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› AVCOO TENS EMS Unit TU1130 Instruction Manual

AVCOO TU1130

AVCOO TENS EMS Unit TU1130 Instruction Manual

Model: TU1130

INTRODUCTION

Welcome to the instruction manual for your AVCOO TENS EMS Unit, Model TU1130. This compact and portable device is designed to provide both Transcutaneous Electrical Nerve Stimulation (TENS) for pain relief and Electrical Muscle Stimulation (EMS) for muscle conditioning. This manual will guide you through the safe and effective use of your device, from initial setup to maintenance and troubleshooting.



Image: The AVCOO TENS EMS Unit TU1130, shown with connected electrode pads and lead wires, ready for use.

IMPORTANT SAFETY INFORMATION

Please read all safety information carefully before using this device. Failure to do so may result in injury or adverse reactions.

General Safety Precautions

- If you have any of the following conditions, please carefully read the USER MANUAL of the AVCOO Muscle Stimulator or consult with your physician before purchasing or using this device (e.g., any acute disease; tumor; infectious disease; pregnancy; heart disease; high fever; abnormal blood pressure; epilepsy; brain diseases; neurological disorders; sensitivity to electrotherapy; lack of skin sensation or abnormal skin conditions; any condition requiring active medical supervision).
- Do not use excessively.
- Avoid using above the neck, especially on the head or neck area.

Legal Disclaimer

Before using this product, please carefully review the following important information as it may not be suitable for

individuals with certain medical conditions or circumstances.

- 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 are experiencing 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.

Please note that individual symptoms, situations, circumstances, and results may vary. It is strongly recommended that you consult with your physician or a qualified healthcare provider regarding your specific condition and appropriate medical treatment. The information provided here is not intended for medical diagnosis or treatment and should not be used as a substitute for professional medical advice.

PACKAGE CONTENTS

Verify that all items are present in your AVCOO TENS EMS Unit package:

- 1 x AVCOO TENS EMS Unit (Model TU1130)
- 12 x Medical Snap Button Electrodes (4pcs 2" x 4" rectangular pads, 4pcs 2" x 3" palm-shaped pads, 4pcs 1" x 2" oval pads)
- 2 x Lead Wires
- 1 x Type-C Charging Cable
- 1 x Storage Pouch
- 1 x User Manual (this document)

PACKAGE CONTENTS



Image: All components included in the AVCOO TENS EMS Unit package, including the main unit, various electrode pads, lead wires, charging cable, and storage pouch.

DEVICE OVERVIEW

The AVCOO TENS EMS Unit TU1130 is a compact device featuring a clear display and intuitive controls. Understanding its components is essential for proper operation.

Unit Features:

- **Display Screen:** Shows mode, intensity level, remaining time, and battery status.

- **Power Button:** Typically located on the side, press and hold to turn the unit on or off.
- **Mode Selection Buttons:** Used to cycle through the 30 available TENS and EMS modes.
- **Intensity Adjustment Buttons (+/-):** Increase or decrease the stimulation intensity.
- **Timer/Lock Button:** Adjusts treatment duration and can lock the screen to prevent accidental changes.
- **Output Ports:** Two ports at the top for connecting lead wires.
- **Type-C Charging Port:** Located at the bottom for recharging the internal battery.



30

Modes Levels Hours



Type-C Fast
Charging



Memory
Function

LONG-LASTING BATTERY

with the control buttons.

SETUP

1. Charging the Unit

1. Connect the provided Type-C charging cable to the charging port at the bottom of the unit.
2. Plug the other end of the cable into a standard USB power adapter (not included) or a computer USB port.
3. The battery indicator on the display will show the charging status. A full charge typically provides up to 30 hours of usage.

2. Connecting Electrode Pads

1. Ensure the TENS EMS unit is turned off before connecting pads.
2. Snap the lead wires onto the metal buttons of the electrode pads. Ensure a secure connection.
3. Insert the plugs of the lead wires into the output ports located at the top of the TENS EMS unit. The unit has two channels, allowing for simultaneous use of up to four pads.

OPERATING INSTRUCTIONS

1. Applying Electrode Pads

1. Clean and dry the skin area where you intend to apply the electrode pads. Avoid applying over broken, irritated, or sensitive skin.
2. Carefully peel the protective film from the adhesive side of the electrode pads.
3. Apply the pads firmly to the skin, ensuring full contact. Proper adhesion is crucial for effective and comfortable stimulation.

