

TECHCARE TOUCH X TENS UNIT MUSCLE STIMULATOR



TechCare Touch X Tens Unit Muscle Stimulator User's Manual

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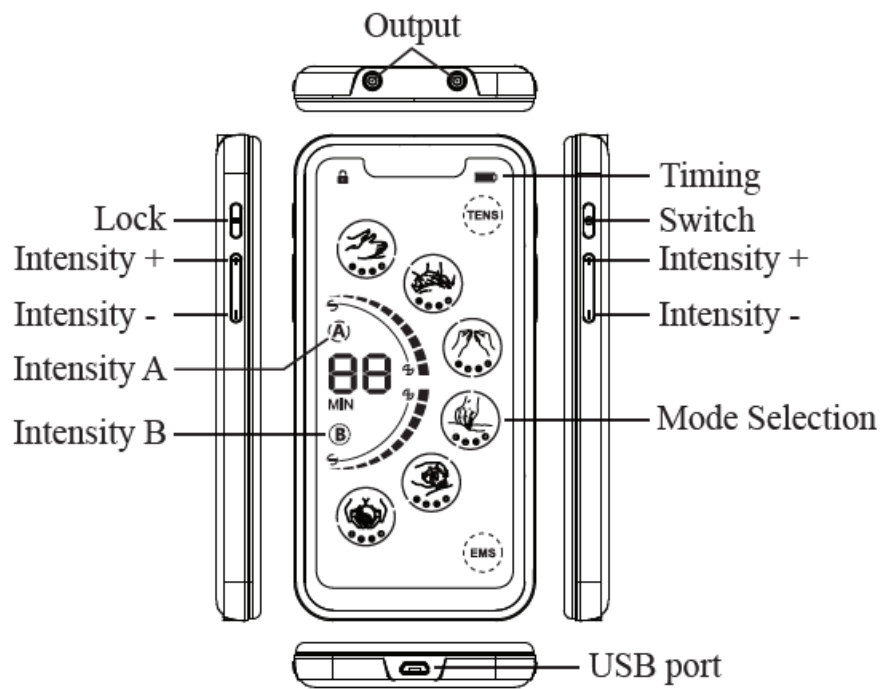
TechCare Touch X Tens Unit Muscle Stimulator



CONNECTION

Please Make sure your device is off.

1. Connect the pad wires to the bottom of the device
2. Connect the pads to the wire by snapping them on, then remove the protective film. (Note: Adding a few drops of water will increase their life span.)
3. Place the pads 1-2 inches apart around the pain or desired massage area. Make sure pads are fully attached to the clean skin. (Cleaning your skin with hand sanitizer before the sessions will increase the pad life span)
4. Turn the device on by pressing the on/off switch on the right side of the unit. The screen will light up.
5. Touch the Mode icons to choose the massage mode.
6. Increase the intensity with the "+" button until you feel comfortable. (you can decrease the intensity by pressing the "-" button)



Introduction

Thank you for purchasing the TENS (Transcutaneous Electrical Nerve Stimulation) Massager. Please read this manual.

General information

TENS(Transcutaneous Electrical Nerve Stimulation) Massager is a new health-oriented product to benefit the tired body. Due to its portable appearance, the use of the device will be no longer bound by time or space. It is really a good partner for health care in daily life.

Warnings and Precautions

- DO NOT use this device if you have any of the following medical conditions:
 1. An implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device
 2. Undiagnosed pain syndromes
 3. Have been diagnosed with cancer
 4. Are pregnant
 5. Have suffered acute trauma or surgical procedure in the past six months
 6. Have cardiac problems or cardiac disease
 7. Have epilepsy
 8. Have painful and/or atrophied muscles
 9. Have abdominal or inguinal hernia
 10. Have a limited range of motion in skeletal joints
 11. Have blood circulatory problems
- This unit is intended for adult use only on healthy muscles.
- This device is not intended for the application of any medical condition or disease nor intended for physiotherapy or muscle rehabilitation. It is contraindicated for use on any muscle that is injured or diseased.

