaning the skin area or replacing the pads. Increase the intensity.
- **Device Not Turning On:** Ensure the battery is charged. Connect the device to a charger for at least 30 minutes.
- **Irregular Pulses:** Check all connections. Ensure lead wires are not damaged.

If problems persist, please contact NURSAL customer service for further assistance.

## 11. SPECIFICATIONS

Feature	Specification
Model Number	AS1080
Package Dimensions	6.18 x 3.7 x 3.11 inches
Item Weight	12 ounces
Battery Type	1 Lithium Ion battery (required)
Channels	Dual (A/B)
Modes	24 Pre-programmed
Continuous Use Time	Up to 24 hours
Manufacturer	NURSAL

## 12. WARRANTY AND SUPPORT

NURSAL stands behind the quality of its products. Your TENS EMS Unit comes with a **12-month warranty** from the date of purchase.

For any questions, concerns, or technical support, please contact our friendly customer service team. We offer **24-hour online support** to assist you.

Please refer to the contact information provided on the product packaging or the official NURSAL website for the most up-to-date support details.