

iSTIM EV-906

iStim TENS EMS Muscle Stimulator EV-906 User Manual

Model: EV-906 | Brand: iSTIM

1. INTRODUCTION

The iStim TENS EMS Muscle Stimulator EV-906 is a versatile device designed for both pain relief and muscle strengthening. It combines two therapeutic modalities:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** A non-invasive, drug-free method of pain relief that delivers stable pulses to the skin to stimulate nerve fibers, blocking pain signals to the brain and increasing natural endorphins.
- **EMS (Electrical Muscle Stimulation):** An internationally accepted method for treating muscular injuries by sending electronic pulses to the muscle, causing it to contract passively, similar to physical exercise.

This device offers a highly effective solution for managing chronic or acute pain, such as shoulder tension, back pain, arthritic conditions, and knee pain, as well as for muscle re-education and strengthening.

2. PRODUCT OVERVIEW

The iStim EV-906 is a rechargeable combo stimulator featuring 4 independent channels and 30 preset programs. It offers 99 intensity levels for customized therapy and an adjustable timer for treatment duration.



Figure 1: iStim TENS EMS Muscle Stimulator EV-906 with connected electrode pads.

Key Features:

- 4 Channels: Allows for multiple massages simultaneously.
- 30 Preset Programs: A variety of clinically approved TENS and EMS programs.
- 99 Intensity Levels: Fine-tune the stimulation intensity from 0-99.
- Backlit LCD Screen: Easy-to-read display for settings and progress.
- Rechargeable: Convenient built-in rechargeable battery.
- Adjustable Timer: Set treatment duration up to 60 minutes or continuous.




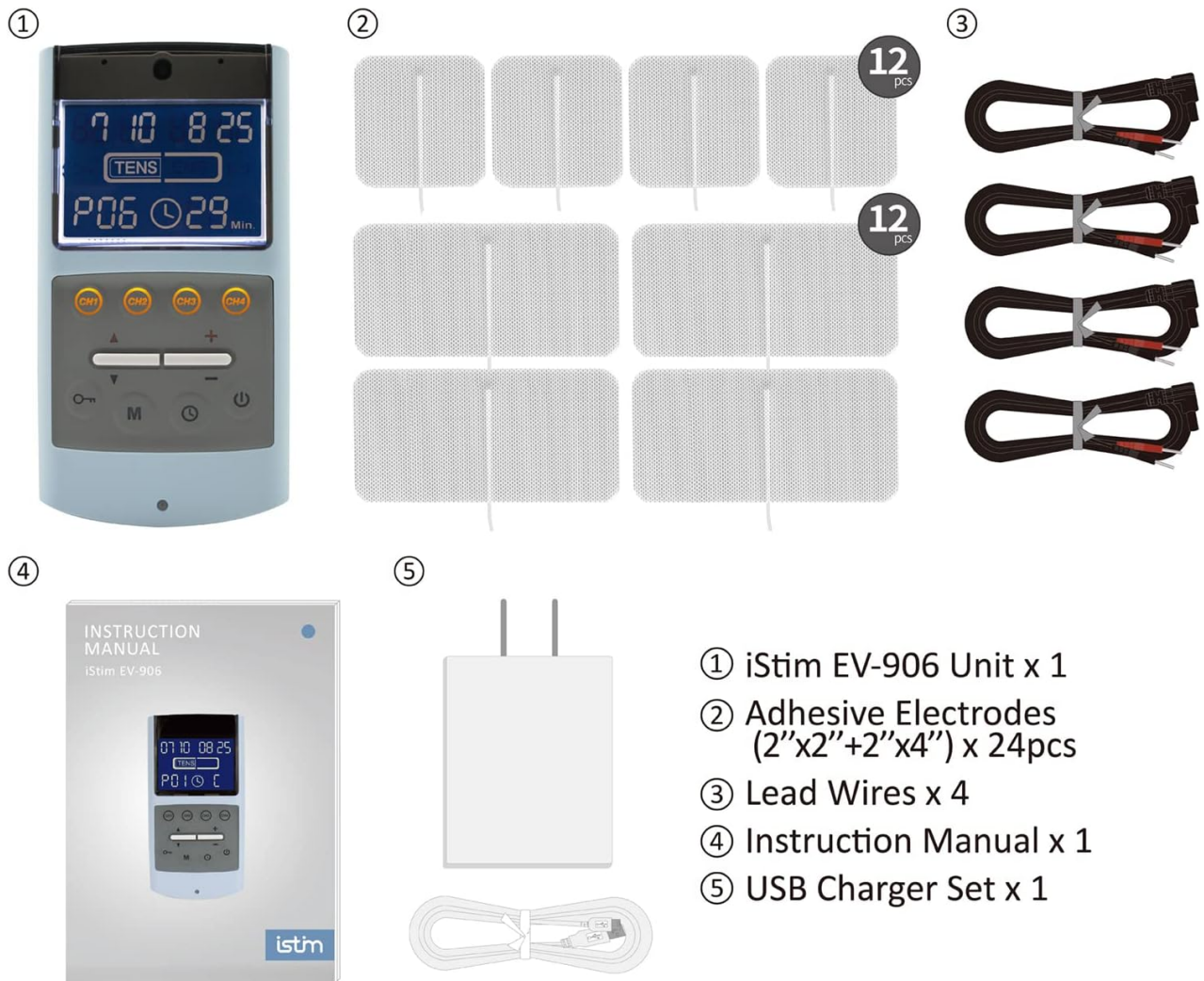
<p>30</p> <p>Programs TENS + EMS Preset Programs</p>	<p></p> <p>Backlit LCD Screen</p>
<p></p> <p>99 Intensity Level</p>	<p>4</p> <p>4 Channels Multiple massage at the same time</p>
<p></p> <p>Rechargeable</p>	<p></p> <p>Adjustable timer Up to 60 minutes or Continuous</p>

Figure 2: Overview of iStim EV-906 key features.