DO NOT use for:

1. Muscle reeducation
2. To prevent muscle atrophy or spasms
3. Improving range of motion
4. Blood flow deficiencies / venous thrombosis

Warnings:

1. Stimulation should not be applied over the carotid sinus nerves, particularly in patients with known sensitivity to the carotid sinus reflex.
2. Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
3. Stimulation should not be applied transcranially.
4. Apply electrodes only to normal, intact, clean skin. Do not apply electrodes over open wounds or over swollen, infected, or inflamed areas or skin eruptions, e.g., phlebitis, thrombophlebitis, or varicose veins.
5. **DO NOT apply stimulation:**
 1. Over a frontal area of the neck (near the site of carotid sinus nerves).
 2. Over the neck or mouth.
 3. Across the chest.
 4. Over or in proximity to the cancerous lesion.
 5. If you are epileptic.
 6. After experiencing acute trauma or fracture.
 7. Following recent surgery.
 8. If you have a hernia.
6. Never use the device while driving, operating machinery, or during activities in which involuntary muscle contractions may endanger the users or others.
7. Do not use the device in the bath or shower.
8. Do not use the device while sleeping.

Product Description

Features

- **Large touch screen**

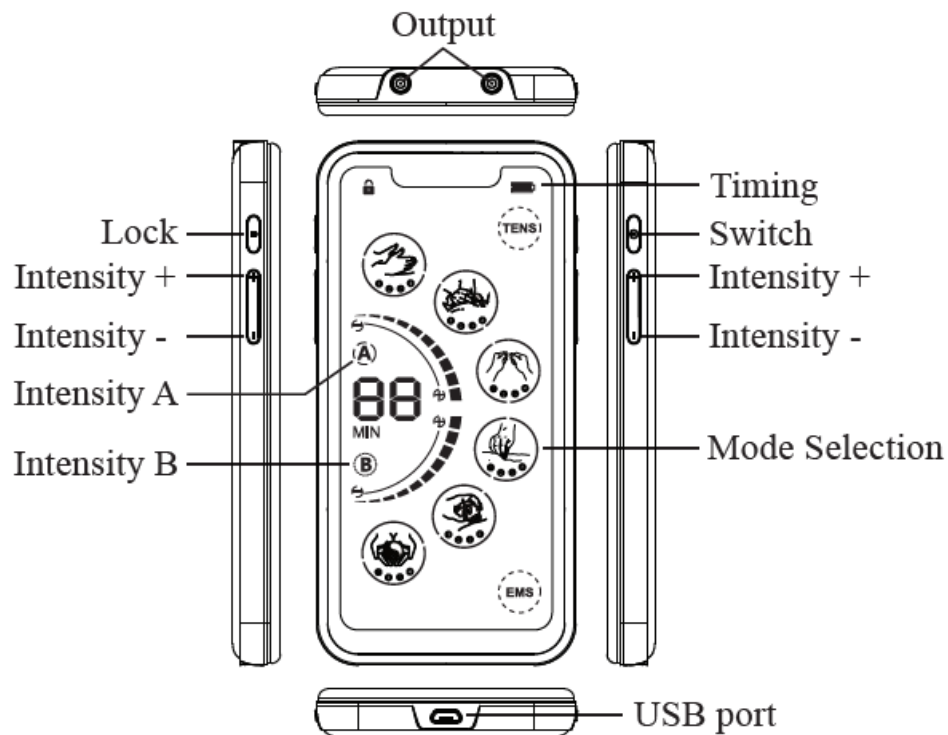
The large, clear LCD indicator makes it easier for the visually impaired to set and operate. This LCD will be utilized to display stimulating mode/intensity level and timer. A/B channel outputs allow you to receive massages at 2 different intensity levels at the same time. Every mode with 20 intensity levels Offers versatile choices for long-time users

- **Automatic Timer**

An automatic timer will turn the unit off when the set time ends. Each click on the time icon will add 10 minutes to the timer.

Function

1. Relaxing body.
2. Stimulate inhibiting sympathetic, enlarge blood vessels, and improve blood circulation.



3. Pain relief, including backing pain, Sciatica Sports strains, and sprains.
4. Dredge the channels and collaterals.

Instructions for use

1. Snap-on the output cord onto the massage pads.
2. Plug the output cord into the output jack of the controller.



3. Use a damp towel to wipe the skin where you put the pads, so as to remove any body oil, cosmetics or dirt (Should the pads be soiled, both their adhesiveness and the use time will be reduced).
4. Peel off the protective film on the pads.

