



## TENS Pain Reliever

### User Manual

TD2 Series

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# Introduction

Thank you for buying your Kinetik TENS Pain Reliever, a safe drug free way to relieve every day and long term pain. Multiple stimulation and intensity settings allow you to customise your treatment for different parts of the body and levels of pain.

## **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.

TENS transmits harmless electrical signals through 4 pads direct to the site of pain, blocking the pain signals and stimulating endorphins – the body's own natural painkillers.

- Simple – easy to use, lightweight and portable.
- Customisable – multiple stimulation and intensity settings.
- Effective – recommend by doctors and physiotherapists.
- Safe – drug free relief which can be used alongside medication if required.

**Before you start, it is important that you read this instruction booklet carefully.**

Please keep it in a safe place in case you need to refer back to it at a later date.

If you have any concerns about your pain symptoms, we recommend you contact your doctor.

# Parts

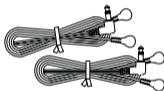
## About TENS Pain Reliever



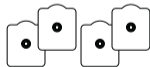
Main Unit



USB Cable

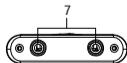
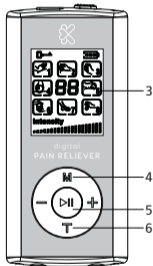
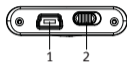


Output Cable x 2



Gel Pad x 4

## MAIN UNIT PARTS



1. USB port
2. ON - OFF switch
3. Display
4. Mode selector
5. Play/Pause button
6. Channel selection
7. Channel outlets

# Features

- 2 output channels
- Each output channel can be adjusted independently
- 8 mode settings to provide different pain relief and massage effects
- 20 output intensities to suit different parts of the body and pain
- Touch control buttons and backlit LCD display making the unit user friendly
- 4 gel pads
- 10-60 minutes therapy time.
- 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 TENS 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 device is fully charged.
- Connect the cable to the gel pads and then connect to the unit (see page 8 for more details).
- Attach the gel pads around the area of pain. Please see section 'Positions for use' for details of where to place the pads (page 14).
- Do not use the gel pads if they are scratched or damaged in any way.

The TENS 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
- Wet body
- Face
- Back of neck
- Chest area
- Oral cavity
- Spine
- Scarred areas following surgery for at least 10 months after the operation
- Stomach muscles within 90 minutes of eating

Please refer to Page 14 for 'Positions for use'

## **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 or operating machinery.
- Sleeping.
- Stop using this device at once if you feel pain, discomfort, dizziness or nausea and consult your physician.

## General Warnings and Safety

### Be aware of the following.

- (1) to consult with your physician before using this device. The simulation with the device may:
  - i. cause lethal rhythm disturbances to the heart in susceptible individuals, and,
  - ii. disrupt the healing process after a recent surgical procedure;
- (2) that the device is not effective for pain of central origin, including headache;
- (3) that the device is not a substitute for pain medications and other pain management therapies;
- (4) that the device has no curative value;
- (5) that the device is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism;
- (6) that the long-term effects of electrical stimulation are unknown;
- (7) that the user may experience skin irritation, burns or hypersensitivity due to the electrical stimulation or electrical conductive medium;
- (8) if the user has suspected or diagnosed epilepsy, the user should follow precautions recommended by his or her physician;
- (9) to use caution if the user has a tendency to bleed internally, such as following an injury or fracture;
- (10) use caution if stimulation is applied over the menstruating uterus;
- (11) use caution if stimulation is applied over areas of skin that lack normal sensation;
- (12) stop using the device if the device does not provide pain relief; and,
- (13) use this device only with the leads, electrodes, and accessories that the manufacturer recommends.

Medical Electrical Equipment needs special precautions regarding electromagnetic compatibility (EMC) and needs to be installed and put into service according to the EMC information provided.

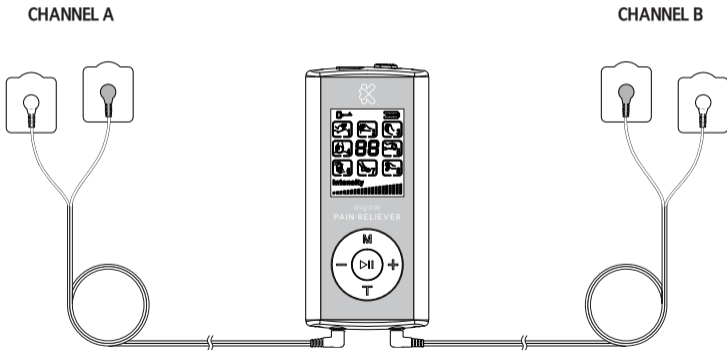


# Using your TENS Pain Reliever

## Charging

Ensure the device is fully charged before use. Charging takes approximately 1.5 hours and is indicated by the flashing battery icon on the display. Once complete, remove the charging and store safely.

