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> Roscoe Medical 4-Channel EMS and TENS Unit Muscle Stimulator (Model AMZK004) User Manual

Roscoe Medical AMZK004

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1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Roscoe Medical 4-Channel EMS and TENS Unit Muscle Stimulator, Model AMZK004. This device is designed to deliver both Transcutaneous Electrical Nerve Stimulation (TENS) for pain relief and Electrical Muscle Stimulation (EMS) for muscle rehabilitation. Please read this manual thoroughly before operating the device and retain it for future reference.

2. IMPORTANT SAFETY INFORMATION

WARNING: Consult your physician before using this device, especially if you have a pacemaker, heart condition, epilepsy, or are pregnant. Do not apply electrodes over open wounds, rashes, or damaged skin. Keep out of reach of children. Discontinue use if you experience any adverse reactions and consult a healthcare professional.

- Do not use while driving or operating heavy machinery.
- Do not use near water or in damp environments.
- Do not place electrodes on your head, face, neck, or across your heart.
- Only use electrodes and accessories supplied or recommended by Roscoe Medical.
- This device is for external use only.

3. PACKAGE CONTENTS

Your Roscoe Medical 4-Channel EMS and TENS Unit package includes the following items:

- Four-channel digital TENS/EMS device

- 48-pack of electrodes (various sizes)
- 4 lead wires
- User manual
- Hard case carrying case
- 4 AA batteries (included)



Image: The Roscoe Medical 4-Channel EMS and TENS Unit, along with lead wires, electrodes, user manual, and batteries, neatly organized within its hard carrying case.

4. PRODUCT OVERVIEW

The Roscoe Medical 4-Channel EMS and TENS Unit is a versatile device featuring a clear liquid crystal display and intuitive controls. It offers four independent channels, allowing for simultaneous treatment of multiple areas or larger muscle groups with up to eight electrodes.

Liquid crystal display with simple user interface



Image: Detailed view of the device's liquid crystal display and control panel, highlighting channel output, intensity, waveform display, active mode, pulse width/rate, timer, and various control buttons.

Key Features:

- **Dual Therapy:** Combines TENS for pain relief and EMS for muscle stimulation.
- **Four Channels:** Allows for up to eight electrodes to be used simultaneously.
- **Multiple Modes:** Offers various modes for customized treatments.
- **Adjustable Settings:** Control intensity, pulse width, rate, and timer.
- **Portable Design:** Compact with a built-in belt clip for convenient use.

5. SETUP INSTRUCTIONS

1. **Install Batteries:** Open the battery compartment on the back of the device and insert the four AA batteries, ensuring correct polarity.
2. **Connect Lead Wires:** Plug the lead wires into the output jacks (CH1, CH2, CH3, CH4) at the top of the device. Each lead wire can connect to two electrodes.

3. **Attach Electrodes:** Connect the self-adhesive electrodes to the pins on the lead wires. Ensure the electrodes are clean and moist for optimal conductivity.
4. **Prepare Skin:** Clean and dry the skin area where electrodes will be placed. Avoid applying over hair, oils, or lotions.
5. **Apply Electrodes:** Firmly press the electrodes onto the skin in the desired treatment area. Refer to the electrode placement guidelines in the operating section for common applications.

6. OPERATING INSTRUCTIONS

Follow these steps to operate your EMS and TENS unit:

1. **Power On:** Press the **Power** button to turn on the device. The display will illuminate.
2. **Select Mode:** Press the **MODE** button to cycle through the available TENS and EMS programs. The selected mode will be displayed (e.g., TENS, EMS, or specific program names like SD1, C).
3. **Adjust Settings:** Use the **SET** button to navigate between adjustable parameters such as pulse width, rate (frequency), and timer. Use the **Up/Down arrow buttons** for each channel (CH1-CH4) to adjust the values.
4. **Set Intensity:** After selecting your desired mode and settings, gradually increase the intensity for each channel using the **Up arrow buttons** for CH1-CH4. Increase until you feel a comfortable, strong sensation. Avoid increasing to a painful level.
5. **Start Treatment:** The device will begin treatment once intensity is set. Monitor your comfort level throughout the session.
6. **Power Off:** Press and hold the **Power** button to turn off the device after your session.

