

## HOW MAX POWER RELIEF WORKS

### How does it work?

The OMRON Max Power Relief is a powerful TENS device that provides relief of chronic, acute\* and arthritic pain.

Scientific theory suggests that TENS therapy may work in several ways:

1. Gentle electrical pulses move through the skin to nearby nerves to block or shut out the pain message from ever reaching the brain from the source of the pain.
2. Gentle electrical pulses increase the production of the body's natural pain killers, such as endorphins.
3. Blood circulation improves as muscles contract and relax with the flow of the electrical stimulation.

*\* Acute pain refers to sore or achy muscles due to strain from exercise or normal household and work activities.*

## KNOW YOUR UNIT

### KNOW YOUR UNIT

Main Unit



Electrode Cords



Pad Holder  
(1 standard)



2 LONG LIFE PADS™  
(1 standard pair)



**Batteries**  
(2 AAA size (LR03) batteries)



**Belt Clip**



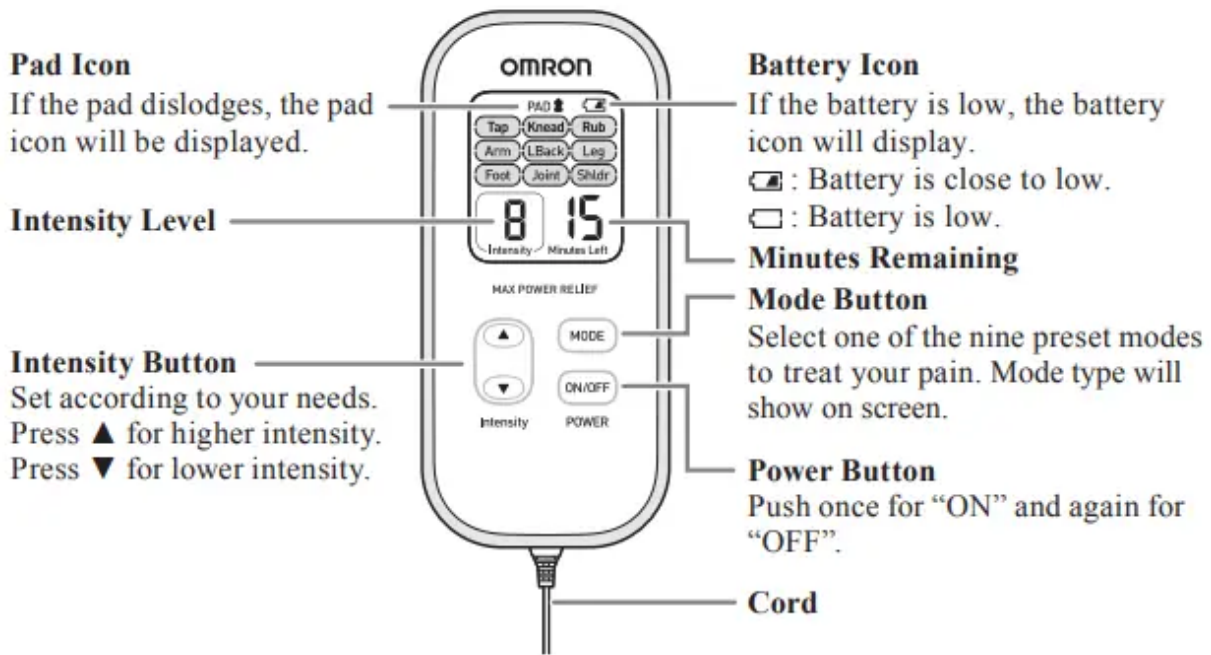
**Soft Pouch**



## FEATURES

1. Nine preset modes (Arm, Lower Back, Leg, Foot, Shoulder, Joint, Tap, Knead, Rub).
2. Fifteen intensity levels (1 low to 15 high).
3. Pair of pads (durable, reusable, washable, up to 150 uses). (Only use OMRON manufactured pads and cords with this unit).
4. Automatic 15-minute shut off.
5. Big screen lets you clearly control your therapy with mode, intensity level and minutes left displayed.
6. Low battery icon displays to remind you when to replace the batteries.
7. Pad icon displays if pad falls off.

