

CONREE KRES100B DIGITAL TENS & EMS STIMULATOR



# Conree KRES100B Digital TENS & EMS Stimulator Instruction Manual

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# CONREE

Conree KRES100B Digital TENS & EMS Stimulator



## DESCRIPTION

This user manual will help you understand what pain is and how you can use the Conree KRES100B stimulator to relieve your pain. In this manual, you will find all the necessary information and technical data to use the stimulator and its accessories responsibly. Please read this manual carefully before using the Conree KRES100B and retain the product manual after reading it. If you are receiving treatment from a doctor or therapist, always follow their instructions first! They are the right people to give you further explanations. The Conree portable TENS & EMS device is compact, stylish and equipped with safe and soft electrode pads. It is an advanced device with many technical stimulation possibilities. Many people use the Conree KRES100B for pain relief and we hope that you will also benefit from this device. We wish you good luck with your therapy.

## SPECIFICATIONS

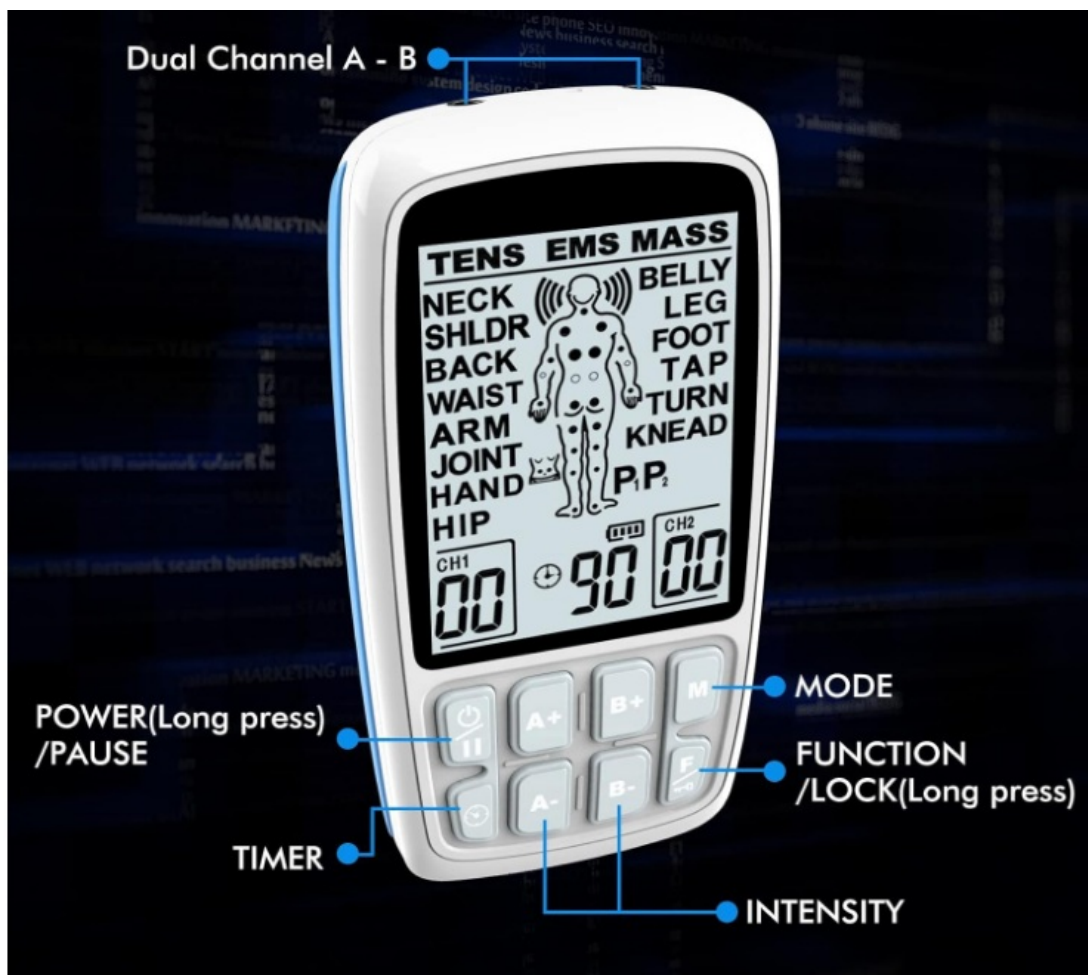
- **Product model:** KRES100B
- **Output frequency:** 1~120HZ
- **Housing material:** ABS
- **Output pulse width:** 100~250uS
- **Number of channels:** Two channels

- **Output voltage:** 40V  $\pm$ 20%
- **Power:** DC 4.5V 3 \* AAA-battery
- **Grade of strength:** 0 ~ 40 levels
- **Waveform:** Bidirectional wave
- **Weight:** 120 (g)
- **Load detection:** Yes Key voice: Yes
- **Display mode:** LCD-display
- **Mode:** 12 programs

## WHAT'S IN THE BOX

- TENS & EMS Stimulator
- Instruction Manual

## PRODUCT KEYS



## What's pain?

- Pain is a warning signal, indicating that our body is damaged or in danger of being damaged (e.g. when you come too close to a flame with your hand).
- Pain can also have a recovery function, preventing damaged parts, such as broken limbs, from being overburdened and making healing difficult.

