



Hi-Dow Wireless 49 TENS EMS System User Manual

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Wireless-49 TENS/EMS System User manual

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Indications for Use

TENS:

To be used for the temporary relief of pain associated with sore or aching muscles in the shoulder, waist, back, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities. (Chow Med* 1, 4, 5, a)

EMS:

It is intended for muscle conditioning, used for stimulating muscles including abdomen muscles in order to improve or facilitate muscle performance. Choose Mode I, T. 6, 7, 9.

USER MANUAL

Hi-Dow Wireless TENS/EMS System Model HD- 5N-N

GENERAL DESCRIPTION

The Hi-Dow Wireless TENS/EMS System is a battery operated wireless pulse generator that sends electrical impulses from a REMOTE control to a RECEIVER (found disk) with ELECTRODES attached to them that are placed on the body to stimulate the nerves causing pain. When this happens, the nerves "feel" gentle electrical sensations instead of the pain.

The Wireless REMOTE controls the INTENSITY and MODE functions of the RECEIVER. The RECEIVER with the electrodes attached to it adheres easily and firmly to the skin.

The LCD display shows the exact modes and values of the functions being used.

See the pictures in this Manual that show the different COMPONENTS and CONTROLS of the HI-DOW System and how to operate it properly to get the best PAIN RELIEF. Because the Hi-Dow system is Wireless – Needing No Lead Wire – you must use only Hi-Dow SNAP Electrodes.

PULSE PARAMETERS

TABLE: PULSE prarnstess					
Rated Sup* Vol age 60		DC 3,7 V			
Load *ohmage (0) – . . . -.		1000Ω			
PULSE DURA PONlps)	FUSE terttri ors bectuentin* U1	PULSE repetiti on ⁴ mP ⁸¹¹ /do ⁴⁰ ⁰ rtIM	DC component (171	1ktde decompositi on	Remarks
100	51	50-90	–	See Revak	Mod* 1
100	6	50-90	–	CI* Ana&	Mode 2
100	1 16	50-90	–	See Remark	Mode 3
100	<50	50-90		See Remo*	Mode 4.1:4.2
100	a	50-.90	–	Ste Remark	Mode S
100	<60	50-90	–	See Remark	Modes 61,6 2; 6.1: 64
100	51	50-90	–	See Ramat	Mode 2 1. 77
100	<70	50-90	–	See Remark	Mode &l: 04 8.3: 0.4
100	<60	50-90	–	Sao Rana	Mode 9.1, 97; 9 3

Mode Description when used as TENS (Pain Relief)

Mode#3 -Tapping: simulates o second heort beat. By tapping the muscle you Increase the body's natural blood flow and oxygen supply to target area. This also helps flush any inflammation or swelling in target area.

Made #4 – Reflexology: Thi mode has been designed for the shoes. It simulates a reflexology session through the socks and/or shoes using several different stimulation patterns.

Mode #5 – Auricular Therapy: This mode is also known as “alpha stim’ ar “micro current’. When used properly you should use the earflap attachment. It works 2 ways By simulating en alpha wave in the brain it has been known to help sleep patterns, behavior, and endorphin release. Also, It will relax the sub occipital muscles and vano dilate, helping with migrasnes and headaches.

Mode #3 – Ramping wave. This mode ts designed to start out with number 3, tapping. it will get faster and deeper into the betly of the muscle as it continues untld tt goes to a fully facliNated contraction. Then It will allow the musde to release. This has been used to increase endurance and build fatigue resistance.

Mode Description when used as EMS (Muscfce Stimulation)

Mode #1 – Kneading: sinudates the thurnbs fingers and paims of a real massage therapist. The sensation should feel like a vibration. Foc uses on hypertension and stress and helps to break that down returning full range of motion and flexibility.

Mode #2 – Acupressure: a much more rapid and focused pulse that focuses on any knot ar adhesion in the body. it OUIs enough pressure on lt to break it down and release any acidic lactic} content within.

Mode #6 – Aulas: It & used for muscle confusion and athigtic enhancement.

Mode #7 – Contract and Hold: This mode is the longest contraction on the machine. R Is designed to simulate a flex movement to help bulid muscle tissue

Mode #9 – Tapping and neading: a mixture of the fast and slow contractions.

