

Neocarbon B0BQ8TCDG4

Neocarbon TENS Unit Muscle Stimulator User Manual

Model: B0BQ8TCDG4

1. INTRODUCTION

The Neocarbon TENS Unit Muscle Stimulator is an electronic pulse massage device designed for physical therapy and pain relief. It is suitable for various muscle soreness and trouble areas including the shoulder, neck, back, abs, knee, arms, legs, butt, sciatica, and pelvic zone. This portable device offers multiple functions for muscle stimulation and relaxation, aiding in pain management and muscle recovery.

2. PACKAGE CONTENTS

Your Neocarbon TENS Unit Muscle Stimulator kit includes the following items:

- TENS EMS massager electronic device (1 unit)
- Reusable electrode replacement pads (16 pads in Small, Medium, and Large sizes)
- Dual plug snap cables (2 cables)
- USB charging cable (1 cable)
- Pad holders (2 holders)
- Instruction manual (this document)
- Premium travel carry case (1 case)



Figure 2.1: Complete set of the Neocarbon TENS Unit Muscle Stimulator.

3. FEATURES

- **Versatile Pain Relief:** Multiple functions for back pain relief and muscle stimulation, suitable for neck, back, abs, shoulder, knee, arms, legs, butt, sciatica, and pelvic zone.
- **Dual Independent Channels:** Features 2 independent channels allowing for different modes and intensity levels simultaneously.
- **24 Modes & 20 Intensity Levels:** Offers a wide range of stimulation options for personalized therapy and relaxation.
- **Time Control:** Adjustable session duration for customized treatment.
- **Portable Design:** Small and lightweight, making it easy to use at home, office, or while traveling.
- **Rechargeable Battery:** Internal 180 mAh rechargeable battery provides approximately 1 month of daily use on a single 2-hour charge.
- **Reusable Electrode Pads:** Includes 16 medical-grade electrode pads in various sizes, designed for up to 50+ uses.
- **Intuitive Large Screen:** Easy-to-read display for adjusting settings and finding quick pain relief.



A man with a white towel around his neck is smiling while holding the Neocarbon TENS unit. Two electrode pads are attached to his upper arm.



The screen displays three modes: TENS, EMS, and RELAX, each with a diagram of a person and numbered electrode placement points. The Neocarbon logo is at the bottom.

**INTUITIVE
LARGE SCREEN**
To adjust settings and
find pain relief fast.



Three black electrode pads of different sizes (large, medium, and small) are shown, each with a circular snap connector in the center.

PAD SIZES
Find the perfect fit for
any ache or tension.



A close-up shows an electrode pad being pressed onto a person's skin. A red dot indicates the point of contact.

**IMPROVED
STICKINESS**
For a comfortable,
secure placement.



NEOCARBON

Figure 3.1: Intuitive large screen and various pad sizes for optimal use.

4. SETUP

1. **Charge the Device:** Before first use, fully charge the TENS unit using the provided USB charging cable. Connect the cable to the device and a compatible USB power source (wall charger, power bank, or computer USB port). The battery indicator on the screen will show charging status.
2. **Connect Electrode Cables:** Plug the dual plug snap cables into the designated ports (Channel A and Channel B) on the top of the TENS unit.
3. **Attach Electrode Pads:** Connect the electrode pads to the snap connectors on the cables. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where you intend to place the electrode pads. Avoid applying on broken or irritated skin.
5. **Apply Pads:** Remove the transparent film from the electrode pads and firmly stick them onto the desired area of your body. For optimal results, use different pad sizes as appropriate for the treatment area.



Figure 4.1: Visual guide for connecting cables and applying electrode pads.

5. OPERATING INSTRUCTIONS

1. **Turn On:** Slide the power switch located on the top of the device to the "ON" position. The screen will illuminate.
2. **Select Mode (Channel A):** Press the "M" button to cycle through the available massage modes (TENS, EMS, RELAX). Once a mode is selected, use the "+" and "-" buttons to choose a specific program (1-4) within that mode for Channel A.
3. **Adjust Intensity (Channel A):** After selecting a program, use the "+" button to gradually increase the intensity level for Channel A. Use the "-" button to decrease intensity. Start with a low intensity and increase until you feel a comfortable, yet effective, sensation.
4. **Switch to Channel B (Optional):** Press the "B" button to switch control to Channel B. You can then select a different mode and program for Channel B, and adjust its intensity independently using the "+" and "-" buttons.
5. **Set Timer:** Press the "T" button to set the desired massage duration. The timer can be adjusted in increments (e.g., 10, 20, 30, 40, 50, 60 minutes). The device will automatically turn off once the set time has elapsed.
6. **Begin Treatment:** Ensure pads are securely attached and intensity is set to a comfortable level. The device will begin delivering pulses according to your selected settings.
7. **Turn Off:** After your session, slide the power switch to the "OFF" position. Always turn off the device before removing pads or changing their position to avoid sudden shocks.
8. **Store Pads:** Carefully remove the electrode pads from your skin and re-stick them onto the provided pad holders or the transparent film to preserve their adhesive quality.



Figure 5.1: Independent channels allow for customized treatment on different body areas.

6. MODES OVERVIEW

The Neocarbon TENS Unit offers three primary modes, each with multiple programs to target specific needs:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** This mode is primarily used for pain relief. It works by sending low-voltage electrical currents through the skin to stimulate nerves, which can help block pain signals and release endorphins. Ideal for chronic or acute pain.
- **EMS (Electrical Muscle Stimulation):** This mode focuses on muscle conditioning and strengthening. It sends electrical impulses to muscles, causing them to contract and relax, mimicking natural muscle movements. Useful for muscle recovery, rehabilitation, and improving muscle tone.
- **RELAX (Massage):** This mode provides a soothing massage-like sensation, designed to help relax muscles and reduce tension. It can be used for general relaxation and to alleviate muscle stiffness.