## BUTTONS AND THEIR FUNCTIONS



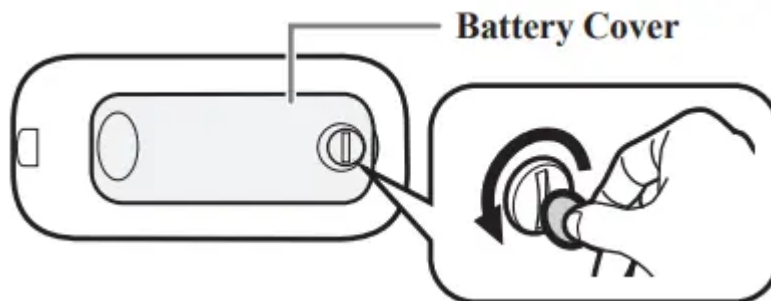
## ASSEMBLY STEPS

Before using your unit, ensure that:

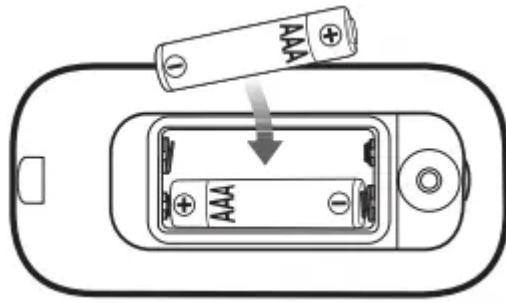
1. The cord is not broken.
2. The gel pad is not damaged.
3. The electrode cord connection is not broken.
4. The unit is intact and working.
5. There is no battery leakage.

### STEP 1 – INSERT BATTERIES

1. Remove the battery cover on the back using a coin.

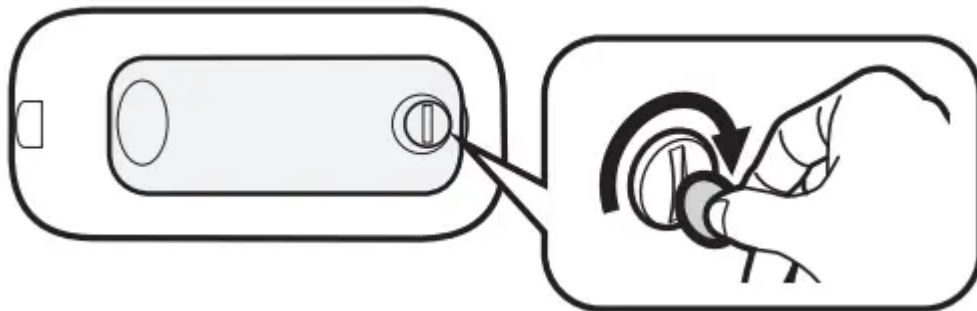


2. Insert batteries. Make sure the + - signs correspond when inserting batteries.



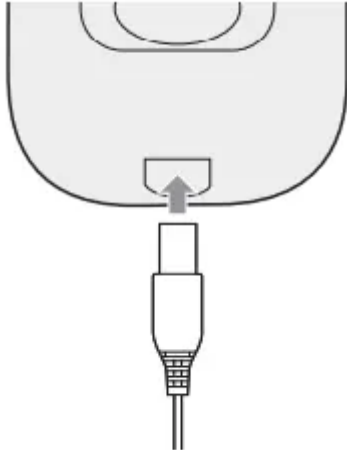
3. Reinstall the battery cover.

Tighten with a coin.



## STEP 2 – ATTACH ELECTRODE CORD TO THE MAIN UNIT

Attach the electrode cord plug to the bottom of the main unit.



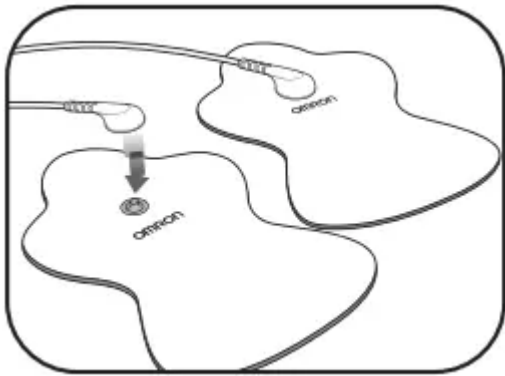
## STEP 3 – SNAP EITHER ELECTRODE CORD TO EACH OF THE PADS

For the first time, take the pads out of the sealed package.

