

[Manuals.plus](#) /

› [AVCOO](#) /

› AVCOO TENS EMS Unit Muscle Stimulator TA2224C User Manual

AVCOO TA2224C

AVCOO TENS EMS Unit Muscle Stimulator TA2224C User Manual

Model: TA2224C

1. INTRODUCTION

The AVCOO 3-in-1 TENS EMS Unit Muscle Stimulator, Model TA2224C, is designed to provide drug-free pain relief and muscle conditioning. This device combines Transcutaneous Electrical Nerve Stimulation (TENS) for pain relief, Electrical Muscle Stimulation (EMS) for muscle conditioning, and a RELAX mode for general body relaxation. It is intended for use in alleviating muscle soreness in various body areas such as the elbows, shoulders, back, knees, arms, legs, sciatica, and pelvic region.

Please read this manual thoroughly before first use to ensure safe and effective operation of your device.



Image 1.1: The AVCOO TENS EMS Unit, including the main device, various sizes of electrode pads, lead wires, a Type-C charging cable, and a dust-proof storage bag.

2. SAFETY INFORMATION

It is crucial to understand and adhere to all safety warnings and precautions before using the AVCOO Muscle Stimulator. Consult with your physician before using this device if you have any pre-existing medical conditions.

Do not use this device if you have any of the following conditions:

- Any acute disease, tumor, or infectious disease.
- Pregnancy.
- Heart disease, high fever, or abnormal blood pressure.
- Epilepsy, brain diseases, or neurological disorders.
- Sensitivity to electrotherapy.
- Lack of skin sensation or abnormal skin conditions.

- Any condition requiring active medical supervision.

Important Precautions:

- Do not use excessively.
- Avoid using above the neck, especially on the head or neck area.
- Do not use if you have an implanted defibrillator, cardiac pacemaker, or any other implanted metallic or electronic device.
- Do not use if you are experiencing undiagnosed chronic pain.
- Do not use if you have cancer.
- Do not use if you are under 22 years of age.

Individual symptoms, situations, circumstances, and results may vary. Always 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.

3. PACKAGE CONTENTS

Upon opening your AVCOO TENS EMS Unit package, please verify that all the following items are included:

- 1 x AVCOO Stim Machine (Model TA2224C)
- 2 pcs 2" x 4" Rectangular Electrode Pads
- 6 pcs 2" x 3" Palm-shaped Electrode Pads
- 2 pcs 1" x 2" Oval Electrode Pads
- 2 x Lead Wires
- 1 x Type-C Charging Cable
- 1 x User Manual (this document)
- 1 x Dust-Proof Storage Bag

4. PRODUCT OVERVIEW AND FEATURES

The AVCOO TENS EMS Unit is a versatile device designed for comprehensive pain management and muscle support. Its compact and portable design allows for convenient use at home or on the go.



3-IN-1 MASSAGER

*Enjoy the relaxation
anytime, anywhere.*

TENS
Pain Relief

RELAX
Body Relaxation

EMS
Muscle Conditioning

Image 4.1: The AVCOO device demonstrating its 3-in-1 functionality for TENS (Pain Relief), RELAX (Body Relaxation), and EMS (Muscle Conditioning).

Key Features:

- **3-in-1 Functionality:** Combines TENS, EMS, and RELAX therapies.
- **24 Pre-programmed Modes:** Offers a variety of stimulation patterns for different needs.
- **40 Intensity Levels:** Allows for precise adjustment of stimulation intensity.
- **Dual Channel (A/B):** Enables simultaneous treatment of two different body areas or use with 2 or 4 electrode pads.
- **Powerful Battery:** Provides up to 40 hours of continuous use on a single charge.
- **Type-C Charging:** Convenient and fast recharging.
- **Adjustable Timer:** Treatment sessions can be set from 10 to 90 minutes.
- **Memory Function:** Recalls previous settings for quick setup.
- **Screen Lock:** Prevents accidental changes during use.
- **Medical-grade Electrode Pads:** Latex-free, made with American gel for safe and reusable application (50+ uses).

