



# PRO TOUCH WIRELESS 6-12

## User manual

### User Manual

#### English

This manual is valid for the Hi-Dow PRO TOUCH WIRELESS 6-12 (Model HD-5N-Y)

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#### Indications for Use

**TENS:**  
To be used for the temporary relief of pain associated with sore or aching muscles in the shoulder, waist, back, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities.

**EMS:**  
It is intended for muscle conditioning, used for stimulating muscles including abdomen muscles in order to improve or facilitate muscle performance.

-1-

| Table of Contents                                 |    |
|---|----|
| General Description                               | 3  |
| Pulse Parameters                                  | 4  |
| Mode Description, TENS                            | 5  |
| Mode Description, EMS                             | 5  |
| Contraindications                                 | 6  |
| Warnings  | 6  |
| FCC Warning Statement                             | 8  |
| Precautions                                       | 8  |
| Adverse Reactions                                 | 8  |
| General Information                               | 10 |
| Quick Start Guide                                 | 13 |
| Instructions for Use                              | 16 |
| Maintenance, Storage & Disposal                   | 17 |
| Suggested Mode Uses                               | 18 |
| Electrode Options                                 | 19 |
| Contiguous Placement                              | 19 |
| Electrode Placement                               | 19 |
| Application of Re-Usable Self Adhesive Electrodes | 20 |
| Tips for Skin Care                                | 20 |
| Battery Information                               | 21 |
| Regular Application Principles                    | 23 |
| Regular Application Methods                       | 24 |
| Troubleshooting                                   | 27 |
| Conformity to Safety Standards                    | 29 |
| Technical Information                             | 30 |
| Accessories List                                  | 31 |
| Explanation of Symbols                            | 32 |
| Wireless Specifications                           | 33 |
| Description of Safe Wireless Transmission         | 33 |
| Electromagnetic Compatibility Description         | 33 |
| Warranty  | 42 |
| Contact Information                               | 42 |

-2-

### USER MANUAL Hi-Dow PRO TOUCH WIRELESS 6-12 Model HD-5N-Y

#### GENERAL DESCRIPTION

The Hi-Dow PRO TOUCH WIRELESS 6-12 is a battery operated wireless pulse generator that sends electrical impulses from a Touch Screen REMOTE control to a RECEIVER (round disk) with ELECTRODES attached to them that are placed on the body to stimulate the nerves causing pain. When this happens, the nerves "FEEL" gentle electrical sensations instead of the pain.

The wireless REMOTE controls the INTENSITY and MODE functions of the RECEIVER by touch screen. The RECEIVER with the electrodes attached to it adheres easily and firmly to the skin.

The LCD display shows the exact modes and values of the functions being used.

See the pictures in this Manual that show the different COMPONENTS and CONTROLS of the Hi-Dow Pro System and how to operate it properly to get the best PAIN RELIEF.

Because the Hi-Dow Pro System is wireless - Needing No Lead Wires - you must use only Hi-Dow SNAP Electrodes.

-3-

#### PULSE PARAMETERS

| PRO TOUCH WIRELESS 6-12 TABLE: PULSE parameters |                                |                               |                  |                                 |
|---|--------------------------------|-------------------------------|------------------|---------------------------------|
| Rated Supply Voltage (V)                        | DC 3.7V                        |                               |                  |                                 |
| Load Resistance (Ω)                             | 1000 Ω                         |                               |                  |                                 |
| PULSE DURATION(μs)                              | PULSE repetition frequency(Hz) | PULSE repetition amplitude(V) | DC component (V) | Remarks                         |
| 100   | 53Hz                           | 40-80                         | --               | Mode 1                          |
| 100   | 6Hz                            | 40-80                         | --               | Mode 2                          |
| 100   | 1.3Hz                          | 40-80                         | --               | Mode 3                          |
| 100   | 53Hz                           | 40-80                         | --               | Mode 4                          |
| 100   | 63Hz                           | 40-80                         | --               | Mode 5                          |
| 100   | 53Hz                           | 40-80                         | --               | Mode 6                          |
| 100   | 53Hz                           | 40-80                         | --               | Mode 7, 1; 7, 2                 |
| 100   | <70                            | 40-80                         | --               | Mode 8, 1; 8, 2; 8, 3; 8, 4     |
| 100   | <60                            | 40-80                         | --               | Mode 9, 1; 9, 2; 9, 3           |
| 100   | <48                            | 40-80                         | --               | Mode 10, 1; 10, 2               |
| 100   | 8Hz                            | 40-80                         | --               | Mode 11                         |
| 100   | <60                            | 40-80                         | --               | Mode 12, 1; 12, 2; 12, 3; 12, 4 |