Electrode Placement Guidelines:

Proper electrode placement is crucial for effective treatment. Place electrodes on clean, dry skin over or around the area of pain or muscle to be stimulated. Avoid bony prominences.

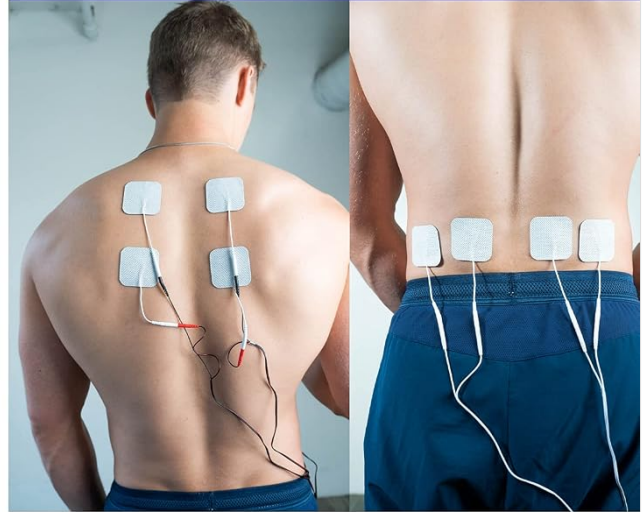
HAND pain

NECK pain



**UPPER
BACK** pain

**LOWER
BACK** pain



SHOULDER
pain

ELBOW
pain



KNEE pain

CALF pain



Image: Visual guide for electrode placement on different body areas to target pain in the hand, neck, upper back, lower back, shoulder, elbow, knee, and calf.

