

Manuals.plus /

- › EMPI /
- › EMPI Active TENS Unit Instruction Manual

EMPI Active TENS

EMPI Active TENS Unit Instruction Manual

Model: Active TENS



Image: The EMPI Active TENS unit, a small, portable device designed for pain relief, featuring a central control button and indicator lights.

INTRODUCTION

The EMPI Active TENS unit is a Transcutaneous Electrical Nerve Stimulation (TENS) device designed for symptomatic relief and management of chronic, intractable pain, adjunctive treatment for post-surgical and post-trauma acute pain, and relief of pain associated with arthritis. This unit utilizes a patented Simple Modulated Pulse (SMP) waveform to maximize pain relief by stimulating the body's natural pain-relieving mechanisms.

IMPORTANT SAFETY INFORMATION

WARNING:

- 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.
- Consult your physician before using this device, especially if you have a pacemaker, heart condition, epilepsy, or are pregnant.
- Do not place electrodes over open wounds, irritated skin, or areas of decreased sensation.
- Keep out of reach of children.
- Do not use while driving or operating heavy machinery.

PACKAGE CONTENTS



Image: A comprehensive view of the EMPI Active TENS unit's package contents, showing the main device, a black carrying case, electrode pads, connection cables (part number 199648 visible on a bag), and the user manual.

Your EMPI Active TENS unit package should contain the following items:

- EMPI Active TENS Unit
- Electrode Pads
- Lead Wires (Part Number: 199648)

- Charger
- Carrying Case
- Instruction Manual

SETUP

1. **Charging the Unit:** Before first use, fully charge the EMPI Active TENS unit using the provided charger. Connect the charger to the unit and a power outlet. The indicator light will show charging status.
2. **Connecting Lead Wires:** Insert the lead wires into the output ports on the EMPI Active unit. Ensure a secure connection.
3. **Attaching Electrodes:** Connect the electrode pads to the other end of the lead wires. Ensure the pads are clean and have sufficient adhesive.
4. **Skin Preparation:** Clean and dry the skin area where electrodes will be placed. Avoid applying over hair, broken skin, or areas with lotions/oils.
5. **Electrode Placement:** Place the electrode pads on the skin around the area of pain. Refer to a physical therapist or healthcare professional for specific placement recommendations for your condition. Ensure pads are not touching each other.

OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the power button (usually the central button) until the unit turns on and indicator lights illuminate.
2. **Adjusting Intensity:** Once the unit is on, gradually increase the intensity using the designated control buttons (e.g., '+' or 'up' arrow). Increase until you feel a comfortable, strong tingling sensation, but not painful.
3. **Session Duration:** Follow your healthcare professional's recommendations for session duration. Typical sessions may range from 20 to 60 minutes.
4. **Power Off:** After your session, decrease the intensity to zero, then press and hold the power button to turn off the unit.

MAINTENANCE

- **Cleaning the Unit:** Wipe the EMPI Active unit with a soft, damp cloth. Do not immerse the unit in water or use abrasive cleaners.
- **Electrode Care:** After each use, place the electrode pads back on their protective liners. Store them in a sealed bag to prevent drying. Replace electrodes when they lose their adhesiveness or become damaged.
- **Storage:** Store the unit and accessories in the provided carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Unit does not turn on.	Battery is depleted.	Charge the unit fully.
No sensation or weak sensation.	Electrodes not properly attached. Lead wires not securely connected. Electrodes are dry or worn out. Intensity setting is too low.	Ensure electrodes are firmly on the skin. Check all lead wire connections. Replace electrodes if necessary. Gradually increase intensity.
Unit turns off unexpectedly.	Low battery or internal fault.	Ensure unit is fully charged. If problem persists, contact customer support.

SPECIFICATIONS

- **Manufacturer:** Empi
- **Model:** Active TENS
- **Item Weight:** 4 ounces
- **ASIN:** B094RJCVPPT
- **First Available:** May 12, 2021

WARRANTY AND SUPPORT

For warranty information, technical support, or to purchase replacement parts, please contact EMPI customer service directly. Refer to the contact information provided with your product packaging or visit the official EMPI website.

Note: The lead wires have a part number of 199648. Please reference this number when ordering replacements.