



EASY TENS



USER MANUAL



EGREGIO CLIENTE

LA RINGRAZIAMO PER LA SCELTA EFFETTUATA E LE CONFERMIAMO LA NOSTRA PIU' COMPLETA DISPONIBILITA' PER OUALSIASI AIUTO O SUGGERIMENTO DI CUI AVESSE BISOGNO.

Prodotto da: SAVIA L.t.d. - 2nd Industrial District, Feng Huang Village (Shenzen) - Made in PRC - sales@tyece.com

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L'apparecchiatura è stata costruita in conformità alle norme tecniche vigenti, ed è stata sottoposta a certificazione ai sensi della direttiva 93/42/CEE sui dispositivi medici.

Per mantenere il livello massimo di sicurezza l'utente deve utilizzare l'apparecchio nel rispetto delle prescrizioni e dei limiti di impiego del manuale d'uso.

Il produttore declina ogni responsabilità in merito ad un uso difforme da quanto indicato e prescritto nel presente manuale.

Senza il permesso scritto del produttore sono vietati la riproduzione anche parziale in qualsiasi forma e con qualsiasi mezzo elettronico o meccanico di testi e/o foto contenute in questo manuale.



Questo simbolo sul vostro apparecchio serve ad indicare che è in conformità con i requisiti delle direttive sugli apparecchi medici (93/42/CEE). Il numero dell'ente notificato è 0197



Questo simbolo significa "Attenzione, consultare le avvertenze"



Parti applicate BF



Il simbolo indica la raccolta separata delle apparecchiature elettriche ed elettroniche



Conforme RoHS

Il CE0197 non si riferisce ai trattamenti non di tipo medicale.

Gli avvisi sonori e acustici sono conformi alla direttiva 60601-1-1



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ACCESSORIES

Accessories

- -Electro stimulator
- -Carry case
- -2 connection cables
- -Case of 4 reusable adhesive electrodes (5 x 5 cm)
- -Case of 4 reusable adhesive electrodes (5 x 9 cm)
- -3 battery stylos 1,5 V AAA
- -Operating manual

Accessories on request

- -Ball pen
- -Kit splitter (2 connectors + 2 connection cables) (4 channels with 8 electrodes)
- -Conductive band for legs
- -Face electrodes
- -Y cables
- -Gel

This stimulator is supplied complete of cables and electrodes. When you open the packing verify that the simulator equipment is complete. If some of the above mentioned accessories are missing, you should immediately contact the shopkeeper. Also check the stimulator and electrodes integrity.

Electrodes: The electrodes are usable by only one user they are self-adhesive and do not need gel. The electrode cable is female. They are branded CE complied with MDD 93/42/EEC requirements.

All the information can be subject to changes without notice.

The symbols mean that the apparatus is in accordance with medical CE requirements type BF.

PRECAUTIONARY MEASURES



This symbols warns you to read the operating instructions prior to use

Λ

Contraindications

- -Do not stimulate the neck region (carotid sinus).
- -Patients who have a demand type cardiac pacemaker.
- -Stimulation should be not used on cancer patients (previous permission received by the oncologist).
- -Do not stimulate the cerebral zone.
- -Do not use on undiagnosed pains until aetiology is established.
- -Do not use on sores and dermatological diseases.
- -Do not use on acute traumas.
- -Do not stimulate recent cicatrix.
- -Do not use during pregnancy.
- -Do not use driving car.
- -It is absolutely forbidden to stimulate the ocular and genital zone
- -It is also forbidden the use of the stimulator in the water (it is not protected against the water seepage). Not to use the stimulator in environment where combustible gas, inflammables, or oxygen are present.
- -It is also required to use with caution in case of capillary fragility because an excessive stimulation could cause the break of more quantity of capillaries. Anyway it is always preferable to contact your doctor before using.



Adverse possible effects

Skin irritation can occur in rare case. In case of allergic reactions by the use of gel, stop the treatment and contact the specialist doctor.

If during the stimulation treatment tachycardia or extrasistolia should appear, it is better to stop the treatment the sensation will pass immediately.

