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TESMED TE-880R Plus

TESMED TENS Unit Muscle Stimulator Pro

MODEL: TE-880R PLUS - USER MANUAL

1. Introduction

The TESMED TE-880R Plus is a versatile muscle electrostimulation device designed for pain relief, muscle recovery, and physical therapy. It combines TENS (Transcutaneous Electrical Nerve Stimulation), EMS (Electrical Muscle Stimulation), and Massage functions to provide a comprehensive solution for various muscular and relaxation needs. This manual provides essential information for the safe and effective use of your device.

2. Safety Information & Warnings

Please read all warnings and contraindications carefully before using this device.

This product is not a substitute for medical treatment. Results may vary based on individual health and correct usage. Do not use this device if you have an implanted defibrillator, pacemaker, metallic or electronic implants, heart rhythm issues, undiagnosed chronic pain, are pregnant, in labor, or have cancer. It is not suitable for children under 16 and should be kept out of their reach. Consult a healthcare provider for medical advice, as this information is not intended for diagnosis or treatment. The manufacturer and distributors are not liable for any direct, indirect, special, incidental, or consequential damages from misuse or improper use of the device. By purchasing and using this product, you agree to follow the usage guidelines and assume full responsibility for its use.

3. Package Contents

Verify that all items are present in your TESMED TE-880R Plus package:

- 1 x TESMED TE-880R Plus TENS Device
- 1 x User Manual

- 2 x Quad Plug Electrode Cables
- 8 x Electrode Pads
- 1 x USB Charging Cable



Figure 3.1: Contents of the TESMED TE-880R Plus package, including the TENS device, user manual, two quad plug electrode cables, eight electrode pads, and a USB charging cable.

4. Device Overview & Features

The TESMED TE-880R Plus is designed for ease of use and effectiveness, featuring:

- **73 Preset Programs:** Includes 11 TENS, 10 EMS, and 52 Massage programs for diverse applications.
- **40 Adjustable Intensity Levels:** Allows precise customization of stimulation.
- **2 Customizable Programs:** Manually set impulse frequency and amplitude for personalized therapy.
- **8 Electrode Simultaneous Use:** Apply to large muscle areas or two distinct zones concurrently using two independent quadripolar channels.
- **Rechargeable Battery:** Built-in 500mAh Lithium Polymer battery provides up to 78 hours of continuous use.

- **Backlit LCD Screen:** Large, easy-to-read display with high contrast, showing full-body figure with flashing indicators for targeted areas, functions, and parameters.
- **Portable Design:** Compact size (approximately 4.7 x 2.4 inches) with a belt hook for convenient carrying.



Figure 4.1: TESMED TE-880R Plus TENS unit with eight electrode pads connected, showcasing the device's main display and multiple connection points.

EASY TO READ LARGE SCREEN



**Large text
& numbers**



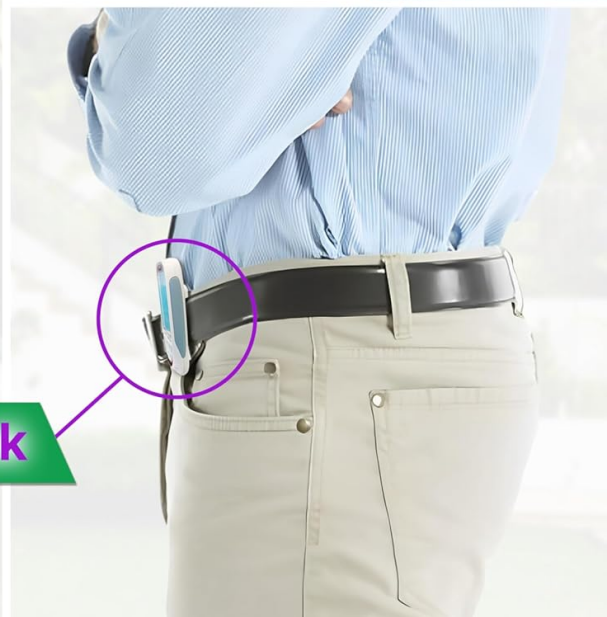
**Bright
screen**



**High
contrast**

Figure 4.2: A user holding the TESMED TE-880R Plus, highlighting its large, easy-to-read, bright, and high-contrast LCD screen for clear display of information.

**CONVENIENTLY
PORTABLE**



Pocket size with Belt hook

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Figure 4.3: Image demonstrating the portable size of the TESMED TE-880R Plus, showing it fitting into a pocket and attached to a belt with its integrated hook.

5. Getting Started (Setup)

5.1 Charging the Device

Before first use, fully charge the device. Connect the USB charging cable to the device's charging port and to a suitable USB power source (e.g., computer USB port, USB wall adapter). The battery indicator on the screen will show charging status. A full charge provides approximately 78 hours of continuous use.

EXTRA LONG OPERATING TIME



500 mAh
Bigger. Better.

78 hours
Continuous use



Tesmed 

Figure 5.1: Detail of the TESMED TE-880R Plus charging port and battery information, indicating a 500mAh battery providing up to 78 hours of continuous use, with a USB cable included.

5.2 Attaching Electrode Pads and Cables

1. Ensure the device is turned off.
2. Connect the quad plug electrode cables to the CH1 and CH2 ports on the top of the device.
3. Attach the snap connectors of the electrode pads to the ends of the electrode cables.
4. Peel the electrode pads from their protective film.
5. Apply the electrode pads firmly to clean, dry skin in the desired treatment area. Ensure good contact for effective stimulation.