CONTRAINDICATIONS

Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

WARNINGS

- The long-term effects of chronic electrical stimulation are unknown.
- If you are in the care of a physician, consult with your physician before using this device.
- If you have had medical or physical treatment for your pain, consult with your physician before using this device.
- If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician.
- Do not apply stimulation over your neck or mouth because this could cause severe muscle spasm resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.
- Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- Do not apply stimulation in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- Do not apply stimulation when in the bath or shower.
- Do not apply stimulation while sleeping.
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- Do not use the device on children. It has not been evaluated for pediatric use.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals; and
- Apply stimulation only to normal, intact, clean, healthy skin.
- The device can't be used while charging.
- The device should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.

FCC WARNING STATEMENT

- Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the device.
- This device complies with Part 15 of the FCC rules. Operation subject to the following two conditions:
 - 1) This device may not cause harmful interference, and
 - 2) This device must accept any interference received, including interference that may cause undesired operation.

PRECAUTIONS

- Hi-Dow Wireless TENS/EMS System is not effective for pain of central origin, including headache.
- Hi-Dow Wireless TENS/EMS System is not a substitute for prescribed pain medications and other pain

management therapies.

- Hi-Dow Wireless TENS/EMS System have no curative value.
- Hi-Dow Wireless TENS/EMS System Is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- The long-term effects of electrical stimulation are unknown.
- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and electrodes should not be placed on opposite sides of your head.
- The safety of electrical stimulation during pregnancy has not been established.
- You may experience skin irritation or hypersensitivity due to the electrical stimulation or electrical conductive medium (gel).
- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
- Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
- Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
- Use caution if stimulation is applied over the menstruating or pregnant uterus.
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Keep this device out of the reach of children.
- Use this device only with the leads, electrodes, and accessories recommended by the manufacturer.
- Replace self-adhesive electrodes when they do not adhere (stick) firmly to the skin.
- The device should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

ADVERSE REACTIONS

- You may experience skin irritation and blisters beneath the stimulation electrodes applied to your skin.
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

GENERAL INFORMATION

Included in this package:

- 1 REMOTE Control
- 2 RECEIVERS (NUMBERED 1 and 2)
- 1 pair of Lower back sized adhesive electrode pads (4×9 inches « rectangular shape)
- 1 set of LARGE single sided adhesive electrode pads (2,412.4 inches – round shape)
- 2 Electrode Wires (6 inches)
- AC Adapter
- USB Cable for Recharging
- User Manual



*In case of any discrepancy between the physical and picture, refer to the actual product

QUICK START GUIDE FOR SIMPLE USE

1. Snap the electrode pads onto the round RECEIVER. Both connection points on the RECEIVERS must be engaged.
2. Remove the electrode pad film and securely place the adhesive pads directly on the thin over the pain areas.
3. Then on the REMOTE using the ON/OFF switch on the side. Then turn on the RECEIVER by pressing the power button.
4. Choose Channel 1 or Channel 2 by pressing "C" on the REMOTE. Number 1 or 2 will display on LCD screen. For more RECEIVERS by pushing "C" on the REMOTE and seeing 3 or 4 appear in the LCD display.
5. Set the mode of the selected RECEIVER to Mode 1, Mode 2, Mode 3, Mode 4, Mode 5, Mode 6, Mode 7, Mode 8 or Mode 9 by pressing "M" on REMOTE, 1, 2, 3, 4, 5, 6, 7, & 8 will appear in the LCD display next to the 'M' {This function will only work when both the REMOTE and the RECEIVER are turned ON}
6. Adjust the intensity of the selected RECEIVER by pressing "+" or "-" on the REMOTE. Do this until the sensation under the RECEIVER and electrode pads is felt as being comfortable. NOTE: The intensity level will need to be adapted each time the mode is changed. This function will only work when both the REMOTE and the RECEIVER are turned ON}

Notes:

1. The patent is an intended OPERATOR While using the unit, no service and no maintenance shall be due.
2. The device is very safe at the maximum output value.
3. It is recommended that, at a minimum, and 5 cord 101t-actherng electrode patch are used at two treatment areas.

