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TENS PRO™



Introduction

Thank you for purchasing an Oxiline® TENS PRO™.

The TENS PRO™ is a Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) Massager. To get the most out of the device, it is recommended to read the entire user manual before utilizing it. If you have any additional questions or concerns please contact our customer service department via email at support@oxiline.shop



Guide



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Functions, Features & Standards

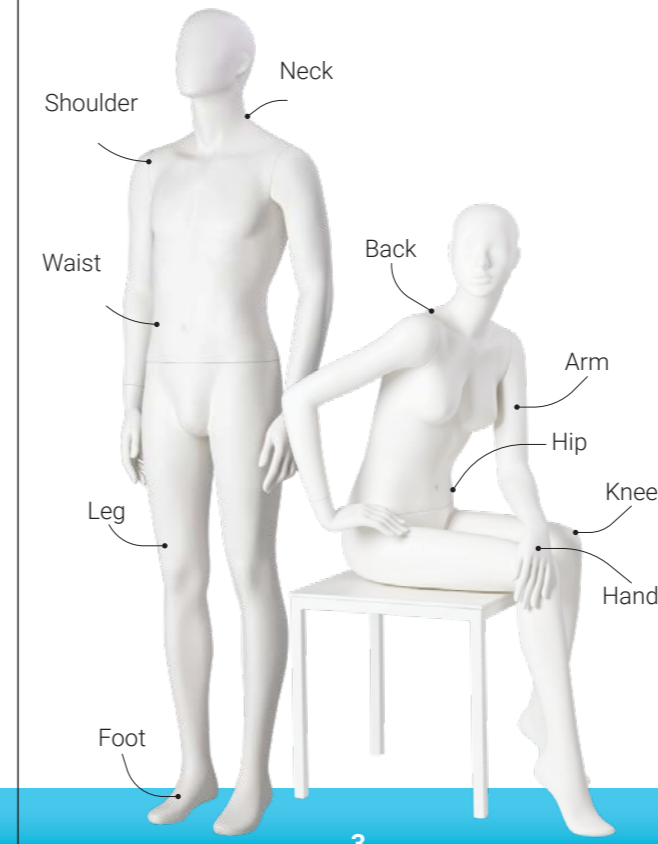
Pulse frequency	1-200Hz
Pulse width	50-500uS
Battery specification	Lithium battery 3.7V/600MA
Power adaptor	Standard 5V, 300ma adapter static electricity S20uA
Output waveform	Two-way rectangular waves

Included Items

- (1) Touchscreen TENS/EMS unit
- (1) Wall adapter & USB charging cable
- (2) Output electrode wires
- (3) Pairs (medium gel electrode pads)
- (1) Pair (small gel electrode pads)
- (1) Electrode pad & wire holder
- (1) User's manual
- (1) Acupoint guide

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Suggested Areas Of Use



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Features

Touch LCD Screen

The TENS PRO™ features a highly responsive touchscreen LCD display. This display will allow you to view time, battery life, lock status, massage mode, TENS/EMS mode, and intensity. Additionally, it will allow you to touch and adjust several of the settings mentioned above.

Countdown Timer

The TENS PRO™ features a countdown timer that is automatically set at 30 minutes per session. Simply tap the timer to add 10 additional minutes. When the countdown reaches 0 the TENS PRO™ will automatically shut off any massage function. This feature is designed to provide additional safety to the user.

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Massage Modes

The TENS PRO™ features 32 unique massage modes. These include 8 main mode categories (shown below) plus 4 sub-modes per category. Trying various modes and combinations in one body area may provide additional benefits.

- Kneading
- Scraping
- Acupuncture
- Tapping
- Cupping
- Reflexology
- Combo
- Deep Tissue

Output Channels

The TENS PRO™ features two channels (A/B) which allows you to receive TENS/EMS massages simultaneously. Each channel has fully intensity parameters.

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Directions

- 1 Connect the two electrode wires to the channel outputs on the TENS PRO™ device.
- 2 Attach the desired electrode pads to the ends of the electrode wires.
- 3 Remove the clear plastic film on each electrode pad and stick on the desired body area. Read the Warnings & Notices section of this guide before pasticking on the electrode pads. Save the clear plastic film to stick back the electrode pads post use.
- 4 Press and hold the power button for 4 seconds to power up the device.
- 5 Select the desired massage mode by tapping it once on the touchpad. Tap the same massage mode icon additional times to cycle through the sub-massage modes.
- 6 Once the massage mode is selected begin the session by tapping the intensity plus (+) symbol on the touchpad or the channel up button on the side of the device. You may adjust the intensity anytime during your massage session by tapping the (+) or (-) symbols or pressing the up or down buttons.

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- 7 Once a massage session begins the timer countdown will start. Tap the timer to add 10 additional minutes to the countdown. The timer works with multiples of 10 minutes.
- 8 You may pause the session at any time by tapping the Play/Pause icon.
- 9 You may lock the screen at any time by pressing the lock button. While in use, the screen will automatically lock after 30 seconds of inactivity.
- 10 Changing massage modes will reset the countdown timer and intensity parameters.
- 11 Power off the device by holding down the power button for 4 seconds.

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WARNINGS & NOTICES

- DO NOT use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic devices. Use with these conditions can result in electric shock, burns, electrical interference, and/or death.
- DO NOT allow children to handle, swallow or ingest accessories or parts. Consult with your health care professional prior to use for persons under 16 years of age.
- DO NOT use the device across or through your chest because the electrical currents introduced into the chest may cause rhythm disturbances.
- DO NOT use this device if you are susceptible to rhythm disturbances to the heart unless under the direction of your physician.
- DO NOT use this device over your eyes, mouth, front of the neck, head, chest, carotid, or across your heart because this could cause severe muscle spasms resulting in difficulty in breathing and other adverse effects.
- DO NOT use this device while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- DO NOT use this device over open wounds, rashes, swollen, red, infected, inflamed areas, or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).
- DO NOT use this device over, or in proximity to, cancerous lesions.
- DO NOT use the device in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms), which may not operate properly when the electrical stimulation device is in use.
- DO NOT use the device when in the bath, shower, or other sources of moisture.
- DO NOT use this device while sleeping.
- DO NOT use this device on abnormal skin that is not clean & healthy.
- Consult with your physician before using this device if you are in the care of a physician.
- Consult with your physician before using this device if you have had medical or physical treatment for your pain.
- Stop using this device and consult your physician if your pain does not improve, becomes more than mild, or continues for more than five days.

POSSIBLE REACTIONS & SIDE EFFECTS

- Isolated cases of skin irritation or burns may occur due to electrical stimulation or the adhesive gel material on electrodes pads.
- Stop using the device and consult with your physician if you experience adverse reactions from the use of this device.