- **Durable Lead Wires:** Designed for over 40,000 bend/plug/unplug cycles.

TAKE IT ANYWHERE FOR ON-THE-GO PAIN RELIEF



Image 4.2: The compact design of the AVCOO TENS EMS Unit, highlighting its portability for on-the-go use.

5. SETUP

Follow these steps to prepare your AVCOO TENS EMS Unit for use:

1. **Charge the Device:** Before first use, fully charge the device using the provided Type-C charging cable and a compatible USB power source (wall charger, power bank, or laptop). The battery indicator on the screen will show charging status.
2. **Connect Lead Wires:** Insert the pin connectors of the lead wires into the output ports (A and B) on the top of the AVCOO device.
3. **Attach Electrode Pads:** Connect the snap connectors on the lead wires to the electrode pads. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where you intend to place the electrode pads. Remove any lotions, oils,

or sweat to ensure optimal adhesion and conductivity.

6. OPERATING INSTRUCTIONS

Operating your AVCOO TENS EMS Unit is straightforward. Refer to the diagram below for button functions.



Image 6.1: Step-by-step guide for setting modes, levels, timer, and screen lock on the AVCOO TENS EMS Unit.

1. **Power On:** Press and hold the 'M' button (Mode button) for a few seconds to turn the device on.
2. **Select Main Mode:** Press the 'M' button to cycle through the main therapy modes (TENS, EMS, RELAX).
3. **Select Sub-mode (Program):** Use the left ('<') and right ('>') arrow buttons to select one of the 24 pre-programmed sub-modes within the chosen main mode. The selected program number (P1-P24) will be displayed.
4. **Adjust Intensity:**
 - For Channel A: Press the '+' or '-' button on the left side of the device to increase or decrease the intensity.
 - For Channel B: Press the '+' or '-' button on the right side of the device to increase or decrease the intensity.

Adjust the intensity gradually until you feel a comfortable, yet effective, stimulation. There are 40 levels of intensity.
5. **Set Timer:** Press the 'T' button to cycle through the available treatment times (10-90 minutes).
6. **Screen Lock:** To prevent accidental changes during a session, long-press the round button in the center of the control panel to activate the screen lock. Repeat to unlock.
7. **Power Off:** Press and hold the 'M' button for a few seconds to turn the device off.

7. MODES AND INTENSITY LEVELS

The AVCOO TENS EMS Unit offers 24 distinct pre-programmed modes and 40 adjustable intensity levels to customize your therapy experience.

