



Dual Channel TENS Digital Pain Reliever

User Manual

TD1 Series

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Introduction

- Thank you for purchasing the Kinetik Dual Channel TENS Digital Pain Reliever.
- The Dual Channel TENS Digital Pain Reliever is effective in relieving pain.
- TENS stands for Transcutaneous Electrical Nerve Stimulation.
- TENS is recognised as a safe and highly effective method of relieving 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. In the case of chronic, regular pain it can significantly interfere with daily activities and the quality of life.

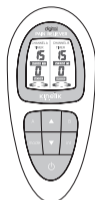
How does TENS work?

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

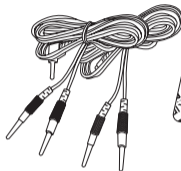
- Firstly, it blocks the body's pain signals which are normally transmitted from the area of damage through the nerve fibres to the brain - TENS interrupts these pain signals.
- Secondly, TENS stimulates the body's production of endorphins – its own natural painkillers.

Parts

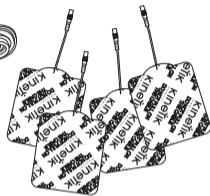
About Dual Channel TENS Digital Pain Reliever



Main Unit

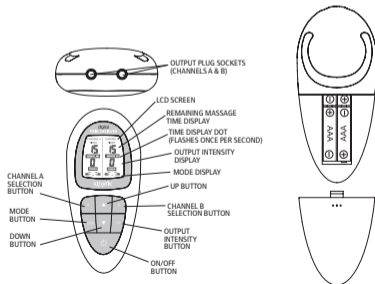


Cables x 2



Gel pads x 4

MAIN UNIT PARTS



Features

- 2 output channels
- Each output channel can be adjusted independently
- 8 mode settings to provide different pain relief and massage effects
- 8 output intensities to suit different parts of the body and pain
- Touch control buttons and large LCD display making the unit user friendly
- 4 gel pads
- Automatic therapy time setting for 15 minutes
- A safe and effective method of relieving pain
- Simple to use
- Can be used alongside drug therapy
- Lightweight and portable
- Can also be used as a massager to help you relax

What conditions can TENS help relieve?

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

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

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

Use the Dual Channel TENS Digital Pain Reliever for at least 15 minutes a day, however, you may need to wear it for longer to initially gain pain relief. If you wear the unit for longer periods then check your skin where the gel pads have been placed to ensure your skin does not become sore.

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 this device and to prevent injury.

- Make sure the batteries are installed correctly.
- Connect the cable to the gel pads and then connect to the unit (see page 7 for more details).
- Attach the gel pads around the area of pain. Please see section 'Gel Pad Positioning' for details of where to place the pads (page 12).
- Do not use the gel pads if they are scratched or damaged in any way.

The Dual Channel TENS Digital Pain Reliever is a medical device that has been subject to stringent testing. The use of this device must be supervised by a responsible adult.

It is safe to use for most people, with the following exceptions:

- Children under 16 years of age.
- People with pacemakers, pulse regulators or any other implanted medical device.
- People with heart rhythm problems.
- People with inflammation, acute diseases, or infectious skin wounds.
- People with Leprosy.
- People with chronic alcoholism.

NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR. Please ask your Local pharmacist about other drug free pain relief during pregnancy.

Patients must consult their doctor before using this device if receiving any physical treatment or suffering from:

- 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
- Cancer
- Diabetes or epilepsy

General Warnings and Safety

Gel Pad not suitable for use on:

- Head
- Throat
- Heart
- Eyes
- Sexual organs
- Bones
- Scarred areas following surgery for at least 10 months after the operation
- Wet body
- Stomach muscles within 90 minutes of eating
- Face
- Back of neck
- Chest area
- Oral cavity
- Spine

Please refer to Page 12 for 'Gel Pad Positioning'

For safe use of the product, please note the following safety instructions:

- Keep out of reach of Children.
- Make sure the device is turned off before moving the gel pads to different body parts.
- Avoid using the device in the vicinity of flammable or anaesthetic gases.
- Do not insert the gel pad cable into any other socket other than the socket of the device as instructed, as this may lead to an electric shock.
- Do not disassemble, repair or modify the device in any way as this may lead to malfunctioning or an incident.
- An attempt repair by unauthorised persons invalidates the warranty.

Do not use this device under the following circumstances:

- With an electrocardiograph meter (ECG) or any other medical apparatus.
- With any creams or ointments.
- Whilst in the bathroom.
- In areas of high humidity, as this may cause an uncomfortable intense stimulation.
- Whilst Driving.
- Sleeping.

