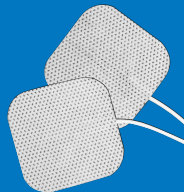


Replacement Gel Pads



Available accessories

Lloydspharmacy

TENS Digital Pain Reliever

User Manual



Last revised: 15/08/12 V22

Model LTS2

Contents

Introduction	2-3
Parts	4-5
Features	6
General Warnings and Safety	7-11
Using your TENS Digital Pain Reliever	11-18
Programs and Gel Pad Positioning	19-20
Battery Information	21
Specifications	22
Troubleshooting	23-25
Maintenance and Cautions	26
Storage	27
Disposal	27-28
Customer Feedback	28
Warranty	29
Explanation of symbols on the TENS Digital Pain Reliever	30

Introduction

Thank you for purchasing the Lloydspharmacy TENS Digital Pain Reliever (Model LTS2).

The TENS Digital Pain Reliever is a safe, drug free device which helps to ease aches and pains. TENS stands for Transcutaneous Electrical Nerve Stimulation and is recognised as a safe method of easing pain. TENS is now regularly recommended by doctors, physiotherapists and pharmacists throughout the UK. Before using, please read all the instructions in this user manual carefully and keep it safe for future reference.

Why consider digital pain relief?

Pain is a warning signal; we need these signals to tell us that something may be wrong with our body. Without it, we may not know that parts of our body might be damaged, thereby damaging them further. However once we have identified damage, pain serves little purpose.

Introduction

How does TENS work?

TENS works by passing harmless electrical signals into the body from the gel pads. This eases pain in two ways:

- Firstly, it blocks the body's pain signals which are normally transmitted from the area of damage through the nerve fibres to the brain - TENS interrupts these pain signals.
- Secondly, TENS stimulates the body's production of endorphins – its own natural painkillers.

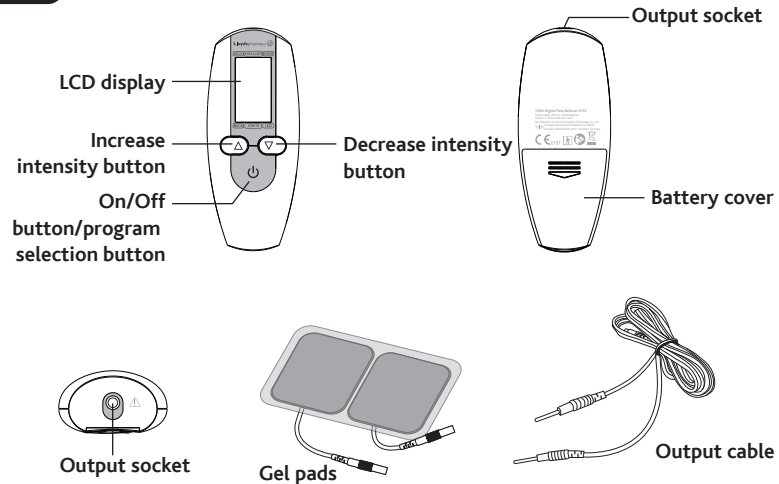
What conditions can TENS help relieve?

TENS provides pain relief for a number of different pain conditions, including:

- Back pain
- Sciatica
- Sports strains and sprains
- Almost all muscle related injuries

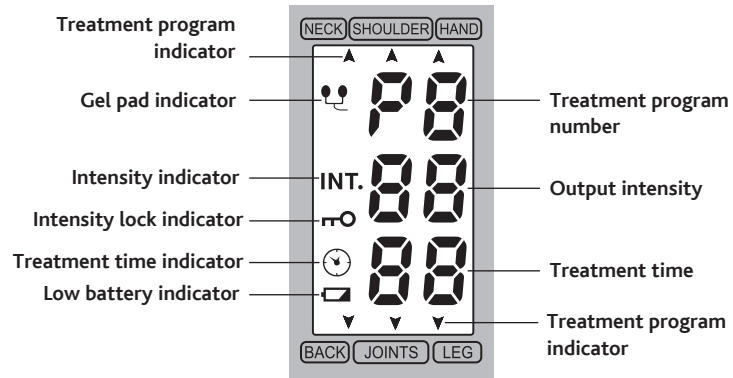
Please ask your local Lloydspharmacy pharmacist for advice about any specific condition.