2. Power On/Off

- To turn on: Press and hold the power button (usually on the side) for a few seconds until the display illuminates.
- To turn off: Press and hold the power button again for a few seconds until the display turns off.

3. Selecting a Mode

- The unit has 30 pre-programmed modes (P1-P30).
- Use the Mode button (often labeled 'M' or represented by up/down arrows for mode selection) to cycle through the available programs.
- Modes P1-P17 are generally TENS modes for pain relief.
- Modes P18-P30 are generally EMS modes for muscle stimulation.

4. Adjusting Intensity

- After selecting a mode, use the '+' and '-' buttons (or up/down arrows for intensity) to adjust the stimulation level.
- There are 30 intensity levels. Start at the lowest level and gradually increase until you feel a comfortable, yet effective, sensation. Avoid setting the intensity too high, which can cause discomfort.

5. Setting the Timer

- The unit typically has a default treatment time.
- Press the 'T' (Timer) button to adjust the treatment duration in increments (e.g., 10 minutes).
- The remaining time will be displayed on the screen. The unit will automatically shut off when the timer expires.

6. Screen Lock Function

- To prevent accidental changes during a session, press and hold the 'T/lock' button for a few seconds to activate the screen lock. A lock icon will appear on the display.
- Repeat the action to unlock the screen.

UNDERSTANDING TENS AND EMS

Your AVCOO unit combines two distinct therapeutic functions:

TENS (Transcutaneous Electrical Nerve Stimulation)

TENS therapy works by sending mild electrical impulses through the skin to the nerves. This can help to block pain signals from reaching the brain and stimulate the body's natural production of endorphins, which are natural pain relievers. TENS is primarily used for temporary relief of chronic or acute pain.



Image: A diagram showing the principle of TENS, where electrical impulses are sent to block pain signals before they reach the brain.

EMS (Electrical Muscle Stimulation)

EMS therapy uses electrical signals to induce muscle contractions. This function can be beneficial for muscle rehabilitation, strengthening, and improving muscle performance. It mimics the natural process of muscle contraction initiated by the central nervous system.

MEDICAL SNAP BUTTON ELECTRODES

*Certificated latex-free, and
non-irritating for skin.*



Image: Visual representation of TENS modes (P1-P17) for deep tissue pain relief and EMS modes (P18-P30) for rejuvenating muscle performance.

ELECTRODE PAD APPLICATION GUIDELINES

Proper placement of electrode pads is crucial for effective and safe treatment. Always refer to a professional for specific placement recommendations for your condition.

- **Skin Preparation:** Ensure the skin area is clean, dry, and free of lotions or oils before applying pads.
- **Placement:** Place pads on either side of the painful area, or on the muscle group you wish to stimulate. Do not place pads directly over joints, bony prominences, or the heart.

- **Distance:** For TENS, pads should be at least one inch apart. For EMS, placement depends on the muscle group.
- **Pad Sizes:** The unit includes various pad sizes (rectangular, palm-shaped, oval) to accommodate different body areas and contours.
- **Avoid Sensitive Areas:** Never place pads on the head, face, front of the neck, chest, or over areas of broken skin.

TENS

P1-P17

*Pain Relief for
Deep Tissue*



VARIOUS MODES FOR MORE CHOICES

EMS

P18-P30

*Rejuvenate Muscle
Performance*



Image: An exploded view of a medical snap button electrode pad, illustrating its multiple layers designed for effective and comfortable skin adhesion.

MAINTENANCE AND STORAGE

Proper care of your AVCOO TENS EMS Unit and its accessories will ensure longevity and optimal performance.

Unit Maintenance:

- Wipe the unit with a soft, slightly damp cloth. Do not use harsh chemicals, abrasive cleaners, or immerse the unit in water.
- Keep the unit dry and away from extreme temperatures.

Electrode Pad Maintenance:

- After each use, gently place the adhesive side of the pads back onto their protective plastic sheets.
- If the pads lose their stickiness, gently moisten the adhesive surface with a few drops of water. Allow to air dry slightly before reapplying to the protective sheet.
- The medical-grade pads are designed for long-lasting adhesion and can be reused more than 50 times with proper care. Replace pads when they no longer adhere effectively.