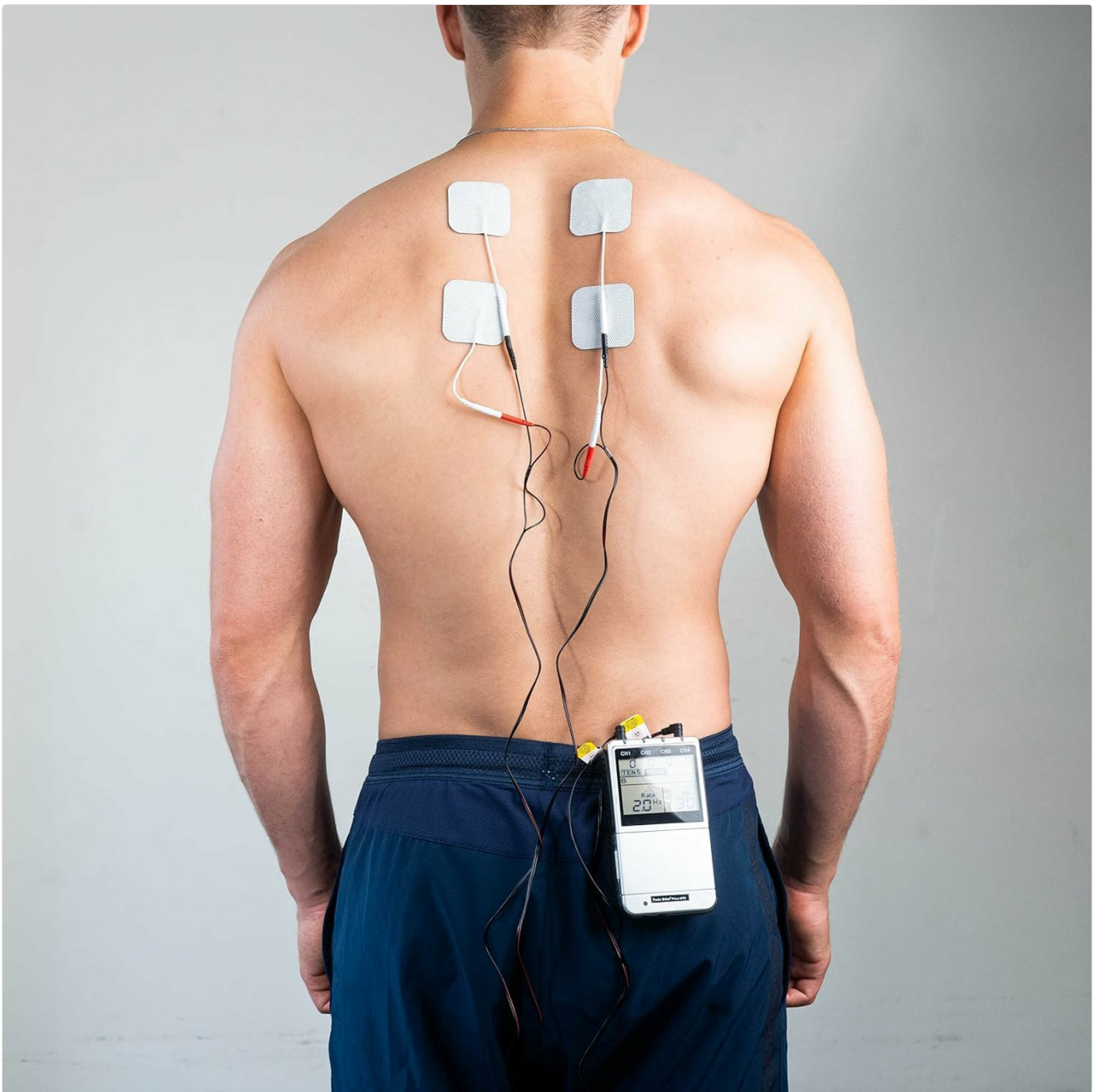


Image: An individual demonstrating the use of the TENS/EMS unit with electrodes applied to the back for pain relief.



Image: An individual using the TENS/EMS unit with electrodes positioned on the arm for targeted muscle stimulation or pain relief.



Image: An individual using the TENS/EMS unit with electrodes placed on the knee for localized treatment.

Official Product Video:

Your browser does not support the video tag.

Video: An official product video from Roscoe Medical demonstrating the features and usage of the 4-Channel EMS and TENS Unit Muscle Stimulator. This video provides a visual guide to operating the device and understanding its benefits for pain relief and muscle rehabilitation.

7. MAINTENANCE AND CARE

- **Cleaning the Device:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Electrode Care:** After each use, place the electrodes back on their protective liners. Store them in a sealed bag to prevent drying. Replace electrodes when they lose their adhesiveness.
- **Battery Replacement:** Replace all four AA batteries when the low battery indicator appears on the display.
- **Storage:** Store the device and accessories in the provided hard carrying case in a cool, dry place, away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	Low battery Electrodes not properly attached Lead wires disconnected Intensity too low	Replace batteries Ensure electrodes are firmly on skin Check lead wire connections Increase intensity gradually
Skin irritation	Electrodes are old or dry Skin not clean Allergic reaction to electrodes	Replace electrodes Clean skin thoroughly before use Discontinue use and consult physician
Device does not turn on	Dead batteries Battery compartment not closed	Replace batteries Ensure battery compartment is securely closed

If you experience issues not listed here, please contact Roscoe Medical customer support.

9. SPECIFICATIONS

- **Model Number:** AMZK004
- **Product Dimensions:** 11 x 2 x 7.5 inches
- **Item Weight:** 1 pound
- **Channels:** 4 independent channels
- **Power Source:** 4 AA batteries (included)
- **Manufacturer:** Compass Health Brands
- **Date First Available:** September 6, 2023

10. WARRANTY AND SUPPORT

Roscoe Medical products are designed for quality and reliability. For specific warranty details, please refer to the warranty card included with your product or visit the official Roscoe Medical website. For technical support, replacement parts, or any inquiries, please contact Roscoe Medical customer service.

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