

Quick Guide

Attention

The purpose of this Quick Guide is to help you understand the operation of the TENS unit much more quickly, and the contents of the quick guide are not a substitute for the user manual. Please read the user manual carefully before use to understand the contraindications and warnings. Please consult your doctor before use if you're not sure whether you can use this device.

Operation

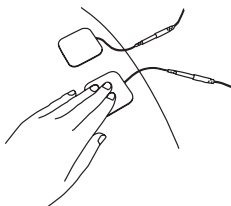
Note: Do not use it while charging.



1. Clean the application areas.



2. Connect the lead wire to a pair of pads and the device.
Note: Keep the unit off.



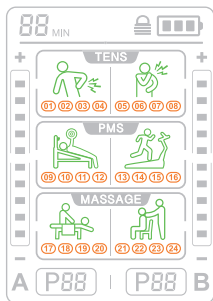
3. Attach the pads.



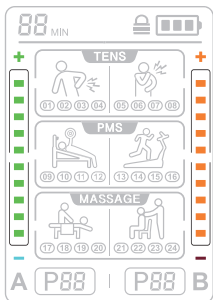
4. Turn on the device.



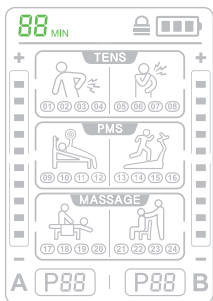
5. Choose the connected channel.



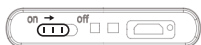
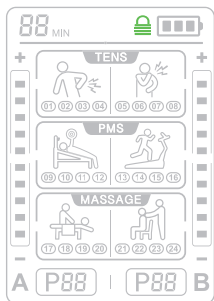
6. Choose mode.



7. Adjust intensity.

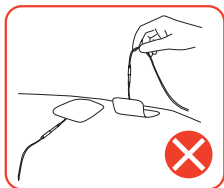
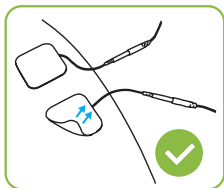


8. Set time.



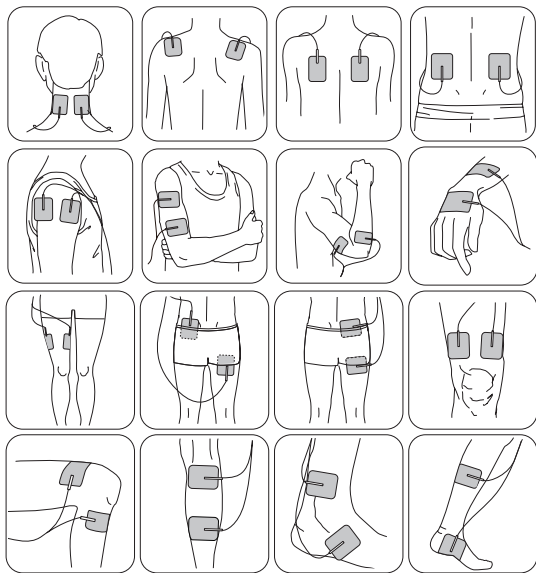
9. Long press to lock/
unlock the screen.

10. Turn off the device
after massage.



11. Remove the pads, do not pull the wire.

Pad Placement Guide



Notes:

1. Do not overlap the pads.
2. Do not place the pads on the artery.
3. Only place the pads on the same side of the arm/leg.



If you want to know more details about the mode, please read the user manual, and if you encounter any problem during the use, please check the user manual for "Trouble Shooting".



