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## TensCare K-UNIFIT

# TensCare Unifit TENS/EMS Muscle Stimulator

## INSTRUCTION MANUAL

Model: K-UNIFIT

## Introduction

The TensCare Unifit is an advanced electrotherapy device designed for pain relief, muscle strengthening, rehabilitation, and relaxation. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and massage functions into a single, portable unit. This manual provides essential information for the safe and effective use of your Unifit device.



Image: The TensCare Unifit device, a white and black handheld unit with a digital display and control buttons. The display shows current settings for EMS II, program number 10, and intensity levels for two channels (CH1 and CH2).

## Safety Information

Please read all safety warnings and instructions carefully before using the TensCare Unifit device. Failure to do so may result in injury or device malfunction.

- Always begin with the lowest intensity setting and gradually increase it to a comfortable level.
- Do not apply electrodes to broken, irritated, or inflamed skin.
- Keep the device and electrodes away from water. Do not charge the device if it is wet.

- Avoid using the device while sleeping, driving, or operating heavy machinery.
- Consult a healthcare professional before use if you have any medical conditions, including but not limited to, heart conditions, epilepsy, or if you are pregnant.
- Do not place electrodes over the heart, on the head, or on the front of the neck.
- Keep out of reach of children.

**This device is not intended to diagnose, treat, cure, or prevent any disease. For medical concerns, consult a healthcare professional.**

## Product Overview

The Unifit device offers three primary electrotherapy functions:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** Used for pain relief by blocking pain signals and promoting endorphin release.
- **EMS (Electrical Muscle Stimulation):** Designed for muscle strengthening, toning, and rehabilitation by stimulating muscle contractions.
- **Massage:** Provides relaxation and helps reduce muscle tension and stiffness.

The device features dual-channel technology, allowing for the use of up to four electrodes simultaneously on two different body areas with independent intensity control. It includes over 50 pre-programmed modes and 99 intensity levels for customized therapy.

# 3-IN-1 ELECTROTHERAPY MACHINE

**✓ TENS** – Treat chronic, muscular and skeletal pain  
Preset & adjustable modes for effective pain-relief

**✓ EMS** – Helps Prevent muscle atrophy post-injury  
Improve muscle strength, bulk and performance

**✓ MASSAGE** – Encourage blood flow and improve recovery  
Designed programs to ease muscle stiffness



Image: An infographic detailing the three functions of the Unifit device: TENS for chronic, muscular, and skeletal pain relief; EMS for preventing muscle atrophy and improving strength; and Massage for encouraging blood flow and improving recovery.

## Setup

### 1. Unpacking and Inspection

Carefully remove all components from the packaging. Ensure the following items are present:

- TensCare Unifit device
- Electrode pads (typically 4)
- Lead wires (2)
- USB charging cable
- Instruction manual

## **2. Charging the Device**

The Unifit device is powered by a rechargeable Lithium Ion battery. Before first use, fully charge the device.

1. Connect the USB charging cable to the charging port on the device.
2. Plug the other end of the USB cable into a compatible USB power adapter (not always included) or a computer USB port.
3. The battery indicator on the display will show charging status. A full charge typically takes a few hours.
4. Disconnect the charger once fully charged.

## **3. Connecting Electrodes**

The device uses two lead wires, each connecting to two electrode pads.

1. Insert the pin connectors of the lead wires firmly into the electrode pads.
2. Insert the plug end of the lead wires into the Channel 1 (CH1) and Channel 2 (CH2) ports on the top of the Unifit device.

## **4. Electrode Placement**

Proper electrode placement is crucial for effective therapy. Ensure the skin is clean, dry, and free of oils or lotions before applying electrodes.

- For TENS pain relief, place electrodes around or on the painful area, ensuring they are not touching.
- For EMS muscle stimulation, place electrodes on the belly of the muscle you wish to stimulate.
- Refer to specific diagrams or consult a professional for optimal placement for different muscle groups or conditions.



## DUAL CHANNEL

target multiple body parts at once using bespoke tenscase electrodes



**Uses **Electrodes** and two channels, with separate intensities.**

Image: A diagram illustrating dual-channel electrode placement on the human body, showing four electrodes placed on the abdomen and two on the shoulder, indicating how the device can target multiple body parts simultaneously.

## Operating Instructions

### 1. Power On/Off

- To turn on: Press and hold the power button (usually marked with a circle and vertical line) until the display illuminates.
- To turn off: Press and hold the power button until the display turns off.

### 2. Mode and Program Selection

The Unifit offers TENS, EMS, and Massage modes, each with multiple pre-programmed settings.

1. Press the 'M' button to cycle through the main modes (TENS, EMS, Massage).
2. Once a mode is selected, press the 'P' button to browse the available programs within that mode. The program number will be displayed.
3. The device features muscle-specific programs. Select the program most suitable for your target muscle group or desired therapy.

### 3. Adjusting Intensity

Intensity can be adjusted independently for each channel (CH1 and CH2).

- Use the 'CH1 ^' and 'CH1 v' buttons to increase or decrease the intensity for Channel 1.
- Use the 'CH2 ^' and 'CH2 v' buttons to increase or decrease the intensity for Channel 2.
- Increase intensity gradually in 1mA steps until a comfortable, yet effective, sensation is achieved. Avoid setting the intensity too high, which can cause discomfort.

## 4. Dual Channel Operation

The dual-channel feature allows you to treat two different areas or muscle groups simultaneously with varying intensities.

- Connect one pair of electrodes to CH1 and another pair to CH2.
- Adjust the intensity for each channel independently as described above.

## 5. Session Duration

Each program has a pre-set duration. The remaining time will be displayed on the screen. Do not exceed recommended session times without consulting a healthcare professional.

