

TENS 7000 DT7304

TENS 7000 Rechargeable TENS Unit Instruction Manual

Model: DT7304

1. INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your TENS 7000 Rechargeable TENS Unit. Please read this manual thoroughly before operating the device and retain it for future reference.

The TENS 7000 Rechargeable TENS Unit is designed to provide targeted pain relief and assist with muscle recovery through Transcutaneous Electrical Nerve Stimulation (TENS) therapy.

2. IMPORTANT SAFETY INFORMATION AND WARNINGS

WARNING: This device CANNOT be used by/on:

- Pregnant women, because the safety of electrical stimulation during pregnancy has not been established.
- Children or infants, because the device has not been evaluated for pediatric use.
- Persons incapable of expressing their thoughts or intentions.
- Persons that have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.
- Persons with a life-supporting medical electronic device such as an artificial heart, lung or respirator.
- In the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.

Consult with your physician before using this device, because the device may cause lethal rhythm disturbances in certain susceptible individuals.

3. WHAT'S INCLUDED

Your TENS 7000 Rechargeable TENS Unit package includes the following components:

- TENS Unit

- Carry Case
- 4 Pack Electrodes
- Lead Wires
- Recharging Cable
- Instruction Manual (this document)



Image: All components included in the TENS 7000 Rechargeable TENS Unit package.

4. PRODUCT OVERVIEW AND FEATURES

The TENS 7000 Rechargeable TENS Unit is a dual-channel device designed for effective pain management and muscle stimulation. Key features include:

- **Targeted Pain Relief:** Provides long-lasting pain relief for various body areas including back, neck, and shoulders.
- **Rechargeable Battery:** Built-in rechargeable battery for convenience and extended therapy sessions.
- **Customizable Settings:** Features 5 treatment modes with adjustable intensity (up to 80mA), pulse rate (2-150 Hz),

pulse width (50-300 μ s), and a 1-60 minute timer.

- **Dual Channel:** Allows for the use of up to four electrode pads simultaneously for broader coverage.
- **Portable Design:** Compact and includes a belt clip and carry case for discreet and on-the-go use.



Image: The TENS 7000 Rechargeable TENS Unit and its primary accessories.

EASY-TO-USE



Image: Front and top view of the TENS 7000 unit highlighting its controls and display.



4x Use Up to 4 Pads at Once

Drug-Free Pain Relief

5 MODES Customizable Settings To Meet Your Pain Relief Needs

All-In-One Set With Everything You Need

Portable With Belt-clip and Carrying Case for Use Anywhere

Image: The TENS 7000 unit in use, demonstrating its portability and the application of electrode pads for pain relief.

5. SETUP INSTRUCTIONS

5.1 Charging the Device

Before first use, fully charge your TENS 7000 unit. The device features a built-in rechargeable battery and charges via a USB-C port.

1. Locate the USB-C charging port on the side of the TENS unit.
2. Connect the provided USB-C charging cable to the unit.
3. Plug the other end of the USB-C cable into a compatible USB power adapter (not included) or a computer USB port.
4. Allow the unit to charge until the battery indicator on the display shows a full charge.

CHARGE YOUR TENS UNIT VIA THE USB-C PORT



Image: Demonstrating how to charge the TENS 7000 unit using the USB-C port.

5.2 Connecting Electrodes

The TENS 7000 unit uses lead wires to connect to the electrode pads.

1. Ensure the TENS unit is turned off before connecting or disconnecting lead wires and electrodes.
2. Insert the pin connectors of the lead wires into the output jacks on the top of the TENS unit.
3. Attach the other end of the lead wires to the electrode pads. Ensure a secure connection.
4. Peel the electrode pads from their protective liner and apply them to clean, dry skin in the desired treatment area. Refer to section 6.2 for proper pad placement.