MULTIPLE CHOICES TO CUSTOMIZE YOUR RELIEF



24 Modes



40 Levels

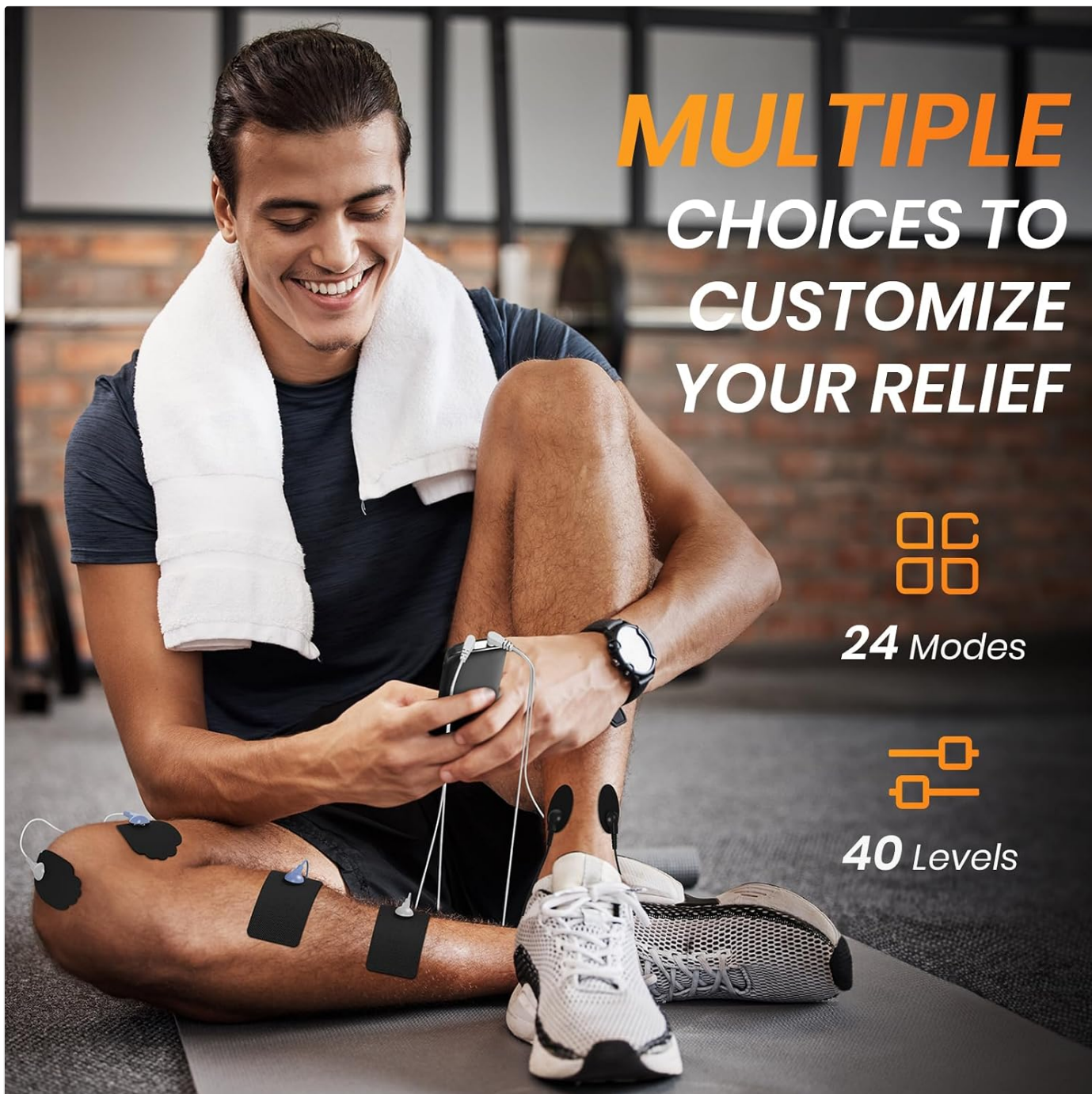


Image 7.1: The AVCOO TENS EMS Unit displaying its 24 modes and 40 intensity levels, allowing for personalized therapy.

The 24 modes are categorized under TENS, EMS, and RELAX, each offering unique pulse patterns and frequencies. Experiment with different modes and intensity levels to find what works best for your specific needs and comfort. Always start with the lowest intensity and gradually increase it.

8. ELECTRODE PAD APPLICATION

Proper placement of electrode pads is essential for effective and safe therapy. The AVCOO unit includes multi-size pads to accommodate various body areas.

- **Clean Skin:** Ensure the skin where pads will be placed is clean, dry, and free of lotions or oils.
- **Pad Placement:** Place the electrode pads directly on the skin over or around the area requiring treatment. Avoid placing pads directly over joints, open wounds, or sensitive areas.
- **Dual Channel Use:** For optimal results with dual channels, place pads from Channel A on one area and pads from Channel B on another, or use all four pads from both channels on a larger area.

- **Secure Adhesion:** Press the pads firmly onto the skin to ensure full contact.

Refer to general TENS/EMS pad placement guides for specific body parts if you are unsure. Always ensure pads are not touching each other during use.

9. CHARGING AND BATTERY

The AVCOO TENS EMS Unit is equipped with a powerful lithium battery designed for extended use.