## 6. Memory Function

The Unifit device includes a memory function that may recall your last used settings, enhancing user convenience.

## Maintenance

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### 1. Cleaning the Device

- Turn off the device and disconnect all lead wires before cleaning.
- Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Ensure the device is completely dry before storing or recharging.

### 2. Electrode Care and Replacement

- After each use, place the electrodes back on their protective film to preserve their adhesive quality.
- If the electrodes lose their stickiness, clean them gently with a damp cloth or replace them with new ones.
- Only use electrodes approved by TensCare for optimal performance and safety.

### 3. Storage

Store the Unifit device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.

## Troubleshooting

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Problem	Possible Cause	Solution
No stimulation or weak stimulation	Low battery, poor electrode contact, lead wire disconnected, intensity too low.	Charge the device. Ensure electrodes are firmly attached to skin. Check lead wire connections. Increase intensity gradually.
Device does not turn on	Low battery, device malfunction.	Charge the device. If problem persists, contact customer support.
Skin irritation under electrodes	Electrodes used too long, skin not clean, allergic reaction.	Reduce session time. Clean skin thoroughly before use. Discontinue use if irritation persists and consult a doctor.

If you encounter issues not listed here or if troubleshooting steps do not resolve the problem, please contact TensCare customer support.

## Specifications



Image: The Unifit device shown with its dimensions (16.5 cm length, 6.2 cm width) and key features: 3 Advanced Technologies (TENS, EMS, Massage), 99 Intensity Levels, 66 Tailored Programs, and a weight of 129g.

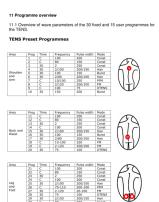
Feature	Detail
Model Number	K-UNIFIT
Dimensions	16.5 x 6.2 x 2.6 cm
Weight	129 g
Power Source	Battery Powered (1 Lithium Ion battery included)
Material	Plastic
Channels	Dual Channel
Programs	50+ (66 tailored programs mentioned in image)
Intensity Levels	99
Special Feature	Rechargeable

## Warranty and Support

TensCare products are manufactured to high standards. For information regarding warranty coverage, please refer to the documentation included with your purchase or visit the official TensCare website.

For technical assistance, troubleshooting, or any other inquiries, please contact TensCare customer support. Contact details can typically be found on the TensCare website or in the product packaging.

## Related Documents - K-UNIFIT

	<p><a href="#">TensCare Perfect EMS: Instructions for Use and Features</a></p> <p>Comprehensive guide to the TensCare Perfect EMS unit, covering its features, how EMS and TENS work, intended use, contraindications, and operating instructions for muscle toning, rehabilitation, and pain relief.</p>
	<p><a href="#">Unifit TENS EMS Device User Manual and Instructions</a></p> <p>Comprehensive user manual for the Unifit TENS and EMS device from TensCare, covering instructions for use, safety guidelines, program details, troubleshooting, and technical specifications for pain relief, muscle toning, and rehabilitation.</p>
	<p><a href="#">Flexistim User Manual: TENS, EMS, MIC, IFT Electrotherapy Device</a></p> <p>Comprehensive user manual for the TensCare Flexistim, detailing its features, operation, and applications for TENS, EMS, MIC, and IFT electrotherapy for pain relief and muscle stimulation.</p>
	<p><a href="#">Perfect mamaTENS: TensCare TENS Machine for Labor and Pregnancy Pain Relief - Instructions</a></p> <p>User manual for the TensCare Perfect mamaTENS device. Learn how to use this TENS machine for drug-free pain relief during pregnancy, labor, and postpartum. Includes setup, operation, troubleshooting, and care guidelines.</p>
	<p><a href="#">TENS and EMS Machine Programme Definitions and Electrode Placement Guide</a></p> <p>Comprehensive guide to TENS and EMS machine programmes, including preset and manual settings, wave parameters, and detailed electrode placement instructions for various muscle groups. Learn how to optimize muscle stimulation.</p>



[TensCare Product Catalogue 2026: Electrotherapy Devices for Health & Wellness](#)  
Explore the comprehensive TensCare Product Catalogue 2026, featuring a wide range of innovative electrotherapy devices for pain relief, incontinence, beauty, fitness, recovery, and wellbeing. Discover TENS, EMS, and other advanced therapies.

TensCare  
Product Catalogue  
2026

## Documents - TensCare – K-UNIFIT



### [\[pdf\] Specifications Accessories Catalog](#)

Product Catalogue TensCare Ltd Electrotherapy Device Experts Catalogue23 24 v 1698842501 cdn shopify s files 1 0264 1182 7279 |||

Product Cataalooogguuee 20243-24 Contents About us 2 Pain Relief 4 Incontinence Sexual Heal ... ours Additional features Wearable New LCD Display IFT New EMS programmes Product code K-FORM **K-UNIFIT** K-UNIPRO Sports TENS x x Sports Training 56 x 114 x 23 90 34 1 Continuous 2 99 1 - 250...

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TensCare  
Product Catalogue  
2026

# Product Catalogue

## 2022-23

### [\[pdf\] Catalog](#)

Our Product Catalogue Perfect TENS Pain Relief Machine TensCare Ltd 2022 v 1641474368 cdn shopify  
s files 1 0264 1182 7279 |||

Product Catalogue 2022-23 Introduction The People In 2017, TensCare became an  
Employee Owned Busi ... z TENS: 50 - 300 / EMS: 100 - 450 / Massage: 200 - 250 s

Asymmetrical Bi-phasic Rechargeable Li-ion **K-UNIFIT** Features Features

Rehabilitation: neuromuscular facilitation, muscle re-education, musc...

lang:en **score:20** filesize: 8.47 M page\_count: 47 document date: 2022-01-06