-4-

#### Mode Description when used as TENS (Pain Relief)

**Mode 3:** Tapping: stimulates a second heart beat. By tapping the muscle you increase the body's natural blood flow and oxygen supply to target area. This also helps flush any inflammation or swelling in target area.

**Mode 4:** Hot Stone: relaxation mode. This simulates a regular manual rolling massage helping the soft tissue to release and relax.

**Mode 6:** Shuffle: This is a combination mode. This is a great mode to use when cooling down from an exercise.

**Mode 8:** Ramping wave: This mode is designed to start out with number 3, tapping. It will get faster and deeper into the belly of the muscle as it continues until it goes to a fully facilitated contraction. Then it will allow the muscle to release. This has been used to increase endurance and build fatigue resistance.

**Mode 10:** Reflexology: This mode has been designed for the shoes. It simulates a reflexology session through the soles and/or shoes using several different stimulus patterns.

**Mode 11:** Auricular Therapy: This mode is also known as "alpha stim" or "micro current". When used properly you should use the earclip attachment. It works 2 ways. By simulating an alpha wave in the brain it has been known to help sleep patterns, behavior, and endorphin release. Also, it will relax the sub occipital muscles and vaso dilate, helping with migraines and headaches.

#### Mode Description when used as EMS (Muscle Stimulation)

**Mode 1:** Kneading: stimulates the thumbs fingers and palms of a real massage therapist. The sensation should feel like a vibration. Focuses on hypertension and stress and helps to break that down returning full range of motion and flexibility.

-5-

**Mode 2:** Acupressure: a much more rapid and focused pulse that focuses on any knot or adhesion in the body. It puts enough pressure on it to break it down and release any acidic (lactic) content within.

**Mode 5:** Cupping: This will reach in, grab, and stretch the muscle. Help to lengthen and broaden it, the release it as it sets it back. This will help to increase flexibility and mobility of the muscle.

**Mode 7:** Contract and Hold: This mode is the longest contraction on the machine. It is designed to simulate a flex movement to help build muscle tissue.

**Mode 9:** Tapping and kneading: a mixture of the fast and slow contractions.

**Mode 12:** Atlas: It is used for muscle confusion and athletic enhancement.

#### CONTRAINDICATIONS

Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

#### WARNINGS

- The long-term effects of chronic electrical stimulation are unknown.
- 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, consult with your physician before using this device.
- If your pain does not improve, becomes more than mild, or continues for more than five days, stop using the device and consult with your physician.
- Do not apply stimulation over your neck or mouth because this could cause severe muscle spasms resulting in closure of your airway, difficulty in breathing, or adverse effects on heart rhythm or blood pressure.

-6-

#### FCC WARNING STATEMENT

- Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the device.
- This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions:
  - 1) This device may not cause harmful interference, and
  - 2) This device must accept any interference received, including interference that may cause undesired operation.

#### PRECAUTIONS

- Hi-Dow PRO TOUCH WIRELESS 6-12 is not effective for pain of central origin, including headache.
- Hi-Dow PRO TOUCH WIRELESS 6-12 is not a substitute for prescribed pain medications and other pain management therapies.
- Hi-Dow PRO TOUCH WIRELESS 6-12 have no curative value.
- Hi-Dow PRO TOUCH WIRELESS 6-12 is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.
- The long-term effects of electrical stimulation are unknown.
- Since the effects of stimulation of the brain are unknown, stimulation should not be applied across your head, and electrodes should not be placed on opposite sides of your head.
- The safety of electrical stimulation during pregnancy has not been established.
- You may experience skin irritation or hyper-sensitivity due to the electrical stimulation or electrical conductive medium (gel).