### CAUTION

- Do NOT turn unit on until pads are on your skin.
- Therapy won't work with just one pad. You MUST USE TWO PADS at the same time.

**NOTE:** Pads will not stick if the skin has too much hair. We recommend shaving the area for effective treatment.



#### STEP 4 – REMOVE AND DISCARD PLASTIC FILM FROM PADS

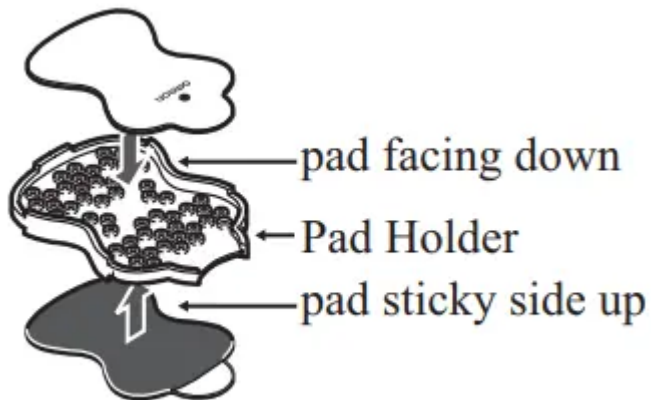
Remove the clear plastic film from the back of the pad.

Discard the plastic film backing as well as the clear packaging.

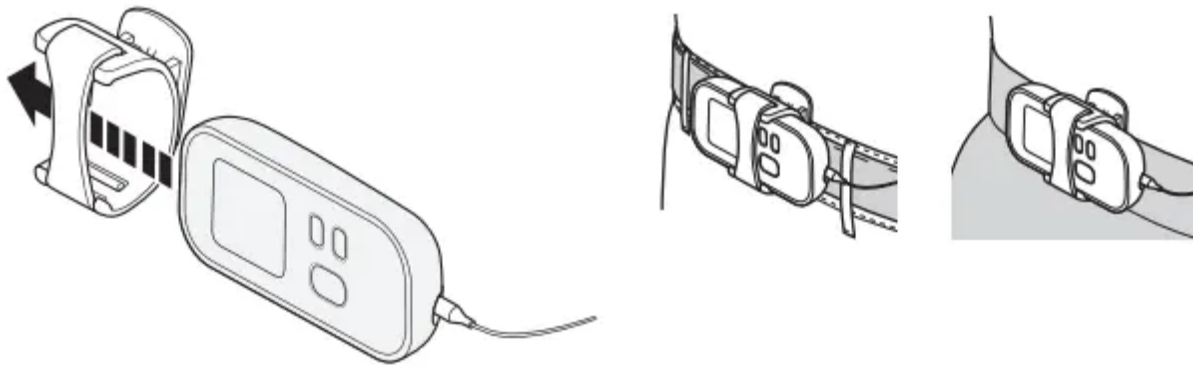


#### STORING PADS ON PAD HOLDER

Remove plastic film and put sticky side of pads on either side of the pad holder.



#### STEP 5 – ATTACH THE UNIT TO THE BELT CLIP



**CAUTION** The clip may fall off if attached to soft or thin clothing

## GET STARTED WITH YOUR THERAPY

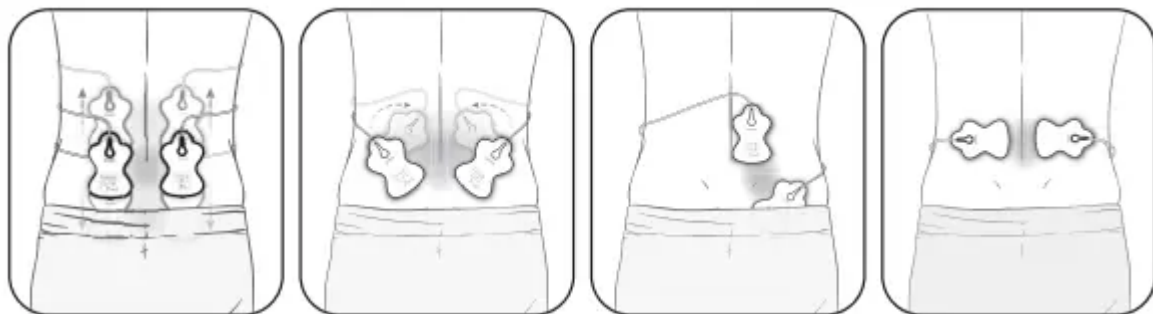
(USE FOR A MAXIMUM OF 30 MINUTES PER SESSION)

### STEP 1 – PAD PLACEMENT

For optimal therapy:

- Place pads on each side of the pain, not directly on the pain.
- Place pads at least 1 inch (3 cm) apart for optimal results.
- Therapy won't work with just one pad. You **MUST USE TWO PADS** at the same time.
- Do not overlap pads or put pads on top of each other.
- Do not add spray, lotions or creams to skin or pads.
- Do not share pads with another person.

