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TENKER B0C6817PVG

TENKER TENS Unit Muscle Stimulator

Model: B0C6817PVG

Your guide to natural pain relief and muscle conditioning.

INTRODUCTION

The TENKER TENS Unit is a professional Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) device designed for effective pain relief and muscle management. It offers 24 modes and 20 intensity levels to address various types of muscle soreness, aches, and pain associated with exercise, overwork, or daily activities. This manual provides detailed instructions to ensure safe and optimal use of your device.



Image: The TENKER TENS Unit, showing the main device, various electrode pads, lead wires, and the product box.

SAFETY INFORMATION AND WARNINGS

Important Notice: TENS units should NOT be used by individuals with pacemakers, pregnant women, or those with epilepsy. Consult your doctor before use if you have any medical conditions.

Please read and understand all safety precautions before using the device. Failure to do so may result in injury or device malfunction.

- **DO NOT** apply over areas of known Cancer because of the risk to potentially spread the cancer cell through enhanced blood flow.
- **DO NOT** apply to patients with known Heart Disease, heart failure, or arrhythmias as it may adversely affect these disease state conditions.
- **DO NOT** apply over or close to areas if you have AFib or where an electronic device is implanted (pacemaker, neurostimulator, bone growth stimulator, defibrillator, etc.).
- **DO NOT** apply over the abdomen, pelvic area, or lower back during **Pregnancy**.

- **DO NOT** use the TENS unit on your eyes/mouth/face, neck sides, or any area of the throat.
- **DO NOT** use the TENS unit over open wounds or rashes, or over swollen, red, infected, or inflamed areas.
- Please gradually increase the Intensity from low to high; do not directly drive to the highest level.
- For those symptoms not illustrated, apply the electrodes around the source of the pain or seek advice from your medical advisor.

WARNING



- 1) **DO NOT** apply over areas of known **Cancer** because of the risk to potentially spread the cancer cell through enhanced blood blow
- 2) **DO NOT** apply to patients with known **Heart Disease**, heart failure, or arrhythmias as it may adversely affect these disease state conditions
- 3) **DO NOT** apply over or close to areas if you have AFib or where an electronic device is implanted (**pacemaker, neurostimulator bone growth stimulator, defibrillator, etc**)
- 4) **DO NOT** apply over the abdomen, pelvic area, or lower back during **Pregnancy**
- 5) **DO NOT** use the Tens on your **eyes/mouth/face, neck sides** or any area of the throat
- 6) **DO NOT** use the Tens Units over **Open wounds** or rashes, or over swollen, red, infected, or inflamed areas
- 7) Please gradually increase the Intensity from low to high, do not directly drive to the highest level
- 8) For those symptoms not illustrated apply the electrodes around the source of the pain or seek advice from your medical advisor

Image: Visual representation of conditions where the TENS unit should not be used.

WHAT'S INCLUDED

Your TENKER TENS Unit package contains the following items:

- 1 x TENKER TENS Machine
- 6 x 2" Square Electrode Pads
- 2 x 2"x4" Large Electrode Pads
- 2 x Lead Wires
- 1 x USB Cable (No Adapter)
- 1 x Pouch
- Cable Ties
- 1 x User Manual

What You Receive



TENS Unit *1

User Manual *1

2" x 4"
Large Pad *2

2" x 2"
Square Pad *6



USB Cable *1



1/2 Lead Wires *2



Pouch *1

Image: A complete overview of all items included in the TENKER TENS Unit package.

PRODUCT OVERVIEW AND COMPONENTS

The TENKER TENS Unit is a compact and lightweight device designed for portability and ease of use. It features a clear display and intuitive controls for selecting modes, adjusting intensity, and setting treatment times.