Precautions for using

- -Do not make any modifications or repairs by yourself. Authorized centres can only execute the repairs.
- -Do not give a shock to the product by clashing, overturning or shaking. It may cause a trouble or accident in a long run although no immediate trouble occurs.
- -Store the electro stimulator at a place free from a splash or water. Avoid installing at places subject to undue humidity, temperature, dust or places exposed to direct sunbeam.
- -Do not use thinner, gasoline, kerosene, cleaning powder or chemicals; for cleaning the machine it is sufficient a soft duster
- -Take away the battery from the electro stimulator in case of prolonged no use. -After a long period of no use it is advisable to check the correct working.
- -For cleaning the machine and the cables, it is sufficient a soft duster lightly humid.

Warnings



- The stimulator must be used only for transcutaneous neuro-stimulation.
- The neurostimulation apparatus should be used only under the continued supervision of a physician.
- The stimulator should be only used with skin electrodes intended for nerve and muscle stimulation.
- The user must keep the device out of reach of children.
- Electronic monitoring equipment (such as ECG monitors and ECG alarms) may not operate properly when stimulation is in use
- Stimulus delivered by this device may be sufficient to cause electrocution: Electrical current of this magnitude must not flow through the thorax because it may cause a cardiac arrhythmia.
- Do not use the apparatus in case of any health problem without consulting your doctor.
- In case of damage of the covering apparatus, this has to be replaced.
- It is advisable not to use the apparatus together with other electronic equipment above all those used for support of vital functions.
- The device must be used only by person with mental competence.
- Do not use the stimulator near short wave devices.

Use destination



Read the operating manual carefully in order to avoid to carry out installation, use and maintenance non adequate that could damage the apparatus the operator and the user.

The stimulators are used in the following operating environment and field:

- home:
- surgeries hospital;
- physiotherapic surgery;
- rehabilitation centres;
- treatments of pain in general
- in any type of sequential electro stimulation,
- Aesthetic and sports use,

The use of the stimulator is allowed to patients (rightly informed about the methods), doctors and paramedic.

The presence of clinic stimulation, makes this product a medical device.

The certification cover the clinic applications.

TECHNICAL FEATURES

Number of channels: 90 mA Out current:

Square, biphasic, symmetrical, compensated impulse Wave form:

Running frequency: 1-110Hz. Impulse amplitude: 50-300 μs.

Supply: 3 batteries of 1.5V AAA type LR03.

Storage and transportation temperature: from -10°C to 45°C 75%

Max. relative humidity: Atmospheric pressure:

from 700 hPa to 1060 hPa

Use conditions Temperature of use:

from 0°C to 40°C Max. relative humidity: from 30% to 75% Atmospheric pressure:

from 700 hPa to 1060 hPa

Weight: 95 gr.

Power supply type BF. Classification:

Certificate CE MDD (Medical Device Directive) Certification:

The name of producer is reported in the last page.

Device removal

Don't throw the battery or electrodes out but recycle or get rid of them appropriately following the removal rules in force in your country.

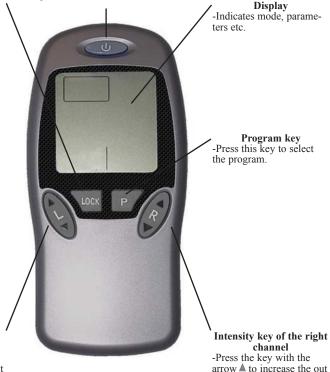
DESCRIPTION OF THE PALM

ON / OFF key

- -Press for three seconds for turning the stimulator ON.
- -Press for three seconds for turning the stimulator OFF
- -This switch can be used during the treatment as a stop button

LOCK key -To lock all keys, except for the ON / OFF key, press for 3 seconds.

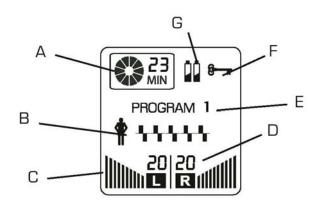
-To unlock the keys press for 3 seconds again.



Intensity key of the left channel

- -Press the key with the arrow A to increase the out intensity of the left channel
- -Press the key with the arrow ▼ to decrease the out intensity of the left channel

- arrow \(\bigs \) to increase the out intensity of the right channel.
- -Press the key with the arrow ▼ to decrease the out intensity of the right channel



The device has a big display, which continuously gives information about the different parameters in use.

A Timer:

Shows the remaining time in minutes. The timer zone consists of a circular graph representation, which moves during the performance.

B Performance indicator:

The figures of small man and impulses, indicate the correct execution of the program. The represented graphic impulses are animated in different ways for each program. When this zone is light, it means that a program is in progress.

