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> Dr. Senst TENS/EMS Device Model Tens-ems 24 Instruction Manual

## Dr. Senst Tens-ems 24

# Dr. Senst TENS/EMS Device

Model: Tens-ems 24

## INTRODUCTION

The Dr. Senst TENS/EMS device combines Transcutaneous Electrical Nerve Stimulation (TENS) for pain relief with Electrical Muscle Stimulation (EMS) for effective muscle training and recovery. This compact system features 24 distinct programs, offering versatile applications to address various needs.

TENS therapy provides targeted pain treatment for conditions such as back pain or joint discomfort, while EMS supports muscle strengthening and physical performance improvement. The device is designed for ease of use, allowing individual adjustment of intensity levels. This innovative combination of TENS and EMS in a single unit offers maximum efficiency for your well-being, providing a drug-free approach to pain relief and personalized therapy through its pre-programmed applications.

## IMPORTANT SAFETY WARNINGS

### **Read all safety information before use.**

- Do not use this device if you have a pacemaker or other implanted electronic devices.
- Avoid using the device near water.
- Do not use if you are pregnant or have pre-existing medical conditions without consulting a physician first.
- Always follow the recommended usage duration and safety instructions for optimal use and maintenance.

## PACKAGE CONTENTS

The Dr. Senst TENS/EMS device package typically includes the following components:

- Dr. Senst TENS/EMS Device (main unit)
- Electrode pads (8 included)
- Connection cables for electrodes
- USB charging cable



Image: The Dr. Senst TENS/EMS device, showing the main unit, electrode pads, and connection cables.

## DEVICE OVERVIEW

The device features a compact design with an intuitive interface for easy operation. Key components include:

- **Display Screen:** Shows program number, intensity level, and remaining time.
- **Power/Mode Button (M):** Turns the device on/off and cycles through programs.
- **Intensity Adjustment Buttons (+/-):** Increases or decreases the stimulation intensity.
- **Timer Button (T):** Adjusts the treatment duration.
- **Output Channels (A/B):** Two separately controllable output channels for connecting electrode pads.

## SETUP INSTRUCTIONS

1. **Charge the Device:** Connect the USB charging cable to the device and a suitable power source. Ensure the device

is fully charged before first use.

2. **Connect Electrodes:** Attach the connection cables to the electrode pads. Then, plug the cables into the output channels (A and/or B) on the top of the device.
3. **Apply Electrode Pads:** Clean and dry the skin area where you intend to apply the pads. Carefully place the electrode pads on the desired body parts. Ensure good skin contact for effective stimulation.



Image: Proper placement of electrode pads on different body areas, such as the shoulder and ankle, for targeted therapy.

## OPERATING INSTRUCTIONS

1. **Power On:** Press and hold the 'M' (Mode) button to turn on the device. The display will illuminate.
2. **Select Program:** Press the 'M' button repeatedly to cycle through the 24 available programs. Choose the program suitable for your needs (e.g., pain treatment or muscle training).
3. **Adjust Intensity:** Use the '+' and '-' buttons to increase or decrease the stimulation intensity for each channel (A and B) independently. Adjust the intensity to a comfortable level that provides effective stimulation without causing

discomfort.

4. **Set Timer (Optional):** Press the 'T' (Timer) button to adjust the treatment duration if desired.
5. **Start Treatment:** Once the program and intensity are set, the treatment will begin.
6. **Power Off:** After the session, or to stop early, press and hold the 'M' button to turn off the device.



Image: A user initiating a therapy session by pressing the start button on the device, with electrode pads correctly positioned on the wrist.

## AVAILABLE PROGRAMS

The Dr. Senst TENS/EMS device offers 24 pre-programmed modes designed for various therapeutic and training purposes. These programs cover a range of applications from targeted pain relief to muscle strengthening and relaxation. Refer to the device's display for program numbers and consult the quick start guide (if included) for specific program details and recommended applications.

- **Pain Relief (TENS):** Programs designed to alleviate acute and chronic pain in areas like the back, joints, and muscles.

- **Muscle Stimulation (EMS):** Programs for muscle strengthening, endurance training, muscle relaxation, and recovery.

## MAINTENANCE

- **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 on their protective film to maintain their adhesive quality. Replace pads when they lose their stickiness.
- **Storage:** Store the device and accessories in a cool, dry place, away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the device fully using the provided USB cable.
No stimulation felt.	Electrodes not properly connected or pads not adhering well. Intensity level too low.	Ensure cables are securely connected to the device and pads. Reapply pads to clean, dry skin. Increase intensity gradually using the '+' button.
Stimulation feels weak or uneven.	Pads are worn out or dry. Poor contact with skin.	Replace old electrode pads with new ones. Ensure skin is clean and dry before application.
Device turns off unexpectedly.	Low battery. Automatic shut-off after session.	Recharge the device. This is normal if the session timer has expired.

## SPECIFICATIONS

Feature	Detail
Model Number	Tens-ems 24
Dimensions (L x W x H)	10 x 80 x 150 mm (1 x 8 x 15 cm)
Weight	300 Grams
Power Source	Battery (Wireless)
Material	Plastic, Silicone
Color	White
Special Features	24 Programs, Drug-free Pain Relief, Adjustable Intensity Levels, EMS Muscle Stimulation, TENS Pain Treatment
Intended Use Areas	Back, Joints, Muscles

Feature	Detail
Product Grade	Medical
Water Resistance Level	Not water resistant
Therapy Technique	Vibration (Note: TENS/EMS primarily uses electrical impulses, 'Vibration' might be a secondary feature or misclassification)

## WARRANTY INFORMATION

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Specific warranty details for the Dr. Senst TENS/EMS Device Model Tens-ems 24 are not provided in the available product information. Please refer to the product packaging or contact Dr. Senst customer support for warranty terms and conditions.

## CUSTOMER SUPPORT

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For further assistance, technical support, or inquiries regarding your Dr. Senst TENS/EMS Device, please refer to the contact information provided on the product packaging or the official Dr. Senst website. Always ensure you have your product model number (Tens-ems 24) available when contacting support.