Beurer EM29

Beurer EM29 2-in-1 Knee and Elbow TENS Machine

MODEL: EM29

1. Introduction

The Beurer EM29 Knee and Elbow TENS Device is engineered to provide drug-free pain relief for common overuse injuries, muscle soreness, and tendon issues. This versatile device features a universal wrap band that can be effectively applied to both the elbow and the knee, ensuring targeted stimulation. It utilizes reusable water contact electrodes, eliminating the need for gels or replacement pads, making it a convenient and economical solution for daily use and athletic recovery.

2. Important Safety Information

Please read all safety instructions carefully before using the device.

- This product is not recommended for use on any part of the body that has a metal implant, such as knee replacements which contain metal components.
- Do not use the device if you have a pacemaker or other implanted electronic devices.
- Consult your physician before use if you have any pre-existing medical conditions, including but not limited to heart disease, epilepsy, or skin conditions.
- Do not use on open wounds, irritated skin, or areas with swelling, redness, or inflammation.
- Keep out of reach of children.
- Do not use while driving or operating heavy machinery.
- Discontinue use immediately if you experience any discomfort or adverse reactions.

3. Package Contents

Verify that all items are present in the package:

- Beurer EM29 TENS Unit (Control Unit)
- Universal Wrap Band with Integrated Water Contact Electrodes
- Electrode Cables
- AAA Batteries (included for immediate use)
- Instruction Manual



Image: The Beurer EM29 TENS unit, the universal wrap band, and included batteries, illustrating the complete package contents.

4. Product Overview

The Beurer EM29 consists of a compact control unit and a flexible universal wrap band with integrated electrodes. The control unit features a simple user display and intuitive buttons for program selection and intensity adjustment.



Image: The Beurer EM29 TENS control unit connected to the universal knee and elbow wrap, showcasing the device's main components.

Key Features:

- **2-in-1 Design:** Universal wrap band for both knee and elbow.
- **Water Contact Electrodes:** Reusable, no gel or replacement pads required.
- **20 Intensity Levels:** Allows for precise adjustment of stimulation.
- **4 Programs:** Pre-set programs for varied treatment.
- **Auto Shut-off:** Enhances safety and conserves battery life.
- **Timer Function:** Built-in treatment timer for controlled sessions.

5. Setup

5.1 Battery Installation

1. Locate the battery compartment on the back of the EM29 control unit.
2. Open the compartment cover.
3. Insert the included AAA batteries, ensuring correct polarity (+/-).
4. Close the battery compartment cover securely.

5.2 Electrode Preparation

The EM29 uses innovative water contact electrodes, eliminating the need for conductive gel. Proper moistening is crucial for effective stimulation.

1. Before each use, lightly moisten the integrated electrodes on the inside of the universal wrap band with water. Do not soak the entire band.
2. Ensure the electrodes are evenly damp, but not dripping wet.
3. Connect the electrode cables from the wrap band to the corresponding port on the EM29 control unit.



Image: A close-up view of the water contact electrodes on the Beurer EM29 wrap, highlighting that no gel is needed for operation.

6. Operating Instructions

6.1 Powering On/Off

- To turn on the device, press and hold the **Power** button until the display illuminates.
- To turn off the device, press and hold the **Power** button again until the display turns off.

6.2 Selecting Programs

The EM29 offers 4 pre-set programs (A, B, C, D) for various stimulation patterns. The device defaults to Program "A" upon startup.

- Press the **Program (P)** button to cycle through the available programs (A, B, C, D).
- Select the program that best suits your needs or as recommended by a healthcare professional.

6.3 Adjusting Intensity

The device features 20 intensity levels, allowing you to customize the stimulation strength to your comfort level.

- Use the **Up Arrow** button to increase the intensity.
- Use the **Down Arrow** button to decrease the intensity.
- Start with a low intensity and gradually increase it until you feel a comfortable, yet effective, sensation.



Image: The Beurer EM29 TENS unit displaying its controls, indicating 1 channel and 20 intensity levels for customized treatment.