**LONGER
BATTERY LIFE**

40
HOURS USAGE


300 mAh


**Type-C
Charging**

Image 9.1: The AVCOO TENS EMS Unit in use, emphasizing its long battery life of up to 40 hours and convenient Type-C charging.

- **Battery Life:** A full charge provides up to 40 hours of continuous operation.
- **Charging Port:** The device features a Type-C charging port.
- **Charging Process:** Connect the provided Type-C cable to the device and a compatible USB power source. The battery icon on the screen will indicate charging status.
- **Charging Time:** Allow sufficient time for a full charge before initial use or when the battery is low.

10. CARE AND MAINTENANCE

Proper care and maintenance will extend the lifespan of your AVCOO TENS EMS Unit and its accessories.

- **Device Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Electrode Pads:**
 - After each use, place the pads back on their protective film to maintain adhesion.
 - If pads lose stickiness, gently wipe the adhesive surface with a damp cloth and let air dry. Do not use soap or harsh chemicals.
 - Replace pads when they no longer adhere well or if they show signs of wear. The pads are designed for 50+ safe uses.



ADHESIVE TENS PADS

Made with industry-leading American gel, the latex-free TENS pads offer premium adhesion and reusability for 50+ safe uses.



50
TIMES

Laptop

Image 10.1: The adhesive electrode pads are designed for over 50 safe and reusable applications, maintaining their quality with proper care.

- **Lead Wires:** Handle lead wires carefully. Avoid sharp bends or excessive pulling. The wires are designed for over 40,000 bend/plug/unplug cycles.
- **Storage:** Store the device and accessories in the provided dust-proof bag in a cool, dry place away from direct sunlight and extreme temperatures.



Image 10.2: The robust construction of the lead wires ensures long-term durability and reliable performance.

11. TROUBLESHOOTING

If you encounter issues with your AVCOO TENS EMS Unit, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
---------	----------------	----------

Problem	Possible Cause	Solution
No stimulation felt	Device not powered on; Intensity too low; Pads not adhering; Lead wires disconnected; Battery low.	Ensure device is on; Increase intensity gradually; Reapply pads to clean, dry skin; Check lead wire connections; Charge the device.
Weak or inconsistent stimulation	Pads losing adhesion; Pads worn out; Lead wires damaged; Battery low.	Clean or replace pads; Replace lead wires; Charge the device.
Device not charging	Charging cable faulty; Power source issue; Charging port damaged.	Try a different Type-C cable; Use a different USB power source; Contact customer support if issue persists.
Screen unresponsive	Screen lock activated; Device frozen.	Long-press the center round button to unlock; Power off and restart the device.

If the problem persists after attempting these solutions, please contact AVCOO Customer Service for further assistance.

12. SPECIFICATIONS

- **Model Number:** TA2224C
- **Dimensions:** 5.79 x 3.5 x 2.83 inches (Package)
- **Weight:** 8.78 ounces (Package)
- **Therapy Modes:** TENS, EMS, RELAX
- **Pre-programmed Modes:** 24
- **Intensity Levels:** 40
- **Channels:** Dual (A/B)
- **Battery:** Rechargeable Lithium, up to 40 hours continuous use
- **Charging:** Type-C USB
- **Timer:** 10-90 minutes adjustable
- **Electrode Pads:** Latex-free, medical-grade American gel, reusable (50+ uses)
- **Manufacturer:** AVCOO

13. WARRANTY AND SUPPORT

AVCOO is committed to providing quality products and customer satisfaction.

- **Warranty:** This product comes with a 24-month warranty. Please refer to the warranty card included in your package for specific terms and conditions.
- **Technical Support:** Lifetime technical support is available for this product.
- **Customer Service:** For any questions, concerns, or assistance, please contact AVCOO Customer Service. Contact details can typically be found on the product packaging or the official AVCOO website.

14. 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.

© 2025 AVCOO. All rights reserved.

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

Open the live page

<https://manuals.plus/asin/B0DDT5GCJ1>

More documents and user manuals: <https://manuals.plus/>