Parts



Parts

LCD DISPLAY



Features

- 6 program settings designed to target different areas of the body
- 25 output intensities to suit different levels of pain
- Can be used alongside medication. Please see your GP if you have any concerns with severe or prolonged pain.

- Automatic therapy time setting for 30 minutes
- Touch control buttons and large LCD display making the unit user friendly
- Simple to use

- Lightweight and portable
- 2 gel pads

- Can also be used as a massager to help relax you
- The On\Off button has a stop function, making it safe and convenient

Use the TENS Digital Pain Reliever machine for at least 30 minutes a day, however, you may need to wear it for longer to initially ease your pain. If you wear the TENS Digital Pain Reliever for longer periods then check your skin where the gel pads have been placed to ensure your skin does not become sore. Before using the TENS Digital Pain Reliever, please read the instructions included in this user manual carefully.

General Warnings and Safety

Before you start:

Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of the TENS Digital Pain Reliever and to prevent injury.

- Make sure the batteries are installed correctly
- Connect the output cable to the gel pads and then connect to the TENS Digital Pain Reliever (see page 13 for more details)
- Attach the gel pads around the area of pain. Please see section 'Programs and Gel Pad Positioning' for details of where to place the gel pads (pages 19 and 20)
- Do not use the gel pads if they are scratched or damaged in any way
- The use of the TENS Digital Pain Reliever must be supervised by an able adult of sound mind
- For treatment of pain control, muscle injuries or rehabilitation, the TENS Digital Pain Reliever should be used under close supervision and direction of your doctor or professional therapist

General Warnings and Safety

Is it safe to use TENS Digital Pain Reliever?

The TENS Digital Pain Reliever is a medical device that has been subject to stringent testing. It is safe to use for most people, with the following exceptions:

- People with pacemakers, pulse regulators or any other implanted medical devices
- People with heart rhythm problems
- People with inflammation, acute diseases, or infectious skin wounds
- People with leprosy or chronic alcoholism
- Children under 16 years of age
- NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR, OR IF YOU SUSPECT YOU MAY BE PREGNANT. Please ask your local Lloydspharmacy pharmacist about other drug free pain relief during pregnancy
- Patients must consult their doctor before using the TENS Digital Pain Reliever if receiving any physical therapy or suffering from any of the following:
 - Acute diseases
 - Heart diseases or heart rhythm problems
 - A fever
 - Abnormal blood pressure
 - Skin conditions including broken or damaged skin and people with loss of feeling in areas of the body

General Warnings and Safety

- Cancer patients, people with diabetes or epilepsy should seek medical advice from their consultant, doctor or Lloydspharmacy pharmacist before use
- Keep the TENS Digital Pain Reliever out of the reach of children
- Do not use the TENS Digital Pain Reliever with an electrocardiograph meter (ECG) or any other medical apparatus
- Do not use the TENS Digital Pain Reliever with any topically applied creams or ointments
- Do not use on scarred areas following surgery for at least 10 months after the operation
- Do not use on or around an area of the body with skin disease, damage or inflammation
- Do not place the gel pads on the head, face, heart, chest area, eyes, oral cavity, sexual organs or onto the spine or bones. PLEASE NOTE, BEFORE USING THE NECK PROGRAM, REFER TO PAGE 20 FOR POSITIONING OF THE GEL PADS. When using on the neck area, do not place the gel pads on the spine and do not use on the sides of the neck or the throat (i.e. do not apply over thyroid or carotid sinus region of the neck). Place the gel pads on the cervical vertebrae muscle.