C Intensity graphic indicator:

The graphic bar shows the intensity level in use.

D Intensity numerical indicator:

Shows the used intensity level included from 0 to 20 scale.

E Program indicator:

Shows the selected program.

F Lock key indicator:

It shows that the keyboard is locked except for the ON/OFF switch.

G Battery indicator:

The indicator lightens when the batteries are almost empty.

HOW TO USE THE PALM

First use

1.



Attach the electrodes to the cable and place them on the skin. (See Placement of Electrodes chapter of this manual).

2.



Turn the stimulator ON by pressing for three second the ON/OFF key. The stimulator automatically shows the last used program. The intensity indicator is positioned on 0 in both channels.

3.



Select the program you want to perform pressing the P key.

4.



Increase the used channel intensity by pressing the arrow of (L) switches Increase the intensity until the wished level, maintaining a pleasant feeling.

To decrease the intensity press the arrow

5.



Increase the used channel intensity by pressing the arrow of (R) switches Increase the intensity until the wished level, maintaining a pleasant feeling.

To decrease the intensity press the arrow .

6.



Every time you want to turn-off the stimulator, press the ON / OFF key. It can be used as an emergency button.

NOTE: Each program has a predefined duration time. The intensity resets to 0 when the program ends.

How to pause the program

You can pause the program by pressing the ON / OFF switch. Start the stimulation by pressing the On / OFF switch again. The program continues where the stimulation was shut off.

Automatic functions

Automatic Switching-off

If the electric stimulator is not in use for more than 5 minutes and the intensity in both channels is on 0, the stimulator automatically switches-off.

Electrode contact

If the electrodes are not correctly placed on the skin or the cables are not well connected, the intensity of channels is automatically shut off to 0.

In case the electrodes are not correctly placed before starting a treatment, it is not possible to increase the channel intensity.

This is a security measure to preserve the user from unpleasant possible effects.

Empty battery

The battery indicator lights up on the display when the batteries are almost empty. As long as stimulation feels the same as usual you can continue the treatment. It is time to replace the batteries when stimulation starts diminishing or the stimulator shuts off.

Memory function

The electric stimulator keeps on the memory the last performed program which is repurposed when you turn on the stimulator again. The memory function takes back the unit to the first program every time you change the batteries.

Intensity of stimulation

The intensity value for obtaining a special contraction is completely subjective. It can depend on a series of factors like as the electrode position, the adipose stratum, the perspiration etc. For these reasons the same current intensity value can give different sensations from a person to another from a day to another or furthermore you could feel more contraction on the left limb rather than the right one.

You have to regulate it on the bases of your sensations.

Special Functions

Keyboard lock key

When you have reached the wished intensity level, you can lock the keys except for the ON / OFF switch, by pressing the LOCK key for 3 seconds. This function will avoid you the accidental use of switches during the treatment. The keyboard lock is released when the key is pressed for three seconds again.

Note: You cannot change the intensity value during the rump up and ramp down in all intermittent programs, which foresees cycles of work and recovery.

Battery replacement

Shut off the stimulator. Remove the battery cover by sliding it downwards and take out the batteries. Placed 3 alkaline batteries of 1,5V AAA type LR03 and close the cover. Make sure that the new batteries are correctly placed with respect to the polarity (note marks for + and-)

Electrode and battery removal

Don't throw the batteries or electrodes out but recycle or get rid of them appropriately following the removal rules in force in your country.

How to connect the cables

It is possible to use one or two cables depending on use of one or two channels. Connect the cable connector to the relative output placed on the inferior part of the unit. The outputs are exactly below the correspondent channel (left or right).

How to place the electrodes

Remove the electrodes from the original wrapping and connect the cable plugs to them. Place the electrodes on the skin following the images present in this manual. At the end of the treatment put back the electrodes in their special seat.

Note: The new electrodes have a hermetic wrapping, therefore check that they are new and supplied together with the unit

ATTENTION: Don't remove the electrodes when the unit is working.