Warning: To avoid an electrical short, do NOT place electrode pads on top of each other.


5. Apply the pads to the areas of the body that you want to massage. The unit cannot operate unless both pads are applied.

Certificate of Quality & Warranty Card	
Product Model	Product Name
Date of Purchase	Purchase Location
Retailer's Name	Retailer Telephone Number

Registerer Info	
Name	
Adress	
Phone Number	
Email	

You can register your product online at www.techcaremassager.com

Warning: Do not move pads or touch them with your hands in the process of using them, it may cause strong stimulation.

6. Press the  button, and the screen starts to display. The small flashing hands on the LCD screen will automatically point at mode 1.
7. Touch the mode area to select different modes.
- Mode 1 contains tapping, scrapping, body building, and knocking waveforms;
 - Mode 2 contains acupuncture, foot therapy, trigger point Lomi lomi waveforms;
 - Mode 3 contains strike, reflexology, Tha chi, and nuge massage waveforms;
 - Mode 4 contains kneading, butterfly, and shiatsu-deep stretching waveforms;
 - Mode 5 contains cupping, sports, Swedish Thai waveforms;
 - Mode 6 contains rubbing, assorted, stepping, and auto waveforms Please increase the intensity when changing to the new mode because it will return to be lowest automatically.
8. Press the “+” button or click “+” on the screen to strengthen the output power. Press the “—” button or click “-” on the screen to reduce the output power. One press to increase or reduce one grade, a total of 20 grades. The chosen power output depends on the feeling of comfort. At the precondition of acceptance, the power should be chosen as high as possible for the best effect.
9. Click the timer figure to adjust the time. The auto time set is 20 minutes. One-click to increase 10 minutes. The instrument sets the time to auto-turn-off, and it should be restarted if treatment needs to be continued.
- Note:** The standard time is 20 minutes (time on the screen can be adjusted). The device can be used 1 or 2 times (the maximum use time) for the same area per day. There may be some people who feel fatigue, in this

case, lower the speed and strength, shorten the time (for example stop the machine when the time shows 5 minutes), and limit the use time to once a day.

10. Press the left button to lock the LCD screen. When there is a key shown on the top of the screen, it will be no use no matter where you touch the screen, but the intensity level can be adjusted by pressing the side button. Press the bottom button to unlock.
11. If you need to turn off the device during massaging, long press the “OFF” button.
12. Take off the physiotherapy film, cover the protection film, and put away the massager.

Note:

1. Never connect this product with common headphones.
2. Do not touch USB port in the process of use. The USB port is only for charging- do not connect to any other device.
3. The charger supplied by the manufacturer must be in compliance with IEC/EN 60601-1, the use of an unauthorized charger can degrade minimum safety.

Maintenance and Storage

1. Unplug the output cord from the output jack of the controller after using it.
2. Cover both pads with the protective film before storage.
3. Never fold the massage pads.
4. To keep the controller clean, use a soft and dry cloth for dust or a soft damp cloth for any dirt and smudges. Do not use any cleaning solutions to clean the controller and its pads.
5. Never apply the pads on any surface other than your skin. If the pads become soiled or dirty, the adhesive power may decrease. In this case, moisten the surface of the pads with water and wipe away the dirty portion. This will allow a temporary restoration of the adhesive power. However, too much water will result in a loss of adhesive power.
6. Do not use or store the devices where there are magnetic fields or electric waves (near TV sets or speakers).
7. Do not place the devices in areas of high temperature, high humidity, or under direct sunlight.
8. Keep the device out of reach of children.
9. All worn accessories should be dealt with according to the regulations.

Specifications

Name of product	TechCare SM TENS & PMS
Model No.	Touch X
Power/voltage	3.7V
Output current	84MA
Strength level adjustment	20 sections
Frequency	1-110HZ

Package

Controller	1 unit
Medium Hand Shape Pads	4 pair
Charger (USB port, 100-240V 50/60Hz automatically adjusted)	1 unit
Output cord	2 pcs
USB extension cord	1 pc
Meridians figure	1 pc
User's manual	1 pc

Need Replacement Pads?