General Warnings and Safety

- Do not use on a wet body
- Do not use on stomach muscles within 90 minutes of eating

Please stop using the TENS Digital Pain Reliever immediately if you notice any reddening of the skin, if you feel any discomfort or feel unwell (seek medical advice). Improper use of the TENS Digital Pain Reliever can lead to harm and damage. For safe use of the TENS Digital Pain Reliever, please note the following safety instructions:

- The TENS Digital Pain Reliever must be turned off before moving the gels pads to different parts of the body
- Do not use the TENS Digital Pain Reliever in the bathroom or in any other area of high humidity as this may cause an uncomfortable intense stimulation
- Do not use the TENS Digital Pain Reliever whilst driving or operating any other mechanical equipment
- Do not use the TENS Digital Pain Reliever whilst sleeping
- Avoid contact of the gel pads with anything made of metal, such as belts or necklaces
- The TENS Digital Pain Reliever has no AP or APG protection;
 - AP: Flammable anaesthetic proof mixtures with air
 - APG: Flammable anaesthetic proof mixtures with oxygen or nitrous oxide

General Warnings and Safety

- Do not insert the output cable into any other socket other than the socket of the TENS Digital Pain Reliever as instructed, as this may lead to an electric shock
- Do not disassemble, repair or modify the TENS Digital Pain Reliever in any way as this may lead to malfunctioning or an incident and will invalidate the warranty
- The TENS Digital Pain Reliever should not be used whilst the user is connected to high-frequency surgical equipment, it may cause burn injuries on the skin under the gel pads, as well as problems with the device.
- Do not use the TENS Digital Pain Reliever in the vicinity of shortwave or microwave therapy equipment, since this may affect the output of the device.

Using your TENS Digital Pain Reliever

Auto time function:

The TENS Digital Pain Reliever has an automatic therapy time setting of 30 minutes after which it will turn off automatically. The timer begins when the session starts. The remaining time is shown on the display. If the intensity is changed during use, it will not affect the timer which will continue to count down from 30 minutes.

Using your TENS Digital Pain Reliever

What can I treat?

The TENS Digital Pain Reliever can treat many different types of pain. On pages 19-20 are diagrams of where to place the gel pads for the most common forms of pain. For other areas of pain, place the gel pads on either side of the area of pain. Never place the gel pads on the head, face, heart, chest area, eyes, oral cavity, sexual organs or onto the spine or bones. **PLEASE NOTE, BEFORE USING THE NECK PROGRAM, REFER TO PAGE 19 FOR POSITIONING OF THE GEL PADS.** When using on the neck area, do not place the gel pads on the spine and do not use on the sides of the neck or the throat (i.e. do not apply over thyroid or carotid sinus region of the neck). Place the gel pads on the cervical vertebrae muscle.

Preparation before using the TENS Digital Pain Reliever

The TENS Digital Pain Reliever requires 2 x AAA batteries (not included). To insert/replace batteries, remove the battery compartment cover at the back of the TENS Digital Pain Reliever and insert the batteries, observing correct polarity. Replace the battery compartment cover securely.

Using your TENS Digital Pain Reliever

How to connect the gel pads:

Each gel pad is pre-fixed with a cord-socket and protected by a transparent film (Figure I). Attach the gel pads to the output cables and insert into the output socket (Figure II). Remove the layer of film and place that side of the gel pad to the skin, positioning the gel pads on the area of pain. Press to ensure adhesion. Please read section 'Program Selection and Gel Pad Positioning' (pages 19-20) carefully to understand where to place the gel pads.

Caution: Affix the gel pads so that they do not overlap one another and are approximately 4-6 inches apart. Be sure not to move the gel pads to another part of your body without turning off the power first.

Once the gel pads are attached, the TENS Digital Pain Reliever is ready to be switched on.