USER MANUAL

Dual Channel TENS Massager

Relaxation, Anywhere, Anytime

Model AS8012C

Device Name: TENS and Powered Muscle Stimulator

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1. Explanation of Pain

Pain is a warning system, a way for the body to tell us that something is wrong. Pain is important, without it, abnormal conditions may go undetected, causing damage or injury to vital parts of our bodies. Even though pain is a necessary warning signal of trauma or malfunction in the body, nature may have gone too far in its design. Aside from its value in diagnosis, long-lasting persistent pain serves no useful purpose. Pain does not begin until coded message travels to the brain where it is decoded, analyzed, and then reacted to. The pain message travels from the injured area along the small nerves leading to the spinal cord. Here the message is switched to different nerves that travel up the spinal cord to the brain. The pain message is then interpreted, referred back and the pain is felt.

2. Explanation of TENS

Transcutaneous Electrical Nerve Stimulation (TENS) is a non-invasive, drug-free method of pain control. TENS sends tiny electrical impulses through the skin to nerves to modify your pain perception. TENS does not cure any physiological problems, and it only helps control pain. TENS does not work for everyone, however, for most patients, it is effective in reducing or eliminating pain, allowing them to return to normal activities.

3. Standard Package

- AUVON® Dual Channel TENS Massager
- Pin Pads
- Pads Holder
- Pouch
- Set of Lead Wires (1/2 Wire)

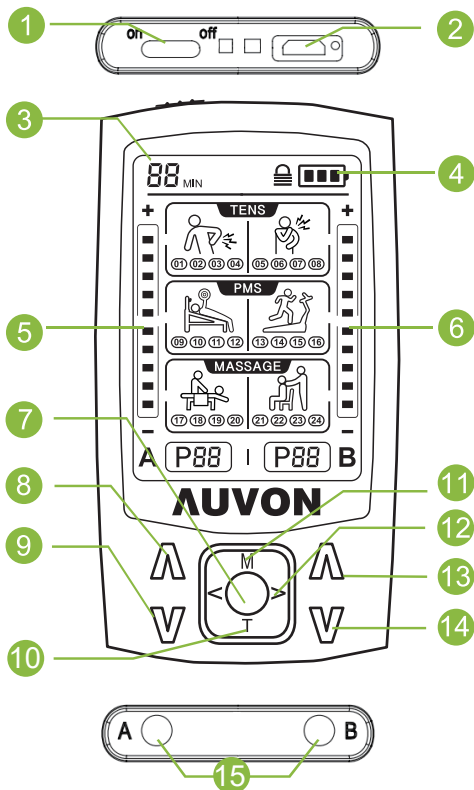
- USB Cable
- User Manual

4. Features

Mechanism	Technical Description
Dual-channel	Isolated channel with independent mode and intensity
Pulse Amplitude	0-150 mA at 500 ohm load each channel.
Wave Form	Symmetrical Bi-Phasic Square
Pulse Voltage	0- 50V (Load: 500 ohm)
Power source	180mA lithium battery
Size	10.24cm(L)x5.54cm(W)x1.14cm(H)
Weight	74.9 grams.
Pulse Rate	From 2-100 Hz
Pulse Width	From 100-240 μ s microseconds

Modes	P1-8: TENS; P9-16: PMS; P17-24: MASSAGE. 2 outputs with 24 modes
Intensity	20 levels of intensity
Timer	20-minute default timer. Adjustable between 10-90 minutes. Increases/decreases in 10-minute intervals. Set the timer by pressing the “T” button and the unit will turn off when the time is up.
Low Battery Indicator	A low battery indicator will show up on the LCD when the battery is low. 
Operating Condition	Atmosphere Pressure : 700Hpa~1060Hpa.
Remark	There may be a +/-5% tolerance of all parameters and +/-20%tolerance of amplitude & voltage.