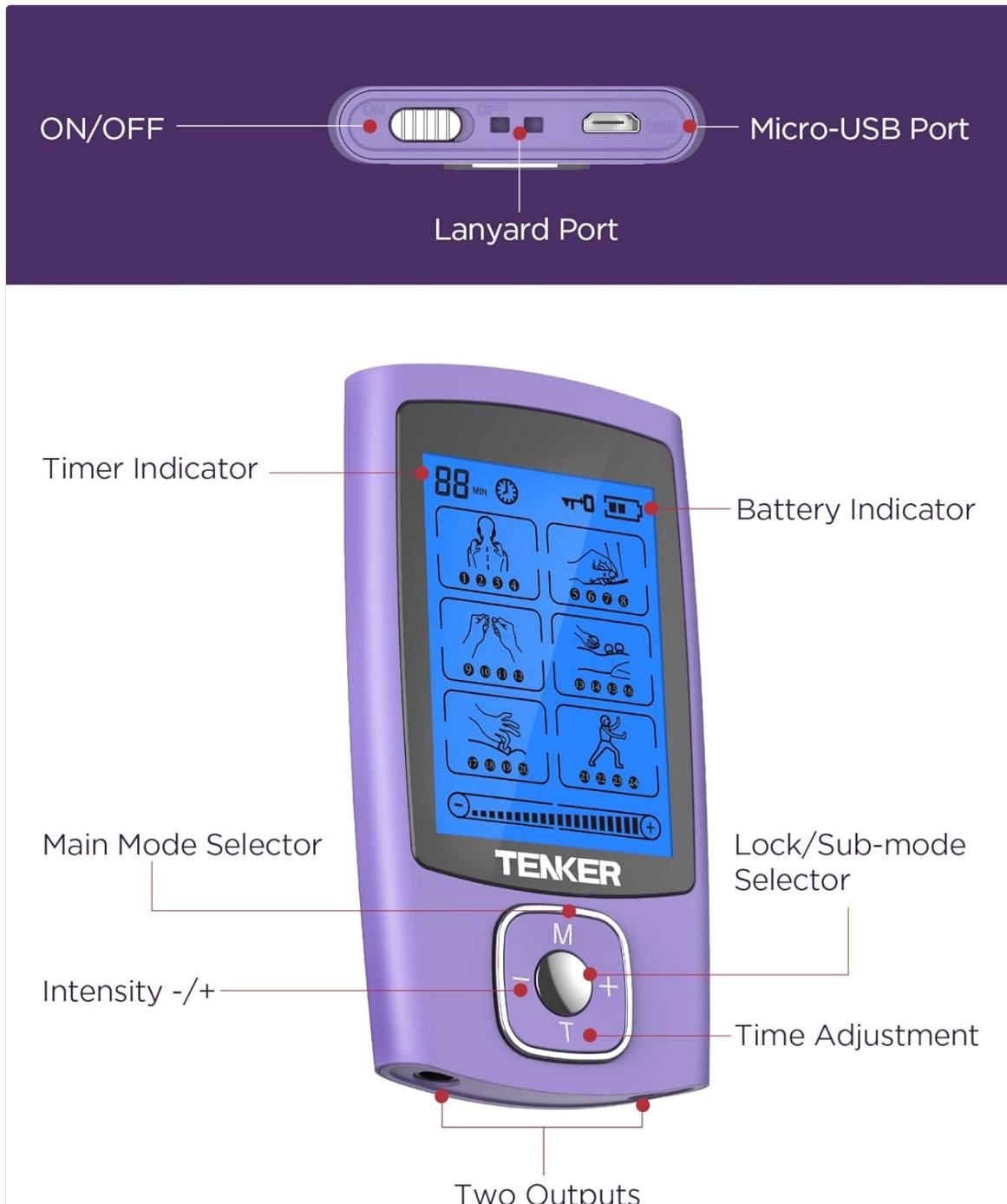


Image: Detailed diagram highlighting the ON/OFF switch, Micro-USB Port, Lanyard Port, Timer Indicator, Battery Indicator, Main Mode Selector, Lock/Sub-mode Selector, Intensity controls, and Dual Outputs.