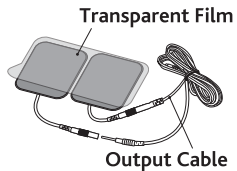


Figure I



Figure II

Using your TENS Digital Pain Reliever

Please note:

- Never stick the gel pads to each other
- Keep the gel pads clean and do not expose to heat or direct sunlight
- If the gel pads do not adhere to your body or are dirty, wipe with a damp, lint free cloth or replace with new ones
- Do not clean the pad or adhesive gels with any chemical
- Place the gel pads on intact skin only. Do not place on cuts or damaged skin
- The TENS Digital Pain Reliever should only be used on one person at a time
- Replace the transparent film on the gel pads when not in use
- When the gel pads need replacing, new gel pads and cables are available at your local Lloydspharmacy or from www.lloydspharmacy.com. Please replace the output cable with the new one supplied

IMPORTANT NOTE: When removing the gel pads from the skin, peel off from one corner of the gel pad. DO NOT pull the cord-socket or output cable to remove.

Using your TENS Digital Pain Reliever

Turn the TENS Digital Pain Reliever on
Press the On\Off button [⏻] to turn on the TENS Digital Pain Reliever. The LCD will light up and the following screen will appear (Figure III).

Selecting a program

The TENS Digital Pain Reliever has a range of programs ("P1" - "P6") which are displayed on the LCD screen next to the symbol [👤]. Each program is set to be used for a particular part of the body. Refer to page 19 to find which setting will be most suited. Press the On\Off button [⏻] to select the treatment program you desire ("P1" - "P6"). The Treatment program indicator [▲] will move to the next treatment each time you press the On\Off button [⏻] e.g. the Treatment program indicator [▲] is pointed to **SHOULDER** when "P1" is selected. Press the On\Off button [⏻] and the Treatment program indicator [▲] will move to **HAND**. Repeat this process to select up to "P6".

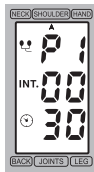


Figure III

Using your TENS Digital Pain Reliever

Starting the treatment and setting the intensity

To start the treatment press the Increase intensity button [Δ] which starts at intensity 1 "INT. 01". To increase the intensity, repeatedly press the Increase intensity button [Δ] until comfortable. The maximum output intensity is 25 "INT. 25" (Figure IV). Press the Decrease intensity button [▽] if you feel any discomfort in the intensity you have chosen. The treatment will last for 30 minutes unless interrupted.

The time will count down the minutes and is displayed at the bottom of the LCD screen next to the Treatment time indicator [⌚]. Once the 30 minutes are over, you will hear a beep and the treatment will stop.

Lock function:

The Lock function automatically activates if no buttons are pressed within 30 seconds by locking out the ability to accidentally increase the intensity.

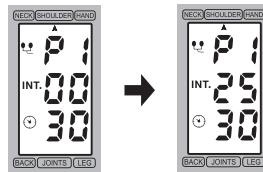





Figure IV



Figure V

Using your TENS Digital Pain Reliever

The Lock indicator symbol [] will show on the LCD screen when this is in action (Figure V). This is a safety feature to prevent accidental changes to your settings. Press the Decrease intensity button [] to unlock.

You can stop the treatment before the end of the 30 minute session by unlocking the TENS Digital Pain Reliever and reducing the intensity to 0 or by pressing and holding the On\Off button [] (Figure VI).

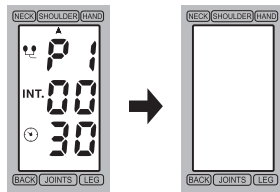



Figure VI

Turn the TENS Digital Pain Reliever off:

Press and hold the On\Off button [] for 5 seconds, the LCD display will turn off (Figure VI). If no buttons are pressed for 2 minutes in the idle state, the device will turn off automatically. When the TENS Digital Pain Reliever is turned off, the current program setting will be saved automatically.

Using your TENS Digital Pain Reliever

Caution:

- When you have finished using the TENS Digital Pain Reliever please ensure that it is turned off and remove the gel pads. Replace the transparent film on the gel pads when not in use
- Unplug the output cable by holding the plug, not the wire

Low battery indicator:

When the Low battery indicator flashes, the batteries should be replaced with new ones as soon as possible. The TENS Digital Pain Reliever will continue to operate for several more hours but may not work as accurately.