Before starting your therapy, rate your pain from 1 low to 10 high. This mental check gives you a basis you can compare to once the session is complete.



### LOWER BACK

Attach both pads on the lower back according to your pain.

**Place pads on muscle of back, not on spine.**



### **LOWER BACK**

Attach one pad below and above the region in pain, both on same side.



### **ARM**

Attach pads on each side of the region where you feel pain.



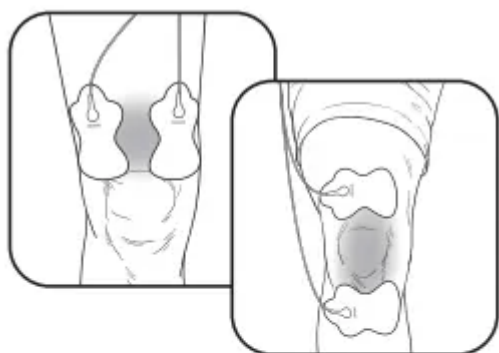
### **JOINT (ELBOW)**

Attach pads on each side of the joint with the pain.



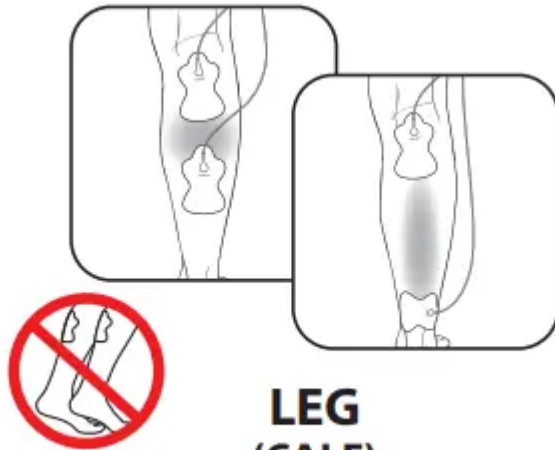
### **LEG (HIP & THIGH)**

Attach pads on each side of the area with pain.



### **JOINT (KNEE)**

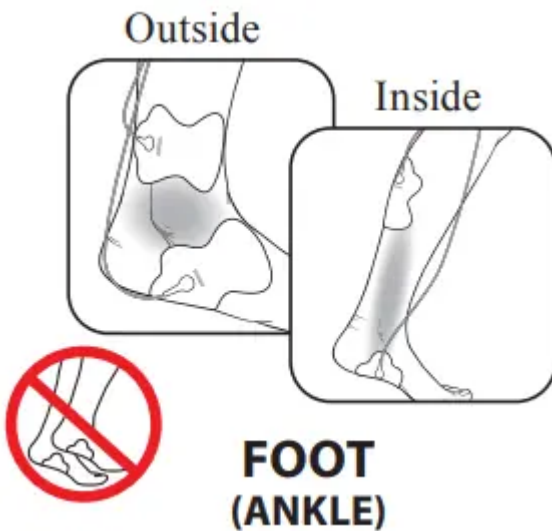
Attach both pads above the knee or above and below the joint with pain.



## LEG (CALF)

Attach both pads on the calf where you feel pain.

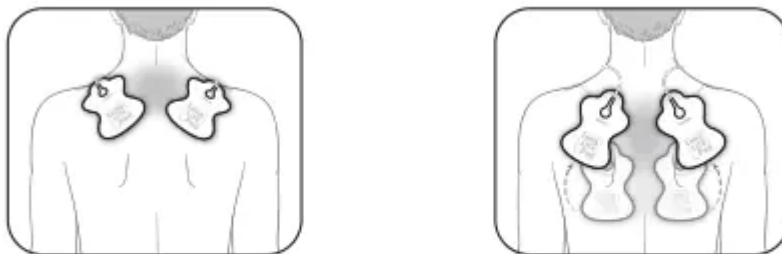
**WARNING** Do not apply the pads on the calves of both legs at the same time.



