



Easy@Home PL-029K5 Rechargeable Wireless TENS Unit User Manual

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Easy@Home PL-029K5 Rechargeable Wireless TENS Unit



Specifications

Brand Easy@Home

Package Dimensions 7.6 x 6.42 x 1.02 inches

Item Weight 5.29 Ounces

Item model number PL-029K5

Batteries 1 Lithium Ion batteries are required.

Intensity level 20

Modes 16

Description

Electronic TENS UNIT for pain relief of joints, back, knees, and more by pulse muscle stimulation; all-natural, drug-free, and very effective. EHE015 is ideal for anyone experiencing persistent discomfort. This product has been evaluated and is safe to use at home according to the 510K guidelines. A perfect present for Mom, Dad, Christmas, your birthday, and Valentine's Day. The design is flexible and invisible when worn. Its tiny design and lack of wires and remote control make it highly portable and user-friendly. It can be used in the office, at home, or when traveling. **WARNING:** Before applying to the skin, carefully check the connection between the simulator's snaps and the holes in the electrode pads. If the pad is not properly held against the skin after pressing the "+" button to begin, a series of six beeps will sound and the device will turn off. There are 6 pre-set automatic massage modes with a total of 20 intensities. A simple on/off switch and a +/- button is all that's needed to manage the brightness. The lithium-ion battery can be recharged for continued usage, and the maximum cycle time is 60 minutes. **WARNING:** The device must be fully charged before the first use. Automatic shutoff after 20 minutes of use. We are so sure that you will be pleased with this product that we are willing to guarantee it for an entire year. If you have a pacemaker or are already experiencing heart problems, if you have any metal implants or screws in your body, or if you have epilepsy, **DO NOT USE THIS PRODUCT**. Before making a purchase, be sure to read all applicable safety information. * There's a gel electrode pad for getting started.

What's In The Box



How To Use

1. The included electrode pad simply snaps onto the controller.



2. The next step is to make sure your skin is healthy, clean, and dry.



3. The electrode pad can be applied to the skin by removing the transparent backing and sticking it where it's needed.



4. Turn on the electricity to begin treatment.



5. To switch modes, hold the “+” button for three seconds. Its beeps correspond to various operating modes. Each time you change modes, release the “+” button and hold it down for another three seconds.



6. To choose your stimulation duration, hold down the “_” button for three seconds. Different stimulation times are indicated by the beeps. After releasing the “_” button for 3 seconds, pressing it again adds 10 minutes to your time choices.



7. The volume can be adjusted by pressing the “+” or “-” button.



8. After your session is done, please power down the device.



Key Features

- **Customizable:** Provides a wide variety of controls to meet the needs of users with varying sensitivities. You may find the ideal pulse with its six modes, twenty intensity levels, and 10-60 minute timer.
- **Simple:** Simply reducing your options can sometimes improve your situation. The EHE015's simplified interface, which consists of just two buttons, is meant to provide you with greater comfort.
- **Wireless & Rechargeable:** The control unit is only 2.0" x 1.7" x 0.5", so you can take it with you and use it wherever you wish. Rechargeable batteries allow for sustained comfort.
- **All-Natural:** The natural pain regulators in the body, endorphins, are triggered by TENS therapy. Stimulating increased endorphin production and release reduces pain without the potential adverse effects of conventional pain medication.

Note

1. The provided electrode pads do not have any latex.
2. Second, before applying the tens unit to the treatment region, please wash and dry your skin so that the pads can cling properly.
3. Third, please prepare by applying the tens unit to your skin.

4. Fourth, Bluetooth functionality is absent from the electrode pad.
5. Pads for replacement: BO7L9ZK332

How To Power On

- Find the TENS machine's on/off switch. A power symbol (a circle with a line going vertically through it) is commonly used to identify it.
- To turn on the device, press and hold the power button for several seconds. The power button on some devices may need to be briefly depressed.

How To Power Off

- Find the power button once more to deactivate the TENS machine.
- To turn off the device, press and hold the power button for several seconds. Some models can be turned off with a brief press of the power button.

How To Charge

1. Find the TENS unit's charging port. It's likely to be on the bottom or side of the gadget, and it might be protected by a flap.
2. To charge the TENS unit, connect one end of the included cord to its charging connector.
3. You can charge your device by connecting the other end of the cable to a USB port, a USB wall charger, or a portable power bank.
4. When the TENS unit is plugged into an outlet, a charging indicator light may light up to show that it is receiving power.
5. After using the TENS unit, charge it according to the instructions in the user handbook or until the charging indicator light goes off.
6. When the TENS unit is fully charged, remove the charging cable by drawing it out of the port.

How To Clean

1. Before you begin cleaning, make sure the TENS unit is unplugged from the power supply.
2. Take special care when removing electrode pads from the TENS unit. To safely remove, refer to the manufacturer's guidelines.
3. To clean the TENS unit, wipe its exterior with a moist cloth or nonabrasive cleaning wipe. Do not clean the gadget with abrasive or chemical cleaners. Focus on spots that may have gathered grime, perspiration, or oil.
4. If the electrode pads need to be cleaned, the recommended cleaning procedure should be found in the pads' user manual. Water and a mild soap solution may be used to clean some types of electrode pads. Don't reattach the pads to the TENS machine until they have dried completely.
5. Make sure the TENS unit is totally dry after cleaning it. Keep the gadget out of the reach of moisture and temperature extremes by keeping it in a dry, clean area.

FAQ's

What is a TENS unit?

A TENS unit stands for Transcutaneous Electrical Nerve Stimulation. It is a portable device that uses electrical currents to provide pain relief and muscle stimulation.

How does the Easy@Home PL-029K5 TENS Unit work?

The TENS unit sends low-voltage electrical currents through electrode pads placed on the skin. These currents stimulate the nerves and provide pain relief by blocking pain signals to the brain.

What conditions can be treated with a TENS unit?

TENS units are commonly used for managing various types of pain, such as muscle pain, joint pain, back pain, and chronic pain conditions. They may also be used for muscle stimulation and relaxation.

How do I apply the electrode pads?

Clean and dry the area where you plan to apply the electrode pads. Remove the protective film from the pads and firmly press them onto the skin, ensuring good contact. Follow the instructions provided by the manufacturer for proper electrode pad placement.

Can I adjust the intensity of the electrical stimulation?

Yes, most TENS units, including the Easy@Home PL-029K5, allow you to adjust the intensity level. This allows you to customize the stimulation strength based on your comfort level and needs.

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How long should I use the TENS unit for each session?

The recommended duration for TENS therapy can vary depending on the individual and the specific condition being treated. Typically, sessions can range from 15 minutes to an hour. Consult with your healthcare provider or follow the guidelines provided in the user manual.

Is the Easy@Home PL-029K5 TENS Unit rechargeable?

Yes, the PL-029K5 model is rechargeable. It comes with a built-in rechargeable battery that can be charged using the provided charging cable.

Can I use the TENS unit while engaging in other activities?

The TENS unit is designed to be portable, allowing you to use it while performing daily activities. However, it's important to avoid activities that may compromise your safety or interfere with the proper placement and functioning of the device.

Are there any side effects of using a TENS unit?

Generally, TENS therapy is considered safe when used correctly. However, some individuals may experience minor skin irritation or tingling sensations during or after use. If you have any concerns or experience persistent discomfort, consult with your healthcare provider.

Can I use the Easy@Home PL-029K5 TENS Unit without a prescription?

In most cases, TENS units are available for over-the-counter use without a prescription. However, it's advisable to consult with your healthcare provider to ensure it is appropriate for your specific condition and to receive proper guidance on usage.

Video – Product Introduction

