

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Siowen](#) /

› [Portable MHD EMS TENS Foot Massager User Manual](#)

Siowen MHD TENS (MH-1080)

Portable MHD EMS TENS Foot Massager User Manual

Brand: Siowen | Model: MHD TENS (MH-1080)

1. INTRODUCTION

This manual provides essential information for the safe and effective operation of your Portable MHD EMS TENS Foot Massager. Please read it thoroughly before use and retain it for future reference.

The Portable MHD EMS TENS Foot Massager is a portable device designed to provide pain relief and muscle stimulation using TENS and PMS (Pulse Massager System) technology. It features a lightweight, foldable design, making it suitable for use at home, during travel, or in the office.

Key Features:

- Portable design with DC 3.7V battery power.
- 12 versatile operation programs for customizable relief.
- Intuitive interface with LCD display for easy control.
- Adjustable intensity levels (up to 19 levels).
- Comprehensive accessory kit included.
- Quiet operation and auto shut-off function.

2. SAFETY INFORMATION

WARNING: Please read all safety warnings and instructions carefully before using this product to avoid injury or damage.

⚠ SAFETY USAGE TIPS

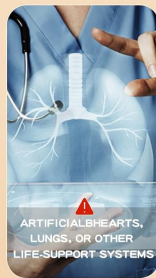
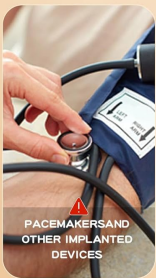
DO NOT USE WITH THE FOLLOWING MEDICAL DEVICES:



Do Not Use With Medical Devices: This device should not be used by individuals with pacemakers, artificial hearts, lungs, or other life-support systems, or ECG monitors.

⚠ SAFETY USAGE TIPS

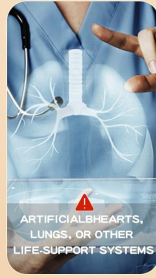
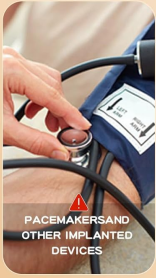
DO NOT USE WITH THE FOLLOWING MEDICAL DEVICES:



Specific Health Conditions: Not suitable for individuals with heart conditions or during pregnancy. Consult a physician if you have any pre-existing medical conditions.

⚠ SAFETY USAGE TIPS

DO NOT USE WITH THE FOLLOWING MEDICAL DEVICES:



Application Areas: Avoid using on injured areas, the neck, chest, or heart region. This device is primarily intended for foot and lower limb use.

For any health concerns, always consult with a healthcare professional before using this device.

3. PACKAGE CONTENTS

Upon opening the package, ensure all the following items are present:

- MHD TENS Foot Massager Mat
- Electronic Stimulatory Module (Control Unit)
- Remote Control
- Electrode Pads (if applicable, for other body parts)
- Cables for Electrode Pads (if applicable)
- Screen Stylus (if applicable)
- Battery Charger
- USB Cable
- User Manual (this document)

If any items are missing or damaged, please contact customer support immediately.

4. SETUP AND CHARGING

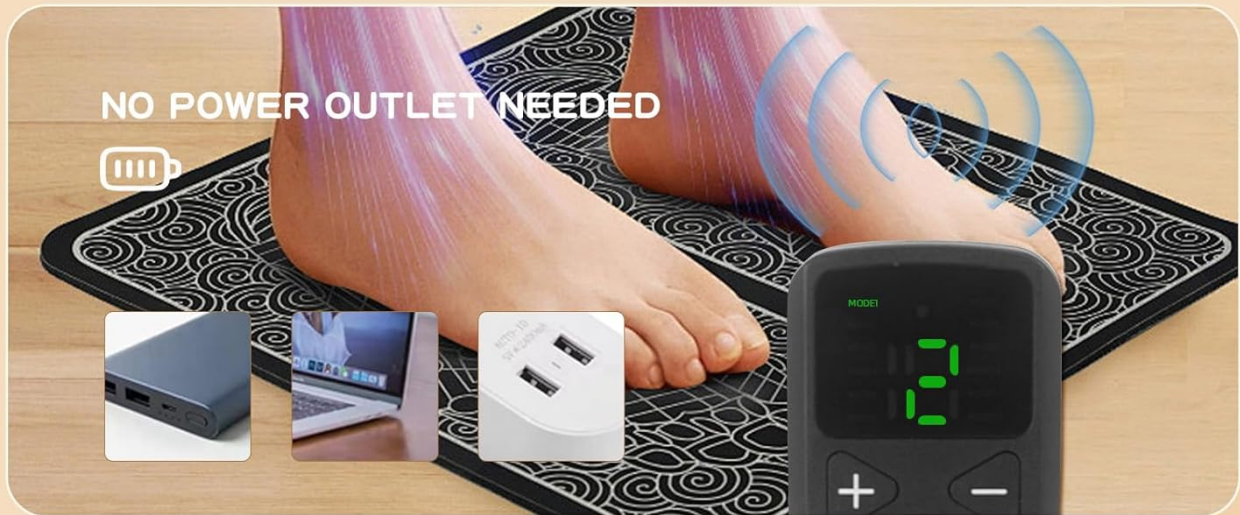
4.1 Charging the Device:

The MHD TENS Foot Massager is powered by a DC 3.7V Lithium Ion battery. Before first use, ensure the device is fully charged.

1. Locate the USB port on the electronic stimulatory module.

2. Connect the provided USB cable to the module and the other end to the battery charger or a compatible USB power source (e.g., computer, power bank).
3. The LCD display will indicate charging status. A full charge typically takes approximately 2-3 hours (*Note: specific charging time may vary*).
4. Once fully charged, disconnect the USB cable.

Portable and Practical



The device can be charged via USB from various sources, offering portable convenience.

4.2 Initial Setup:

1. Unfold the foot massager mat and place it on a flat, stable surface.
2. Attach the electronic stimulatory module to the designated snaps on the mat. Ensure a secure connection.
3. Ensure your feet are clean and dry. For optimal conductivity, it is recommended to use the device without socks.
4. Place both bare feet flat on the designated foot outlines on the mat.

5. OPERATING INSTRUCTIONS

5.1 Control Unit Overview:



The intuitive control unit and remote allow for easy adjustment of settings.

- **Switch (Power Button):** Turns the device ON/OFF.
- **LCD Display Screen:** Shows remaining time, battery life, selected program, output port, current intensity, and lock state.
- **Screen Lock Key:** Locks the screen to prevent accidental changes.
- **Intensity Modification Keys (+/-):** Increases or decreases the intensity of the electrical pulses.
- **Timing Key:** Adjusts the treatment duration (default is 20 minutes).
- **Output Sockets:** For connecting electrode pads (if used).
- **USB Port:** For charging the device.

5.2 Basic Operation:

1. **Power On:** Short press the "M" button on the host unit or the remote control to turn on the device. The LCD display will illuminate.

2. **Select Mode:** Press the "M" button on the remote control to cycle through the 12 available massage modes. The selected mode number will be displayed on the LCD screen.
3. **Adjust Intensity:** Use the "+" or "-" buttons on the remote control to adjust the intensity level. Start with a low intensity and gradually increase until a comfortable sensation is achieved. The intensity level will be shown on the "Gear Display".
4. **Start Treatment:** Once the desired mode and intensity are set, the treatment will begin. The default treatment duration is 20 minutes.
5. **Power Off:** To turn off the device, short press the "M" button on the host unit or remote control until the display turns off, or it will automatically shut off after the set time.

Note: It is recommended to place your feet on the mat when the intensity is at 0 to avoid sudden sensations, then gradually increase the intensity.

5.3 Understanding Massage Modes:

The device offers 12 distinct massage modes, each designed to provide a different type of stimulation. Experiment with different modes to find what best suits your needs.



Explore the 12 diverse massage modes for a personalized wellness experience.

- **Mode 1:** Vibration Mode
- **Mode 2:** Massage Mode
- **Mode 3:** S Shaping Mode
- **Mode 4:** Weight Reduction Mode
- **Mode 5:** Fat-Burning Mode
- **Mode 6:** Kneading Mode
- **Mode 7:** Massage Mod (likely a variant of massage)
- **Mode 8:** Acupuncture Mode
- **Mode 9:** Shaping & Weight Loss Mode
- **Mode 10-12:** Comprehensive Massage Kneading Modes