6. OPERATING INSTRUCTIONS

6.1 Basic Operation

1. **Turn on the power:** Rotate the intensity control knob on the top of the unit clockwise to turn on the device.
2. **Select Mode:** Press the **MODE** button to cycle through the 5 available treatment modes (e.g., Burst, Normal,

Modulation).

3. **Adjust Settings:** Press the **SET** button to select the parameter you wish to adjust (Pulse Rate, Pulse Width, Timer). Use the **UP** (▲) and **DOWN** (▼) arrow buttons to increase or decrease the selected setting.
4. **Adjust Intensity:** Slowly rotate the intensity control knob clockwise for each channel to increase the stimulation intensity to a comfortable level. Do not set the intensity too high.
5. **End Treatment:** Rotate the intensity control knob counter-clockwise until the unit turns off. Remove electrode pads from your skin.

PORTABLE PAIN RELIEF

Compact Design for Discreet Use

Product dimensions:
4" H x 2.5" W
x 1.25" D



Includes a belt-clip for hands-free use



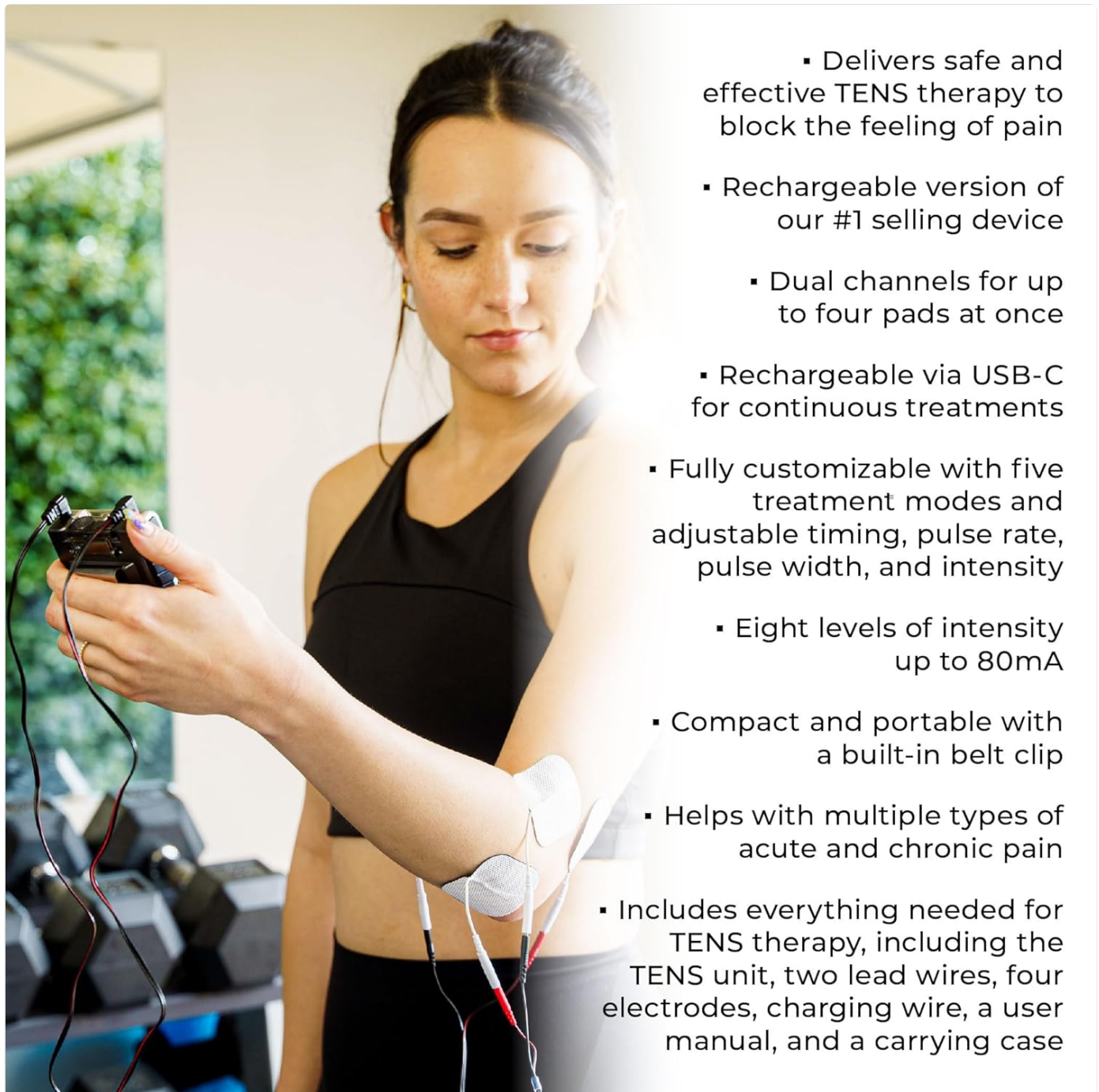
Includes a hard carry case for easy storage