INDEX OF THE PROGRAMS

- **1. TENS:** TENS allow the relaxation of the muscle, as well as pain relief. TENS utilises the nervous system's own pain relief mechanism to ease both acute and chronic pain. It can be used for muscular or articulation pains, sciatica and for feet, knee and back pains. The treatment can be performed every day until the pain disappears.
- **2. TENS ENDORPHINIC:** This treatment can be performed every day until the pain disappears and it can be alternated with the other TENS treatments. The stimulation with light contractions, causes the circulation increasing and helps the muscles to relax. The effect, induced by the release of endorphins, causes a delayed analgesic action but that continues for hours (6 / 12 hours)
- **3. SCIATICA:** The program is ideal for people who suffer of pain caused by the sciatic nerve inflammation. The pain often starts from the lumbar zone and spreads until feet. Place the electrodes on the painful leg as specified in the images of this manual. It can be performed every day until the pain disappears.

Intensity: pins and needles sensation without pain. Should not cause muscle contractions.

4. BACKACHE: This program is efficacious in case of stressed vertebral column. The pain can be caused by an incorrect body position or for example by a prolonged permanence at the wheel or sitting at the writing desk. The program helps the blood flow increasing eliminating the substance that causes the pain. The effect is not immediate but it lasts for 6-12 hours. It can be performed until the pain stops.

Intensity: Pins and needles sensation without pain.

5. CERVICAL: Anthalgic current Tens Burst. This program is very useful for neck pain relief. It can be performed every day until the pain stops.

Intensity: pins and needles sensation without pain. Should not cause muscle contractions

6. ARTHRITIS SHOULDER: The program has a sedative anthalgic effect. It relieves the chronic and acute shoulder pain. The pain can be caused by a series of erroneous movement or by an intense physical work (for example weight lifting). It can be associated to an Endorphinic TENS program. It can be performed every day until the pain stops.

Intensity: pins and needles sensation without pain. Should not cause muscle contractions.

7. DRAINAGE: The coordinated stimulation achieved by the two channels of the stimulator, produces a muscular pumping effect, starting at the extremity of the limb and spreading all the way to its root. The pumping action mainly activates the venous but also the lymphatic system by mechanical effect. Its objective is to improve the circulation and to promote the elimination of toxins. It also helps to prevent the night cramp and it is useful for people who suffer of limb swelling.

Intensity: Visible muscle vibration.

8. ATROPHY/MUSCULAR RESUMING: The program is particularly useful after a period of interruptions. After injuries or other interruptions in physical activity the muscle often lose strength and muscle mass. It is important to restore normal muscle capacity as soon as possible. This program gives the possibility to train specific muscles that are affected.

Intensity: it is advisable to start with low intensity gradually increasing

Attention! Seek medical advice for establishing time and work mode.

Programs and protocols of health and tens, are generic suggestion about the treatments to be executed. They must be confirmed by a doctor or specialist.

PROGRAMS LIST

	PROGRAMS	TOTAL TIME min.	INTENSITY	Electrode Placement
1	TENS*	30	Without contraction	From A to L
2	Tens endorphinic*	20	Without contraction	From A to L
3	Sciatica*	30	Without contraction	G
4	Backache*	30	Without contraction	E
5	Cervical*	30	Without contraction	В
6	Arthritis shoulder*	25	Without contraction	A
7	Drainage	25	Moderate	Н
8	Atrophy	30	Maximum	Н

LEGEND:

LOW = Barely perceptible contractions

MODERATE = Very bearable and tolerable contractions . Visible muscular movement

MODERATE and STRONG = Obvious contraction but bearable

MAXIMUM = Maximum contraction. Bearable but without pain

^{*} Programs and protocols of health and tens, are generic suggestion about the treatments to be executed. They must be confirmed by a doctor or specialist.

COMMON QUESTIONS

Why does the intensity return immediately to 0 when increasing its value?

The unit has a control of current supply. In case the circuit is open the intensity is automatically shut off.

It is therefore necessary, before starting any treatment, to be sure that the cables are well connected and the electrodes completely placed on the skin.

What to do when the discharged battery indicator appears?

You can continue your stimulation until it starts diminishing; then turn off the unit, disconnect the electrode cables and change the batteries.

Is it possible to use the electric stimulator during the menstrual cycle?

Possible interferences, like anticipations, delays, accentuations or reductions of the cycle can be subjective and variable. It is however advisable to avoid treatments in the abdominal zone during the cycle.

Is it possible to use the electric stimulator during lactation?

Until now it has not found collateral effects in relation to the electric stimulator use during the lactation. It is however advisable not to treat the thoracic zone.

