

BHK-TENS 1080

BHK-TENS Model 1080 TENS/EMS Muscle Stimulator User Manual

1. INTRODUCTION

Thank you for choosing the BHK-TENS Model 1080 TENS/EMS Muscle Stimulator. This device is designed to provide symptomatic relief of chronic intractable pain and temporary relief of pain associated with sore and aching muscles. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and Massage functions to offer a comprehensive pain management solution. Please read this manual thoroughly before use to ensure safe and effective operation.

2. SAFETY INFORMATION

Important Safety Precautions: Read all warnings and instructions before using this device.

- Do not use if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Do not use if you are pregnant or suspect you might be pregnant.
- Do not use on areas of skin that are broken, irritated, or numb.
- Consult your physician before using this device if you have any medical conditions, including but not limited to heart disease, epilepsy, cancer, or recent surgery.
- Keep out of reach of children.
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions could put you at risk of injury.
- Do not place electrode pads on your head, face, neck (especially carotid sinus area), or across your chest.
- Discontinue use if you experience any adverse reactions such as skin irritation, discomfort, or dizziness.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PACKAGE CONTENTS

Verify that all items are present in your package:



Image: Contents of the BHK-TENS Model 1080 package, including the device, electrode pads, wires, USB cable, and storage bag.

- TENS device x 1
- Electrode pads 2"x2" x 6 pcs
- Electrode pads 2"x4" x 2 pcs
- Electric wire x 2
- Type-C USB cable x 1
- User manual x 1
- Pads holder x 1

- Storage Bag x 1

4. PRODUCT OVERVIEW

The BHK-TENS Model 1080 features a compact design with an intuitive interface. Familiarize yourself with the device components and controls:

Equipment Illustration



Image: Front and bottom view of the BHK-TENS device with labels for LCD screen, function selector, intensity adjustments, On/Off switch, Pause/Start button, Lock Control, Timer adjustment, A/B output connectors, and USB port.

- **LCD Screen:** Displays program, intensity, timer, and battery status.
- **M/F Button:** Long press to select TENS, EMS, or Massage function. Short press to adjust the specific mode within the selected function.

- **A+/A- Buttons:** Adjust intensity for Channel A.
- **B+/B- Buttons:** Adjust intensity for Channel B.
- **Power/Pause Button:** Long press to turn On/Off. Short press to Pause/Start therapy.
- **Timer/Lock Button:** Long press for Lock Control. Short press for Timer adjustment.
- **A/B Output Connectors:** Ports for connecting electrode wires.
- **USB Port:** For charging the device.

5. SETUP AND CHARGING

5.1 Charging the Device

The device is equipped with a powerful lithium battery providing up to 30 hours of continuous therapy. Before first use, fully charge the device.

1. Connect the provided Type-C USB cable to the USB port on the bottom of the device.
2. Connect the other end of the USB cable to a compatible USB power adapter (not included) or a computer USB port.
3. The battery indicator on the LCD screen will show charging status. A full charge is indicated when the battery icon is solid.

5.2 Applying Electrode Pads

Proper placement of electrode pads is crucial for effective and safe therapy.

1. Ensure the device is turned off before connecting or applying pads.
2. Clean and dry the skin area where the pads will be placed. Avoid applying to broken or irritated skin.
3. Connect the electrode wires to the electrode pads.
4. Plug the electrode wires into the A/B output connectors on the top of the device.
5. Remove the protective film from the electrode pads and firmly press them onto the skin. Ensure good contact over the entire pad surface.

Independent A/B Dual Channels

Separate operating A/B button system allows you take treatments at 2 different parts of body with independent intensity



Image: Demonstrates independent A/B dual channels, allowing simultaneous treatment of two different body parts with varying intensity levels.

6. OPERATING INSTRUCTIONS

Follow these steps to operate your BHK-TENS Model 1080 device:

BHK-TENS

EMS MUSCLE STIMULATOR
RELIEF YOUR PAIN MACHINE



Image: Visual guide showing how to connect wires, turn on the device, select a mode, and adjust intensity.