Package Contents:

- TENS + EMS Combo Unit x 1
- Electrode Pads x 24 (2 Types: 2"x2" and 2"x4")
- Lead Wires x 4
- Instruction Manual x 1
- USB charger set x 1



- ① iStim EV-906 Unit x 1
- ② Adhesive Electrodes (2"x2"+2"x4") x 24pcs
- ③ Lead Wires x 4
- ④ Instruction Manual x 1
- ⑤ USB Charger Set x 1

Figure 3: All components included in the iStim EV-906 package.

3. SETUP

Charging the Unit:

Before first use, fully charge the iStim EV-906 unit using the provided USB charger set. Connect the USB cable to the unit's charging port (located at the bottom) and plug the adapter into a power outlet. The battery indicator on the screen will show charging progress.

Connecting Electrodes:

1. Ensure the unit is turned off.
2. Connect the lead wires to the electrode pads. Each lead wire has two connectors (red and black) that attach to the two connection points on each electrode pad.
3. Insert the other end of the lead wires into the channel ports (CH1, CH2, CH3, CH4) at the top of the iStim unit.

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99 INTENSITY LEVELS



Programme Selector

Key Lock

Mode

Channel Selector

Intensity Control

On-Off Button

Timer

Charging Port

iStim EV-906

Powerful Pain Relief and Muscle Strengthening

Figure 4: iStim EV-906 control panel and connection points.

Electrode Placement:

Carefully peel the electrode pads from their protective liner. Place the pads on clean, dry skin over the target muscle area. Ensure good contact for effective stimulation. The instruction manual provides detailed diagrams for optimal electrode placement for various body parts and conditions.

The Japanese gelled electrodes are high-grade and biocompatible, suitable even for sensitive skin. **NOTE: DO NOT USE Extra Electrode Gel** as it may interfere with the pad's performance.

Sensitive-Skin Friendly Electrodes (2 sizes available)

- Nickel-Free
- Dye-Free
- Latex-Free



Figure 5: Structure of iStim Japanese Gelled Electrodes.

Video 1: iStim EV-906 TENS EMS Muscle Stimulator Overview. This video provides a general overview of the product and its components.

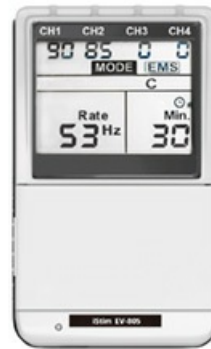
4. OPERATING INSTRUCTIONS

1. **Power On/Off:** Press and hold the power button



) to turn the unit on or off.

2. **Select Mode (TENS/EMS):** Press the 'M' (Mode) button (



) to switch between

TENS and EMS modes. The selected mode will be displayed on the screen.

3. **Select Program:** Use the Program Selector buttons (up/down arrows next to 'M') to choose from the 30 preset programs (P01-P30).

4. **Select Channel:** Press the CH1, CH2, CH3, or CH4 buttons to activate or deactivate specific channels. You can use up to 4 channels simultaneously for treating multiple areas.

5. **Adjust Intensity:** Use the '+' and '-' buttons to increase or decrease the intensity level (0-99) for each selected channel. Start with a low intensity and gradually increase until a comfortable and effective sensation is felt.

6. **Set Timer:** Press the Timer button (



) to adjust the treatment duration from 5 to

60 minutes, or select continuous mode.

7. **Key Lock:** Press the Key Lock button (



) to prevent accidental changes to

settings during treatment.

Video 2: iStim EV-906 Muscle Stimulator Demonstration. This video demonstrates the basic operation and features of the device.

5. MAINTENANCE

Electrode Pad Care:

- After each use, reattach the electrode pads to their protective liners to preserve their adhesive quality.
- Store pads in a cool, dry place.

- **Important:** Do not use extra electrode gel, as this can damage the pads and reduce their lifespan.

Cleaning the Unit:

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

Storage:

Store the unit and accessories in a safe, dry place away from direct sunlight and extreme temperatures when not in use.

6. TROUBLESHOOTING

No Stimulation or Weak Sensation:

- Check that the unit is powered on and fully charged.
- Ensure lead wires are securely connected to both the unit and the electrode pads.
- Verify that electrode pads are making full contact with the skin. Reapply if necessary.
- Increase the intensity level gradually.
- If sensation drops when the screen light turns off, ensure the unit is not in a paused or locked state. Refer to the instruction manual for specific program behaviors.
- Replace electrode pads if they have lost their adhesiveness or are damaged.

Skin Irritation:

- Ensure skin is clean and dry before applying pads.
- Avoid placing pads over broken or irritated skin.
- If irritation persists, discontinue use and consult a healthcare professional.

7. SPECIFICATIONS

- Package Dimensions: 7.91 x 5.98 x 2.8 inches
- Weight: 1.61 Pounds
- Manufacturer: Everyway-Medical
- ASIN: B093T4SJ27

8. WARRANTY & SUPPORT

For warranty information and customer support, please refer to the detailed instruction manual included in your package or contact the manufacturer, Everyway-Medical, directly. Keep your purchase receipt for warranty

claims.