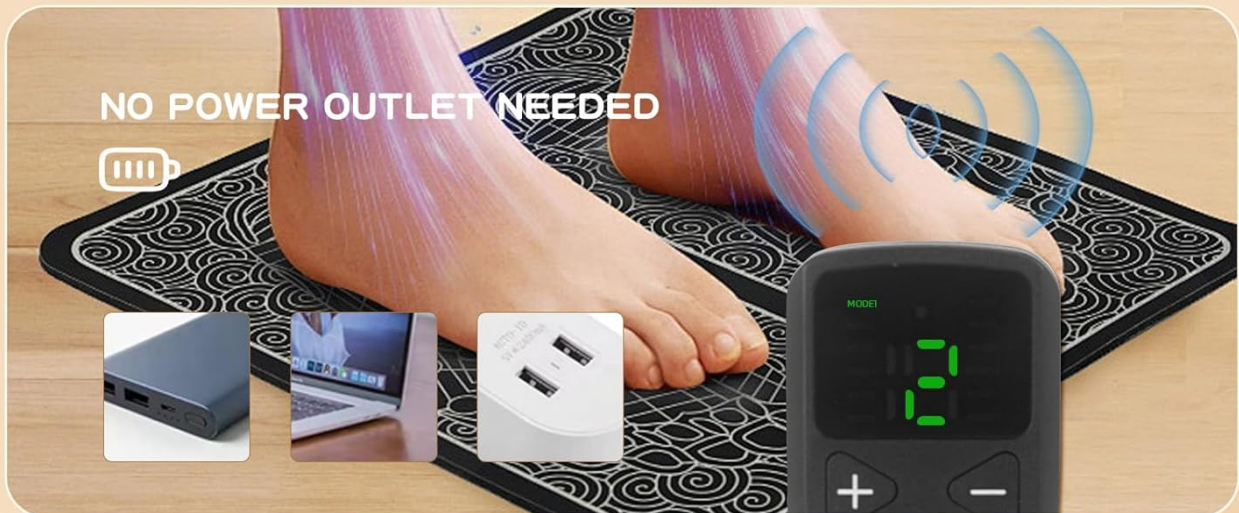
6. MAINTENANCE AND CARE

6.1 Cleaning:

The foot massager mat is designed for easy cleaning.

1. Ensure the device is turned off and disconnected from any power source before cleaning.
2. Wipe the surface of the mat with a soft, damp cloth.
3. Do not use abrasive cleaners, solvents, or immerse the electronic module in water.
4. Allow the mat to air dry completely before folding or storing.

Portable and Practical



The mat is easy to clean, ensuring hygiene with regular use.

6.2 Storage:

When not in use, store the device in a cool, dry place, away from direct sunlight and extreme temperatures.

- The mat is foldable for compact storage and portability.
- Keep the device out of reach of children and pets.

7. TROUBLESHOOTING

If you encounter any issues with your MHD TENS Foot Massager, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted. Control module not securely attached to mat.	Charge the device fully using the provided USB cable and charger. Ensure the control module is firmly snapped onto the mat's connectors.
No sensation or weak sensation.	Intensity level is too low. Feet are not making full contact with the mat. Feet are not sufficiently moist (dry skin can reduce conductivity).	Increase the intensity gradually using the "+" button. Ensure both feet are placed flat on the designated areas of the mat. Lightly moisten your feet with water before use if skin is very dry.
Sensation feels uncomfortable or too strong.	Intensity level is too high. Incorrect mode selected for sensitivity.	Decrease the intensity using the "-" button. Try a different massage mode that feels more comfortable.
LCD display is not working correctly.	Low battery. Device malfunction.	Charge the device. If the problem persists after charging, contact customer support.

If the issue persists after attempting these solutions, please contact customer support for further assistance.

8. SPECIFICATIONS

Feature	Detail
Product Model Number	MHD TENS (MH-1080)
Power Source	Battery Powered (DC 3.7V Lithium Ion battery)
Product Dimensions	12.15 x 11 x 0.73 inches
Item Weight	6.08 ounces

Feature	Detail
Material	Plastic
Massage Programs	12
Intensity Levels	19
Default Treatment Time	20 minutes

9. WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the warranty card included in your product packaging or contact the retailer where the product was purchased.

For replacement parts or accessories, such as electrode pads or cables, please consult your retailer or the manufacturer, Siowen, to ensure compatibility and quality.

If you require technical support or have questions not covered in this manual, please reach out to the customer service department of Finepal Store, the seller, or Siowen, the manufacturer.