-8-

- Do not apply stimulation across your chest because the introduction of electrical current into the chest may cause rhythm disturbances to your heart, which could be lethal.
- Do not apply stimulation over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- Do not apply stimulation 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 apply stimulation when in the bath or shower.
- Do not apply stimulation while sleeping.
- Do not apply stimulation while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- Do not use the device on children, if it has not been evaluated for pediatric use.
- Consult with your physician before using this device, because the device may cause lethal rhythm disturbances to the heart in susceptible individuals and
- Apply stimulation only to normal, intact, clean, healthy skin.
- The device can't be used while charging.
- The device should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.

-7-

#### GENERAL INFORMATION

##### Included in this package:

- 1 REMOTE Control
- 2 RECEIVERS (NUMBERED 1 and 2)
- 1 piece of Lower back sized adhesive electrode pads (4x6 inches - rectangular shape)
- 1 set of EXTRA-LARGE single sided adhesive electrode pads (3 3/4x1 7/8 inches - rectangular shape)
- 1 set of LARGE single sided adhesive electrode pads (2.4x2.4 inches - round shape)
- 2 Electrode Wires (8 inches)
- 1 set of Ear Clips
- 2 USB Cables for Recharging
- AC Adapter
- User Manual

- If you have suspected or diagnosed heart disease, you should follow precautions recommended by your physician.
- If you have suspected or diagnosed epilepsy, you should follow precautions recommended by your physician.
- Use caution if you have a tendency to bleed internally, such as following an injury or fracture.
- Consult with your physician prior to using the device after a recent surgical procedure, because stimulation may disrupt the healing process.
- Use caution if stimulation is applied over the menstruating or pregnant uterus.
- Use caution if stimulation is applied over areas of skin that lack normal sensation.
- Keep this device out of the reach of children.
- Use this device only with the leads, electrodes, and accessories recommended by the manufacturer.
- Replace self-adhesive electrodes when they do not adhere (stick) firmly to the skin.
- The device should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk of injury.

#### ADVERSE REACTIONS

- You may experience skin irritation and burns beneath the stimulation electrodes applied to your skin.
- You may experience headache and other painful sensations during or following the application of electrical stimulation near your eyes and to your head and face.
- You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

-9-

-10-



**QUICK START GUIDE FOR SIMPLE USE**

1. Snap the electrode pads onto the round RECEIVER. Both connection points on the RECEIVERS must be engaged.
2. Remove the electrode pad film and securely place the adhesive pads directly on the skin over the pain area.
3. Turn on the REMOTE by pressing the ON/OFF button until the back light of screen is on. Turn on the RECEIVER by pressing the power button until the indicator light is green.
4. Choose Channel 1, Channel 2, Channel 3, Channel 4, Channel 5 or Channel 6 by touching the "Channel" area, number 1, 2, 3, 4, 5 or 6 will display on LCD screen. For more RECEIVERS, first sync the REMOTE and RECEIVERS, please refer to "TROUBLESHOOTING" on page 28.

5. See the modes of the selected RECEIVER by touching the 12 mode icons on the LCD screen. (This function will only work when both the REMOTE and RECEIVER are turned on)
6. Adjust the intensity of the selected RECEIVER by touching + or - on the REMOTE. Do this until the sensation under the RECEIVER and electrode pads is felt as being comfortable. NOTE: The intensity level will need to be adjusted each time the mode is changed. (This function will only work when both the REMOTE and the RECEIVER are turned on)

**Notes:**

1. The patient is an intended OPERATOR. While using the unit, no service and no maintenance shall be done.
2. The device is very safe at the maximum output value.
3. It is recommended that, at a minimum, 3x4.5 (cm) self-adhering electrode pads are used at the treatment area.

