

## Introduction

Thank you for purchasing your Tenease mobile pain relief device. The Tenease is the first device specially designed for the alleviation of the pain associated with Lateral or Medial Epicondylitis, more commonly referred to as Tennis or Golfer's Elbow.

Strap the device to the appropriate part of the elbow and press the start button to start the treatment. This operates the device for a period of 10 minutes. Multiple treatments can be consecutively administered with a maximum of 3 treatments a day. This treatment pattern has been shown to relieve the pain associated with Epicondylitis for as long as 4 to 6 hours. Before use, please read all of the instructions in this user manual carefully and retain for future reference.

## How Does Tenease Work?

Epicondylitis is a common cause of elbow pain, characterised by pain over the outer side of the elbow, which may radiate down the forearm. Despite the names Tennis and Golfer's Elbow, Epicondylitis does not just afflict tennis or golf professionals. In fact, this common elbow problem affects around 3% of the population and is most often associated with work related activities. Although racquet sports are more prone to the condition, they account for only 10% to 15% of all sufferers. Epicondylitis is equally common in men and women, peaking in prevalence between the ages of 30 and 50.

The Tenease device generates high-frequency, mechanical vibration as opposed to electromagnetism, electrical current or shockwaves. It is believed that pain is transmitted as impulses in the large sensory fibres of the body. By applying a vibration to the area of pain, it interacts with the pain impulse transmissions, causing disruption. The vibration is effectively 'scrambling' the sensory impulses to the extent that they cannot be interpreted as pain signals by the brain.

Several studies have investigated the use of vibration therapy to treat acute and chronic musculoskeletal pain in various parts of the body. The published study 'Pain Alleviation by Vibratory Stimulation', by Lundburg, Nordemar and Ottoson from Karolinska Hospital in Stockholm, shows that vibration therapy is an effective treatment for both chronic and acute pain. It also shows that it is more effective in relieving Tennis Elbow pain than TENS.

It is also thought that high-frequency, mechanical vibrations, applied locally to an injured tendon, may stimulate the formation of new blood vessels. This increases the blood supply to the afflicted tendon and

associated muscles and joints, potentially accelerating recovery, although this has yet to be clinically substantiated.

## Troubleshooting/Warranty

If the unit does not function, ensure that the batteries are not spent and are inserted in the correct orientation. If the unit still does not function when the start/stop button is depressed, the unit should be returned to the manufacturer.

Please read the enclosed Terms and Conditions for more information. The unit is designed to be used for a maximum of 3 treatments a day. Excessive use of the unit beyond the recommended treatment cycle can result in damage to the mechanical parts and render the manufacturers warranty invalid. The unit does not contain any serviceable parts, and any attempted repair or modification to the unit will invalidate the warranty. This does not affect your statutory rights.

## Specification

- Power Source: DC 3.0V (x2 AAA batteries)
- Frequency: 150Hz nominal
- Approximate Dimensions: 92mm x 32mm x 32mm
- Weight (incl batteries): 60g
- Operating Conditions: 5°C to 40°C; <90% RH
- Storage/Transport Conditions: 0°C to 45°C; <90% RH
- Auto Time Setting: 10 minutes

## Battery Information

The unit utilises 2 x AAA batteries (supplied with the unit). \*Remove the batteries if the product is not in use for prolonged periods. \*Remove spent batteries from the unit. \*Do not mix different types of batteries or old and new. \*Dispose of batteries safely. \*Batteries should be handled by an adult, keep out of the reach of children.

\* Warning: If batteries leak, avoid contact with skin. In the event of contact, wash immediately with copious amounts of water. If irritation persists, seek medical assistance.

## Disposal

This device is covered by the WEEE regulations that require manufacturers to collect waste electrical equipment for recycling/disposal. To arrange free of charge collection/disposal of this product, please call 0845 680 9635 or visit our website [www.tenease.com](http://www.tenease.com).



## Symbol Descriptions

- Address of Manufacturer
- Caution, Consult Accompanying Documents.
- Type B Applied Part
- Upper and Lower Storage Conditions
- Consult Instructions for Use
- On/Off Button



# Mobile Pain Relief



### Medical Light Engineering Ltd

PO Box 223, Harbour Court, Les Amballes, St Peter Port, Guernsey, GY1 1WU  
Tel: 0845 680 9635 Email: [info@tenease.com](mailto:info@tenease.com) [www.tenease.com](http://www.tenease.com)

Manufactured in Guernsey by MLE Ltd. Company registration no. 51663

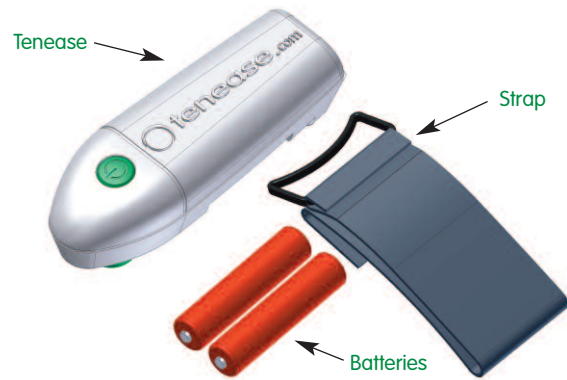
Doc Ref: IFU\_02. Revision 3. Date: 21-01-10

User Manual

# Instructions for Use

## 1. Parts

The product consists of a Tenease unit, strap and 2 x AAA batteries.



