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BHK-TENS 280

BHK-TENS 280 White TENS EMS Unit User Manual

Model: 280 White

1. INTRODUCTION

The BHK-TENS 280 White is an FDA-cleared 3-in-1 device designed for pain relief and muscle stimulation. It combines Transcutaneous Electrical Nerve Stimulation (TENS), Electrical Muscle Stimulation (EMS), and massage functions to help alleviate body soreness, muscle fatigue, and improve muscle performance. This manual provides essential information for the safe and effective use of your device.





Image 1.1: The BHK-TENS 280 White device, a compact unit with a digital display and control buttons.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this device. Failure to follow safety guidelines may result in injury or device malfunction.

- This device is not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult a healthcare professional before use, especially if you have pre-existing medical conditions.
- Do not use if you have a pacemaker, implanted defibrillator, or other implanted metallic or electronic device.
- Do not use on open wounds, rashes, swollen, red, infected, or inflamed skin areas.
- Do not use near the heart, on the head, face, or throat.
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions could

put you at risk.

- Start with the lowest intensity level and gradually increase to a comfortable sensation. High intensity levels can cause discomfort or shock if not adjusted properly.
- Keep out of reach of children.
- If you experience any adverse reactions, discontinue use immediately and consult a healthcare professional.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 x BHK-TENS 280 TENS & EMS Therapy Device
- 6 x Electrode Pads (2" x 2")
- 2 x Electrode Pads (2" x 4")
- 2 x Lead Wires
- 1 x Storage Bag
- 1 x Pads Holder
- 1 x Type-C USB Cable
- 1 x User Manual

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 3.1: All items included in the BHK-TENS 280 package, neatly arranged with the device, pads, wires, and accessories.

4. SETUP INSTRUCTIONS

- 1. Charge the Device:** Connect the Type-C USB cable to the device and a suitable USB power source. The battery indicator on the screen will show charging status. Ensure the device is fully charged before first use.

2. **Connect Lead Wires:** Insert the pin connectors of the lead wires into the output ports (CH1 and CH2) on the top of the device.
3. **Attach Electrode Pads:** Connect the electrode pads to the other end of the lead wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where the electrode pads will be placed. Avoid applying lotions or oils.
5. **Apply Electrode Pads:** Carefully remove the protective film from the electrode pads and firmly place them on the targeted skin area. Ensure the pads are flat against the skin and not overlapping.

