AUVON PT1 Pro

AUVON PT1 Pro Rechargeable Digital TENS Unit User Manual

Model: PT1 Pro | Brand: AUVON

Introduction

The AUVON PT1 Pro Rechargeable Digital TENS Unit is designed for temporary pain relief associated with sore and aching muscles. It utilizes Transcutaneous Electrical Nerve Stimulation (TENS) technology to help alleviate discomfort in various body areas, including the shoulder, waist, back, neck, arms, legs, abdomen, and glutes. This device offers a drug-free alternative for managing pain from exercise or daily activities.

Important Safety Information & Legal Disclaimer

This product is not suitable for individuals with certain medical conditions or circumstances. Please read the following points carefully before using this product:

- **Do not use** this product if you have an implanted defibrillator, cardiac pacemaker, or any other implanted metallic or electronic device.
- **Do not use** this product if you have heart rhythm problems, epilepsy, brain diseases, or neurological disorders.
- **Do not use** this product if you have undiagnosed chronic pain.
- **Do not use** this product if you are pregnant or in labor.
- **Do not use** this product if you have cancer.
- **Do not use** this product if you are sensitive to electrotherapy.
- **Do not use** this product excessively.
- **Do not use** this product above the neck, especially on the head or neck area.
- **Do not use** this product if you are under 22 years of age.

Individual symptoms, situations, circumstances, and results may vary. The information provided is not intended to be used for medical diagnosis or treatment or as a substitute for professional medical advice. Please consult your physician or qualified health care provider regarding your condition and appropriate medical treatment.

What's in the Box

Your AUVON PT1 Pro TENS Unit package includes the following items:

- 1 x AUVON PT1 Pro TENS Unit

- 1 x Carry Case
- 6 x TENS Pads (electrode pads)
- 1 x USB-C Charging Cable (adapter not included)
- 2 x Electrode Cables (3.5 ft)
- 1 x User Manual
- 1 x Quick Start Guide



Image: All components included in the AUVON PT1 Pro TENS Unit package, neatly organized within its protective carry case.

Device Overview

The AUVON PT1 Pro TENS Unit is compact and designed for ease of use. It features a clear display and intuitive controls for personalized pain relief.



Image: Front view of the AUVON PT1 Pro TENS Unit, highlighting its digital display and control buttons for mode selection and intensity adjustment.

Key Features:

- **8 Customizable Modes:** Offers various stimulation patterns for different pain types.
- **40 Intensity Levels:** Provides precise control over stimulation strength.
- **600 mAh Rechargeable Battery:** Up to 60 hours of continuous use on a single charge.
- **Dual Channel Operation:** Allows for simultaneous treatment of two different body areas with independent intensity settings.
- **Belt Clip Design:** For convenient portability during use.
- **Industry-Leading TENS Pads:** Durable and reusable pads with standard 2mm connectors.



Image: The TENS unit's screen displaying the 8 customizable modes, allowing users to select the most suitable program for their pain relief needs.



Image: Visual representation emphasizing the long-lasting 60-hour battery life of the AUVON PT1 Pro TENS Unit, powered by its 600 mAh rechargeable battery.

Setup

1. **Charge the Device:** Before first use, fully charge the TENS unit using the provided USB-C cable. Connect it to a wall charger, power bank, or laptop USB port. The battery indicator on the screen will show charging progress.
2. **Prepare Skin:** Ensure the skin area where pads will be applied is clean, dry, and free of oils or lotions. This helps with pad adhesion and effective stimulation.
3. **Connect Electrode Cables:** Plug the electrode cables into the CH1 and/or CH2 ports at the bottom of the TENS unit.
4. **Attach Pads to Cables:** Connect the TENS pads to the ends of the electrode cables. Ensure a secure connection.
5. **Apply Pads to Skin:** Carefully peel the protective film from the TENS pads and firmly apply them to the targeted muscle area. Ensure the pads are not placed over broken skin, open wounds, or sensitive areas as per safety guidelines.

Video: A step-by-step guide on how to set up and use the AUVON

Rechargeable Digital TENS Unit, including connecting pads and adjusting settings.

