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› Roscoe Medical TENS Unit and EMS Muscle Stimulator DS5002-OTC Instruction Manual

Roscoe Medical DS5002-OTC

Roscoe Medical TENS Unit and EMS Muscle Stimulator

MODEL: DS5002-OTC INSTRUCTION MANUAL

Your guide to effective pain relief and muscle rehabilitation.

1. INTRODUCTION

The Roscoe Medical DS5002-OTC TENS Unit and EMS Muscle Stimulator is a versatile device designed for both pain relief and muscle rehabilitation. This unit utilizes Transcutaneous Electrical Nerve Stimulation (TENS) to alleviate pain and Electrical Muscle Stimulation (EMS) to aid in muscle recovery and strengthening. It features four independent channels, allowing for the use of up to eight electrodes simultaneously, providing comprehensive treatment for various body areas. This manual provides essential information for safe and effective operation of your device.



Image: The Roscoe Medical TENS Unit and EMS Muscle Stimulator, Model DS5002-OTC.

2. IMPORTANT SAFETY INFORMATION

Read all instructions and warnings before using this device. Failure to do so may result in injury or device malfunction.

- Do not use if you have a pacemaker, implanted defibrillator, or other metallic or electronic implanted devices.
- Consult your physician before use if you have any medical conditions, including but not limited to heart disease, epilepsy, cancer, or if you are pregnant.
- Do not apply electrodes over open wounds, rashes, swollen, red, infected, or inflamed skin areas.
- Do not use while driving, operating machinery, or during any activity where involuntary muscle contractions may put you at risk of injury.
- Keep out of reach of children.
- Use only the electrodes and accessories provided or recommended by Roscoe Medical.

3. WHAT'S IN THE BOX

Your Roscoe Medical TENS Unit and EMS Muscle Stimulator package includes the following items:

- 1 x DS5002-OTC TENS/EMS Unit
- 4 x Lead Wires
- 16 x Premium Electrodes (8-2"x2" and 8-2"x4")
- 4 x AA Batteries (included)
- 1 x Hard Carrying Case
- 1 x Instruction Manual



Image: The TENS/EMS unit, lead wires, electrodes, batteries, user manual, and hard carrying case.

4. PRODUCT OVERVIEW

The DS5002-OTC unit is a compact, portable device designed for ease of use. It features a clear liquid crystal display (LCD) and intuitive controls for adjusting therapy settings.

Device Components:

- **LCD Screen:** Displays current mode, intensity, pulse width, and timer.
- **Control Buttons:** Includes power, mode selection, set, and intensity adjustment buttons.
- **Channels (CH1-CH4):** Four independent output channels for connecting lead wires and electrodes.
- **Belt Clip:** For convenient, hands-free use during therapy.



Image: Close-up view of the TENS/EMS unit, highlighting the display and control buttons.

Built-in belt clip for convenient & hands-free use



Image: The TENS/EMS unit showing its built-in belt clip for portability.

5. SETUP

1. **Insert Batteries:** Open the battery compartment on the back of the unit and insert the four AA batteries, ensuring correct polarity.
2. **Connect Lead Wires:** Plug the lead wires into the output jacks (CH1-CH4) at the top of the device. Each lead wire can connect to two electrodes.
3. **Attach Electrodes:** Connect the electrodes to the pins on the lead wires. Ensure a secure connection.
4. **Prepare Skin:** Clean and dry the skin area where electrodes will be placed. Remove any lotions, oils, or makeup.
5. **Apply Electrodes:** Peel the electrodes from their protective liner and firmly press them onto the skin. Ensure full contact.

6. OPERATING INSTRUCTIONS

Power On/Off:

- Press the **Power** button to turn the unit ON.
- Press and hold the **Power** button to turn the unit OFF.

Selecting a Mode:

- Press the **MODE** button to cycle through the available TENS and EMS programs. The selected mode will be displayed on the LCD screen.
- The device offers 5 modes for customized treatments. Refer to the detailed instruction manual for specific program descriptions.

Adjusting Intensity:

- After selecting a mode, use the **CH1/CH2** and **CH3/CH4** intensity control buttons (up/down arrows) to increase or decrease the stimulation intensity for each channel pair.
- Start with the lowest intensity and gradually increase until you feel a comfortable, strong, but non-painful sensation.

Setting the Timer:

- Press the **SET** button to adjust the treatment duration. Use the up/down arrows to select the desired time.
- The default treatment time is typically 30 minutes.

Electrode Placement:

Proper electrode placement is crucial for effective therapy. Place electrodes on clean, dry skin, ensuring they are not overlapping. Avoid placing electrodes directly over joints, on the front of the neck, or on the head.



Image: Examples of electrode placement for hand, neck, upper back, lower back, shoulder, elbow, knee, and calf pain.

7. MAINTENANCE

Cleaning the Unit:

Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.

Caring for Electrodes:

- After each use, place the electrodes back on their protective liner.
- If electrodes lose their stickiness, gently clean the adhesive surface with a small amount of water. Allow them to air dry completely before re-applying to the liner.
- Replace electrodes when they no longer adhere to the skin or if the sensation becomes uneven.

Storage:

Store the unit and accessories in the provided hard carrying case in a cool, dry place away from direct sunlight and extreme temperatures.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No stimulation or weak sensation	Low batteries, loose lead wire connection, electrodes not adhering, intensity too low.	Replace batteries, check all connections, re-apply or replace electrodes, increase intensity gradually.
Uneven or uncomfortable sensation	Electrodes not making full contact, worn-out electrodes, improper placement.	Ensure full electrode contact, replace old electrodes, adjust electrode placement.
Unit does not turn on	Dead batteries, battery inserted incorrectly.	Replace batteries, check battery polarity.

9. SPECIFICATIONS

- **Model Number:** DS5002-OTC
- **Channels:** 4 Independent Channels
- **Modes:** 5 (TENS and EMS)
- **Power Source:** 4 x AA Batteries (included)
- **Product Dimensions:** 10 x 2.5 x 7.6 inches
- **Item Weight:** 1 pound
- **Manufacturer:** Compass Health Brands

10. WARRANTY AND SUPPORT

Roscoe Medical provides a **1-Year Warranty** on this TENS Unit and EMS Muscle Stimulator. For warranty claims, technical support, or any questions regarding your device, please contact Roscoe Medical customer service. Refer to the contact information provided in your product packaging or visit the official Roscoe Medical website.



Image: A seal indicating a 1-year warranty for the product.

11. INSTRUCTIONAL VIDEOS

Roscoe Medical TENS Unit and EMS Muscle Stimulator Overview

Your browser does not support the video tag.

Video: An overview of the Roscoe Medical TENS Unit and EMS Muscle Stimulator, demonstrating its features and components.

Roscoe 4-Channel TENS and EMS Unit For Pain Management

Your browser does not support the video tag.

Video: This video provides information on using the Roscoe 4-Channel TENS and EMS unit for pain management, including application and benefits.