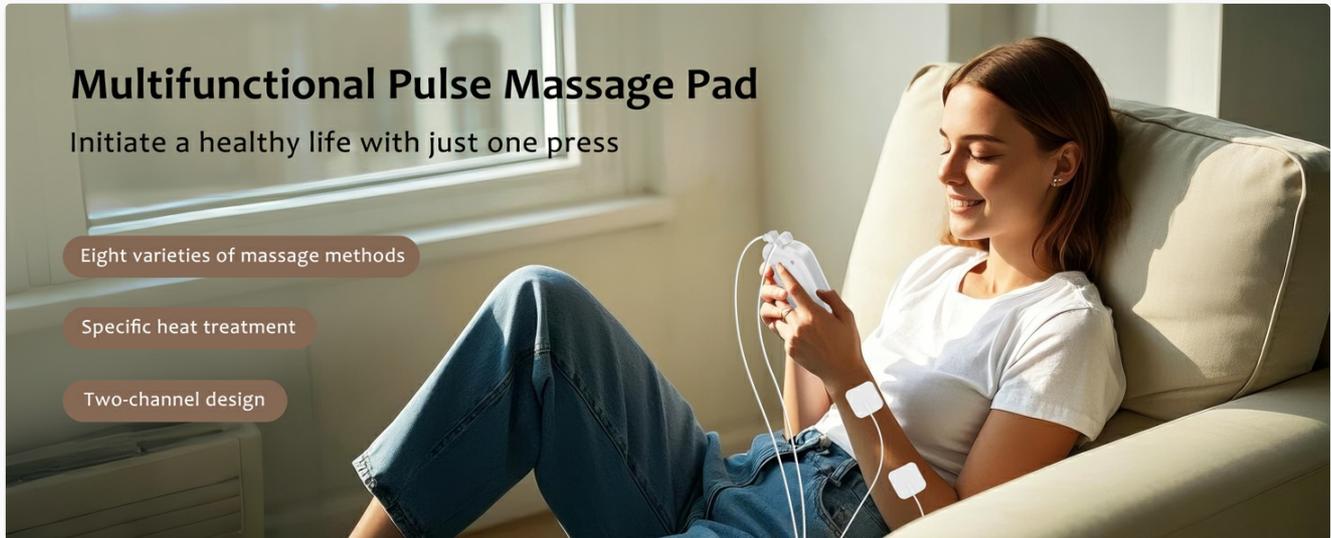


Image 4.1: Visual guide demonstrating how to connect wires, attach pads, and apply them to the skin.

5. OPERATING INSTRUCTIONS

1. **Power On/Off:** Press and hold the Power button (**U/II**) located at the bottom of the device to turn it on or off.
2. **Select Mode:** Press the Mode button (**M**) to cycle through the 24 available modes (P01-P24). The selected program number will be displayed on the screen.
3. **Adjust Intensity:** Use the **A+** and **A-** buttons to increase or decrease the intensity for Channel 1. Use the **B+** and **B-** buttons for Channel 2. Start at the lowest setting and gradually increase until a comfortable sensation is felt. There are 40 intensity levels.
4. **Set Timer:** Press the Timer button (**Clock/Lock**) to adjust the treatment duration. The timer can be set from 5 to 90 minutes, with a default setting of 30 minutes. The remaining time will be displayed on the screen.
5. **Lock/Unlock Screen:** Press and hold the Timer button (**Clock/Lock**) to lock or unlock the screen, preventing accidental changes during treatment.
6. **Monitor Treatment:** The screen displays the selected program, pulse rate (Hz), and remaining time.

24 Modes & 40 Current Levels



Image 5.1: The device display highlighting the 24 modes and 40 intensity levels available for customization.

6. MODES AND APPLICATIONS

The BHK-TENS 280 offers 24 pre-programmed modes, combining TENS, EMS, and massage therapies. These modes are designed to target various types of pain and muscle conditions across different body parts.

6.1 TENS (Transcutaneous Electrical Nerve Stimulation)

TENS therapy is primarily used for pain relief by sending low-voltage electrical currents through the skin to stimulate nerves, blocking pain signals to the brain. It is effective for chronic and acute pain conditions.

6.2 EMS (Electrical Muscle Stimulation)

EMS therapy uses electrical impulses to stimulate muscle contractions, which can aid in muscle strengthening, rehabilitation, and preventing muscle atrophy. It helps improve and facilitate muscle performance.

6.3 Massage

The massage modes provide gentle electrical pulses to relax muscles, reduce tension, and improve circulation, offering a soothing effect similar to traditional massage.

6.4 Recommended Application Areas

The device can be used for various body parts, including but not limited to:

- Neck
- Shoulders
- Back (upper, middle, lower)
- Elbows
- Arms
- Wrists
- Hips
- Knees
- Legs
- Feet

Full - body massage for multiple body parts

Enjoy 12 modes all over the body



Image 6.1: Examples of electrode pad placement for common pain areas such as neck, shoulder, elbow, waist, thigh, and leg.

7. MAINTENANCE

Proper maintenance ensures the longevity and effectiveness of your BHK-TENS 280 device and electrode pads.

- **Cleaning the Device:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the

device in water.

- **Electrode Pad Care:** After each use, place the electrode pads back onto the provided pads holder or their protective film to maintain adhesiveness. If pads lose stickiness, gently clean the adhesive surface with a drop of water and let air dry. Replace pads when they no longer adhere well.
- **Storage:** Store the device and accessories in the provided storage bag in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Battery:** The device has a built-in rechargeable lithium battery. Charge it regularly to maintain battery health, even if not used frequently.