Key Features:

- Dual Output Design:** Allows for simultaneous use by two persons or treatment of two different body areas.
- 24 Modes:** Diverse massage programs for various pain relief and muscle conditioning needs.
- 20 Intensity Levels:** Fine-tune the stimulation to your comfort and therapeutic requirements.
- Built-in Rechargeable Lithium Battery:** Provides up to 10 hours of usage on a single charge.
- Memory Function:** Remembers the last applied massage mode.
- Lock Function:** Prevents unintended adjustments during use.
- Medical-Grade Electrodes:** Features 2mm pin connectors for stable current and anti-corrosion properties.



Image: Infographic summarizing the key features of the TENKER TENS Unit.

SETUP

Follow these steps to set up your TENKER TENS Unit for first use:

- 1. Charge the Device:** Connect the provided USB cable to the Micro-USB port on the top of the unit and plug the other end into a wall charger (not included), power bank, or laptop USB port. The battery indicator on the screen will show charging status.
- 2. Prepare Electrode Pads:** Remove the electrode pads from their protective film. Ensure the skin where the pads will be placed is clean and dry for optimal adhesion and conductivity.
- 3. Attach Lead Wires:** Connect the pin connectors of the lead wires to the electrode pads. Each

lead wire has two connectors, allowing two pads per wire.

4. **Connect Lead Wires to Unit:** Insert the other end of the lead wires into the output ports located at the bottom of the TENS unit. The device has two output ports, allowing up to four pads to be used simultaneously.
5. **Apply Pads:** Carefully place the electrode pads on the desired treatment area. Ensure good contact with the skin. Refer to the 'Pain Relief & Muscle Conditioning' section for suggested placement areas.

A Smart TENE UNIT for the Natural Pain Relief You Need

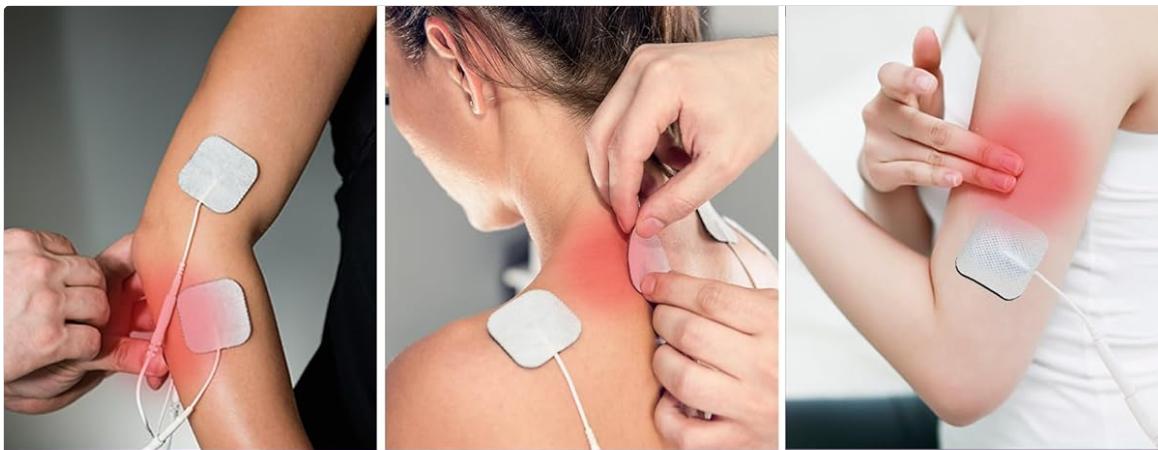


Image: A person using the TENKER TENS Unit with electrode pads applied to their lower back for pain relief.

