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› Neocarbon TENS Unit Muscle Stimulator Pro User Manual

Neocarbon TENS EMS Pro

Neocarbon TENS Unit Muscle Stimulator Pro User Manual

Model: TENS EMS Pro | Brand: Neocarbon

1. INTRODUCTION

The Neocarbon TENS Unit Muscle Stimulator Pro is a versatile electronic device designed for drug-free pain relief and muscle recovery. It utilizes Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) therapies, along with a RELAX mode, to target various muscle soreness and trouble areas. This manual provides detailed instructions for safe and effective use of your device.

PMS

STRESS

EXERCISE

AGING

SAFE & CONVENIENT

PAIN RELIEF

Image: The Neocarbon TENS Unit is designed for safe and convenient pain relief across various body areas, including those affected by PMS, stress, exercise, and aging.

2. SAFETY INFORMATION

WARNING: Consult your physician before using this device if you have a pacemaker, heart condition, epilepsy, or are pregnant. Do not use on broken skin or open wounds. Keep out of reach of children.

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.

3. PACKAGE CONTENTS

Your Neocarbon TENS Unit Muscle Stimulator Pro kit includes:

- 1 x TENS EMS Pro Messenger Electronic Device
- 12 x Reusable Square Electrode Replacement Pads
- 2 x Dual Plug Snap Cables
- 1 x USB-C Charging Cable
- 2 x Pad Holders
- 1 x Instruction Manual
- 1 x Premium Travel Carry Case



Image: A visual representation of all items included in the Neocarbon TENS Unit Pro kit, neatly arranged with their labels.

4. PRODUCT OVERVIEW

The Neocarbon TENS Unit features a user-friendly design with a large, easy-to-read LCD backlit screen. It offers 36 modes and 20 intensity levels across two independent channels (A and B), allowing for customized therapy.



EASY TO READ LARGE SCREEN





**LARGE TEXT
& NUMBERS**



**BRIGHT
SCREEN**



**HIGH
CONTRAST**

Image: The device features a large, intuitive screen with clear text and numbers, bright backlighting, and high contrast for enhanced readability.

Controls and Ports:

- **Power Button:** Long press to turn on/off.
- **Mode Button (M):** Cycles through TENS, EMS, and RELAX modes.
- **Navigation Buttons (Up/Down/Left/Right):** Used to select programs and adjust settings.
- **Intensity Buttons (+/- A, +/- B):** Adjust intensity for Channel A and Channel B independently.
- **Timer Button:** Adjusts treatment duration.
- **Lock Function:** To prevent accidental changes during use, press and hold the 'M' button to lock the screen. Repeat to unlock.

5. SETUP

1. **Charge the Device:** Connect the provided USB-C charging cable to the device and a compatible USB power source. A full charge takes approximately 2 hours and provides up to 50 hours of continuous use.
2. **Attach Electrode Wires:** Plug the dual plug snap cables into the Channel A and/or Channel B ports at the top of the device.
3. **Prepare Electrode Pads:** Attach one pair of electrode pads to each wire. Ensure the pads are clean and the adhesive is intact.
4. **Apply Pads:** Place the electrode pads on the desired area of the body. Ensure skin is clean, dry, and free of lotions or oils for optimal adhesion and conductivity. Refer to the included instruction manual for recommended use zones.