Image: Step-by-step visual guide on operating the TENS 7000 unit.

6.2 Electrode Pad Placement

Proper placement of electrode pads is crucial for effective and safe treatment. Place pads around the area of pain, ensuring they are on clean, dry, intact skin.



- Delivers safe and effective TENS therapy to block the feeling of pain
- Rechargeable version of our #1 selling device
- Dual channels for up to four pads at once
- Rechargeable via USB-C for continuous treatments
- Fully customizable with five treatment modes and adjustable timing, pulse rate, pulse width, and intensity
- Eight levels of intensity up to 80mA
- Compact and portable with a built-in belt clip
- Helps with multiple types of acute and chronic pain
- Includes everything needed for TENS therapy, including the TENS unit, two lead wires, four electrodes, charging wire, a user manual, and a carrying case

Image: Recommended electrode pad placements for various body areas.

General Guidelines:

- Place pads at least one inch apart.
- Avoid placing pads directly over joints, open wounds, or irritated skin.
- Do not place pads on the head, face, front of the neck, or across the chest.
- Consult a healthcare professional for specific placement recommendations for your condition.

7. MAINTENANCE AND CARE

7.1 Cleaning the Unit

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

7.2 Electrode Pad Care

- After each use, reattach the electrode pads to their protective liner to preserve their adhesive quality.
- Store pads in a sealed bag or the provided carry case to prevent drying out.
- Replace electrode pads when they lose their stickiness or become damaged.

7.3 Storage

Store the TENS unit and its accessories in the provided carry 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 intensity setting, poor electrode contact, dead battery, faulty lead wire.	Increase intensity slowly. Ensure pads are firmly on skin. Recharge unit. Check lead wire connections or replace if damaged.
Irritation or redness under pads	Pads are too old/dry, allergic reaction, intensity too high, prolonged use.	Replace pads. Discontinue use if irritation persists and consult physician. Reduce intensity. Limit session duration.
Unit does not turn on	Battery is depleted.	Charge the unit fully.

If you experience issues not listed here or if problems persist, please contact customer support.

9. SPECIFICATIONS

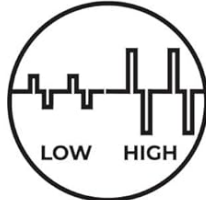
- **Product Dimensions:** 4 x 2.5 x 1 inches
- **Weight:** 1 Pound
- **Model Number:** DT7304
- **Manufacturer:** Compass Health Brands
- **Power Source:** Rechargeable Battery (USB-C charging)
- **Intensity:** Up to 80mA
- **Pulse Width:** 50-300 μ s
- **Pulse Rate:** 2-150 Hz
- **Modes:** 5 customizable modes
- **Channels:** Dual Channel (supports up to 4 pads)