Replace the batteries:

To replace the batteries, open the battery cover and remove the old batteries. Replace with new 2 x AAA batteries (not included), observing correct polarity (refer to page 21).

Note: If the gel pads are not in contact with the skin the device will not work.

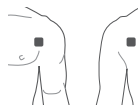
Programs and Gel Pad Positioning

Program Options

Program 1 Shoulder - Alternating modes

Place the gel pads on the front and back of the shoulder.

Gel pad positioning



Program 2 Hand - Burst

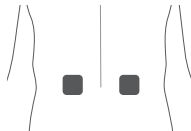
Place the gel pads on the arm or around the hand as shown.



Program 3 Back - Continuous and burst

Place the gel pads to the left and right of the painful area on the lower back/waist.

WARNING: DO NOT PLACE THE GEL PADS ON TO THE SPINE



Programs and Gel Pad Positioning

Program Options

Program 4 Joints - Deep TENS

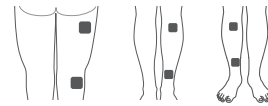
Place the gel pads around either side of the knee joint.

Gel pad positioning



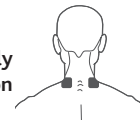
Program 5 Leg - Alternating modes

Place the gel pads on the leg



Program 6 Neck - Alternating modes:

When using on the neck area, do not place the gel pads on the spine and do not use on the sides of the neck or the throat (i.e. do not apply over thyroid or carotid sinus region of the neck). Place the gel pads on the cervical vertebrae muscle.



Battery Information



1. Insert 2 x AAA (not included) batteries in to the TENS Digital Pain Reliever
2. Remove the batteries if the TENS Digital Pain Reliever is not in use for long periods of time
3. Do not mix old and new batteries or different types of batteries
4. Warning: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water
5. Batteries must be handled by an adult. Keep batteries out of the reach of children
6. Only batteries of the same or equivalent type as recommended are to be used
7. Do not use rechargeable batteries. Non-rechargeable batteries are not to be recharged
8. Remove exhausted batteries from the TENS Digital Pain Reliever
9. Supply terminals are not to be short circuited
10. Dispose of batteries safely according to the battery manufacturer's instructions

Specifications

Model Number:	LTS2
Product Name:	TENS Digital Pain Reliever
Power supply:	3V DC, 2xAAA batteries
Frequency:	2Hz~150Hz
Pulse Duration:	50us~300us
Output Voltage:	0~45V (at 500 ohm load)
Output Intensity Adjustable:	1~25 (25 levels)
Treatment Time:	around 30 minutes
Operating Conditions:	5°C to 40°C ; 30% RH to 75% RH
Storage Conditions:	-10°C to 55°C ; 10% RH to 90% RH
Size:	115mm x 47mm x 27mm (approx.)
Weight:	51.6g (without batteries)
Expected life of product:	2 years, under normal usage.

NOTE: Design and specifications are subject to change without notice

Troubleshooting

Problem	Check points	Possible solution
The TENS Digital Pain Reliever will not turn on.	Are the batteries exhausted?	Replace the batteries.
	Are the batteries installed correctly?	Insert the batteries observing correct polarity.
The TENS Digital Pain Reliever is ON, but stimulation / sensation is weak.	Is the output cable properly connected?	Firmly connect the output cable.
	Is the cable damaged/old/worn?	Replace output cable.
The stimulation is weak even after new batteries have been inserted.	Are the gel pads secured on the skin properly?	Re-attach the gel pads correctly.
	Are the gel pads dirty?	Clean the gel pads with a damp, lint free cloth or replace with new gel pads.
	Is the intensity too weak?	Use a higher intensity level.