Figure 6.1: Overview of TENS, EMS, and Relax modes.

7. MAINTENANCE

- **Cleaning the Device:** Wipe the TENS unit with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Cleaning Electrode Pads:** If the electrode pads lose their stickiness, gently wipe the adhesive surface with a damp cloth (water only) and let them air dry. Do not use soap or alcohol.
- **Storing Electrode Pads:** After each use, re-attach the electrode pads to the provided pad holders or the transparent film they came with. Store them in a cool, dry place, preferably in the travel case, to prolong their lifespan.
- **Battery Care:** To maintain battery health, avoid fully discharging the device frequently. Charge it regularly, especially if not used for extended periods.
- **Storage:** Store the TENS unit and all accessories in the premium travel carry case when not in use to protect them from dust and damage.

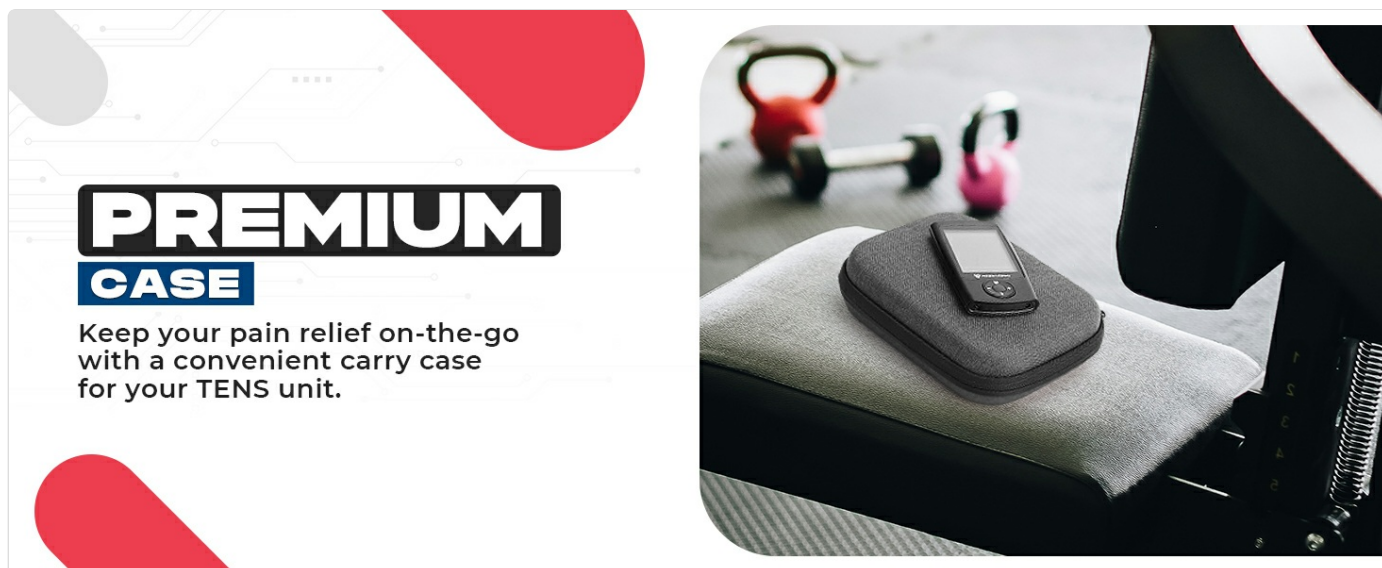


Figure 7.1: Reusable pads for long-lasting use.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device is off.	Charge the device fully. Ensure the power switch is in the "ON" position.
No sensation or weak sensation.	Pads not properly attached, low intensity, or worn-out pads.	Ensure pads are firmly adhered to clean, dry skin. Increase intensity gradually. Replace old or non-adhesive pads. Check cable connections.
Pads losing stickiness.	Dirt/oil on pads, improper storage, or pads are old.	Clean pads with a damp cloth and air dry. Store pads on holders/film. Replace pads if stickiness cannot be restored.
Irregular or uncomfortable sensation.	Poor pad contact, damaged cable, or incorrect mode/intensity.	Re-position pads for full contact. Check cables for damage and replace if necessary. Adjust mode and intensity to a comfortable level.

9. SPECIFICATIONS

- **Model:** B0BQ8TCDG4
- **Manufacturer:** Neocarbon
- **Battery:** Internal 180 mAh rechargeable battery
- **Channels:** 2 independent channels
- **Modes:** 24 massage modes (TENS, EMS, RELAX)
- **Intensity Levels:** 20 levels
- **Dimensions:** 6.89 x 5.16 x 5 inches (Package Dimensions)
- **Weight:** 13.76 ounces (Package Weight)

10. IMPORTANT INFORMATION & SUPPORT

Legal Disclaimer: 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. This TENS unit is intended for muscle stimulation and

pain relief as described in this manual, and not as a substitute for professional medical advice or treatment. For any questions, concerns, or support regarding your Neocarbon TENS Unit Muscle Stimulator, please contact the manufacturer, Neocarbon, directly through their official channels or the retailer where the product was purchased.

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

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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

Answered questions about this manual

On pages 17-19 of the Neocarbon TENS ULTRA (Model SM9075/B0BQ8TCDG4) manual, there are pictures of TENS, EMS, and RELAX patterns. Which of the 20 patterns for each mode should be used for specific conditions?

The pulse patterns shown on pages 17-19 of the Neocarbon TENS ULTRA (Model SM9075) manual are visual representations of the electrical waveforms for the 24 available programs. While the manual provides these diagrams, it...

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