- These types of pains are usually referred to as ACUTE pains.
- Acute pains generally last a short time and disappear once the damage or infection has passed. Acute pains can be intense and unpleasant but have a clear protective function.
- Another type of pain, which can also be very unpleasant, is long-lasting or CHRONIC pain. This pain no longer has a warning or recovery function and is caused by a disturbed functioning of the nerves. Often, there is no obvious cause.

### **Pain relief through nerve stimulation (TENS)**

- The KRES100B stimulator transmits electrical pulses through the skin to the nerves by means of electrodes placed on the body. This stimulation of the skin has a dual purpose. On the one hand, the nerves are “distracted” from the pain stimuli present, so that fewer pain signals are transmitted to the brain. On the other hand, the body is encouraged to produce endorphins, which have an analgesic effect.
- Pain is a personal experience. Each person experiences pain differently. The same applies to pain management by means of nerve stimulation. The degree of pain relief during stimulation, as well as the number of hours of pain relief after you stop stimulation, differs for everyone.
- The application of TENS has no healing effect. It is a symptomatic treatment that suppresses the sensation of pain. Prolonged stimulation is not dangerous or harmful. However, long-term stimulation in the same place can cause skin irritation in the long run.

### **Notes:**

1. Before use, read and follow the instructions carefully.
2. If you feel uncomfortable using this product, stop using it immediately.
3. Turn off the device when removing or moving the electrode pads from the portable stimulator.
4. Before use, check that there is no contact between metal and the electrode pads of the portable TENS & EMS device.
5. Do not use this device for the same body part more than twice a day.
6. Do not repair or disassemble the product yourself.
7. Recycle the used batteries according to their marking. Do not dispose of used batteries at will.

## Dual Power Sources

The built-in rechargeable battery offers 30 hours continuous use, the device can also be powered by 3 triple A batteries.



## Prohibitions

**If one of the following conditions occurs: do not use a massager!**

1. Please do not apply to areas near the heart or above the neck and to wounds from acute or chronic illnesses.
2. Please do not use it in case of cardiac arrhythmias or other heart problems, skin diseases, fever, and other illnesses. When in doubt, always contact a doctor first!
3. This product should not be used by people who use a heart rate controller, artificial heart, pacemaker or other electronic medical devices.
4. Do not stick this product in the same place for a long time without removing it.
5. Please do not use it while sleeping, driving or taking a bath.
6. Do not place the product in an environment that is too dry or humid.
7. Please do not use in inflammable, explosive, and unstable areas.

## Common sense of electrodes

- The conductive electrode is imported from the United States as an advanced raw material, has passed strict biological compatibility tests and can be safely applied to human skin. The conductive electrode is reusable.
- After each use, gently wipe the surface of the electrode with your finger and a little water or medical alcohol to

remove dirt.

- Place the wiped area in the shade for a few minutes and then stick the protective film back on the electrode after the stickiness has been restored. Do not wipe the electrode with paper or a cloth as these may stick to the electrode causing damage and malfunction.
- The conductive electrode contains a moisture factor and must be stored correctly. Improper storage or an excessively dry environment will affect the performance of the electrode.

## SETUP GUIDE

### Operation of electrodes:

1. Attach the electrode cable to the electrode pad (as shown in the illustration on the left).
2. Before use, clean the skin and gently tear off the protective foil before use (re-tape the foil after use to protect the life of the electrode pads).
3. Stick on the appropriate body parts according to the instructions.
4. Be sure to re-tape the protective film to the original electrode after use to prevent dirt buildup.

**Note:** Because the conductive adhesive has a strong ability to stick to the material, there will be a strong adhesion force.

Do not pull forcefully when tearing the storage foil, to avoid the conductive adhesive becoming detached from the electrode.