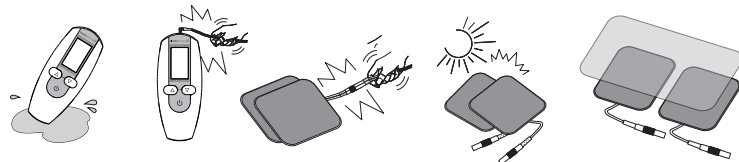
Troubleshooting

Problem	Check points	Possible solution
The stimulation is uncomfortable.	Is the intensity too high?	Decrease the output intensity.
	Are you operating the TENS Digital Pain Reliever according to the manual?	Please read and fully understand the user manual.
	Are the gel pads too close together?	Reposition the gel pads further apart.
	Are the gel pads or cables damaged or worn?	Replace with new gel pads or cables.
	Are the gel pads stuck on the skin correctly?	Reposition the gel pads and make sure they are placed on the skin firmly.

Troubleshooting

Problem	Check points	Possible solution
The skin becomes red and/or you feel a stabbing pain.	Are you wearing the gel pads on the same site every time?	Re-position the gel pads. If at any time you feel pain or discomfort stop use immediately.
	Is the surface of the gel pads scratched?	Replace with new gel pads.
	Are the gel pads dirty?	Please clean the gel pads using a damp, lint free cloth.
Stimulation stops during therapy	Have the gel pads come off the skin?	Turn off the TENS Digital Pain Reliever and stick the gel pads firmly to the skin.
	Is the output cable disconnected?	Turn off the TENS Digital Pain Reliever and re-connect the cable.
	Have the batteries been exhausted?	Please replace them with new batteries.

Maintenance and Cautions



- Do not immerse the TENS Digital Pain Reliever in water or any liquid. Do not drop the TENS Digital Pain Reliever or throw it from a height
- After using the TENS Digital Pain Reliever, please remove the output plug from the output socket and re-attach the gel pads to the protective transparent film
- Always use the protective film when the gel pads are not in use
- Do not twist or pull the output cables
- Do not use any chemical to clean the main TENS Digital Pain Reliever or the gel pads. In case you need to clean them, please wipe with a damp, lint free cloth
- Do not let the gel pads dry out or expose them to direct sunlight
- Keep the gel pads clean

Storage

- After use, disconnect the output cable and the gel pads, and then store safely and out of the reach of children.
- Store the TENS Digital Pain Reliever in a cool, well ventilated place.
- Do not expose the gel pads to direct sunlight and protect them against dirt and moisture.
- Never place any heavy objects on the TENS Digital Pain Reliever.
- Remove the batteries from the TENS Digital Pain Reliever if you are not going to use it for a long period of time. Leaking batteries can damage the TENS Digital Pain Reliever.
- Do not make any sharp kinks in the output cables or the gel pads.

Disposal

Used, fully discharged batteries must be disposed of in a specifically labelled collection container, at toxic waste collection points or through an electrical retailer. You are under legal obligation to dispose of batteries correctly.

Disposal

NOTE: You will find these markings on batteries containing harmful substances:

Pb = battery containing lead

Cd = battery containing cadmium

Hg = battery containing mercury. Please dispose of the TENS Digital Pain Reliever in accordance with the directive 2002/96/EC-WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please refer to the local authorities responsible for waste disposal.



Customer Feedback

We are constantly striving to delight our customers with our products and customer service. We value your opinion and feedback on our devices as this helps us to develop and continually improve. We would be grateful if you'd share your thoughts in reviewing this product. Please visit www.lloydspharmacy.com and look for the customer services section on the home page.

Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorised persons invalidates the warranty. This does not affect your statutory rights.



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Explanation of Symbols on the TENS Digital Pain Reliever



Follow instructions for use



This symbol indicates that the TENS Digital Pain Reliever is a type BF device



Disposal in accordance with Directive 2002/96/EC (WEEE)



The name and the address of the manufacturer



The name and the address of the authorised representative in the European Community



Complies with the European Medical Device Directive (93/42/EEC) and amended by directive 2007/47/EC requirements. Notified body TÜV Rheinland (0197)



Equipment capable of delivering output values in excess of 10mA r.m.s or 10V r.m.s averaged over any period of 5 seconds