OPERATING INSTRUCTIONS

Once your device is set up, follow these instructions to begin your therapy session:

1. **Turn On:** Slide the ON/OFF switch located on the top of the unit to the 'ON' position. The screen will illuminate.
2. **Select Mode:** Press the 'M' (Mode) button in the center of the control panel to cycle through the 24 available massage modes. The selected mode will be displayed on the screen. The first two sub-modes provide a steady and constant pulse function.
3. **Adjust Intensity:** Use the '+' and '-' buttons to increase or decrease the intensity level. Start with the lowest intensity and gradually increase it until you feel a comfortable, yet effective, stimulation. There are 20 levels of intensity.
4. **Set Timer:** Press the 'T' (Time) button to set the desired treatment duration. You can choose between 10, 20, 30, 40, 50, or 60 minutes. The timer indicator on the screen will show the remaining time.
5. **Lock Function:** To prevent accidental changes during a session, press and hold the 'M' button for a few seconds until a lock icon appears on the screen. To unlock, press and hold the 'M' button again.
6. **End Session:** The device will automatically shut off once the timer expires. You can also manually turn off the device by sliding the ON/OFF switch to the 'OFF' position.



Pain Relief & Muscle Conditioning

24 Modes TENS & EMS Multi-functional Massage Device



Image: Examples of electrode pad placement for pain relief and muscle conditioning on areas such as the shoulder/neck, hand, knee, elbow, back, and foot.

Understanding Electrotherapy (TENS vs. EMS)

The TENKER TENS Unit combines both TENS and EMS technologies:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** Blocks the transmission of pain nerve signals. Useful for dysmenorrhea, acute pain, carpal tunnel, sciatica, chronic pain, and treatment of old injuries.
- **EMS (Electrical Muscle Stimulation):** Stimulates stationary muscles to prevent atrophy. Promotes blood circulation, muscle recovery and growth, prevents inflammation, aids in sports injuries, reduces muscle spasms, and increases movement in paralyzed areas.



UNDERSTANDING ELECTROTHERAPY

How does a Tens Unit work?

TENS (Transcutaneous Electrical Nerve Stimulation) is a small machine with electrodes that send stimulating pulses along nerve strands and across the skin's surface. These impulses help to reduce pain by encouraging the body to produce more endorphins, which act as a natural painkiller.

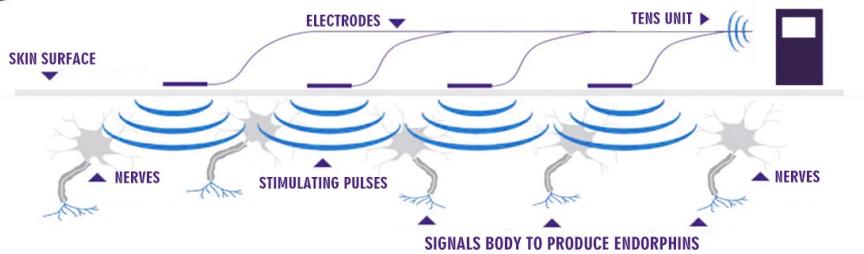


Image: An illustration explaining the principle of electrotherapy and how TENS units deliver stimulating pulses to nerves.

TENS

Pain

Block the transmission of pain nerve signals

- Dysmenorrhea
- Acute pain
- Carpal tunnel
- Sciatica
- Chronic pain
- Treatment old injuries

EMS



Stimulates stationary muscles to prevent atrophy

- Promote blood circulation
- Muscle recovery and growth
- Prevent inflammation
- Sports injuries
- Muscle spasms
- Increase movement in paralyzed areas

Image: A chart detailing the specific benefits and applications of TENS versus EMS therapy.

MAINTENANCE

Proper maintenance ensures the longevity and effectiveness of your TENKER TENS Unit:

- **Cleaning the Unit:** Wipe the main unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Cleaning Electrode Pads:** If the pads lose stickiness, gently wipe the adhesive side with a damp cloth or a few drops of water. Allow them to air dry completely (adhesive side up) before reattaching to the plastic film.
- **Storage:** Store the unit and pads in the provided pouch in a cool, dry place away from direct sunlight and extreme temperatures. Keep pads attached to their protective film when not in use to preserve their adhesive quality.
- **Recharging:** Recharge the unit when the battery indicator shows low power to ensure it's ready for your next session.

