



CosySun Unit Muscle Stimulator Instruction Guide

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CosySun Unit Muscle Stimulator



Specifications

- **PACKAGE DIMENSIONS:** 6.06 x 3.54 x 3.03 inches; 13.16 Ounces
- **BRAND:** Cosysun

Introduction

Electrical Muscle Stimulation (EMS) machines are designed to stimulate the muscles in order to strengthen and rehabilitate them, whereas Transcutaneous Electrical Nerve Stimulation (TENS) machines just stimulate the nerves in order to relieve pain. With the AccuRelief Dual Channel TENS unit, you can select from six pre-configured body programmes or six individualised programmes for individualised treatment. The TENS unit equipment has two or four electrode pads and a dual-channel for localised pain.

What's In the Box?

- Device x 1pc
- Bowknot Shape Pad 1pc
- Small Oval Shape pads 2pcs
- Wing Shape pads 2pcs
- Palm shape pads 2pcs
- Tends Lead wire ¼ Lead 1pcs
- Usb cord 1pc
- Meridians figure 1pc

- User Manul



Product Detail

1. Kneading

1. Lateral palm kneading(EMS)
2. Flat palm kneading(EMS)
3. Crosscut fist kneading(TENS)
4. Vertical fist kneading (TENS)

3. Rubbing

1. Rubbing(TENS) —————
2. Rubbing reduction(TENS)
3. Tapping(TENS)
4. Fibrillation massage(TENS)

5. Shiatsu

1. Thai massage(EMS)
2. Shiatsu(TENS+EMS)
3. Shiatsu-Deep(TENS)
4. Strength alternate massage (TENS+EMS)



2. Acupuncture

1. Acupuncture(TENS)
2. Moxibustion (TENS)
3. Acupuncture kneading(EMS)
4. Moxibustion kneading(EMS)

4. Tapping

1. Lifting-pinching
— manipulation(TENS+EMS)
2. Vibrating manipulation(TENS+EMS)
3. High frequency manipulation(TENS)
4. Fibrillation manipulation (TENS)

6. Cupping

1. Twinking cupping(TENS)
2. Cupping(TENS)
3. Fibrillation cupping(TENS)
4. Cup retaining(TENS)

24
HMS MODE

EMS MODES
&
TENS

Save money and time

Never again will you need to schedule a physical therapy appointment a month in advance or receive the same response from a physician (pills, injections etc). You can have a relaxing massage for your chronic pain in the convenience of your own home, or even while travelling or at work, for a fraction of the price.

Small and lightweight

It fits in your briefcase or handbag for portability and has enough power to thoroughly massage your body using low frequency electrical muscle stimulation. Whether you're going to the gym, going to the workplace, or getting groceries, you can travel in peace knowing that pain relief is there.

Rechargeable through USB

The CosySun TENS massager has enough power to deliver the strongest electropulses.

Easy To Use



1. Connect the electrode pads to the lead wire(s).
2. Attach 214/6 pads to the treatment area(make sure you skin is free from dirt, oil or lotion)
3. Plug the lead wires into the ports and turn the unit on.
4. Press the center button to choose AB channel.
5. Press M to choose one of 6 main modes and different sub-modes.



6. Press “+/-” to increase or decrease the intensity.
7. Press “T button, 10-60 mins timers could be selected.
8. Pause/Continue by pressing the center button for 3 seconds.
9. Turn off the TENS unit, then remove the electrodes.

Various Massage Techniques

24 modes, 20 intensity levels, 2 channels, and a time control range of 10 to 60 minutes. A tens machine lets you get soothing massages whenever and wherever you choose. For each channel, you can operate it with a different intensity setting. It is portable and may be utilised at the office, the automobile, or while travelling. Use elbow, knee, shoulder, ankle, wrist, and shoulder for total body relaxation.

Frequently Asked Questions

What distinguishes EMS from TENS devices?

muscles in order to strengthen and rehabilitate them, whereas Transcutaneous Electrical Nerve Stimulation (TENS) machines just stimulate the nerves in order to relieve pain.

Is a prescription required to purchase a TENS unit?

TENS devices can either be obtained without a prescription or supplied by a practitioner with a prescription. Devices that are prescribed by a doctor could deliver stimulation of a higher intensity than products that are sold to the general public.

How much time should I spend using my electric pulse massager?

Start with a single, 15-minute treatment session. If necessary, repeat for a further 15 minutes. Use no more than three times each day. Rate your discomfort on a scale of 1 (low) to 10 (high) before and after each therapy session to determine the actual amount of pain relief.

How long should a muscle stimulator be used?

TENS units can be used as frequently as you'd like without risk. typically once or twice day for 30 to 60 minutes. Up to four hours of relief are possible with TENS.

Are muscle stimulants healthy to use?

Electric muscle stimulators are beneficial in strengthening and enhancing physical performance at all skill levels, according to several studies and stories. However, it's crucial to note that EMS shouldn't be utilised in place of a quality workout. For optimum results, combine your exercise with a muscle stimulator.

How long does it take for EMS training to produce results?

Back pain can be relieved by strengthening your core muscles with just one month of EMS training. Therefore, you should start noticing better defined muscles and fat loss within just one month. Even better, you'll feel leaner and stronger, which will lessen any aches and pains you may now be experiencing.

TENS device: Does it improve blood flow?

Possible causes of the analgesic effect include decreased sympathetic activity, which causes vasodilation and eases pain (43). Thus, it is hypothesised that TENS stimulates blood flow, which in turn promotes the healing of various kinds of wounds.

Can you use a TENS unit on your face?

The head, face, neck, chest, genitalia, or broken skin should not be treated with a TENS unit unless specifically directed to do so by a medical practitioner.

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Can you fall asleep with a TENS unit running?

Avoid using TENS while operating machinery, sleeping, bathing, or taking a shower. When you remove the electrodes, your skin can become slightly red and irritated, but this should pass rapidly. After using TENS, it's crucial to frequently check your skin to make sure it stays healthy.



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