

## NEENCA EMS001

# NEENCA Wireless TENS Unit Muscle Stimulator

Model: EMS001

Brand: NEENCA

## 1. INTRODUCTION

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The NEENCA Wireless TENS Unit Muscle Stimulator (Model EMS001) is designed to provide a safe, non-invasive, and drug-free method for pain relief and muscle management. This device combines Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) therapies to target various body parts, offering relief from chronic pain, sports injuries, muscle fatigue, and aiding in postoperative recovery. Its wireless design ensures convenience and portability for use at home, in the office, or while traveling.

This manual provides essential information for the proper setup, operation, and maintenance of your NEENCA TENS/EMS unit. Please read it thoroughly before first use.

### Important Safety Information

Before using this device, consult your doctor, especially if you have any pre-existing medical conditions. Do not use this TENS unit if you have a pacemaker, are pregnant, or have epilepsy. Refer to the "Important Safety Warnings" section for a complete list of contraindications.

## 2. PACKAGE CONTENTS

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Verify that all items listed below are included in your package:

- 1 Smart Controller
- 1 Wireless Remote Control
- 2 Big Electrode Pads (7.0" x 6.0")
- 2 Small Electrode Pads (6.5" x 3.0")
- 1 USB Cable (Type-C)
- 1 Instruction Manual
- 1 Exquisite Storage Box

## Power That Lasts, Relief That Stays



Image: Contents of the NEENCA Wireless TENS Unit package, including the smart controller, remote, electrode pads, USB cable, manual, and storage box.

### 3. PRODUCT OVERVIEW

The NEENCA Wireless TENS Unit consists of a smart controller, a wireless remote control, and two sizes of electrode pads. The smart controller attaches magnetically to the electrode pads, which adhere to the skin. The remote allows for convenient adjustment of settings.



Image: Diagram illustrating the layers of the medical-grade electrode pads (Soft PU Leather, Conductive Layer, Insulating Layer, Gel Layer) and the two available sizes: 3.0" x 6.5" for arms, legs, knees, and 6.0" x 7.0" for back, shoulder, and thigh.

### 4. SETUP

#### 4.1 Charging the Device

Both the Smart Controller and the Wireless Remote Control are rechargeable via the included Type-C USB cable. Connect the cable to a wall adapter, power bank, or laptop.

- **Smart Controller:** Approximately 1.5 hours for a full charge, providing 3-4 hours of relief.
- **Wireless Remote Control:** Approximately 1.5 hours for a full charge, providing 8-11 hours of use.

# 3-IN-1

## Wireless Tens Muscle Stimulator



### 9 Manual Modes

Simulate Various  
Massage Techniques



### 19 Intensity Level

Personalize Your  
Massage Experience



### TENS+EMS+MASS

Effectively Relieving Pain

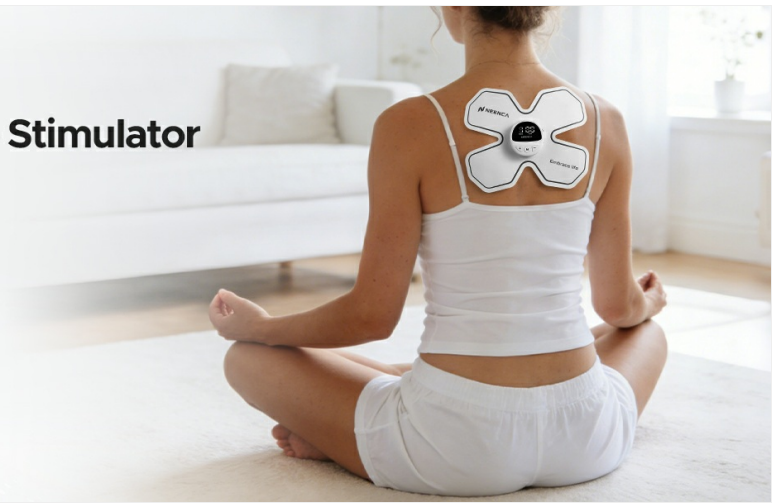


Image: Illustration showing the Type-C charging ports for both the wireless remote control and the smart controller, along with their respective charging times and usage durations.

## 4.2 Attaching and Applying Electrode Pads

1. **Attach the controller:** Securely attach the smart controller to the magnetic buckle of the electrode gel pad.
2. **Apply the pad:** Carefully peel off the protective film from the gel pad. Apply the pad to the desired area of the body, ensuring full contact with clean, dry skin.