### Intended use

## TENS EMS MASSAGE 3 in 1 Combo Device



24 Programs



40 Levels



Dual Power  
Sources



Safety Lock



Steady  
Current



5-90  
Minutes



- **TENS:** The device is used for the symptomatic relief of chronic pain syndromes and the temporary relief of pain associated with tender and aching muscles in the arm, shoulder, neck, back, waist, abdomen, and leg as a result of exertion or through normal household and work activities. It is also used for post-operative and post-traumatic acute pain problems.
- **EMS:** The device is used for the relaxation of muscle spasms, increasing blood flow in the circulatory system, prevention or delay of atrophy, muscle re-education, maintaining or increasing range of motion, and stimulation of calf muscles immediately after surgery to prevent venous thrombosis. KRES100B is suitable for the shoulder, neck, back, waist, arm, elbow, abdomen, leg and human muscle parts. Kneading, tapping, and twisting are the simulated artificial massage techniques to relieve fatigue and improve quality of life.

### Failure analysis and exclusion

Phenomenon	Cause analysis	Suggested elimination methods
Can't boot normally	Low battery	Replacement the battery
	The battery was not installed properly	Reinstall the battery
The key fault	The key is broken	Contact with manufacturer for repair
No pulses output, the user has no feeling	See if the display screen indicates poor connection (the strength symbol will flash)	Reconnect the electrode wire to the electrode plate and the host
		Reattach the electrode plate to the skin
	The electrode plate is not sticky	Replace the electrode plate
	The electrode wire is broken	Replace the electrode wire
	The device is broken	Contact with manufacturer for repair
When using the device, the acmesthesia is strong in the part of the electrode plate	The electrode plate is not sticky	Replace the electrode plate
	The skin is too dry or greasy	Wipe your skin with medical alcohol or a wet towel
	The electrode plate is not sticky	Rinse the electrode plate with medical alcohol or water

**Please note! The warranty does not apply:**

- For damage caused by improper use or repair;
- For parts subject to wear and tear;
- For defects of which the customer was aware at the time of purchase;
- For defects caused by the customer's own fault;
- For damage caused by third parties.

**Disclaimer** Changes are subject to change; specifications may change without notice.

## FREQUENTLY ASKED QUESTIONS

What is the Conree KRES100B Digital TENS & EMS Stimulator used for?

The Conree KRES100B Digital TENS & EMS Stimulator is used for pain relief and muscle stimulation. It employs TENS (Transcutaneous Electrical Nerve Stimulation) and EMS (Electrical Muscle Stimulation) technologies to alleviate pain and improve muscle performance.

How many therapy modes does the Conree KRES100B model have?

The Conree KRES100B features multiple therapy modes to cater to different pain relief and muscle stimulation needs.

Can the intensity of the Conree KRES100B stimulator be adjusted?

Yes, the intensity of the Conree KRES100B Digital TENS & EMS Stimulator can be adjusted to suit various comfort levels and therapy needs.

Is the Conree KRES100B rechargeable or does it require batteries?

The Conree KRES100B Digital TENS & EMS Stimulator is rechargeable, making it convenient and cost-effective for regular use.

What safety features does the Conree KRES100B include?

The Conree KRES100B is equipped with an auto-off feature to ensure safety and conserve battery life when the device is not in use.

Can the Conree KRES100B Digital TENS & EMS Stimulator be used while working or exercising?

Yes, the Conree KRES100B is designed to be portable and can be used discreetly under clothing, allowing users to benefit from therapy while engaging in daily activities or exercise.

Is the Conree KRES100B suitable for all body parts?

The Conree KRES100B Digital TENS & EMS Stimulator comes with different electrode pads that can be applied to various parts of the body, such as the back, shoulders, arms, and legs.

How long is the typical session with the Conree KRES100B?

The typical session duration with the Conree KRES100B can be set according to the user's preference, with many people opting for sessions ranging from 15 to 60 minutes.

How often can I use the Conree KRES100B for therapy?

It is safe to use the Conree KRES100B daily, but the specific frequency should be based on personal comfort and the advice of a healthcare professional.

What should I do if my Conree KRES100B Digital TENS & EMS Stimulator stops working?

If the Conree KRES100B malfunctions, consult the troubleshooting section of the user manual, and if issues persist.

Is there an app associated with the Conree KRES100B?

Some digital stimulators come with a companion app for enhanced control and customization. Check the product details or with Conree to see if the KRES100B model offers this feature.

How do I clean my Conree KRES100B?

The device itself should be wiped with a dry cloth, and the electrode pads can be cleaned gently with a damp cloth and allowed to air dry to maintain their adhesive properties.

Can the Conree KRES100B Digital TENS & EMS Stimulator be used by pregnant women?

Pregnant women should consult a healthcare provider before using any TENS or EMS device, including the Conree KRES100B.

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## References

- [User Manual](#)

[Manuals+](#), [Privacy Policy](#)

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