5. Product Illustrations



- ① On/Off switch
- ② USB port
- ③ Time
- ④ Battery indicator
- ⑤ Adjustable Intensity (A Channel)
- ⑥ Adjustable Intensity (B Channel)
- ⑦ Lock
- ⑧ Intensity Increase/ Channel A
- ⑨ Intensity Decrease/ Channel A
- ⑩ Time Selection
- ⑪ Mode Selection
- ⑫ Sub-mode selection (" < " and " > ")
- ⑬ Intensity Increase/ Channel B
- ⑭ Intensity Decrease/ Channel B
- ⑮ Two Outputs Connector

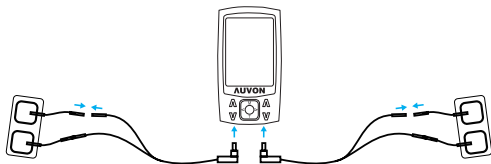
6. Operating Instructions

6.1 How to Use

1. Clean your skin before use. Use the pads on clean and flat areas, no sweat and no oil.

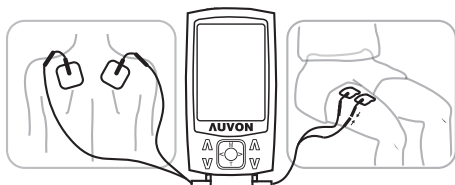


2. Connect a pair of electrode pads to one lead wire; connect the other end of the wire to the left output of the device. Similarly, the other pair of electrode pads should be connected to the remaining wire end and the right output of the device.



Note: Keep the unit off.

3. Attach one pair or two pairs of the electrode pads to the massager area, such as shoulder and leg.

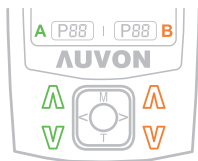


Note: Adding a few drops of water on the pads and drying the pads naturally will increase their longevity. Make sure both pads on the skin are not overlapping.

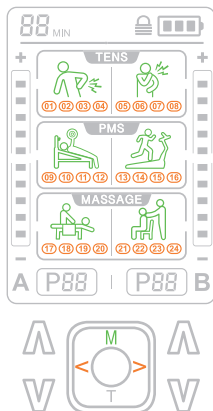
4. Turn on the device by sliding the on/off switch on the top of the unit.



5. Press the left "V" or "Λ" to choose Channel A, then "A" starts to flash. (Or Press the right "V" or "Λ" to choose Channel B, then "B" starts to flash.)

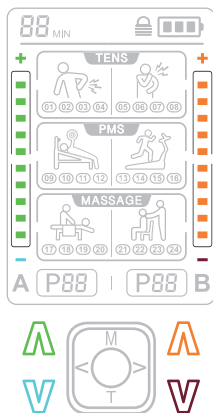


6. Press the "M" button to choose 6 master modes, and press the "<" and ">" button to choose sub-modes. If "A" is flashing, it means the mode of channel A is selected. (If "B" is flashing, it means the mode of channel B is selected).



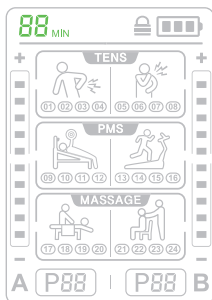
7. Press the left "V" or "Λ" to increase or decrease the intensity of channel A. Press the right "V" or "Λ" to increase or decrease the intensity of channel B.

Note: The initial intensity of the selected mode will default to the lowest setting.

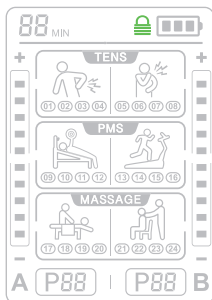


8. The recommended usage time is 10-90 minutes. Press "T" on the device can increase the usage time for each selected mode (10 minutes interval). The device will automatically turn off when time is reached.

T: 00 MIN ~ 90 MIN



9. Press and hold the middle button for 3 seconds to lock the screen, 3 seconds again to unlock the screen.



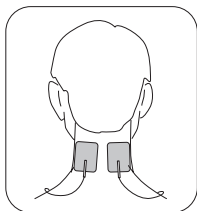
6.2 After Use

1. Turn off the device by sliding the on/off switch on the top of the unit.
2. Remove lead wire pin from electrode connector by gently twisting and pulling it out.
3. Lift a corner of the electrode pad and slowly peel it away. Avoid touching the gel as much as possible.