## Cleaning Instructions

Wipe the outer unit with a dry cloth. The strap can be washed in warm soapy water. Do not immerse unit in water.

## 2. Preparation for Use

The unit requires 2 x AAA batteries (included).

To insert the batteries, push down on the Tenease logo on the battery cover while applying pressure to the rear of the unit. The battery cover should easily unclip so it can be removed.

Insert the batteries provided, taking care to insert in the correct orientation. At the back of the battery compartment the terminals are identified with a '+' and '-'.



## 3. Using the Unit

In order to optimise the performance of the device, the green protrusion on the lower side needs to be placed over the area where pain is being experienced.

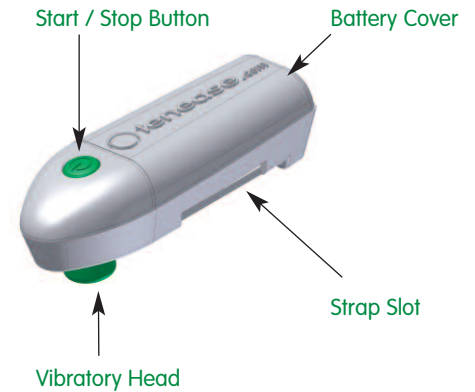
The strap is then secured in order to hold the device in place while not restricting the blood flow to the lower arm by 'over-tightening'.

The green start/stop button on the upper front surface is then depressed in order to activate the unit on a 10-minute cycle.

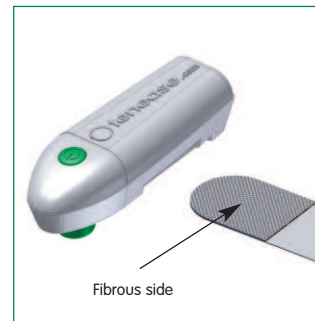
The Tenease can be stopped or started manually at any time by depressing the start/stop button.

It is recommended that the Tenease is used for 30 minutes each day, representing 3 full cycles of the unit.

Epicondylitis is now known to be caused by a lack of inflammation of the tendon. As inflammation is caused by the device to encourage blood flow and tendon repair, you may experience some soreness around the elbow area when first using the device. This is normal and a sign that your device is working correctly.



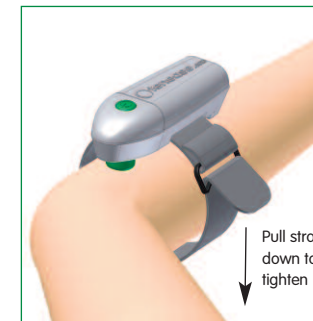
## 4. Fitting the Unit



Thread the strap through the slot below the battery compartment with the fibrous side facing the battery compartment.



Loop the end of the strap through the black end buckle and place on the arm with the front (tapered end) of the unit pointing towards the shoulder.



The unit can now be secured by folding the Velcro strap back on itself and attaching the end of the strap onto the fibrous surface.



Identify the area of pain and place the green vibratory head of the unit directly over this point. The unit can now be operated by pressing the green start/stop button.

## Warnings and Safety

Before using the device, please read and understand the following warnings to ensure the safe and correct use of the device and to prevent any injury.

- Ensure that there is no leakage from batteries. If batteries show any evidence of leakage, see section 'Battery Information'.
- Ensure that batteries are installed correctly.
- The device is designed for use on the elbow and lower arm; do not use on any other part of the body.

- If you feel unwell or experience any discomfort at any time, stop using the device immediately.
- If you notice any reddening of the skin, stop using the device immediately.
- Only apply the device to normal skin. If suffering from a skin condition or new scar tissue is present in the area of application, seek medical advice before use.
- Do not disassemble, repair or modify the device in any way, as this will invalidate the warranty and may lead to malfunction of the device or an injury.
- Do not use the device while sleeping.

- Do not immerse the device in water or any other fluid.
- Do not throw or drop the device from a height. The unit should not be used if any physical damage is evident.
- Do not use any chemicals to clean any part of the unit.
- Only to be used by persons over the age of 16 years old.

Medical electrical equipment requires special precautions regarding electromagnetic compatibility (EMC) and must be installed and used according to the instructions contained in this manual. Portable or mobile radio communication equipment may affect medical electrical equipment.