**INSTRUCTIONS FOR USE**

**THE REMOTE** control is full touch screen. + and - for intensity up and down, Channel icon for choosing RECEIVER 1 / Channel 1 or RECEIVER 2 / Channel 2 (For more RECEIVERS, RECEIVER 3 / Channel 3, RECEIVER 4 / Channel 4, RECEIVER 5 / Channel 5, RECEIVER 6 / Channel 6), and 12 mode icons on the LCD screen to control the MODE functions of the RECEIVERS.

The default setting time of REMOTE and RECEIVER is 45 minutes. And the time of REMOTE can be adjusted within 10-60 minutes.

The REMOTE will shut off automatically after that time, or you can manually turn off.

**ON/OFF**  
The ON/OFF button is located on the top of the REMOTE. The LCD display illuminates when the REMOTE is "ON". If the LCD display is blank, the unit is "OFF" or the REMOTE and/or the RECEIVERS need to be recharged.

**LOCK FUNCTIONS**  
The REMOTE has lock function under the following two conditions: The back light will be turned off automatically after 30 seconds; Press the on/off button, the back light is turned off.

How to unlock the REMOTE: Press the on/off button of the REMOTE and the back light is on.

**RECEIVER(S) CONTROL**  
Push and hold the power button on each RECEIVER until you can see the green light. Push again, and the RECEIVER turns off. If the green light becomes red, the RECEIVER needs to be recharged.

**INTENSITY**  
INTENSITY adjusting on the REMOTE is just below the 12 mode icons figured as + and -. The more you touch + the higher up the intensity level of the Channel shown in the LCD display goes. The more you touch - the lower down the intensity level of the Channel shown in the LCD display goes. (These are 20 intensity levels).

**CHANNEL and RECEIVER CONTROLS**  
There are 2 RECEIVERS labeled as 1 and 2. RECEIVER 1 is Channel 1 and RECEIVER 2 is Channel 2. Both Channels are controlled by the REMOTE. To use Channel 1 or Channel 2, touch the "Channels" area on the REMOTE, then set the MODE by touching the 12 mode icons on the LCD screen.

**\*Note:** To add more RECEIVERS, first sync the REMOTE Channels and RECEIVERS, please refer to the "TROUBLESHOOTING" on page 28.

**\*Note:** Each Round Receiver must be connected to either 1 large (2 pins on it) or 2 small (1 pin on each) electrodes to function. Using only 1 small electrode will result in non-function.

**MODES-Pre-Programmed Mode Functions**  
Simply touch any of the 12 mode icons on the LCD screen, to choose the mode you need.

**MAINTENANCE, STORAGE and DISPOSAL**

**Maintenance**

1. Make sure your skin is free from any dirt, oil or lotions.
2. Before applying the electrodes, suggest spraying HiDow conductor on your fingers and rub them on both pads. This will help the electrodes maintain their adhesiveness.
3. When you finish using the device, turn it off.
4. Take off the electrodes.
5. Place the protective films back on the electrodes or place the electrodes on the pad holder.
6. Place back in the box until next use.

**Storage**

1. For prolonged application, store the device in a cool, dry room and protect it against heat, sunshine and moisture.
2. Store the device in a cool, well-ventilated place.
3. Never place any heavy objects on the device.

**Disposal**

1. The device must be disposed in accordance with the laws in your area.
2. The electrodes are disposable and should be routinely replaced before they start to lose their adhesive nature. And the electrodes should be disposed in accordance with the laws in your area.

*Note: The expected service time of the device is 3 years, and expected service time of electrodes is 2 years.*

**SUGGESTED MODE USES**

1. Legs, Arms, Hands - Mode 1, Mode 3, Mode 7, Mode 8, Mode 9
2. Feet - Mode 4
3. Ears - Mode 5
4. Caloric Consumption - Mode 6
5. Knees - Mode 1, Mode 3
6. Lower Neck, Hip, Stomach - Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
7. Shoulders, Upper Back - Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
8. Neck - Mode 1, Mode 2, Mode 3, Mode 7, Mode 8, Mode 9
9. Combination Waves Mode 7, Mode 8 and Mode 9 are for multiple types of sensations that alternate automatically for your convenience and work well on all Pain Conditions.