DO NOT peel the electrode off by the wire.

4. Place the electrodes back into the storage bag and reseal tightly to prevent dry-out. Store at room or cool temperature and keep out of direct sunlight.

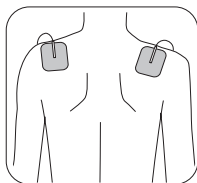
7. Recommend Massage Points



Neck

Modes: 6

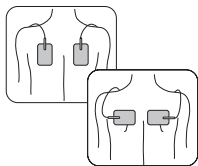
Attach the pads on the back of the neck. (Do not place the pads on the left or right side of the neck.)



Shoulder

Modes: 1-4,6-18,20,22

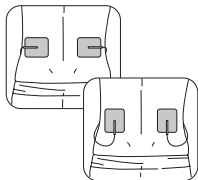
Attach the pad as shown on the left. (Do not place the pad on the spine.)



Back

Modes: 1-4, 17

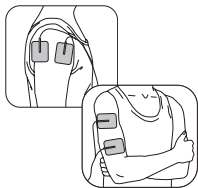
Attach the two pads on the sides of the back, do not attach it on the spine or backbone.



Waist

Modes: 1-11, 19, 13-16

Attach the two pads on the sides of the lower back, do not attach it on the spine or backbone.



Deltoid

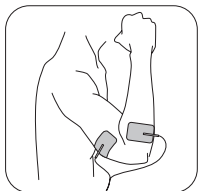
Modes: 2, 3, 4, 9, 14, 19, 22

Attach one pad in front and one behind the muscle.

Arm

Modes: 1-24

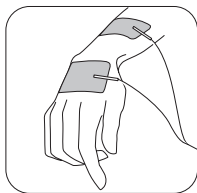
Attach the pads on both sides of the same arm.



Elbow

Modes: 8, 12, 23

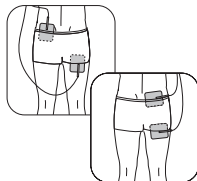
Attach the pads on the upper and lower side of the same elbow.



Wrist

Modes: 10

Attach the pads on the upper and lower side of the same wrist. (Do not place the pads on the pulse.)

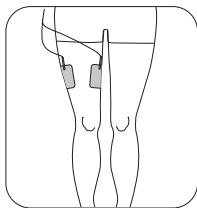


Hip

Modes:

1,3,4,5,6,9,13,15,19,22

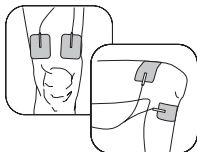
Attach the pads above and below the pain area of your hip. (NOT on the back)



Leg

Modes: 15

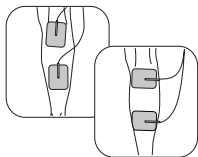
Attach the pads on both sides of the same leg.



Knee

Modes: 1,3,7,8,9,13,19,22

Attach both pads above the knee or above and below the pain area.

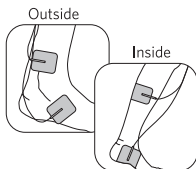


Calf

Modes:

1,2,3,4,7,8,9,10,11,13,
14,15,16,17,18,19,22

Attach both pads on the calf/leg where you feel pain. (Do not place electrode pads simultaneously to the calves of both legs.)



Ankle/Foot

Modes: 1,4,11,13,19

Attach pads per the illustration, on the left/ on the outside of your ankle/foot for pain. Attach the pads per illustration on the right/ on the other side of your ankle/foot.

8. Mode Instruction

8.1 Intensity Recommendation

It is recommended to set the intensity within 1-3 for initial use, feel the intensity for 1-2 minutes after each intensity increase, if the intensity makes you feel pain or uncomfortable, please decrease the intensity.

8.2 Time Recommendation

It is recommended to use the device for no more than 30 minutes and to stop using it when the pain is relieved.

