



JMR MEDICAL, INC

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TENS Unit Treatment Instructions

Please be sure to read the included Manufacturer's Instruction Manual before beginning treatment.

Below is some additional information:

Electrode placement:

- *Place electrodes on clean dry skin.
 - *DO NOT clean skin with rubbing alcohol.
 - *DO NOT apply moisturizers, ointments, or creams.

- *See included placement paper(s) for suggested placement of electrodes.
 - *Adjust electrodes as needed for maximum pain relief.
 - *SEE PLACEMENT WARNINGS in section 5b of manufacture's instruction manual and on JMR Medical's placement sheet

- *Attach lead wires to electrodes—it does not matter which pin (red or black) goes in which electrode—with a gentle twisting push.
- *Work with 1 lead wire at a time
- *Remove electrode from clear plastic by carefully peeling from a corner (keep packaging).
- *Carefully place electrodes on skin and press gently to insure good contact. Pay special attention to the edges—repeat with other set of electrodes.

To begin treatment:

- * After electrodes are placed, open the cover to reveal the keypad and LCD screen
- * Press the on/off button once—Display should show: **Program** (followed by a number), **ch1** and **ch2**, as well as small numbers going up the left and right side of display. The unit is ready to use.

- * Although equipped with a timer, JMR Medical does not recommend using it as it only allows a maximum of 60 for treatment. **SKIP THE TIMER**

Treatment cont'

* Select your choice of programs by pressing the **P** button. JMR recommends starting with Program 1.

*Programs have been pre-set for home use.

*See section 4c in the manufacture's instruction manual for a list of Programs, their settings and sensations: *Constant* (continual non changing sensation), *Modulation* (a rise and fall of sensation—a rolling sensation), *Burst* (a tapping)

*You will not feel anything at this point until you raise the intensity.

* To raise the intensity, press the upward pointing triangle button (Ch 1). You will begin to feel a slight tingling and notice a bar next to the small numbers on the left side of your display.

*Continue to press the button until you reach a comfortable level (strong enough for you to feel it but not so strong that it drowns the pain out immediately or is uncomfortable after only 10 minutes.

* Repeat with right (Ch2) side.

*Unit must be active for AT LEAST 1 hour or longer to reap the full effects.

* This TENS devise is designed to be worn and used during your day to help manage your pain and make your daily routine more comfortable. JMR suggests putting the unit on first thing in the morning and utilizing it throughout the day, for as long and as often as you wish.

At the end of treatment/day:

* Turn unit off

* Carefully remove electrodes from the body and return them to their clear plastic backing and place back in the zip-lock bag.

*Store unit and electrodes in the case until you are ready to use it again.

IMPORTANT NOTES ABOUT ELECTRODES:

*Save on wear and tear by attaching the electrodes once a day and turning the unit on and off as needed.

*After the first use, electrodes must be rehydrated before each use. Simply wet your fingers with tap water and swipe them one or two times across the sticky surface—electrodes will become tacky again and are ready to re-apply to the skin.

* To remove electrodes from the lead wires, grasp close to the connection and gently pull with a twisting motion—DO NOT pull quickly as you might break the connector pin.