INSTRUCTIONS FOR USE

The SGROTE control; the dock looking bondset.t has a LCD display, C button for choosing RECEIVER 1/Channel 1 or RECEIVER 2/Channel 2. Four more RECEIVERS, RECEIVER 3/Channel 3, RECEIVER 4/Channel 4, and M button to control the MODE functions of the RECEIVERS. The default setting of REMOTE is 45 minutes. The REMOTE will shut off automatically after that time. If you can manually turn off. The ON/OFF button is located on the side of the REMOTE. The LCD display illuminates when the REMOTE is "ON". The LCD display & battery, the unit is OFF or the REMOTE and/or the RECEIVERS need to be recharged.

RECEIVERS) CONTROL

Push and hold the power button on each RECEIVER until you can see the green light. Push again, and the RECEIVER turns: if the green light becomes red, the RECEIVER needs to be recharged.

INTENSITY adjusting on the REMOTE is just below the LCD Screen. Squared as « and -. The more you push + the higher up the intensity level of the Channel shown in the LCD display goes. The more you push – the lower down the intensity level of the Channel shown in the LCD display goes.

CHANNEL and RECEIVER CONTROLS

This is 4 Channel TENS/EMS unit.

There are 2 ROUND RECEIVERS – the CHANNELS labeled as 1 and 2. Both CHANNELS are controlled by two REMOTE. Push the 'C' on the REMOTE to set CHANNEL 1, 2, 3 and 4, CHANNEL 1, 2, 3 and 4 will appear on the LCD screen. Then set the MODE for CHANNEL 1, 2, 3 and 4 by pushing the 'It' on the REMOTE. "Mode To add more RECEIVERS, first match the REMOTE and RECEIVERS, please refer to the "Troubleshooting" on page 27.

"Meter Each Round Receiver must be connected to either 1 large (2 pins on it) or 2 small (1 pin on each electrode) function. Using only 1 small electrode will result in no function. MODES – Pre-Programmed Mode Functions Simply push the "M" button on the REMOTE to change from Mode 1 to Mode 2 and so on up to Mode 9. The MODE FUNCTION being used will appear in the LCD screen as 1,2, 3,4, 5,6,7,8,9.

MAINTENANCE , STORAGE and DISPOSAL

Maintenance

1. Make sure you always keep it free from any dirt, oil or lotions.
2. Before applying the electrodes, suggest spraying TiDow conductor on your fingers and rub them on both pads. This will help the electrodes maintain their adhesiveness.
3. When you finish using the device, turn it off.
4. Take off the electrodes.
5. Place the protective films back on the electrodes or place the electrodes on the pad holder.
6. Place back in the box when not in use.

Storage

1. For prolonged electrolysis, store the device in a cool, dry place and protect it from heat, sunshine and moisture.
2. Store the device in a cool, well-ventilated place.
3. Never place any heavy objects on the device.

Disposal

1. The device must be disposed in accordance with the law in your area.
2. The electrodes are disposable and should be routinely replaced before they start to lose the adhesive nature. And the electrodes should be disposed in accordance with the law in your area.

Note: The expected service life of the device is 3 years, and expected number of electrodes & 2 pieces. =

SUGGESTED MODE USES

1. Legs, Arms, Hands – Mode 1, Mode 3, Mode 7, Mode 8, Mode 9
2. Feet – Mode 4
3. Ears – Mode 5
4. Calves – Mode 6
5. Knees – Mode 1, Mode 3
6. Lower Neck, Hip, Stomach – Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
7. Mode 8, Mode 9 2. Shoulders, Upper Back. Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
8. Neck – Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
9. Combination Waves Mode 7, Mode 8 and Mode 9 are for multiple types of sensations that the user can adjust. Call for your physician and work with well on all Pain Conditions.

Note: When using any of these modes always start with the lowest intensity and gradually increase the level of intensity until you feel a “tingling” sensation. All modes are different and therefore feel different. You may try modes in the beginning and choose one that feels pleasant. Never increase the intensity to a level so that it hurts, otherwise you may reach the point of discomfort. Start with short sessions of 5-10 minutes until your body gets used to the stimulation.

ELECTRODE OPTIONS

Follow application procedures outlined in electrode pacing, to maintain stimulation and prevent skin irritation. Use “ORLY” HI-DOW SAP electrodes with this WIRELESS system. Replace Electrodes when they don’t stick any longer.

CONTIGUOUS PLACEMENT

This is the most common placement technique. It involves placing the electrodes side by side to guide the flow of current through or around the area of pain. In a single channel application, this would involve placing each pad on either side of the pain site if the pain is localized and deep within the tissue. Pad placement on the posterior and anterior aspects of the affected limb will allow the current to flow completely.

