



HOW TO USE TENS MACHINE FOR VAGUS NERVE STIMULATION

Instruction for Caremax 2.0 Pro Model

1

Connect Ear clips

- Use one ear clip and a gel pad, ensuring they are securely attached to the same channel.
- Attach ear clip to the tragus of the left ear, and place the gel pad at the back of your left shoulder.
- if necessary, wet the ear clips to enhance conductivity.

2

Select the preset program

- Press Power/M button to select TENS Mode
- Press CH button to select the channel with ear clip & Pad connected.
- Press B Button to select the 'Adv Programs' flashing on the screen
- Press P button until you see Program "02" showing on the screen.
- Milliamps are used in tVNS mode for effective and safe stimulation.
- Press + button to increase the intensity level and start treatment.

(you will see the clock is flashing, if you need to change the setting, press power button again to stop the clock before making any adjustment.).

The preset TVNS program has the following setting:

Frequency (Hz): 25Hz

Pulse Width(uS): 200(uS)

Current: 0.4mA - 4mA over 40 steps

Duration: 30mins

Waveform: Biphasic Asymmetric Square Waves at a 50% duty cycle repeating periodically at 10 second intervals, 0 net current.

Additional Resource

For more detailed instructions on using a TENS machine for vagus nerve stimulation, please refer to the comprehensive guide available on the CareMax website: [Using TENS Machine for Vagus Nerve Stimulation.](#)