**\*Note:** When using any of these modes always start with the lowest intensity and gradually increase the level of intensity until you feel a "tingling" sensation. All modes are different and therefore feel different. You may try all modes in the beginning and choose one that feels pleasant. Never increase the intensity to a level so that it hurts, always stay under the point of discomfort. Start with short sessions of 5-10 minutes until your body gets used to the stimulation.

**ELECTRODE OPTIONS**

Follow application procedures outlined in electrode packing, to maintain stimulation and prevent skin irritation. Use "ONLY" HI-DOW SNAP electrodes with this WIRELESS system. Replace Electrodes when they don't stick any longer.

**CONTIGUOUS PLACEMENT**

This is the most common placement technique. It involves placing the electrodes alongside the area of localized pain site, in such a way as to direct the flow of current through or around the area of pain.

In a single channel application, this would involve placing each pad on either side of the pain site if the pain is localized on a limb and deep within the tissue. Pad placement on the posterior and anterior aspects of the affected limb will allow the current to flow completely.

**ELECTRODE PLACEMENT**

The placement of electrodes can be one of the most important parameters in achieving success with TENS therapy. Of utmost importance is the willingness of the user to try the various styles of electrode placement to find which method best fits his or her needs.

Every user responds to electrical stimulation differently and their needs may vary from the conventional settings suggested here. If the initial results are not positive, feel free to experiment.

**NOTE:** You may have to ask for help if you cannot reach the area to be stimulated.

**APPLICATION OF RE-USABLE SELF ADHESIVE ELECTRODES**

**Application**

1. Clean and dry the skin area thoroughly with soap and water prior to application of electrodes.
2. Remove the electrode pad film and securely place the adhesive pad attached to the RECEIVER firmly onto the skin over or near the pain area.

**Care and Storage**

1. Between uses, store the electrodes in the resealed bag in a cool dry place.
2. It may be helpful to improve repeated application by spreading a few drops of cold water over the adhesive and turn the surface up to air dry. Over-saturation with water will reduce the adhesive properties.

**Notes:**

1. Do not apply to broken skin.
2. The electrodes should be discarded when they are no longer adhering.
3. The electrodes are intended for single patient use only.
4. If irritation occurs, discontinue use and consult your clinician.

**TIPS FOR SKIN CARE**

To avoid skin irritation, especially if you have sensitive skin, follow these suggestions:

1. Wash the area of skin where you will be placing the electrodes, using mild soap and water before applying electrodes, and after taking them off. Be sure to rinse soap off thoroughly and dry skin well.

2. Excess hair may be clipped with scissors; do not shave stimulation area.

3. Wipe the area with the skin preparation your clinician has recommended. Let this dry. Apply electrodes as directed.

4. Many skin problems arise from the "pulling stress" from adhesive patches that are excessively stretched across the skin during application. To prevent this, apply electrodes from center outward; avoid stretching over the skin.

5. To minimize the "pulling stress", tape extra lengths of lead wires to the skin in a loop to prevent tugging on electrodes.

6. When removing electrodes, always remove by pulling in the direction of hair growth.

7. It may be helpful to rub skin lotion on electrode placement area during application down time when you are not wearing electrodes.

8. Never apply electrodes over irritated or broken skin.

**BATTERY INFORMATION**

**Rechargeable Batteries**

Prior to the use of a new unit, the rechargeable battery in the REMOTE and the RECEIVER may need to be charged.

After being stored for 60 days or more, the batteries may lose their charge.

After long periods of storage, batteries should be charged prior to use.

**Battery Charging for REMOTE and RECEIVER**

**\*Via a standard wall outlet**

1. Connect the AC adapter to any standard wall outlet.
2. Connect the small end of the USB cable to the unit and the larger end to the AC adapter.
3. REMOTE: The unit is finished charging when the battery icon indicates full. RECEIVER: While charging, the indicator light is yellow, and the light is green after finishing.