1. **Connect Wires and Pads:** Ensure electrode wires are connected to the pads and plugged into the device, and pads are applied to the skin.
2. **Power On:** Long press the Power/Pause button (center button) to turn on the device. The LCD screen will illuminate.
3. **Select Function (TENS/EMS/MASS):** Long press the M/F button to cycle through the main functions: TENS, EMS, and MASSAGE.
4. **Select Mode:** Short press the M/F button to cycle through the 22 available programs within the selected function. The program number (P01-P22) will be displayed.
5. **Adjust Intensity:** Use the A+/A- buttons to increase or decrease the intensity for Channel A. Use the B+/B- buttons for Channel B. Start with the lowest intensity and gradually increase until you feel a comfortable, strong but not painful sensation. The device offers 40 intensity levels.
6. **Set Timer:** Short press the Timer/Lock button to adjust the treatment duration (5-90 minutes).
7. **Start/Pause:** Short press the Power/Pause button to start or pause the therapy at any time.
8. **Screen Lock:** Long press the Timer/Lock button to lock the screen and prevent accidental changes during therapy. Long press again to unlock.
9. **Power Off:** Long press the Power/Pause button to turn off the device after your session.

6.1 Understanding Modes and Intensity



Image: Illustrates the three main functions: TENS (Transcutaneous Electrical Nerve Stimulator) with 6 modes, EMS (Electrical Muscle Stimulation) with 8 modes, and Massage (Muscle Relax With Massage) with 8 modes.

The BHK-TENS Model 1080 offers a variety of programs tailored for different needs:

- **TENS (Transcutaneous Electrical Nerve Stimulation):** 6 modes for symptomatic pain relief.
- **EMS (Electrical Muscle Stimulation):** 8 modes for muscle stimulation, relaxation, and recovery.
- **Massage:** 8 modes for general muscle relaxation.

PICK FROM 40 LEVELS OF INTENSITIES

40 strength levels to meet your different needs



Image: A visual representation of the 40 intensity levels, categorized for different therapeutic effects such as muscle activation, fascia relaxation, lactic acid decomposition, deep massage, and professional mode.

The 40 intensity levels allow for precise control over the stimulation. Refer to the on-screen display for pulse rate (Hz) and width (uS) information for each program.

7. MAINTENANCE

7.1 Device Care

- Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.

7.2 Electrode Pad Care

- After each use, place the protective film back onto the adhesive side of the pads.
- If the pads lose their adhesiveness, gently clean the adhesive surface with a drop of water on your finger. Allow to air dry.
- Replace pads when they no longer stick firmly to the skin or if they cause discomfort.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No sensation or weak sensation	Low intensity setting; Poor pad contact; Dead battery; Faulty wire/pad.	Increase intensity gradually; Ensure pads are firmly attached; Recharge device; Replace wires/pads.
Device does not turn on	Dead battery; Device malfunction.	Recharge device; Contact customer support if issue persists.
Skin irritation under pads	Pads used too long; Allergic reaction; Skin not clean.	Reduce session time; Discontinue use and consult physician; Clean skin thoroughly before use.
Pads not sticking	Pads are dirty or worn out.	Clean pads with a drop of water; Replace pads.

9. SPECIFICATIONS

- **Model Number:** 1080
- **Dimensions:** Approximately 4.7 inches (height) x 2.15 inches (width)
- **Weight:** Approximately 8.47 ounces
- **Battery:** 1 Lithium Polymer battery (included)
- **Programs:** 22 (TENS, EMS, Massage combinations)
- **Intensity Levels:** 40
- **Output Channels:** 2 (Independent A/B)
- **Continuous Use:** Up to 30 hours on a full charge



POCKET SIZE & LIGHTWEIGHT

We personalised this mini-size TENS unit for a more comfortable grip. You can carry it anywhere

Image: The BHK-TENS device demonstrating its pocket-sized and lightweight design, with dimensions of 4.7 inches in height and 2.15 inches in width.

10. WARRANTY AND SUPPORT

BHK-TENS is committed to providing quality products and customer satisfaction.



WHAT YOU GET

- Tens device x1pc
- Electrode pads 2*2" x6 pcs
- Electrode pads 2*4" x2 pcs
- Electric wire x2 pcs
- Type-C USB cable x1 pc
- User manual x1pc
- Pads holder x1pc
- Storage Bag x1pc

Image: Details of BHK-TENS customer support, including 24/7 service, lifetime technical support, 365 days of support, and free replacement pads.

- **Customer Service:** Enjoy 24/7 customer service for any inquiries or assistance.
- **Technical Support:** Benefit from lifetime technical support for your device.
- **Product Support:** We offer 365 days of support for your BHK-TENS unit.
- **Replacement Pads:** Free replacement pads are available for your machine. Please contact customer support for details.

For support, please refer to the contact information provided with your product packaging or visit the official BHK-TENS website.