## FOOT (ANKLE)

Attach pads on the left for pain on the outside of your ankle/foot. Attach the pads on the right for pain on the inside of your ankle/foot.

**WARNING** Do not apply the pads on the bottom of both feet at the same time.



## SHOULDER

Attach both pads on the shoulders according to your pain.



## SHOULDER

Attach one pad on the front and on the back of your shoulder.



### WARNING

- Do not apply the pads on both sides of the chest cavity simultaneously (lateral or front and back), or across your chest because the introduction of electrical current may cause rhythm disturbances which could be lethal.
- Do not apply the pads near the heart.

### STEP 2 – SELECT 1 OF 9 MODES

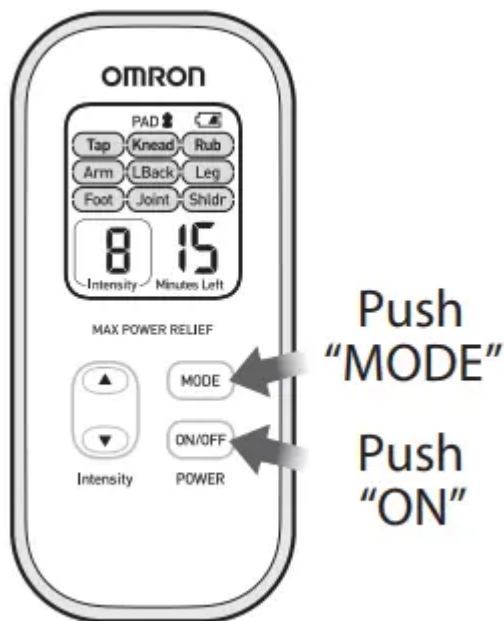
- Push “ON/OFF”.
- Choose 1 of the 9 modes. Modes cannot be combined.

Choose a massage-like mode

1. Tap
2. Knead
3. Rub

Or choose a pain mode:

4. Arm
5. Lower Back
6. Leg
7. Foot
8. Joint (Knee/elbow/wrist)
9. Shoulder



### How to switch modes

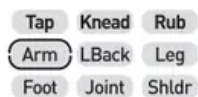
The unit automatically defaults to the last mode selected. Each time you push the mode button, it switches to the next mode at the lowest intensity. You can only use ONE MODE at a time.

### How to select the right mode

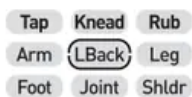
Any of the modes can be used on body parts or pains described in this manual or Quick Start Guide/Pad Placement Guide.

Select the mode that feels right for your unique pain.

#### Arm



#### Lower Back



#### Leg



#### Foot



Therapies designed for	Arm	Lower Back	Leg	Foot
What does the therapy deliver?	Series of low to medium rate tapping, tingling and pulsing sensations.	Series of high rate to low tingling sensations, followed by tapping. With higher intensity, you may feel kneading or massage-like sensations.	Series of low to medium tapping and rubbing sensations.	Series of low rate tapping, pulsing sensations.



Therapies designed for	Joint	Shoulder	Tap	Knead	Rub
What does the therapy deliver?	Series of medium to high rate tapping, pulsing sensations.	Series of low to high rate tapping, pulsing, kneading and massage-like sensations.	Series of low rate tapping sensations.	Series of medium rate pulsing sensations to mimic massage.	Series of high rate pulsing sensations to mimic hands rubbing.

### STEP 3 – SELECT THE CORRECT INTENSITY LEVEL (1 LOW – 15 HIGH)

Start at the lowest intensity level and slowly increase it by pushing the “▲(Up)” arrow button. You should feel a gentle pulsing sensation.

#### How do I pick the right intensity level for my pain?

Each time you push the “▲(Up)” or “▼(Down)” arrow, it moves to another level. If the stimulation sensation becomes weaker or disappears, increase the intensity until it is restored. But, if the sensation is at all uncomfortable, press the down arrow to decrease the intensity.

- Press ▲ for higher intensity.
- Press ▼ for lower intensity

#### How long is the therapy?

The unit will continue automatically for 15 minutes before it shuts off. We recommend a total of two 15-minutes therapy in one sitting, up to three times/day.