6.4 Timer Function

The EM29 includes a built-in treatment timer to ensure consistent session durations.

- The device will automatically shut off after the pre-set treatment time has elapsed.
- Refer to the display for the remaining treatment time.



Image: A person demonstrating the use of the Beurer EM29 on their knee, with the device's display clearly showing the active timer function.

7. Application

The universal wrap band is designed for comfortable and effective application on both the knee and elbow.



Image: The Beurer EM29 universal wrap band shown applied to both an elbow and a knee, demonstrating its 2-in-1 versatility for TENS therapy.

7.1 For Knee Application

1. Ensure the electrodes are moistened as described in Section 5.2.
2. Position the universal wrap band around your knee, ensuring the electrodes make full contact with the skin around the affected area.
3. Secure the band using the hook and loop fasteners for a snug, comfortable fit. The band fits sizes 9.8 - 27.8 inches.
4. Connect the control unit and begin your session.



Image: A person applying the Beurer EM29 TENS device to their knee, illustrating the proper placement for effective pain relief and highlighting the auto shut-off safety feature.

7.2 For Elbow Application

1. Ensure the electrodes are moistened as described in Section 5.2.
2. Wrap the universal band around your elbow, positioning the electrodes over the area requiring stimulation.
3. Fasten the band securely with the hook and loop fasteners, ensuring good skin contact.
4. Connect the control unit and start your session.



Image: A person demonstrating the application of the Beurer EM29 TENS device to their elbow, emphasizing targeted pain relief using TENS technology.



Image: A close-up view of the adjustable sleeve with its hook and loop fastener, illustrating how to secure the Beurer EM29 wrap for a custom fit.

8. Maintenance and Care

8.1 Cleaning the Electrodes and Wrap

- After each use, gently wipe the electrodes with a damp cloth. Do not use harsh cleaning agents or abrasive materials.
- Allow the electrodes and wrap to air dry completely before storing.
- The wrap band can be hand-washed with mild soap and water if necessary. Ensure the control unit is detached before washing.

8.2 Storing the Device

- Store the EM29 device and wrap in a cool, dry place, away from direct sunlight and extreme temperatures.
- If the device will not be used for an extended period, remove the batteries to prevent leakage.

9. Troubleshooting

If you encounter issues with your Beurer EM29, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
No stimulation felt or weak stimulation.	Electrodes are not sufficiently moistened or not making good skin contact. Low battery. Intensity level is too low.	Ensure electrodes are adequately moistened. Adjust the wrap for firm skin contact. Replace batteries if low. Increase intensity gradually.
Device does not turn on.	Batteries are incorrectly inserted or depleted.	Check battery polarity and ensure they are fresh. Replace batteries if necessary.
Skin irritation or redness.	Electrodes are too dry. Allergic reaction to material. Intensity too high.	Ensure electrodes are properly moistened. Discontinue use if irritation persists and consult a doctor. Reduce intensity.

10. Technical Specifications

Feature	Detail
Model Number	EM29
Power Supply	AAA Batteries
Intensity Levels	20
Programs	4
Electrode Type	Water Contact Electrodes (Reusable)
Application Area	Knee and Elbow
Wrap Band Size	Fits 9.8 - 27.8 inches
Dimensions (Package)	8.58 x 4.72 x 3.78 inches
Item Weight	0.5 Pounds
Manufacturer	Beurer North America
Country of Origin	China



Image: Diagram illustrating the approximate dimensions of the Beurer EM29 TENS unit and its universal wrap.

11. Warranty and Support

11.1 Warranty Information

Beurer products are manufactured with high-quality materials and are subject to thorough quality checks. For specific warranty details, including duration and coverage, please refer to the warranty card included with your product or visit the official Beurer North America website.

11.2 Customer Support

For technical assistance, troubleshooting beyond this manual, or to inquire about replacement parts, please contact Beurer North America customer service. Contact information can typically be found on the official Beurer website or on the product packaging.

You can also visit the Beurer Store on Amazon for more information and product resources.