ELECTRODE PLACEMENT

The placement of electrodes can be one of the most important parameters in achieving success with TENS therapy. Of utmost importance is the willingness of the user to try the various styles of electrode placement to find which method best fits his or her needs.

Every user responds to electrical stimulation differently and their needs may vary from the conventional settings suggested here. If the initial results are not positive, feel free to experiment. NOTE: You may have to ask for help if you cannot reach the area to be stimulated.

APPLICATION OF RE-USABLE SELF ADHESIVE ELECTRODES

Application

1. Clean and dry the skin area thoroughly with soap and water prior to application of electrodes.
2. Remove the electrode pad from the package and securely place the adhesive pad attached to the RECEIVER unit onto the skin over or near the pain area.

Care and Storage

1. Between uses, store the electrodes in the resealed bag in a cool dry place.
2. It may be helpful to improve repeated application by spreading a few drops of cold water over the adhesive and dampen the surface up to and dry. Over-saturation with water will reduce the adhesive proportion.

Notes:

1. Do not apply to broken skin
2. The electrodes should be discarded when they are no longer adhering.
3. The electrodes are intended for single patient use only.
4. Irritation occurs, discontinue use and consult your clinician.

TIPS FOR SKIN CARE

To avoid skin irritation, especially if you have sensitive skin, follow these suggestions.

1. Wash the areas of skin where you will be placing the electrodes using mild soap and water before applying electrodes, and after taking them off. Be sure to rinse thoroughly and dry well.
2. Excess hair may be clipped with scissors, do not shave immediately.
3. Wipe the area with the skin preparation your clinician has recommended. Let this dry. Apply electrodes as directed.
4. Many skin problems arise from the "pulling stress" from adhesive patches that are excessively stretched across the skin during application.
5. To prevent this, apply electrodes with Gem center outward and avoid stretching over the skin.
6. To minimize the 'pulling stress', tape extra lengths of lead wires to the skin in a loop to prevent tugging on the connection.
7. When removing electrodes, always remove by pulling at the disconnection of hair growth. 7.2 may be helpful to red skin lotion on electrode placement area during application down time when you are not wearing electrodes.
8. Never apply electrodes over irritated or broken skin.

BATTERY INFORMATION

Rechargeable Batteries

Prior to the use of a new unit, the rechargeable battery in the REMOTE and the RECEIVER may need to be charged.

After being stored for 60 days or more, the batteries may lose their charge.

After a long period of storage, batteries should be recharged before use.

Battery Charging for REMOTE and RECEIVER

Via a standard wall outlet



1. Connect the AC adapter to any standard wall outlet. a
2. Connect the small end of the USB cable to the unit and the bigger end to the AC adapter.
3. REMOTE: The unit is finished charging when the battery icon indicates full. RECEIVER: While charging, the indicator light is yellow, and the light is green after finishing.

Via a computer USB port

1. Connect the small end of the USB cable to the unit and bigger end to the USB port on a computer (computer must be turned on),
2. REMOTE The unit is finished charging when the battery icon indicates full. RECEIVER: While charging, the indicator light is yellow, and the light is green after finishing, .



Notes:

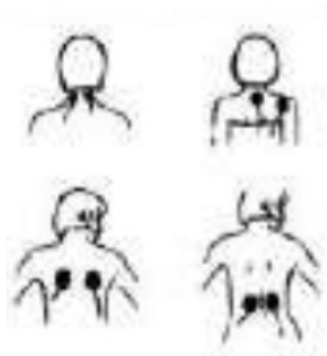
1. The adapter is « separate power supply to the device, NOT a part of (hw ME EQUIPMENT, and It is a combination of a ME EQUIPMENT SYSTEM.
2. The device can't be used while charging. ☺

REGULAR APPLICATION PRINCIPLES

- Find the exact pain point. The points which the electrode pads are attached to should be the most painful point in normal time
- Intensity – The Intensity must be gradually increased and it's better to reach the highest intensity you can stand, without feeling uncomfortable.
- Application duration: 2-3 times/day, 45 minutes every time, over 10 days for one course.