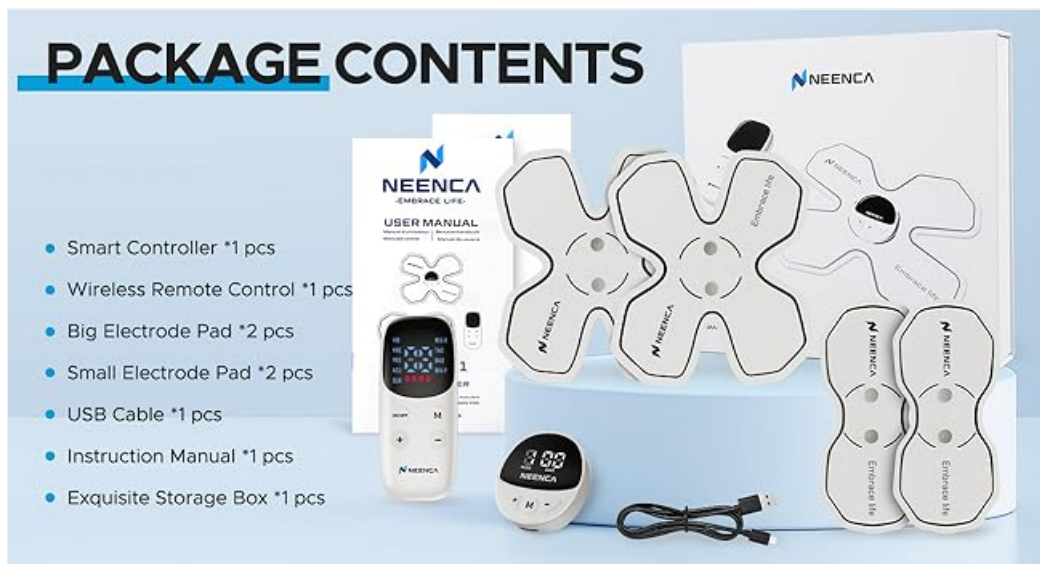


Image: A four-panel image demonstrating the setup and operation: attaching the controller to the pad, applying the pad to the arm, pressing the 'M' button on the controller to select mode and adjust intensity, and using the wireless remote control.

## 5. OPERATION

### 5.1 Powering On and Off

- **To Power On:** Long press the "M" button on the smart controller for approximately 2-3 seconds until the screen lights up.
- **To Power Off:** Long press the "M" button again for 2-3 seconds.
- The device will automatically power off after a 15-minute session.

### 5.2 Selecting Modes and Adjusting Intensity

- **Select Mode:** After powering on, press the "M" button briefly to cycle through the 9 available massage modes. The current mode will be displayed on the controller screen.
- **Adjust Intensity:** Use the "+" and "-" buttons on the controller to increase or decrease the intensity level.

There are 19 adjustable intensity levels. Start with the lowest intensity and gradually increase to a comfortable level.

### 5.3 Using the Wireless Remote Control

The wireless remote control offers the same functionality as the smart controller for convenience. Ensure the smart controller is turned on before attempting to use the remote control.

- **Power On/Off:** Use the "ON/OFF" button on the remote.
- **Select Mode:** Press the "M" button on the remote to cycle through modes.
- **Adjust Intensity:** Use the "+" and "-" buttons on the remote to adjust intensity.



Image: Visual representation of the smart controller and remote control, highlighting the 9 modes and 19 intensity levels available for personalized pain relief. Also shows the 15-minute scientific treatment cycle.

### 5.4 Session Duration

Each treatment session is scientifically set to 15 minutes. The device will automatically shut off after this duration. If further relief is needed, you can restart the device for another session.

## 6. MESSAGE MODES AND APPLICATION AREAS

The NEENCA TENS unit offers 9 distinct massage modes and 19 intensity levels to cater to various pain relief and muscle stimulation needs.

### 6.1 Available Modes

- **VIB:** Vibration
- **KNE:** Kneading
- **PRS:** Pressing
- **ACU:** Acupuncture
- **SLM:** Slimming
- **MIX-K:** Mixed Kneading
- **TAO:** Meditation massage
- **MAS:** Massage
- **MIX-P:** Mixed Pressing



## Not Suitable For:

Not a medical treatment. For medical advice, consult a healthcare professional.



Heart disease patients



Patients with pacemakers



Hypertensive patients



Hypertensive thrombosis



Patients with epilepsy



Cancer patients



Pregnancy

Image: Visual guide to the 9 massage modes, including Vibration, Kneading, Pressing, Acupuncture, Slimming, Mixed Kneading, Meditation massage, Massage, and Mixed Pressing.

## 6.2 Recommended Application Areas

The device includes two sizes of electrode pads, suitable for different body parts:

- **Big Electrode Pads (7.0" x 6.0"):** Ideal for larger muscle groups and areas such as the sciatic nerve, legs, hips, and lower back.
- **Small Electrode Pads (6.5" x 3.0"):** Suitable for smaller or more contoured areas like the neck, knees, wrists, and ankles.

**NEENCA**

**Pain Relief**

Say goodbye to pain and live a comfortable life!

Image: Diagram showing the two sizes of electrode pads (Big and Small) and their recommended application areas on the body, including sciatic, legs, hip, lower back for big pads, and neck, knee, wrist, ankle for small pads.

## 7. MAINTENANCE

### 7.1 Cleaning the Electrode Pads

The electrode pads are reusable and designed for long-lasting adhesion. To maintain their effectiveness:

- Gently wipe the adhesive surface with a damp cloth or a small amount of mild soap and water.
- Allow the pads to air dry completely before reattaching the protective film.
- Do not use harsh chemicals or abrasive cleaners.