Using your Dual Channel TENS Digital Pain Reliever

How to connect the gel pads to the output cable:



Preparation before using the unit

1. This unit requires 4 x AAA batteries (included).
2. To insert/replace batteries, remove the battery compartment cover at the back of the unit and insert the batteries, observing correct polarity. Replace the battery compartment cover securely.
3. Attach the gel pads to the output cables and insert into the respective sockets, channel A and channel B.
4. Attach the gel pads to the area of pain. Please revert to the Gel Pad Positioning section on page 12.

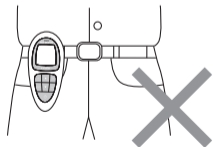
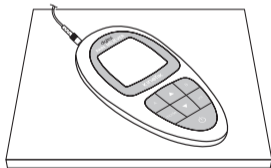
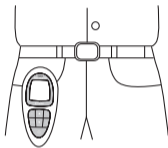
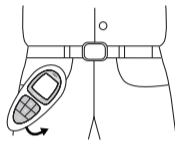
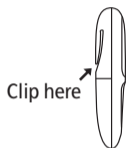
Each gel pad is pre-fixed with a cord-socket and protected by a transparent film. Connect the output cable via the cord-socket. Remove the layer of film and place that side of gel pad to the skin. Press to ensure adhesion. **IMPORTANT NOTE:** When removing the gel pads from the skin, peel off from one corner of the gel pad. **DO NOT** pull the cord-socket or cable to remove.

Please note:

If the gel pads do not attach to skin or pads please refer to the troubleshooting section on page 15

- If gel pads are dirty, wipe with damp, lint free cloth or replace with new ones.
- Do not clean the pads or adhesive gel pad with any chemicals.
- Replacement Pads are available from your retailer.

Using your Dual Channel TENS Digital Pain Reliever



Using your Dual Channel TENS Digital Pain Reliever

Please ensure the gel pads are correctly attached and placed on the desired area before switching the unit on.



1: Press the “ON/OFF” button to switch the unit on.



2: Press the “A” button to select channel A. “CHANNEL A” will be displayed on the left hand side of the LCD. When “CHANNEL A” is displayed, the mode and intensity settings on this channel can be chosen.



3: Press the “B” button to select channel B. “CHANNEL B” will be displayed on the right hand side of the LCD. When “CHANNEL B” is displayed, the mode and intensity settings on this channel can be chosen.

Please note, channel A and B have to be set independently. They cannot be set up at the same time. If you want to use both channels together, set channel A mode and intensity, this will start immediately. Then set channel B mode and intensity (channel A cycle will finish before channel B).



4: To choose a mode setting, press the “mode” button. The LCD will display on either the left hand side or right hand side of the LCD, depending on whether channel A or channel B has been chosen. The “▲” or “▼” buttons can be used to choose the desired mode setting.



5: To choose an intensity setting, press the “int” button. The LCD will display on either the left hand side or right hand side of the LCD, depending on whether Channel A or channel B has been chosen. The “▲” or “▼” buttons can be used to choose the desired intensity setting.




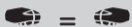
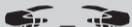





6: Press the “▲” button to move up by one level when choosing your mode or intensity settings on the selected channel. (There are 8 modes and 8 levels of intensities to choose from- 1 being the lowest intensity, 8 being the highest intensity).



7: Press the “▼” button to move down by one level when choosing your mode or intensity settings on the selected channel.

Programme Selection

One of the following symbols will be displayed in the LCD, depending on which mode setting is chosen.

PROGRAM	DURATION (mins)	PROGRAM SELECTION	MODE FUNCTION	FOR:
1	15		TAPPING (SLOW)	PAIN RELIEF
2	15		TAPPING (FAST)	PAIN RELIEF
3	15		VIBRATING (SLOW)	PAIN RELIEF/MASSAGE
4	15		VIBRATING (MEDIUM)	PAIN RELIEF/MASSAGE
5	15		VIBRATING (FAST)	PAIN RELIEF/MASSAGE
6	15		KNEADING (SLOW)	PAIN RELIEF/MASSAGE
7	15		KNEADING (FAST 1)	PAIN RELIEF/MASSAGE
8	15		KNEADING (FAST 2)	PAIN RELIEF/MASSAGE

Programme Selection

- The output intensity will be displayed on the LCD as a number from 1 – 8. (1 is the lowest and 8 is the highest).
- The unit has a memory function - if a particular mode setting is chosen then it will remain on that mode even when the unit is switched off and switched back on. (Note: the time and intensity will be set to the default 15 and 0 respectively).
- When the intensity mode is chosen (1-8) the time setting function starts to work. It can be seen as the flashing dot on the LCD display and flashes once per second.
- When the device is on and the mode setting or intensity is changed, it will not affect the timer which will continue to count down the remaining time. When the mode setting is changed the intensity will default to 0. The device will turn off automatically when the set time has elapsed (15 minutes).
- When the treatment cycle has finished remove the gel pads carefully from the skin.