Operating Instructions

1. **Power On:** Long press the center power button (Mode/Power/Lock) to turn on the device. The screen will illuminate.
2. **Select Mode:** Press the 'MODE' button to cycle through the 8 available modes (Normal, Burst, Modulation, SD1, SD2, SD3, SD4, SD5). Choose the mode that best suits your pain relief needs.
3. **Adjust Frequency/Pulse Width:** Press the 'SET' button to highlight either 'Rate' (frequency in Hz) or 'Width' (pulse width in µS). Use the '+' or '-' buttons to adjust the values.
4. **Set Treatment Time:** Press the 'SET' button again to highlight 'Time' (in minutes). Use the '+' or '-' buttons to set the desired treatment duration (10-90 minutes). You can also select 'C' for continuous mode, which will run until the battery is depleted.
5. **Adjust Intensity:** Slowly turn the rotary knobs for CH1 and CH2 (located under the clear cover) to increase the intensity level for each channel independently. Start from 0 and gradually increase until you feel a comfortable, yet effective, stimulation. The screen will display the current intensity level (0-40).
6. **Lock Controls:** To prevent accidental changes during use, long press the center power button to lock the controls. The lock icon will appear on the screen. Long press again to unlock.
7. **Power Off:** After your session, long press the center power button to turn off the device.



Image: The rotary knobs on top of the AUVON PT1 Pro TENS Unit allow for precise, gradual adjustment of intensity levels from 0 to 40, ensuring a comfortable experience without sudden shocks.

Pad Placement Guide

Proper pad placement is crucial for effective TENS therapy. Always place pads on clean, dry skin. Avoid placing pads over joints, directly on bones, or on the head, face, or neck.

General Guidelines:

- Place pads on or around the area of pain.
- Ensure pads are at least one inch apart.
- For larger muscle groups, use larger pads or multiple pads.
- Avoid placing pads directly over the heart or across the chest.



Image: Visual guide demonstrating recommended electrode pad placements for common pain areas such as shoulders, back, knees, and wrists.

Maintenance & Care

- **Cleaning Pads:** After each use, gently wipe the adhesive side of the pads with a damp cloth to remove any debris. Allow them to air dry completely before reattaching them to the protective film. Proper cleaning extends pad lifespan (up to 45 uses).
- **Storage:** Store the TENS unit and pads in the provided carry case in a cool, dry place away from direct sunlight and extreme temperatures.
- **Device Cleaning:** Wipe the device with a soft, dry cloth. Do not use abrasive cleaners or immerse the device in water.
- **Pad Replacement:** Replace electrode pads when they lose their adhesive quality or if you notice decreased stimulation effectiveness. Compatible replacement pads with standard 2mm connectors are widely available.

Troubleshooting

- **No Stimulation/Weak Stimulation:**
  - Check battery level: Ensure the device is fully charged.
  - Check pad connection: Make sure electrode cables are securely plugged into the device and pads.
  - Check pad adhesion: Ensure pads are firmly applied to clean, dry skin. Replace pads if adhesive is worn.
  - Increase intensity: Gradually increase the intensity level using the rotary knobs.
  - Check mode settings: Ensure a suitable mode is selected.
- **Skin Irritation:**
  - Ensure skin is clean before application.
  - Avoid placing pads over irritated or broken skin.
  - Consider using hypoallergenic pads if irritation persists.
  - Do not use the device for prolonged periods in one area.
- **Device Not Turning On:**
  - Ensure the device is fully charged.
  - Long press the power button for 2-3 seconds.

Video: An overview of the AUVON PT1 Pro TENS Unit, demonstrating its features and potentially addressing common operational questions.

Specifications

Feature	Detail
Model	AUVON PT1 Pro
Battery	600 mAh Lithium Ion (rechargeable)
Usage Time	Up to 60 hours (continuous)
Modes	8 Customizable Modes
Intensity Levels	40 Levels
Channels	Dual Channel (independent control)
Pad Connector	Standard 2mm
Package Dimensions	8.43 x 7.17 x 2.05 inches
Weight	15.52 ounces
Country of Origin	China

Warranty & Support

AUVON is committed to providing high-quality products and customer satisfaction. For warranty information, technical support, or any inquiries regarding your AUVON PT1 Pro TENS Unit, please refer to the contact details provided in your user manual or visit the official AUVON website. AUVON has been trusted by millions of customers for over 7 years in pain management solutions.

For more information, visit the AUVON 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.

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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