Does the presence of dermatological diseases like psoriasis, urticaria, etc. prevent the electric stimulator use? Yes, it is advisable not to treat epidermic zones, which present important dermatological diseases.

How long after is it possible to see the first results?

The aesthetic results obtained are always subjective. It is however possible to state that you can achieve good results about tonicity after 15 days with 3 or 4 sessions a week; for lypolisis and drainage treatment it is necessary at least 40 days. Better and speeder results are obtained if treatments are combined with a good physical activity and a correct life style.

GUARANTEE TERMS

This product is warranted to the first user for a 24-month period from the purchase date against material defects or manufacturing, provided that it is used properly and maintained in the normal efficiency conditions.

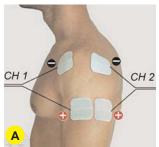
To enjoy the warranty service, the user must observe the following warranty articles:

- 1-The products must be delivered for repairing by the User in their original packaging, the expenses are charged to the User.
- 2-The product warranty depends on the presentation of fiscal document (cash voucher, fiscal receipt or selling invoice) and certifying the purchase date of the product.
- 3-The repairing will not have effect on the original date of warranty expiration and will not mean the renewing or extension of the warranty.
- 4-When during the repairing will not be found any defect, will be in any case charged the expenses related to the checking time.
- 5-The warranty doesn't have effect in case of damages by bits, falls, improper or incorrect use, not original external supply, accidents, alterations, changes / removal of warranty seals and / or product infringement. The warranty doesn't cover the damages caused during the transportation due to the use of inadequate boxing (see art. 1).
- 6-The warranty doesn't cover the impossibility of using the product, other occasional or consequential expenses or other purchaser expenses.

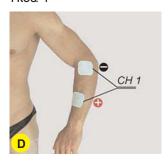
ATTENTION: Before returning the machine to be repaired, it is recommended to carefully read the user manual instructions. In case of device breakdowns contact the shopkeeper before. The fabricant can make at any moment all the necessary modifications to improve the product aesthetic and quality.

ELECTRODE PLACEMENT

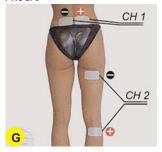
ARTHRITIS SHOULDER
PERIARTRITE SCAPOLO-OMERALE
PROG. 6



EPICONDYLITE EPICONDILITE PROG. 1



SCIATICA SCIATALGIA PROG. 3



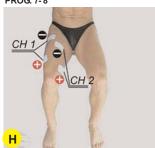
CERVICALI CERVICALI PROG. 5



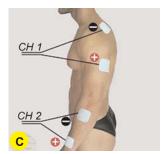
BACKACHE MAL DI SCHIENA PROG. 4



DRAINAGE or ATROPHY
DRENAGGIO o RECUPERO MUSC.
PROG. 7-8



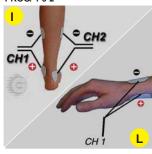
UPPER LIMBS PAINS DOLORI ARTI SUPERIORI PROG. 2



KNEE PAIN CONDRITE ROTULEA PROG. 1



ARTICULATION PAINS DOLORI ARTICOLAZIONI PROG. 1 e 2



NOTE

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El equipo fue construido en conformidad a normativas tecnicas vigentes, y fue sometido a certificaciones a sentidos de la directiva 93/42/CEE sobre dispositivos medicos.Para mantener el maximo nivel de seguridad, el usuario debe utilizar el equipo respetando las prescripciones y los limites de empleo del manual de uso.El productor rechaza cada responsabilidad en merito al uso diferente del que se indica y prescribe en el presente manual.Sin el permiso escrito del productor se prohibe la reproducción tambien parcial en cualquier forma o con cualquier metodo electrónico o mecanico de los textos y/o fotos contenidos en este manual.

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L'appareil a été construit en conformité aux normes techniques en vigueur, et a été soumis à certification selon la directive 93/42/CEE sur les dispositifs medicaux. Puor maintenir le niveau maximum de suretée l'utilisateur doit utiliser l'appareil dans le respect des prescriptions et des limites d'emploi du manuel d'utilisation. Le producteur décline toute responsabilité en cas d'utilisation difforme de ce qui est indiqué et prescrit dan ce manuel. Sans l'autorisation écrite par le producteur toute reproduction, meme partielle sous toute forme ou à l'aide de movens électroniques ou mécaniques des textese et des photos contenues dans ce manuel est interdite.