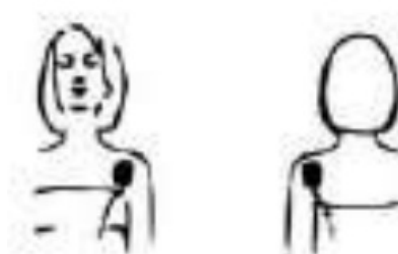
There are two ways to place the pads, in twin and opposed modes,

Figure 1: Twin mode Figure 2: Opposed mode



Fix the two pads at the top and bottom or both ends

Fix the two pads respectively on the opposite sides on the same side of the human body of the application position. as shown below



REGULAR APPLICATION METHODS

→ Pain in the trunk

1. Probably pain points in the trunk

According to traditional Chinese medicine (TCM), the most sensible pressure point is the key point, the most proper position to be applied. Find the pressure pain point with reference to Fig.1. Apply one pad onto it. Apply the other pad onto a proper point symmetrical to the chosen pressure pain point of near tort. but the two pads should not be overlapping if there are several separated pressure pain points, apply them one by one. Recommended positions of pads for application on the neck, shoulder and back (See Fig.3) Use Mode 1 for 20 minutes.

Mode 2 or Mode 3 for 30 minutes by turn for A, B and C. Longer time is needed for those parts of great pain. It is better to use fairly large intensity.

2. Recommended positions of pads for application of the waist (See Fig. 4) Figure 4



Mode 1 for 30 minutes, Mode 2 for 20 minutes or Mode 7,8,9 for 30 minutes. It is advisable to do some waist exercise after the application, Long application is needed for more serious aches and pains.



→ Pain in the joints and limbs

Pain in the joints, sport injuries, soft tissue injuries, may cause joint aches, which often occur in the joints of shoulder, elbow, knee, wrist, ankle, etc.



® Posen of pads

For joint pain, two pads should be applied to the two symmetrical sides of the painful point. see Fig. 2 (opposed mode). Mode and length of operation time Mode 1 for 0 minutes, the Mode 3 for 30 minutes, 2-3 times a day.

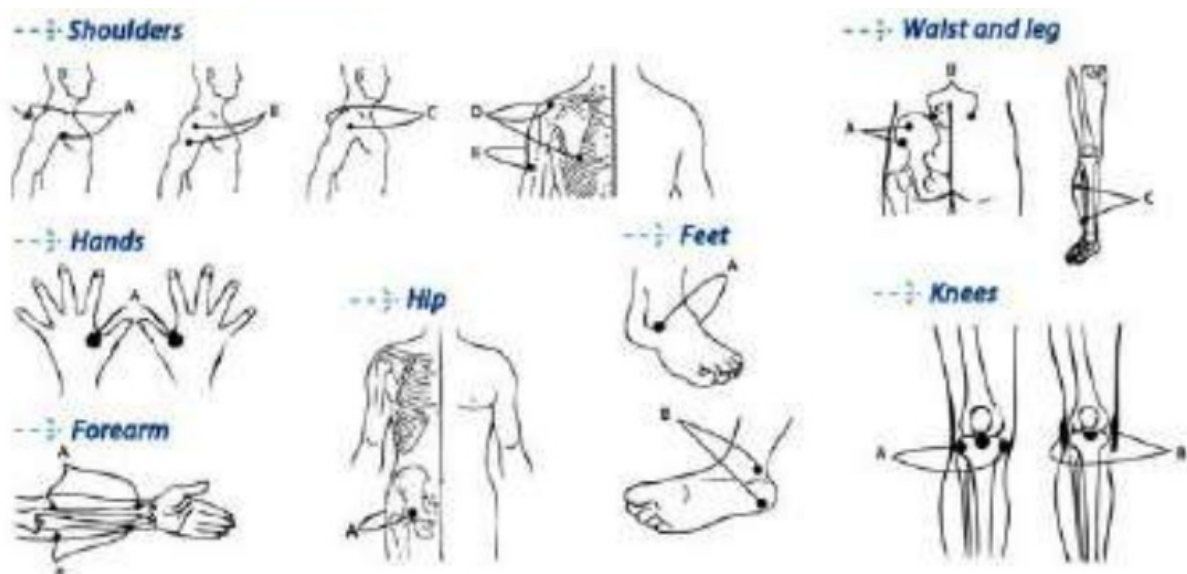
Pain in the muscles and tendons of the limbs, it is often caused by sport injury, overstrain or some other factors. The common signs are muscular pain, swelling and spasm.