Important note: When removing the gel pads from the skin, peel off from one corner of the pad. DO NOT pull the cord socket or cable to remove as this may lead to injuries or malfunctioning.

What can I treat?

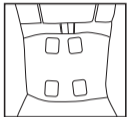
The Dual Channel TENS Digital Pain Reliever can treat many different types of pain. Following are diagrams of where to place the gel pads for the most common forms of pain. For other areas of pain, place the electrodes on either side of the area. Never place the electrodes on the head, face, throat, back of the neck, chest area, eyes, oral cavity, sexual organs or onto the spine or bones.

Caution:

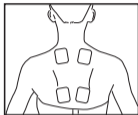
- Affix the gel pads so that they do not overlap one another and are approximately 4-6 inches apart.
- Be sure not to move the gel pads to another part of your body without turning off the power first.

Gel Pad Positioning

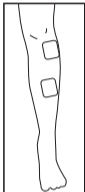
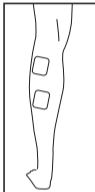
Lower back



Upper back



Legs and Feet



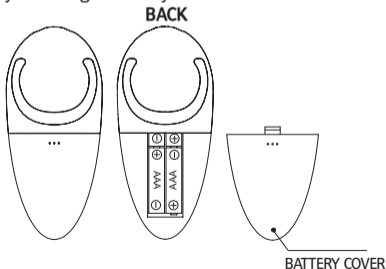
NOTE: DO NOT PLACE ON SPINE

For other areas of pain, place the gel pads around the area of pain 4 - 6 inches apart (approximately).



Battery Information

1. Please use 4 x AAA batteries in the unit (included).
2. Remove the batteries if the product 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.
8. Remove exhausted batteries from the unit.
9. Supply terminals are not to be short circuited.
10. Dispose of batteries safely according to battery manufacturer's instructions.



Specification

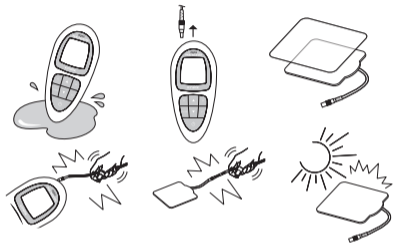
- Power Source: DC: 6.0V 4 x AAA batteries (included)
- Frequency: 4~128Hz
- Band width: 60-200 μ s
- Output current: Max.30mA \pm 20%
- Output voltage: 40V(P-P) by 500 load \pm 20%
- Size: 60(w) mm x 140 (h) mm x 26 (d) mm (approx.)
- Operating conditions: 5°C ~ 40°C; < 80%RH
- Storage conditions: -20°C ~ 55°C; < 95%RH
- Auto time setting: 15 minutes
- Weight: 86g
- Output intensity level adjustment: 1-8 (8 levels)
- Mode selection: 8 settings

Troubleshooting

Problem	Check points	Possible solution
The unit does not switch on	Are the batteries exhausted? Are the batteries installed correctly?	Replace the batteries. Insert the batteries observing correct polarity.
No output stimulus/sensation	Is the cable properly connected? Have you removed the transparent protective film from the gel pads?	Firmly connect the cable. Remove the protective film.
Output stimulus/sensation is weak	Are both gel pads stuck on the skin properly? Are the gel pads overlapped? Are the gel pads dirty? Is intensity too weak? Are both gel pads positioned properly?	Re-attach the gel pads correctly. Separate and stick them to the skin again (at least 4-6 inches apart). Clean the gel pads with a damp, lint free cloth. Use a higher intensity level. Change the position of the gel pads.
The skin becomes red and/or you feel a stabbing pain	Is the intensity too high? Are you using the pads on the same site every time? Are the gel pads too dry? Are both gel pads stuck onto the skin properly? Are the gel pads dirty? Is the surface of the gel pads scratched?	Choose a lower intensity or different program. Re-position the pads. If at any time you feel pain or discomfort stop use immediately. Please gently wipe with a damp, lint free cloth and then re-apply. Ensure the pads are stuck securely on the skin. Please clean the gel pad using a damp, lint free cloth. Please replace them with new gel pads.
Output current stops during therapy	Have the gel pads come off the skin? Are the cables disconnected? Have the batteries been exhausted?	Turn off the power and stick the gel pads firmly to the skin. Turn off the power and connect the cables. Please replace them with new batteries.

Maintenance and Cautions

CAUTIONS REGARDING SAFETY



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

Explanation of Symbols on Unit



Read the instructions.



This symbol indicates that this product is a Type BF device.



Symbol for "Environment Protection" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.



Symbol for "Manufacturer".



This product complies with MDD93/42/EEC requirements.



Symbol for "European Representative".



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