8. TROUBLESHOOTING

If you encounter issues with your BHK-TENS 280, refer to the following common troubleshooting steps:

- **No Power:** Ensure the device is fully charged. Connect it to a power source using the Type-C USB cable and allow it to charge for at least 30 minutes before attempting to power on again.
- **No Sensation/Weak Sensation:**
 - Check that the lead wires are securely connected to both the device and the electrode pads.
 - Ensure the electrode pads are firmly applied to clean, dry skin. Replace pads if they have lost their adhesiveness.
 - Increase the intensity level gradually using the A+ or B+ buttons.
 - Verify that the device is not in 'Lock' mode. Press and hold the Timer button to unlock if necessary.
- **Uncomfortable Sensation/Shock:**
 - Immediately decrease the intensity level using the A- or B- buttons.
 - Ensure pads are fully adhered to the skin and not lifting.
 - Check for any skin irritation under the pads. Discontinue use if irritation occurs.
- **Device Not Responding:** Try resetting the device by turning it off and then on again. If the issue persists, contact customer support.

9. SPECIFICATIONS

Feature	Specification
Model	280
Modes	24 Pre-programmed (TENS, EMS, Massage)
Intensity Levels	40 Adjustable Levels
Pulse Rate	2-150 Hz
Pulse Width	80-300 μ s
Timer	5-90 Minutes (Default: 30 Minutes)
Battery	1 Lithium Polymer Battery (included), Rechargeable
Dimensions	Approximately 6.69 x 3.86 x 2.13 inches
Weight	Approximately 9.14 ounces

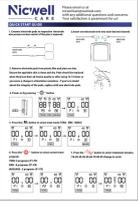
10. WARRANTY AND SUPPORT

BHK-TENS provides comprehensive support for your device:

- **Warranty:** 24 Months Customer Service.
- **Technical Support:** Lifetime Technical Support is available for all BHK-TENS products.
- **Contact Information:** For assistance, please refer to the contact details provided in your product packaging or visit the official BHK-TENS store online.

For more information, visit the [BHK-TENS Store](#).

Related Documents - 280

	<p>Nicwell Care Tens Unit Quick Start Guide</p> <p>A concise guide to setting up and using the Nicwell Care Tens Unit for pain relief and muscle stimulation. Learn how to connect electrodes, select modes and programs, adjust intensity, and utilize safety features.</p>
	<p>OMRON PM3030 electroTHERAPY Pain Relief Instruction Manual</p> <p>This instruction manual provides detailed guidance on using the OMRON PM3030 electroTHERAPY pain relief device. It covers setup, operation, safety precautions, cleaning, storage, troubleshooting, and warranty information for effective muscle and joint pain relief.</p>
	<p>TAKROL Electric Massage Instrument User Manual - Pain Relief & Muscle Stimulation</p> <p>This user manual for the TAKROL Electric Massage Instrument provides essential safety precautions, functional features, operating instructions, and troubleshooting tips for effective pain relief and muscle stimulation.</p>



MANUAL DE USUARIO

Masajeador TENS

Relajación
masajes ligeros
masajes intermitentes
Modo AS8016

Modelo del dispositivo: TENS y Estimulador Muscular Activado

[AUVON AS8016 TENS Massager User Manual - Pain Relief and Muscle Stimulation](#)

Comprehensive user manual for the AUVON AS8016 TENS massager. Learn about features, operation, safety precautions, troubleshooting, and maintenance for effective pain relief and muscle stimulation.



[Easy@Home EHE029N Mini Electronic Pulse Stimulator User Manual](#)

Comprehensive user manual for the Easy@Home EHE029N Mini Electronic Pulse Stimulator, a TENS and EMS combo device. Learn about setup, features, benefits, instructions for use, safety warnings, troubleshooting, and technical specifications for effective pain relief and muscle stimulation.

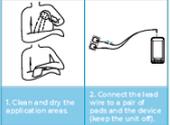
Quick Guide

Attention

The purpose of this Quick Guide is to help you understand the operation of the TENS unit much more quickly, and the contents of the quick guide are not a substitute for the user manual. Please read the user manual carefully before use to understand the contraindications and warnings. Please consult your doctor before use if you're not sure whether you can use this device.

Operation

Note: Do not use it while charging.



[AUVON TENS & EMS Unit Quick Guide and User Manual - Model AS8016](#)

Comprehensive quick guide and user manual for the AUVON TENS and Powered Muscle Stimulator Model AS8016. Learn how to operate the device, understand TENS and EMS therapies, proper pad placement for various body areas, battery charging, troubleshooting, and safety precautions for effective pain relief and muscle stimulation.