**IMPORTANT NOTE:** Never use the device for while it is being charged.



## Using your TENS Pain Reliever

1. Make sure the unit is switched off.
2. Attach the gel pads to the output cables as above and insert into the respective sockets, channel A and channel B.
3. Attach the gel pads to the area of pain. Please revert to the 'Positions for use' (Gel Pad Positioning) section on page 14.
4. Turn on the device using the ON/OFF switch and the letter "A" will flash on the display, indicating that the left output (channel A) can be adjusted. Press the "+" and "-" buttons to increase and decrease the intensity of channel A.
5. To adjust channel B, press the "A=B" button once. You will see the letter "B" start to flash indicating that channel B can now be adjusted. Press the "-" or "+" buttons to increase or decrease the intensity of channel B.
6. Press the "M" button to cycle through the different modes. Each mode has a different waveform, select the waveform that best diminishes the pain being treated.
7. At any time you may press the central "▶||" to pause the device (press again to resume).
8. Press and **hold** the central "▶||" button to increase the treatment time by 10 minutes. Repeat to select treatment periods of from 10 to 60 min.
9. When done, switch off the device and put away the connecting wires and electrode pads.

**Note:** Always start from the lowest intensity, and then gradually adjust to a comfortable level.

# Using your TENS Pain Reliever

## Gel Pads

Each gel pad is pre-fixed with a connector stud and protected by a transparent film. Connect the gel pads to the output cables and remove the transparent film before placing on the skin. Press firmly to ensure good adhesion.

**IMPORTANT NOTE: When removing the gel pads from the skin, peel off using the pad itself. DO NOT pull the cable to remove.**

### Please note:

When the gel pads are not in use, place them back on the protective transparent films to keep them clean and lint free.

If the gel pads are dirty, wipe with a damp, lint free cloth and allow to dry or replace with new ones.

Do not clean the pads or adhesive gel with any chemicals.

Replacement pads are available from your retailer or directly from [www.KinetikWellbeing.com](http://www.KinetikWellbeing.com)

## Using your TENS Pain Reliever

### **Recommended practices:**

1. Duration of 20 minute for each body area.
2. Frequency of 1-2 times per day per area.
3. Be sure the treatment site is clean of dirt and body lotion.
4. The lifespan of the electrode pads will vary depending on the use frequency and care taken. Keeping electrode pads clean and stored on the gel pad holder after use will extend their lifespan. Replace the electrode pads when they lose their adhesiveness.

# Troubleshooting

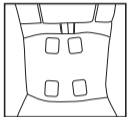
Problem	Check points	Possible solution
<p>The unit does not switch on</p> <p>No output stimulus/sensation</p>	<p>Is the device fully charged?</p> <p>Is the cable properly connected?</p> <p>Have you removed the transparent protective film from the gel pads?</p>	<p>Charge the device using the supplied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

# Troubleshooting

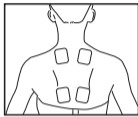
Problem	Check points	Possible solution
Output current stops during therapy	Have the gel pads come off the skin? Are the cables disconnected? Does the battery need recharging?	Turn off the power and stick the gel pads firmly to the skin. Turn off the power and connect the cables. Recharge device using the supplied USB cable.
Skin turns red	Stop the treatment.	If problem persists, contact your physician.

# Positions for use

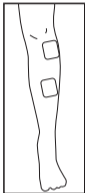
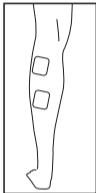
## ◎ Lower back



## ◎ 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).



## Specification

- Power Source: DC: 3.7V
- Frequency: 110Hz
- Output current: 84mA@500 $\Omega$
- Output voltage: 42V@500 $\Omega$
- Pulse width: 100 $\mu$ S
- Timer: 10-60 minutes
- Strength level adjustment: 20 levels
- Charger: 100-220V, 50/60Hz, and 10mA (input); DC5V, 300mA (output)
- Storage conditions: -20°C ~ 55°C; < 95%RH
- Size: 40 (w) mm x 90 (h) mm x 10 (d) mm (approx.)
- Weight: 38g



## Compatibility EMC

- 1) This product needs special precautions regarding EMC and needs to be installed and put into service according to the EMC information provided, and this unit can be affected by portable and mobile RF communications equipment.
- 2) Do not use a mobile phone or other devices that emit electromagnetic fields, near the unit. This may result in incorrect operation of the unit.
- 3) Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!
- 4) Caution: this machine should not be used adjacent to or stacked with other equipment and that if adjacent or stacked use is necessary, this machine should be observed to verify normal operation in the configuration in which it will be used.