8.3 Expected Feelings

Program	Master Mode	Sub-Mode	Feeling
	TENS For TENS, it is used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities.	P1	Continuous comfortable tingling.
		P2	Comfortable tingling and pulsing sensation.
		P3	Comfortable rhythmic tingling.
		P4	Continuous comfortable tingling.
		P5	Comfortable and slow tingling firstly, then the frequency is significantly increased, and it becomes a noticeable tingling sensation.
		P6	Low frequency beating with a slight tingling sensation.
		P7	Low frequency slight beating firstly and then continuous comfortable tingling.

		P8	Low frequency slight beating firstly and then comfortable pulsing sensation.
	PMS For PMS, it is intended to be used to stimulate healthy muscles in order to improve muscle performance and restore muscle vitality.	P9	Low frequency slight beating.
		P10	Low frequency beating.
		P11	Beating from low frequency to a little high frequency.
		P12	Muscle twitches at a very low frequency. It feels like a tapping massage.
		P13	This program activates the muscle in a short tingling cycle. It is smoother than P1/P2.

	PMS For PMS, it is intended to be used to stimulate healthy muscles in order to improve muscle performance and restore muscle vitality.	P14	This program gently warms up the muscles prior to exercise; it feels like a rhythmic massage. Increase intensity until you get a strong but comfortable muscle movement.
		P15	This program uses a pulse frequency appropriate to fast twitching muscle fibers. It improves their anaerobic capacity and is used for improving maximum muscle strength.
		P16	This program gently warms up the muscles prior to exercise; it feels like a rhythmic beating and comfortable tingling. Increase intensity until you get a strong but comfortable muscle movement.

		P17	Comfortable tingling from shallow to deep with 3-4 seconds pause.
		P18	Comfortable pulsing sensation from shallow to deep with 3-4 seconds pause.
		P19	Variable comfortable tingling, slight beating and scrapeing sensation.
		P20	Comfortable slight tingling from shallow to deep with 3-4 seconds pause.
	MASSAGE For Massage, it is used to get your muscle relax anywhere anytime and bring you ultimate relaxation.	P21	Comfortable tingling and pulsing sensation from shallow to more deep with 3-4 seconds pause.
		P22	Rhythmic continuous beating.
		P23	Rhythmic scrapeing sensation.
		P24	Quick slight beating first, then comfortable tingling.

8.4 Mode Specification

Number of Mode	Type of Mode	Pulse Rate	Pulse Width
1	TENS	81~89	200
2	TENS	51~59	100
3	TENS	95~100	150
4	TENS	75~85	150
5	TENS	10~100	240
6	TENS	2	240
7	TENS	2/95~100	200/150
8	TENS	2/40~50	200/150
9	PMS	40~45	240
10	PMS	35~40	240
11	PMS	2~130	240
12	PMS	38~45	240
13	PMS	39~46	240
14	PMS	6~10	240
15	PMS	40~48	240
16	PMS	2~45	240
17	MASSAGE	5	200
18	MASSAGE	7	240
19	MASSAGE	3~22	200
20	MASSAGE	14	240
21	MASSAGE	35~100	240
22	MASSAGE	100	200
23	MASSAGE	50	240
24	MASSAGE	5/60	200

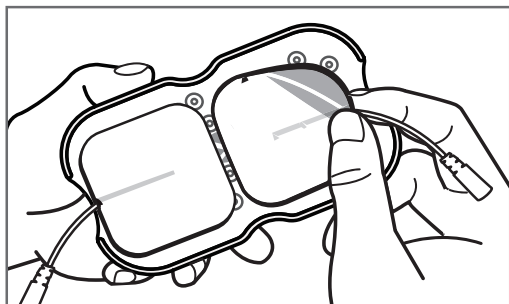
9. TENS Pads Holder

9.1 Features



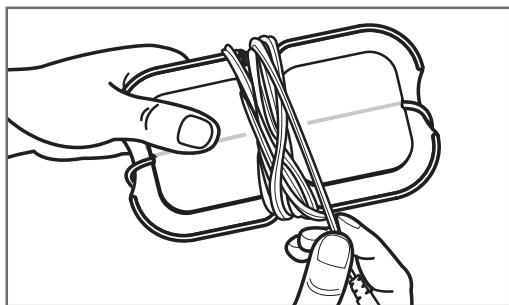
The salient points are designed specially to lessen damage to the pads.