### 7.2 Storage

When not in use, store the device and pads in the provided exquisite storage box. Ensure the protective film is reattached to the electrode pads to prevent them from drying out or collecting dust. Store in a cool, dry place away

from direct sunlight and extreme temperatures.

### 7.3 Battery Care

To prolong battery life, charge the device regularly, even if not in frequent use. Avoid fully depleting the battery before recharging. If storing for an extended period, charge the device to approximately 50% capacity.

## 8. TROUBLESHOOTING

If you encounter any issues with your NEENCA Wireless TENS Unit, please refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or device not charged.	Charge the smart controller and remote control fully using the provided USB cable.
No sensation or weak sensation.	Pads not making full contact, low intensity, or pads have lost adhesion.	Ensure pads are firmly pressed onto clean, dry skin. Increase intensity gradually. Clean pads or replace if adhesion is lost.
Remote control not working.	Remote battery low or smart controller is off.	Charge the remote control. Ensure the smart controller is powered on.
Pads do not stick well.	Skin is oily/dirty, pads are dirty, or pads are worn out.	Clean skin before application. Clean pads as per maintenance instructions. Replace pads if they are no longer adhesive.

## 9. SPECIFICATIONS

- **Model Number:** EMS001
- **Power Source:** 1 Lithium Polymer battery (included)
- **Charging Time:** Approximately 1.5 hours
- **Usage Time (Smart Controller):** 3-4 hours per charge
- **Usage Time (Remote Control):** 8-11 hours per charge
- **Treatment Session Duration:** 15 minutes (automatic shut-off)
- **Modes:** 9
- **Intensity Levels:** 19
- **Large Pad Dimensions:** 7.0" x 6.0"
- **Small Pad Dimensions:** 6.5" x 3.0"
- **Package Dimensions:** 7.91 x 7.72 x 1.61 inches
- **Item Weight:** 15.2 ounces
- **Manufacturer:** NEENCA

## 10. WARRANTY AND SUPPORT

NEENCA provides a **24-month quality coverage** for this product, ensuring your satisfaction and peace of mind. Additionally, lifetime customer support is available to assist you with any questions or concerns regarding your TENS unit.

For support, please refer to the contact information provided in your product packaging or visit the official NEENCA website.

## 11. IMPORTANT SAFETY WARNINGS

**This device is not a medical treatment. For medical advice, consult a healthcare professional.**

Do NOT use the NEENCA Wireless TENS Unit Muscle Stimulator if you have any of the following conditions:

- Heart disease
- Pacemakers or other implanted electronic devices
- Hypertension (high blood pressure)
- Hypertensive thrombosis
- Epilepsy
- Cancer
- Pregnancy

Always consult your doctor before using this device if you have any medical conditions or concerns.

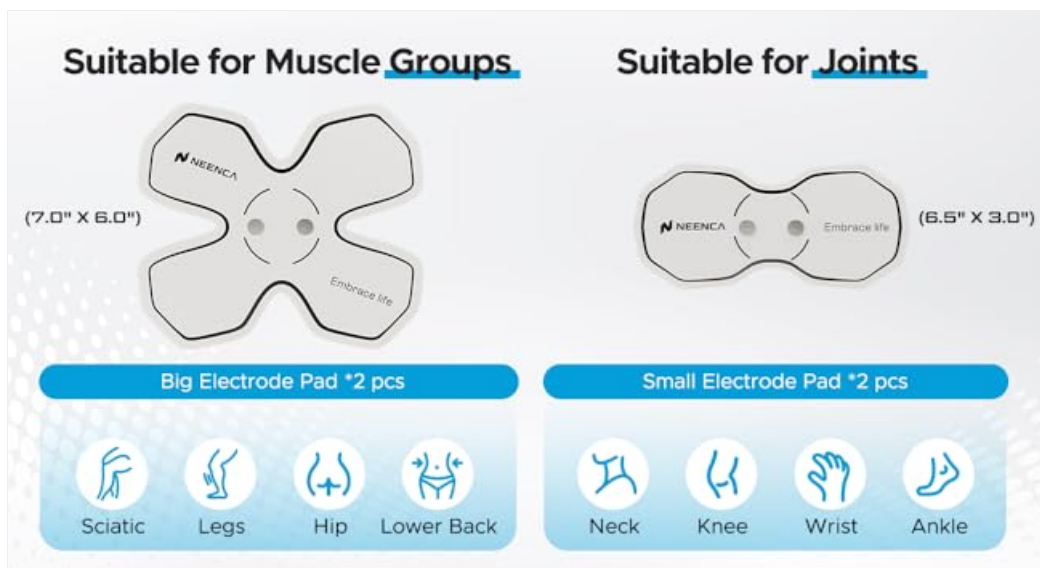


Image: Warning graphic indicating individuals who should not use the TENS unit, including those with heart disease, pacemakers, hypertension, hypertensive thrombosis, epilepsy, cancer, or who are pregnant.