### Guidance and manufacture's declaration – electromagnetic emission

The TD2 is intended for use in the electromagnetic environment specified below. The customer of the user of the TD2 should assure that it is used in such an environment.

Emission test	Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11	Group 1	The TD2 use RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.

# Compatibility EMC

## Guidance and manufacture's declaration – electromagnetic emission

The TD2 is intended for use in the electromagnetic environment specified below. The customer of the user of the TD2 should assure that it is used in such an environment.

Emission test	Compliance	Electromagnetic environment – guidance
RF emission CISPR 11	Class B	The TD2 is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations / flicker emissions IEC 61000-3-3	Complies	

# Compatibility EMC

## Guidance and manufacture's declaration – electromagnetic immunity

The TD2 is intended for use in the electromagnetic environment specified below. The customer or the user of the TD2 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±6 kV contact ±8 kV air	±6 kV contact ±8 kV air	Floors should be wood, concrete or ceramic tile. If floor are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient /burst IEC 61000-4-4	±2 kV for power supply lines ±1 kV for input/output lines	±2kV for power supply lines	Mains power quality should be that of a typical commercial or hospital environment.
Surge IEC 61000-4-5	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	±1 kV differential mode	Mains power quality should be that of a typical commercial or hospital environment.

# Compatibility EMC

## Guidance and manufacture's declaration – electromagnetic immunity

The TD2 is intended for use in the electromagnetic environment specified below. The customer or the user of the TD2 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	<5% $U_T$ (>95% dip in $U_T$ ) for 0.5 cycle  40% $U_T$ (60% dip in $U_T$ ) for 5 cycles  70% $U_T$  (30% dip in $U_T$ ) for 25 cycles  <5% $U_T$ (>95% dip in $U_T$ ) for 5 sec	<5% $U_T$ (>95% dip in $U_T$ ) for 0.5 cycle  40% $U_T$ (60% dip in $U_T$ ) for 5 cycles  70% $U_T$  (30% dip in $U_T$ ) for 25 cycles  <5% $U_T$ (>95% dip in $U_T$ ) for 5 sec	Mains power quality should be that of a typical commercial or hospital environment. If the user of the TD2 requires continued operation during power mains interruptions, it is recommended that the TD2 be powered from an uninterruptible power supply or a battery.
Power frequency (50Hz /60Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE  $U_T$  is the a.c. mains voltage prior to application of the test level.

# Compatibility EMC

## Guidance and manufacture's declaration – electromagnetic immunity


The TD2 is intended for use in the electromagnetic environment specified below. The customer or the user of the TD2 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF IEC 61000-4-6	3 Vrms  150 kHz to 80 MHz	3 Vrms	<p>Portable and mobile RF communications equipment should be used no closer to any part of the TD2, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p><b>Recommended separation distance</b></p> $d = 1,2\sqrt{P}$

# Compatibility EMC

## Guidance and manufacture's declaration – electromagnetic immunity

The TD2 is intended for use in the electromagnetic environment specified below. The customer or the user of the TD2 should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	$d = 1,2\sqrt{P}$ 80 MHz to 800 MHz $d = 2,3\sqrt{P}$ 800 MHz to 2,5 GHz  Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m).  Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, <sup>a</sup> should be less than the compliance level in each frequency range. <sup>b</sup>  Interference may occur in the vicinity of equipment marked with the following symbol:  

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

## Compatibility EMC

- a Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the TD2 is used exceeds the applicable RF compliance level above, the TD2 should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the TD2
  
- b Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

# Compatibility EMC

## Recommended separation distances between portable and mobile RF communications equipment and the TD2.

The TD2 is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the TD2 can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the TD2 as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 KHz to 80 MHz $d = 1,2\sqrt{P}$	80 MHz to 800 MHz $d = 1,2\sqrt{P}$	800 MHz to 2.5 GHz $d = 2,3\sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

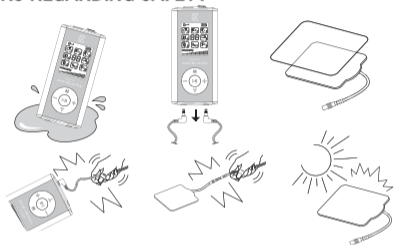
NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.



# 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 (actual symbol colours are white on a blue background).



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".



Keep Dry.



Model Reference.

## Guarantee

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no serviceable parts inside this device. Any attempted repair by unauthorised persons invalidates the warranty. In the unlikely event that you experience a problem, please return it to the retailer where you made the purchase, along with your receipt. This does not affect your statutory rights.



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