Use it up to 50 times
(no gel needed)



2 independent
quadripolar channels

use
8 electrode pads
at a time

73 Modes

Easy to use
intuitive screen

LCD Display Functions:

- ✓ Full-body figure with flashing indicator on the targeted area
- ✓ Display of all functions and parameters
- ✓ Selected stimulation type shown



Figure 5.2: Close-up of the TESMED TE-880R Plus device showing its intuitive screen and two independent quadripolar channels for connecting electrodes.

6. Operating Instructions

6.1 Powering On/Off

Press and hold the **ON/OFF (M)** button to turn the device on or off.

6.2 Selecting Programs

The device offers 73 preset programs across TENS, EMS, and Massage categories. Use the **M** button to cycle through the main modes (TENS, EMS, MASSAGE). Once a mode is selected, use the **P** button to select a specific program within that mode. The screen will display the selected program number.

73 PROGRAMS

EXCLUSIVE



2 Customizable programs:



Pulse frequency



Pulse width

Set the parameters
recommended by your doctor or
physiotherapist with precision
for a personalized therapy

Tesmed

Figure 6.1: Close-up of the TESMED TE-880R Plus device display, emphasizing its 73 programs and two customizable programs for pulse frequency and width, allowing personalized therapy settings.

6.3 Adjusting Intensity

After selecting a program, use the + and - buttons to adjust the intensity level for each channel (CH1 and CH2 independently). The device has 40 adjustable intensity levels. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, stimulation.

6.4 Customizable Programs

The TE-880R Plus includes 2 customizable programs. These allow you to manually set the impulse frequency and amplitude according to specific needs or recommendations from a doctor or physiotherapist. Refer to the detailed instructions in the full user manual for programming these settings.

6.5 Electrode Placement Guidelines

Proper electrode placement is crucial for effective treatment. The device supports simultaneous use of up to 8 electrodes across two independent channels, allowing treatment of multiple areas. Always refer to the full user manual for specific placement diagrams for different body parts and conditions. Ensure electrodes are placed on clean, dry, intact skin.



Figure 6.2: Image showing electrode placement on the neck and shoulders for pain therapy.

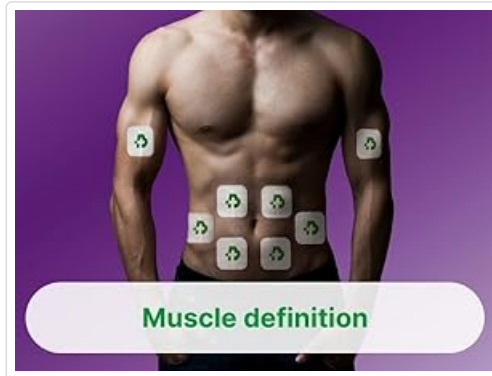


Figure 6.3: Image showing electrode placement on the abdominal muscles for muscle definition and toning.



Figure 6.4: Image showing electrode placement on the upper back for a relaxing massage.

7. Maintenance

7.1 Cleaning the Device

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

7.2 Electrode Care

After each use, place the electrode pads back on their protective film. If the pads lose their adhesiveness, clean the adhesive surface gently with a drop of water or replace them with new pads. Each pad can be used up to 50 times without gel.

7.3 Battery Care and Storage

Store the device in a cool, dry place away from direct sunlight. For long-term storage, ensure the battery is partially charged (around 50%) and recharge it every few months to maintain battery health. Operating

condition: 5°C to 40°C with a relative humidity of 15%-93%, atmospheric pressure from 700 hPa to 1060 hPa. Storage condition: -10°C to 55°C with a relative humidity of 10%-95%, atmospheric pressure from 700 hPa to 1060 hPa.

8. Troubleshooting

- **Device does not turn on:** Ensure the device is fully charged. Press and hold the ON/OFF (M) button for a few seconds.
- **No sensation or weak stimulation:** Check that electrode pads are firmly attached to clean skin. Increase the intensity level using the '+' button. Ensure cables are securely connected to both the device and the electrodes.
- **Electrodes not sticking:** Clean the skin area before application. If pads are old or dirty, clean them gently or replace them.
- **Screen not displaying correctly:** Turn the device off and then on again. If the issue persists, contact customer support.

9. Specifications

Feature	Specification
Product Dimensions	0.79 x 2.36 x 4.72 inches; 13.05 ounces
Item Model Number	TE-880R Plus
Batteries	1 Lithium Polymer battery required (included)
Power Source	3.7 V Li-ion battery
Pulse Rate	2Hz - 120Hz
Waveform	Bi-phase square-wave pulse
Output Current	Max. 120mA (at 500ohm load)
Output Intensity Level	0 to 40 levels, adjustable
Operating Condition	5°C to 40°C, 15%-93% RH, 700 hPa to 1060 hPa
Storage Condition	-10°C to 55°C, 10%-95% RH, 700 hPa to 1060 hPa
Manufacturer	TESMED



Figure 9.1: Side view of the TESMED TE-880R Plus product box, displaying technical specifications such as power source, pulse rate, waveform, output current, intensity levels, and operating/storage conditions.

10. Warranty and Support

For warranty information and customer support, please refer to the contact details provided with your purchase documentation or visit the official TESMED website. Keep your purchase receipt as proof of purchase.