9.2 Instruction



Step 1

Stick the electrode patches on the holder to avoid getting dust.



Step 2

Wind the thread around the holder for easy use as the picture shown.

10. Safety Precautions and Warnings

10.1 Pain Management Warnings

Pain is a very important signal to tell us something is wrong with our body.

If you have received medical or physical therapy for pain, please consult your physician before using this device to confirm if you can use this pain relief device.

This device may cause fatal heart rhythm disturbances in certain susceptible people, and if you have recently had surgery, the stimulation may disrupt the healing process. If your pain does not improve after using this machine, becomes severe chronic pain or severe pain, stop using this device and consult your doctor.

10.2 Prohibited Conditions

- The wire is broken
- The gel is damaged
- The lead wire connection port is broken
- The device is broken
- Battery leakage

10.3 Prohibited Individuals

- Pregnant women, infants and children
- People who do not have the ability to express their thoughts or intentions
- People who are incapable of operating the device by themselves
- People who have a tendency to bleed internally after an injury or fracture
- Patients with suspected or confirmed heart disease or epilepsy

10.4 Prohibited Body Areas

- Any part of the head or face
- Any part of the throat and its vicinity, which can cause

severe muscle spasms and lead to choking

- The heart and its vicinity or genital area
- Open wounds or rash areas
- Swollen, red, infected or inflamed areas
- Areas of skin erosion (caused by varicose veins, phlebitis, thrombophlebitis, and thrombosis)
- Sites on or near cancerous lesions
- Skin that lack normal sensation

Do not use the pads in the following two areas at the same time, because the current may cause heart rhythm disorders, or even cause death.

- Both sides of the chest (left and right or front and back) or through chest
- Calves of both legs
- Bottom of both legs

10.5 Prohibited Activities

- Shower or bath
- Sleeping
- Driving or operating machines
- Any activities that cannot be interfered

10.6 Pads Precautions

- Do not bend or fold the pads because it may damage gel.
- Only place the pads on the skin or the pad holder.
- Do not apply ointment or any solvent to the pads or the area where the pads are to be used.
- Do not share pads with other or it may cause skin irritation or infection.
- Do not overlap the pads when applying to skin or the device may stop working, and the gel may be removed when separating.
- Do not move the pads when they are working.
- Each lead wire needs to be connected to a pair of pad (2 pads), cause a single pad doesn't work.

- Ensure each connection port are tightly connected before use, otherwise the current may be unstable.
- Pads should not touch any metal objects like belt buckle, necklace or other metal worn under clothes.

Always place clean pads in accordance with illustrations provided.

11. Trouble Shooting

If your device is not operating properly, please check below for common problems and suggested solutions. If the recommended action does not solve the problem, please contact the seller.

Problem	Possible Cause	Solution
Pads don't work.	Only apply 1 pad on the skin.	Attach a pair of pad (of the same channel) on the skin.
	Did not set the intensity.	Increase the intensity of the connected channel.
	Poor connection between the pads and the device.	Connect the both ends of the lead wires to the pads and the device tightly or change a new lead wire.
	Poor contact between the pads and skin.	Attach the pads to the skin (no hair) tightly.

Problem	Possible Cause	Solution
Pads don't stick to the skin.	The transparent film is still on the pad.	Peel off film on the adhesive surface of pads.
	Apply the pad immediately after washing.	Dry the pad.
	The gel was damaged.	Replace the pad.
	Pads get deteriorative.	Contact the vendor for replacements.
	The pads are stored under extreme conditions.	Replace the pad.
One pad feels stronger than the other.	Different body areas react differently.	Just make sure the pads are moist and make a good contact.
	Poor wire contact	Plugged the wire into the output port completely. If it does not work, replace the wire and try again.

