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INTRODUCTION

EHE009 TENS Pain Relief Device is a user friendly product, which delivers electric impulses to nerves, muscles and cells on different part of our body. These impulses are generated by the device and delivered through electrodes on the skin to the target nerves, muscles and cells. The impulses in proper strength and frequencies make continuous and gentle stimulation on target nerves, muscles and cells to trigger the body producing natural morphine to block, relieve pain and to stimulate the regeneration of tissues. EHE009 TENS is portable, compact, and stylish in design. It is helpful in relieving aches and pains in various parts of the body such as the waist, shoulders, joints, hands, feet, etc. and it helps the regeneration of tissues. Using EHE009 properly will provide you with a healthy and comfortable experience of life.

Features of PL-009 Electronic Pulse Massager:

1. Liquid crystal display
2. Power: DC 6V, 4 AAA batteries
3. Frequency: 60 Hz
4. Main unit measure: 200x55x33 (mm)
5. Net weight of the main unit: 0.15 kg
6. Adjustable speed and intensity
7. Accessories included: 4 electrode pads, 2 electrode wires and 4 AAA batteries

SAFETY WARNINGS

DANGER

1. Do not use this unit if you are using an implanted electronic medical device such as a pacemaker or other life-maintaining device.
2. Do not use this unit if you are wearing electronic medical devices for monitoring health functions.

WARNING

If you have one of the following conditions, please consult with your physician before purchasing or using this device.
Acute disease; malignant tumor; infective disease; pregnant; heart disease; high fever; abnormal blood pressure; lack of skin sensation or an abnormal skin condition; any condition requiring the active supervision of a physician.

NOTICE

Do not use this device while driving.
Do not use this device while sleeping.
Do not use this device in high humidity areas such as a bathroom.
Keep this device out of the hands of children.
Stop using this device at once if you feel pain, discomfort, dizziness or nausea and consult your physician.
Do not attempt to move the electrode heads while the device is operating.
Do not use the device around the heart, on the head, mouth, pudendum or blemished skin areas.
Keep the device away from wet, high temperature and direct-sunlight place.
Medical Electrical Equipment needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided.
Portable and mobile radio frequency (RF) communication equipment can affect Medical Electrical Equipment.

ENVIRONMENTAL CONDITION FOR TRANSPORT AND STORAGE

Easily fragile product.

Keep the product in the dry place away from water and rain.

Product package should be recycled.

Stacked up 4 cartons at most.

Temperature range: 0oc to 48oc
Humidity: 10% to 85%
Atmospheric pressure: 400hPa to 1060hPa

Safety symbols

Type B applied part

Attention, see operating manual for use

SETUP

Unpack the box of the product, take the product and batteries out, place the batteries into the device at its back compartment, and connect the electrode pads into the device through the wires.

OPERATING THE PRODUCT

To begin

1. Install 4 AAA batteries into the device. Match the positive electrode and negative electrode in the right direction;
2. Connect 1 pair of electrode wire into the upper left hole of the device and another pair of electrode wire in the upper right hole.
3. Attach the electrode pads (connecting to the electrode wire) to the treatment area, such as shoulder.
4. Turn the power/intensity switch knob to 1. The screen should show P. This means the device is ready to begin treatment.
5. Press one of the function keys to start treatment, such as Shoulder or Massage.
6. Press SPEED+ or SPEED- to adjust the speed; rotate the Switch Knob to adjust the intensity.

Best practices:

1. Duration is 10-15 minutes for each treatment area.
2. Frequency is 1-2 times per day per area.
3. Intensity and speed selections are based upon the level of your comfort.

CLEANING AND MAINTENANCE

Please use water or neutral detergent to clean the device first then using the dry cloth to wipe it again. The electrode pads coming with the device are disposable, and should be replaced after around 40-time uses when their adhesiveness becomes worse. Contact the seller for replacements. Do not let the sticky side of the pad touch anything, including the greasy finger tips.

TROUBLE SHOOTING

If your device is not operating properly, please check it for the following problems or conditions. If the recommended action does not solve the problem, please return it to the authorized dealer for repair of the device.

MALFUNCTION	CAUSE	SOLUTION
Stimulation is weak or not existent	Are the electrode heads in close contact with the skin?	Remove, clean and place back on the skin.
	Do the electrode heads touch each other?	If so, then separate.
	Are the wires connected to the electrode heads and the main device properly?	Disconnect, clean and reconnect all the parts.
	Are the batteries dead?	Replace the batteries.
Skin turns red	Is treatment time too long?	Stop and treat another area
Skin feels numb	Are electrode pads dirty?	Clean with damp cloth or replace.
	Do the electrode pads touch the skin closely?	Remove and place again on the skin
Device does not turn on	Batteries installed correctly?	Remove and install batteries.
	Are batteries dead?	Replace the batteries.
Pads are not sticky	Pads get deteriorative	Contact vendor for replacements.

POSITIONS FOR USE

Waist

Shoulder

Joints

Sole of Foot

Hand or Foot

-----The End-----

Easy At Home Medical, LLC

Any questions, please call toll-free 1-855-822-6999

M-F 9:00 a.m. - 5:00 p.m. Central Time

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