FDA 510(k) Cleared Electrode Pads with Discounted Price www.amazon.com/techcaremassager



www.techcaremassager.com

FREQUENTLY ASKED QUESTIONS

How does the TechCare Touch X Tens Unit Muscle Stimulator provide muscle relief?

The TechCare Touch X Tens Unit Muscle Stimulator uses electrical impulses to stimulate muscles, providing relief from pain and discomfort.

What is the model of the TechCare Tens Unit Muscle Stimulator mentioned?

The model of the TechCare Tens Unit Muscle Stimulator mentioned is Touch X.

What is the warranty coverage for the TechCare Touch X Tens Unit Muscle Stimulator?

The TechCare Touch X Tens Unit Muscle Stimulator comes with a lifetime limited warranty, ensuring long-term peace of mind for users.

What is the package dimensions and weight of the TechCare Touch X Tens Unit Muscle Stimulator?

The TechCare Touch X Tens Unit Muscle Stimulator has package dimensions of 6.92 x 4 x 2.53 inches and weighs 14 ounces, making it portable and easy to handle.

What is the power source for the TechCare Touch X Tens Unit Muscle Stimulator?

The TechCare Touch X Tens Unit Muscle Stimulator is battery-powered, providing flexibility and convenience for users.

What material is used to make the TechCare Touch X Tens Unit Muscle Stimulator?

The TechCare Touch X Tens Unit Muscle Stimulator is made of plastic, ensuring durability and lightweight construction.

How much does the TechCare Touch X Tens Unit Muscle Stimulator cost?

The TechCare Touch X Tens Unit Muscle Stimulator is priced at \$54.99, offering an affordable solution for muscle stimulation and pain relief.

What is the intended use of the TechCare Touch X Tens Unit Muscle Stimulator?

The TechCare Touch X Tens Unit Muscle Stimulator is designed for use on the whole body, providing relief to various muscle groups.

How many batteries does the TechCare Touch X Tens Unit Muscle Stimulator require?

The TechCare Touch X Tens Unit Muscle Stimulator requires 1 lithium-ion battery for operation.

What is the brand of the TechCare Touch X Tens Unit Muscle Stimulator?

The TechCare Touch X Tens Unit Muscle Stimulator is manufactured by TechCare Massager, ensuring quality and reliability in its design and performance.

What should I do if my TechCare Touch X Tens Unit Muscle Stimulator is not turning on?

If your TechCare Touch X Tens Unit Muscle Stimulator is not turning on, first, ensure that the battery is inserted correctly and fully charged. Try resetting the device by removing and reinserting the battery.

How can I troubleshoot if my TechCare Touch X Tens Unit Muscle Stimulator is not delivering any stimulation?

If your TechCare Touch X Tens Unit Muscle Stimulator is not delivering stimulation, ensure that the

electrode pads are correctly placed on your skin and are not worn out. Check the intensity levels and adjust them as needed.

What should I do if my TechCare Touch X Tens Unit Muscle Stimulator is emitting an unusual smell or overheating during use?

If your TechCare Touch X Tens Unit Muscle Stimulator is emitting an unusual smell or overheating, immediately turn off the device and disconnect it from the power source. Allow it to cool down completely before further use.

How can I troubleshoot if my TechCare Touch X Tens Unit Muscle Stimulator is causing discomfort or irritation during stimulation?

If your TechCare Touch X Tens Unit Muscle Stimulator is causing discomfort or irritation, ensure that the electrode pads are clean and properly positioned on your skin. Adjust the intensity levels to a more comfortable setting and try using a different mode of stimulation.

What should I do if my TechCare Touch X Tens Unit Muscle Stimulator is not charging or holding a charge?

If your TechCare Touch X Tens Unit Muscle Stimulator is not charging or holding a charge, check the charging cable and ensure that it is securely connected to the device and power source. Try using a different charging cable or power outlet.

DOWNLOAD THE PDF LINK: [TechCare Touch X Tens Unit Muscle Stimulator User's Manual](#)

REFERENCE: [TechCare Touch X Tens Unit Muscle Stimulator User's Manual -Device.Report](#)

References

- [User Manual](#)

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