NO PAIN IS THE SAME

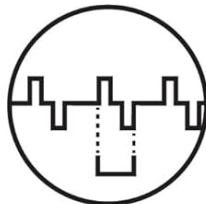
Fully Customizable Settings



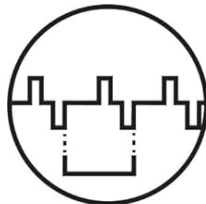
5 Modes



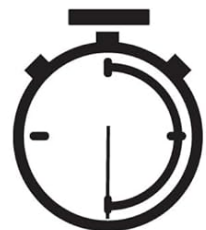
0-80 mA Intensity



50-300 μ s Pulse Width



2-150 Hz Pulse Rate



1-60 Minute Timer

Image: Dimensions and portability features of the TENS 7000 unit, including the belt clip and carry case.

DELIVERS TARGETED PAIN RELIEF

Place the Pads Around Your Pain

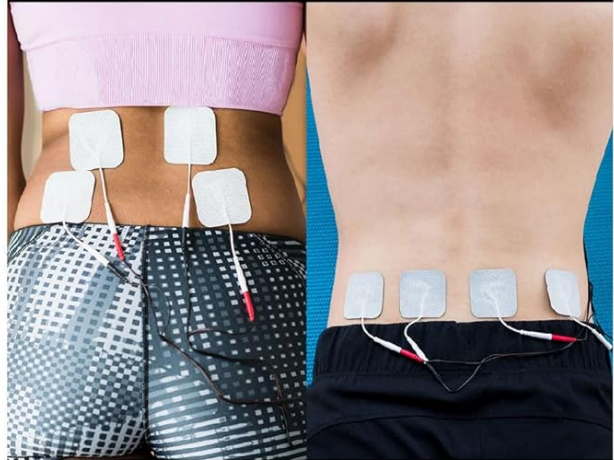
NECK

Cervical Pain



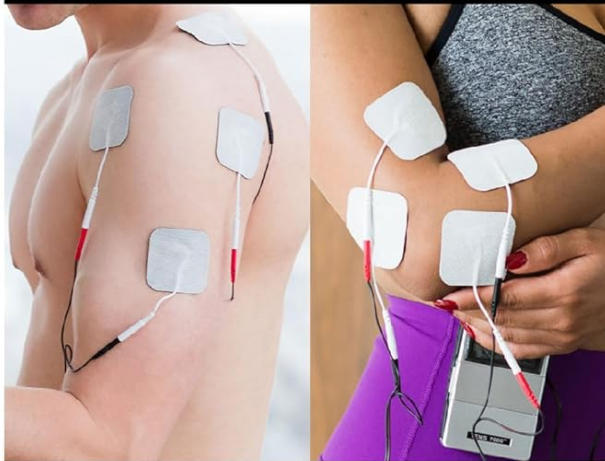
LOWER BACK

Lumbar Pain



SHOULDER / ELBOW

Arm Pain



KNEE / CALF

Leg Pain

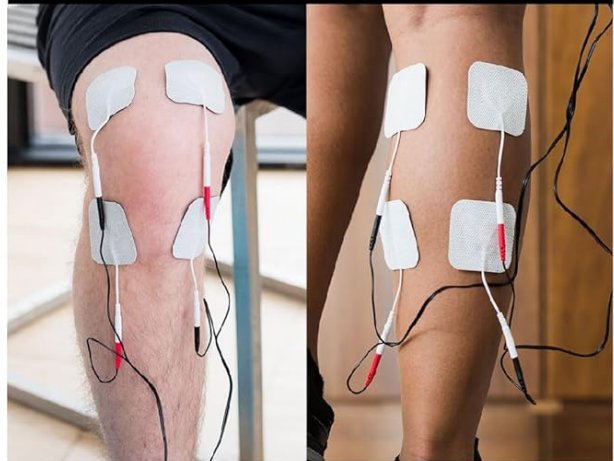


Image: Detailed specifications for the customizable settings of the TENS 7000 unit.

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the contact details provided on the product packaging or visit the official TENS 7000 website. Keep your purchase receipt for warranty claims.

Manufacturer: Compass Health Brands