Storage:

- Store the unit and all accessories in the provided storage pouch.
- Keep the device in a cool, dry place, away from direct sunlight, high humidity, and extreme temperatures.
- Store out of reach of children.

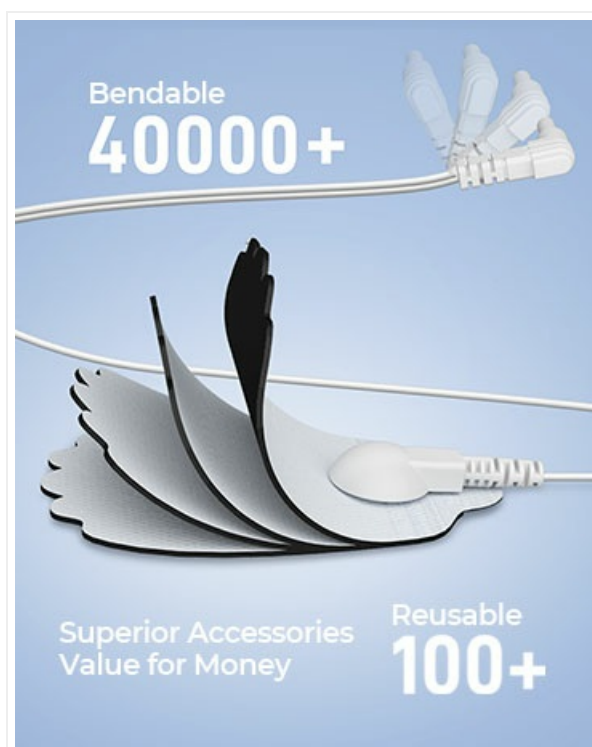


Image: Illustration of the durable, bendable lead wires and the multi-layered, reusable electrode pads, emphasizing their quality and longevity.

TROUBLESHOOTING

If you encounter any issues with your AVCOO TENS EMS Unit, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
No sensation or weak sensation	Unit off, low battery, loose connections, poor pad adhesion, low intensity.	Ensure unit is on. Charge battery. Check lead wire connections to unit and pads. Reapply pads firmly to clean skin. Increase intensity gradually. Replace old pads.
Unit not turning on	Battery depleted, power button not held long enough.	Charge the unit fully. Press and hold the power button for 2-3 seconds.
Electrode pads not sticking	Skin not clean/dry, pads worn out.	Clean and dry skin thoroughly before application. Gently moisten adhesive side of pads with water. Replace pads if they have lost adhesion after many uses.
Discomfort during use	Intensity too high, improper pad placement, skin irritation.	Reduce intensity immediately. Adjust pad placement. Ensure pads are not on sensitive or broken skin. Consult safety information.

SPECIFICATIONS

- **Model Number:** TU1130
- **Functions:** TENS (Transcutaneous Electrical Nerve Stimulation) & EMS (Electrical Muscle Stimulation)
- **Modes:** 30 pre-programmed modes (P1-P17 TENS, P18-P30 EMS)
- **Intensity Levels:** 30 adjustable levels
- **Channels:** Dual Channel
- **Battery:** Rechargeable, provides up to 30 hours of usage
- **Charging:** Type-C Fast Charging
- **Unit Dimensions:** Approximately 4.8" x 1.3" x 0.5"
- **Unit Weight:** Approximately 0.09 lb
- **Electrode Pads:** Medical-grade, latex-free, reusable (50+ times), various sizes included (2"x4" rectangular, 2"x3" palm-shaped, 1"x2" oval)
- **Package Dimensions:** 5.75 x 3.27 x 2.32 inches
- **Package Weight:** 6.74 ounces

WARRANTY AND CUSTOMER SUPPORT

Warranty Information:

The AVCOO TENS EMS Unit TU1130 is covered by a **12-Month Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

Customer Support:

For any questions, technical assistance, troubleshooting beyond this manual, or warranty claims, please contact AVCOO customer service. Refer to the contact information provided in your product packaging or visit the official AVCOO website for support details.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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

Answered questions about this manual

I have misplaced the manual for my AVCOO TU1130 TENS EMS Unit. Can you provide guidance on pad placement and the best modes for the shoulder area after rotator cuff surgery?

For the AVCOO TU1130, proper pad placement and mode selection are essential for effective recovery. However, because you are recovering from rotator cuff surgery, it is critical to consult your surgeon or physical therapist...

[Read full answer](#)