©) Position of pads

Apply the pads to each end of the painful muscle or apply one pad to the muscle and the other to the tendon. The position can be slightly regulated according to sensation.

Mode and length of time Mode 2 for 20 minutes, then Mode 3 for 20 minutes. Consult the doctor if the injury has laceration of muscle or tendon.

→ Electrode placement variations



TROUBLESHOOTING

CONFORMITY TO SAFETY STANDARDS

HiDow frnstonat i decare thalthedevce o wih he elowing normativedocursnts: Statement of EMC eceosnn 220 PR a 060111205+ AMOI2012/ANSIAAY ESS0501 12005 12012, 0811112015, 1EC0601 2102012 Conformity to FCC Requirements









TECHNICAL INFORMATION.

n 1- r •-;	Dual. Independent intensity control
'owe Supply	Remote: DC IN
	Receiver 0C3.7V
'LlImens•cns	Remote: 1011mm x 53.6mm s 14 9mm
	Rotator •S7trwo a 17mm
Net we ight	(*mote: 649
	Rrretve r 749
°riveting conditions	St to 40t (41 F to 104°F) with a relative humidity (non-condensing r 01 31:01e • 75%, amiss 9 h en(pasture from 700 to 1.060 lire
Storage atwl transportation ren ditions	-10t to SSt (14 F to 131 F) with a relator. humidity (non-condensing) 10% • Wa b,etmosphent wawa, from 700 to 1.06011P.

ACCESSORIES LIST

NO	Accessories Name	Quantity	Spec\$caton
1	AC adapter	1 piece	InputAC 100.240V 50/60Hz 05A
2	1 own lac 1 wed adhesive electrode pads	1 piece	4×9 Inches- 'octangular tape
3	LARGE clock sided adhesive electrode pads	1 paw	2.4×2.4 Inches- round shape
4	Use cable	1 piece	39 Inches
S	Electrode Wiles	2 pcs	8 incises

EXPLANATION OF SYMBOLS

	Authorized Representative in the European Community
	CE Mark conforms to essential requirements of the Medical Device Directive 93/47/E EC.
	Class II equipment
	Date of manufacture*
	Manufacturer
	Serial number or 'al nilMiler
	1 ypv BF applied part
	I MiINM On not dello)! thi i pf Olt i (141 klf 'forted mono(vol vr.,%1, t olFe(110i. ot lien %nil • taint*/ .rly Sc. spec.'s. tobsirment 0 Int•iliaty

WIRELESS SPECIFICATIONS

Frequency band: 2400-2483.5Mhz

Modulation method: GFSK

Transmit Power 0dBm (1mW)

Receiver Sensitivity: -88dBm

Effective transmission distance: <8 meters

DESCRIPTIONS FOR SAFE WIRELESS TRANSMISSION

The Remote and the Receivers have a unique address. Before leaving the factory, the Remote and the Receivers will be matched, The address information to each other is saved as to prevent any unauthorized access. In the wireless transmission, the address information will be sent out together; only the correct address information can be received.

ELECTROMAGNETIC COMPATIBILITY DESCRIPTIONS


This product needs special precautions regarding EMC and needs to be evaluated and put into service according to the GAC information provided, and this unit can be affected by portable and mobile RF communications equipment. 1) Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit 2) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation 3) Caution: this machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used Guidance and manufacturer's declaration – electromagnetic emission The device is intended to be used in the electromagnetic environment specified below, The customer or the user of the device should ensure that the device is used in the specified environment

Where S is the maximum output power rating of the transmitter in watts (W) according to the manufacturer and dis is the recommended separation distance in metres (m). Field strength from fixed RF transmitters, as determined by an electromagnetic survey, should be less than the compliance level in the frequency range of interest. Interference may occur in the vicinity of equipment marked with the following symbol (R NOTE | AUSEMIE and 830 MHz the highest frequency range applies).

NOTE These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

A user should attempt to reduce the maximum power level (e.g. by using a lower power setting) if the device is used in a task

Documents / Resources

	<p>Hi-Dow Wireless 49 TENS EMS System [pdf] User Manual</p> <p>Wireless 49 TENS EMS System, Wireless 49, TENS EMS System, EMS System</p>
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