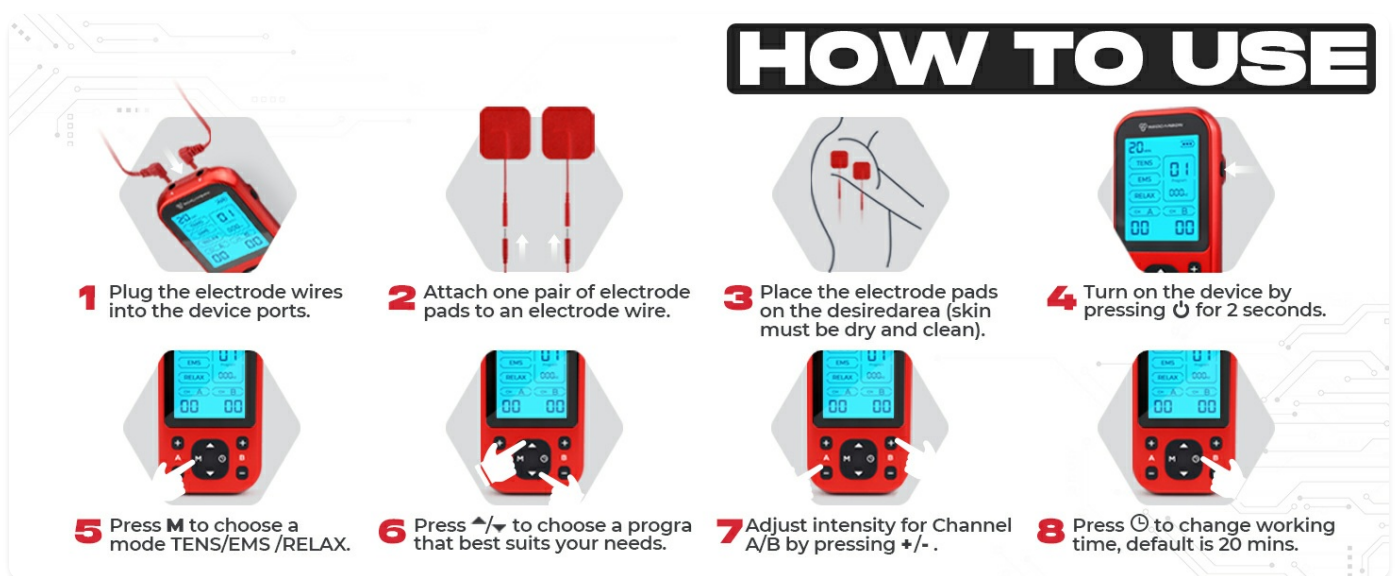


Image: A visual guide illustrating the eight steps to set up and begin using the Neocarbon TENS Unit, including pad placement and control functions.

6. OPERATING INSTRUCTIONS

1. **Power On:** Long press the Power button for 2 seconds to turn on the device.
2. **Select Mode:** Press the 'M' button to choose between TENS (Pain Relief), EMS (Muscle Conditioning), or RELAX (Massaging Body) modes. Each mode has 12 sub-modes, totaling 36 different modes.
3. **Choose Program:** Use the Up/Down navigation buttons to select a program that best suits your needs within the chosen mode.
4. **Adjust Intensity:** Use the '+ A' and '- A' buttons to adjust the intensity for Channel A. Use the '+ B' and '- B' buttons for Channel B. Start with a low intensity and gradually increase until you feel a comfortable, yet effective, sensation.
5. **Set Timer:** Press the Timer button to change the working time. The default is 20 minutes, and it can be adjusted in 10-minute intervals up to 60 minutes.
6. **Lock Function:** To prevent accidental changes during use, press and hold the 'M' button to lock the screen. Repeat to unlock.



Image: The Neocarbon TENS Unit offers three primary modes: TENS for pain relief, EMS for muscle conditioning, and RELAX for massaging the body, each with multiple sub-modes.

Official Product Video: Neocarbon TENS Pro

Your browser does not support the video tag.

Video: This official Neocarbon video provides a comprehensive overview and demonstration of the TENS EMS Pro unit, highlighting its features and ease of use for various applications.

7. MAINTENANCE

- **Cleaning the Device:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Caring for Electrode Pads:** After each use, reattach the pads to their plastic covers or place them on the provided

pad holders to maintain adhesive quality. Store them in a cool, dry place. The medical-grade pads are reusable up to 50 times with proper care.

- **Storage:** Store the device and all accessories in the premium travel carry case when not in use to protect them from dust and damage.



Image: An illustration detailing the construction of the medical-grade reusable pads, emphasizing their durability and reusability.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	Pads not adhering well; low intensity; dead battery; faulty cable/pads.	Ensure pads are firmly applied to clean, dry skin. Increase intensity. Recharge device. Replace cables or pads if damaged.
Device not turning on	Dead battery; power button not pressed long enough.	Recharge device. Press and hold the power button for 2-3 seconds.
Pads losing stickiness	Pads are dirty; pads are old/worn out.	Clean pads gently with a damp cloth (no soap). Replace pads if stickiness cannot be restored.

9. SPECIFICATIONS

- **Product Dimensions:** 6.81 x 5.04 x 2.4 inches
- **Weight:** 13.76 ounces
- **Battery:** Rechargeable 320mAh (80% larger than other models)
- **Operating Time:** Up to 50 hours continuous use per charge
- **Charging Port:** USB-C (2-hour full charge)
- **Modes:** 36 (TENS, EMS, RELAX)

- **Intensity Levels:** 20 per channel
- **Channels:** 2 Independent Channels



**EXTRA-LONG
OPERATING
TIME**

320mAh
80% Larger Battery

50hours
Continuous Use

 **USB-C
CABLE
INCLUDED**

Image: The device boasts an extra-long operating time, powered by a 320mAh battery that provides up to 50 hours of continuous use on a 2-hour USB-C charge.

10. WARRANTY & SUPPORT

For warranty information and customer support, please visit the official Neocarbon Store or contact their customer service directly. Details can be found on the product packaging or the Neocarbon website.

Neocarbon Store: [Visit the Neocarbon Store on Amazon](#)

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

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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 the Neocarbon TENS EMS Pro, what do the up and down arrows mean after setting the mode to EMS, and are there specific NMES or FES settings?

On the Neocarbon TENS EMS Pro, the up and down arrows are used for program selection after you have chosen your primary mode. Specifically: Up/Down Navigation Buttons: Once you have pressed the 'M' button to...

[Read full answer](#)