The screen shows you how many minutes are remaining.



# HOW TO CONTROL AND REDUCE YOUR PAIN

## When should I start therapy?

Use as soon as your pain begins. Start with one session (unit automatically turns off at 15 minutes).

## Get to your pain early

If you get to your pain early, it may prevent the pain from becoming worse, or even chronic. It's better for you to get it under control sooner so that it does not reach a high pain threshold where it limits your daily activities.

## How long should you use it?

Start with one 15-minute session. Rate your pain to check your progress, 1 low to 10 high. Stop therapy session if pain has reduced or stopped. Press the "On" button to continue therapy for another 15-minute session.

<b>1 session 15-minute automatic shut-off</b>	<b>Max minutes/session 30 minutes</b>	<b>Max times/day 3 times per day</b>
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## CAUTION

### Possible Adverse Reactions

Do not use to treat one region for extended periods of time (more than 30 minutes a session, up to 3 times/day) or muscles in that region may become exhausted and sore.

### When to stop using the unit?

1. If you experience an adverse reaction (skin irritation/redness/burns, headache or other painful sensation, or if you feel any unusual discomfort).
2. If your pain does not improve, becomes seriously chronic and severe, or continues for more than five days.

### What type of pain is it best for?

This therapy works best on acute pain because it is localized. Acute pain is pain in one area for less than 3 months. If you have chronic pain, you may have pain in more than one area and for longer than 6 months. Chronic pain may be compounded by other issues that this unit cannot address.

Remember, this unit does not cure your pain or the original cause of the pain. It provides temporary relief or reduction of pain so that you can control your life and activities better.

## CLEANING AND STORAGE

The unit is designed for repeated use over time. The pads will last up to 150 uses, or 5 months (based on use one time per day). Here are important cleaning and storage instructions:

### Cleaning the pads

1. Turn the power off and remove the electrode cord from the pads.
2. Wash the pads when the adhesive surface becomes dirty and/or the pads are difficult to adhere.
  - Wash the pad softly with your fingertips under slow running cold water for several seconds (do not use a sponge/cloth/sharp object like a nail on adhesive side, do not use detergents, chemicals or soap).
3. Pads can be washed after 15 uses, approximately ten times for up to 150 uses. Do not wash the pads too long or too frequently.
4. Dry the non-sticky surface of the pads and let the adhesive surface air-dry completely. Do not wipe with a tissue paper or cloth.
5. Pads are replaceable and can be purchased when needed by calling 1-800-634-4350



The life of the pads may vary by how often the pads are washed, the skin condition, and how the pads are stored.

### When should you replace your pads?

Replace the pads when they no longer stick to your skin or if more than 25 % of the pad's surface is not in contact with your skin.

### Cleaning the unit

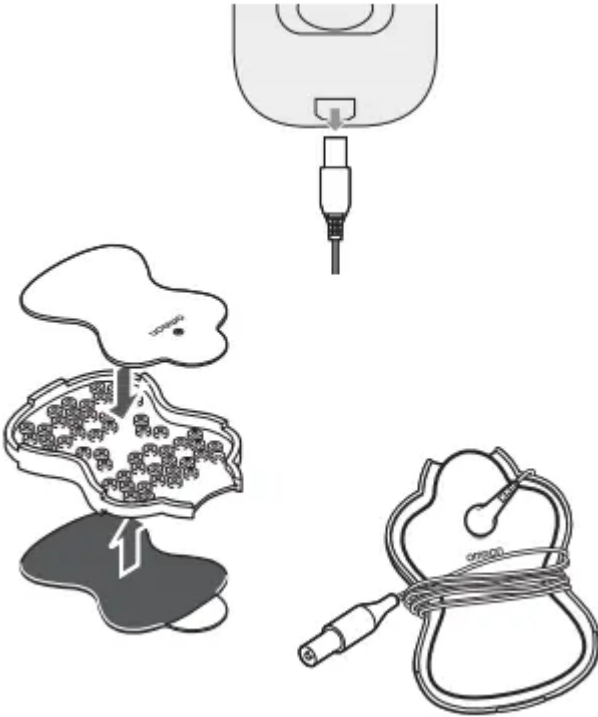
1. Turn unit off and disconnect the electrode cords from the pads.
2. Clean with a lightly moistened cloth (or a cloth soaked in a neutral cleaning solution) and wipe gently.
  - Do not use chemicals (like thinner, benzene).
  - Do not let water get into the internal area.