Problem	Possible Cause	Solution
The skin turns red or the skin feels irritated.	The gel was dry or contaminated.	Drop a few drops water on the pads to moisten gel or clean it under the running water for few seconds.
	Excessive usage time or the intensity is too high.	Reduce the application time or decrease the intensity.
	The electrode pad surface is worn out	Replace electrode pad.
Can't plug the lead wires into the device port or the pad connector.	The lead wires are connected backwards.	The side with 1 connector is for connecting the device port, the side with 2 connectors are for connecting the electrode pads, please make sure you've operated it correctly.
	Incompatible connector or damaged connector/port.	Use a compatible lead wire, if the new lead wires we provided are broken or incompatible with our machine, please contact us.

Problem	Possible Cause	Solution
Can't turn on the device.	Low battery.	Charging the battery.
	Operate the wrong on/off button.	Find the on/off button according to the ILLUSTRATIONS on the user manual and turn it on again.
	Insensitive on/off button or the on/off button didn't reset after the last use.	Reset the on/off button and turn it on.
	The button is stuck.	Shake the device and then turn it on again.
	The device is charging.	Unplug the charging cable and then use it.
	Something is wrong inside the device.	Contact us if the device still can't be turned on after trying all of the above solutions.

Problem	Possible Cause	Solution
Can't adjust the mode/intensity/time.	Operate the wrong buttons.	MODE - Find the mode button according to the ILLUSTRATIONS on the user manual and operate it again.
		MODE - Press "<" and ">" to switch the mode of the same line, and see whether the number changes as expected.
		INTENSITY - Press "^" and "v" on the left/right to change the intensity of the left/right channel.
	The screen is locked.	If there's a lock icon on the top left side of the screen, then long press the center button to unlock it.

Problem	Possible Cause	Solution
The intensity felt is very weak.	Pads are not attached to the body firmly.	Attach both pads firmly to the skin.
	The transparent films are still on the pads.	Peel the film off the pads.
	The pads stack together or overlap.	Do not stack pads together or overlap pads.
	The cord is not properly connected to the unit.	Connect cord correctly into the port.
	The intensity is too low.	Increase the intensity level.
	Low battery.	Charging the battery.

Problem	Possible Cause	Solution
Can not charge.	Operate the wrong port.	Find the charging port according to the ILLUSTRATIONS on the user manual and plug the cable and charge it again.
	The USB is not connecting correctly.	The charging port is narrow at the top and wide at the bottom, so please check the direction before inserting.
	No power source.	Ensure the power supply is working properly, and the battery icon on the screen will flash on and off while charging.
Power cuts off during use.	The cord is broken.	Replace the cord.
	The battery is weak.	Charging the battery.
No power source or no display on LCD.	The battery capacity is depleted.	Charging the battery.

12. Symbols

Symbol	Meaning
	Attention, consult accompanying documents
	BF Isolated Applied Part
	Class II equipment
	Disposal in accordance with Directive 2002/96/EC
	MANUFACTURER
	Date when the medical device was manufactured.
	AUTHORISED REPRESENTATIVE IN THE EUROPEAN COMMUNITY
	Pls read the user manual before use
	CE Mark, meets compliance of applicable directives and regulation in EU

Symbol	Meaning
IP22	IIIP Classification: The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm Φ , 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm Φ and greater. The second number: Protected against vertically falling water drops when enclosure is tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.

13. Certification

The device complies with following normative documents: ANSI/ES 60601-1, IEC60601-1-2, IEC60601-1-11, IEC 60601-2-10, ISO 10993-5, ISO 10993-10, FDA, MDD, CA65.

14. Customer Service



24-Month Limited Warranty



Lifetime Technical Support



+1(678)829-7256



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