TROUBLESHOOTING

If you encounter any issues with your TENKER TENS Unit, please refer to the following common solutions:

| Problem | Possible Cause | Solution |
|--|--|---|
| No stimulation felt or weak stimulation. | Low battery; pads not properly attached; intensity too low; lead wires loose or damaged. | Charge the unit; ensure pads are firmly on skin; increase intensity gradually; check lead wire connections; replace pads if adhesive is worn. |
| Unit does not turn on. | Battery is completely drained. | Connect the unit to a power source and allow it to charge for at least 30 minutes before attempting to turn it on. |
| Screen is unresponsive or frozen. | Temporary software glitch. | Turn the unit off and then back on. If the issue persists, contact customer support. |

If the problem persists after trying these solutions, please contact TENKER customer support for further assistance.

SPECIFICATIONS

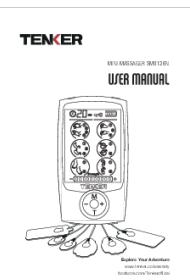
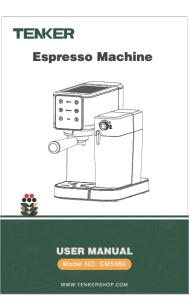
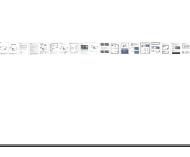
| Feature | Detail |
|---------------------------|---------------------------|
| Package Dimensions | 6.34 x 3.74 x 3.03 inches |
| Item Weight | 9.91 ounces |
| Manufacturer | TENKER |
| ASIN | B0C6817PVG |
| Modes | 24 |
| Intensity Levels | 20 |
| Battery Life (per charge) | Up to 10 hours |
| Output Channels | Dual |

WARRANTY AND SUPPORT

The TENKER TENS Unit comes with a **12-month warranty**. For any questions, technical support, or warranty claims, please contact TENKER customer service. They offer **24/7 customer-friendly service** to assist you with any inquiries.

For the most up-to-date contact information, please refer to the official TENKER website or the contact details provided in your product packaging.

Related Documents - B0C6817PVG

| | |
|---|--|
|  | <p><u>TENKER MINI MASSAGER SM9126N User Manual: Features, Operation, and Safety</u></p> <p>The official user manual for the TENKER MINI MASSAGER SM9126N. This guide provides detailed information on features, setup, operating instructions, mode selection, recommended use positions, recommended practices, troubleshooting, warranty, and contact information.</p> |
|  | <p><u>TENKER MINI MASSAGER SM9126N User Manual - Features, Setup, Operation, and Troubleshooting</u></p> <p>Comprehensive user manual for the TENKER MINI MASSAGER SM9126N. Learn about its features, setup, operating instructions, modes, recommended use positions, troubleshooting, and warranty information.</p> |
|  | <p><u>TENKER CM5380 Espresso Machine User Manual</u></p> <p>User manual for the TENKER CM5380 Espresso Machine. Learn about product features, specifications, operating instructions, safety precautions, cleaning, maintenance, and troubleshooting for your TENKER coffee maker.</p> |
|  | <p><u>Tenker Baby Monitor User Manual</u></p> <p>User manual for the Tenker Baby Monitor, providing setup, operation, and troubleshooting instructions for the wireless camera and monitor system.</p> |
|  | <p><u>TENKER T20 Home Theater Projector User Manual - Setup, Operation & Troubleshooting Guide</u></p> <p>Comprehensive user manual for the TENKER T20 Home Theater Projector. Learn about setup, safety precautions, interface, multimedia connections, menu settings, and technical specifications for optimal viewing.</p> |
|  | <p><u>TENKER DC-014 Ninja Drone User Manual - Setup, Flying, and App Guide</u></p> <p>Comprehensive user manual for the TENKER DC-014 Ninja Drone. Learn how to set up, charge, fly, and use the companion app. Includes troubleshooting and parts information.</p> |