### Storing the pads

1. Turn the unit off and remove the cord from the bottom of the unit.
2. Remove the pads from your body.
3. Leave the electrode cords connected to the pads.

Place the pads on the pad holder, one pad on each side with the sticky side of each pad on the pad holder.

4. Wrap the electrode cords around the pad holder.



### Storing the unit and pads

- Store the unit with the belt clip on. Store the pads with the electrode cords on the pad holder, and put into the pouch.
- Do not keep in areas subject to direct sunlight, high or low temperatures, humid areas, near a fire, vibration, or shock.

Operating and storage temperature, +50 °F to +104 °F (+10 °C to +40 °C), 30 to 80 % relative humidity.




- Do not keep in places that can be easily reached by children.
- When not in use for a long period, remove the batteries before storage to avoid liquid discharge from batteries.
- Do not wrap the electrode cords around the unit because it may damage the cord.



## TROUBLESHOOTING

If any of the below problems occur, check to make sure that no other electrical device is within 12 inches (30 cm). If the problem persists, refer to the table below.

<b>If this happens...</b>	<b>Possible causes...</b>	<b>Try this solution...</b>
The intensity is not felt. Very weak intensity level.	Are you using only one pad?	Put the other pad on your skin. You must use BOTH PADS for therapy to work.
	Have you removed the transparent film from the pad?	Peel off film on the adhesive surface of pads.
	Are the pads stacked together or do pads overlap?	Check placement of pads. Refer to Pad Placement Guide.
	Is the cord properly connected to the unit?	Connect cord plug correctly into the jack at bottom of this unit.
	Is the intensity setting getting weak?	Press the ▲ up button.
	Is the gel damaged?	Replace pad.
	Are the batteries weak?	Replace both AAA batteries.
	Is the intensity "1"?	Press the ▲ up button.
The skin turns red or the skin feels irritated.	Is the adhesive surface of pads dirty or dry?	Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running water.
	Is therapy time too long?	Use less than 15 minutes.
	Are the two pads attached properly to the body?	Refer to the Pad Placement Guide and attach correctly.
	Is the pad surface worn out?	Replace both pads at the same time.
No power source.	Are the polarities of battery (+ and -) aligned in the wrong direction? Are the batteries depleted?	Check batteries for correct alignment. Replace batteries.
	Are the batteries weak?	Replace both batteries at the same time.
Power cut off during use.	Are the batteries weak?	Replace both batteries at the same time.
	Is the cord broken?	Replace cord.

<p>Battery icon is empty</p> 	<p>Are the batteries weak?</p>	<p>Replace both batteries at the same time.</p>
<p>Gel pad does not stick to skin.</p>	<p>Have you removed the transparent film from the pad?</p>	<p>Peel off film from the adhesive surface of pads.</p>
	<p>Is the pad wet? Is your skin too wet?</p>	<p>Dry the pad. Dry the skin.</p>
	<p>The gel pad may be damaged.</p>	<p>Replace the pad.</p>
	<p>Is there too much hair on your skin?</p>	<p>Shave the immediate area for proper pad adhesion.</p>
	<p>Are you using pad while perspiring?</p>	<p>Dry the pad placement area.</p>
	<p>Have the pads been washed too long and/or too frequently?</p>	<p>Leave the pad in freezer for overnight.</p>
	<p>Were the pads stored under high temperature, high humidity, or direct sunshine?</p>	<p>Replace both pads.</p>
<p>Pad icon is displayed.</p> 	<p>Only one pad is attached, or both pads are not attached.</p>	<p>Reattach detached pad(s) onto the skin firmly.</p>
	<p>Have you removed the transparent film from the pad?</p>	<p>Peel off film from the adhesive surface of pads.</p>
	<p>Is the cord properly connected to the main unit?</p>	<p>Connect cord plug correctly into the jack at the bottom of the main unit.</p>
	<p>Is the adhesive surface of pads dirty or dry?</p>	<p>Wash adhesive surface of pads softly with your fingertips for about 3 seconds under slow running water.</p>
<p>If the above measures are not effective, contact us at 1-800-634-4350.</p>		

**Warning**



This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

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