**\*Via a computer USB port**

1. Connect the small end of the USB cable to the unit and bigger end to the USB port on a computer (computer must be turned on).
2. REMOTE: The unit is finished charging when the battery icon indicates full. RECEIVER: While charging, the indicator light is yellow, and the light is green after finishing.

**Notes:**

1. The adapter is a separate power supply to the device, NOT a part of the ME EQUIPMENT, and it is a combination of a ME EQUIPMENT SYSTEM.
2. The device can't be used while charging.

**REGULAR APPLICATION PRINCIPLES**

- Find the exact pain point. The points which the electrode pads are attached to should be the most painful point in normal time.
- Intensity - The intensity must be gradually increased and it's better to reach the highest intensity you can stand, without feeling uncomfortable.
- Application duration: 2-3 times/day, 45 minutes every time, over 10 days for one course. There are two ways to place the pads, in twin and opposed modes.

**Figure 1: Twin mode**  
Fix the two pads at the top and bottom or both ends on the same side of the human body

**Figure 2: Opposed mode**  
Fix the two pads respectively on the opposite sides of the application position, as shown below

**REGULAR APPLICATION METHODS**

→ Pain in the trunk

1. Probably pain points in the trunk

According to traditional Chinese medicine (TCM), the most sensible pressure pain point is the key point, the most proper position to be applied. Find the pressure pain point with reference to Fig. 1. Apply one pad onto it. Apply the other pad onto a proper point symmetrical to the chosen pressure pain point or near to it, but the two pads should not be overlapping. If there are several separated pressure pain points, apply them one by one.

2. Recommended positions of pads for application on the neck, shoulder and back (See Fig.3)

Figure 3

Mode 1 for 30 minutes, Mode 2 or Mode 3 for 30 minutes by turns for A, B and C. Longer time is needed for those parts of great pain. It is advisable to use fairly large intensity.

3. Recommended positions of pads for application of the waist (See Fig. 4)

Figure 4

Mode 1 for 30 minutes, Mode 2 for 20 minutes or Mode 7, 8, 9 for 30 minutes. It is advisable to do some waist exercise after the application.

**Long application is needed for more serious aches and pains.**

**→ Pain in the joints and limbs**  
Pain in the joints, sport injuries, soft tissue injuries, may cause joint aches, which often occur in the joints of shoulder, elbow, knee, wrist, ankle, etc.

- Position of pads**  
For joint pain, two pads should be applied to the two symmetrical sides of the painful point, see Fig. 2 (opposed mode).
- Mode and length of operation time**  
Mode 1 for 30 minutes, the Mode 3 for 30 minutes, 2-3 times a day.

Pain in the muscles and tendons of the limbs, it is often caused by sport injury, overstrain or some other factors. The common signs are muscular pain, swelling and spasm.

- Position of pads**  
Apply the pads to each end of the painful muscle or apply one pad to the muscle and the other to the tendon. The position can be slightly regulated according to sensation.
- Mode and length of time**  
Mode 2 for 20 minutes, then Mode 3 for 20 minutes. Consult the doctor if the injury has laceration of muscle or tendon.

- 25 -

**→ Electrode placement variations:**

**→ Shoulders**

**→ Hands**

**→ Forearm**

**→ Feet**

**→ Nip**

**→ Waist and leg**

**→ Knees**

- 26 -

**TROUBLESHOOTING**

| Problem  | Cause                                  | Solution  |
|--|--|---|
| The REMOTE is not turning on or cannot see anything on the screen.                             | Battery is depleted.                   | Make sure the REMOTE has been fully charged.  |
| The indicator light of RECEIVER becomes red.   | The battery is low.                    | Charge the RECEIVER soon or it will turn off automatically.   |
| Adhesive electrode pads do not stick to skin even after cleaning and moistening their surface. | Adhesive gel pads need to be replaced. | Replace the adhesive gel pads. Pads can be purchased from your local distributor or from <a href="http://www.hidow.com">www.hidow.com</a> .     |
| The REMOTE and/or RECEIVER does not seem to be charging.                                       | Charging cable not plugged in fully.   | Ensure the USB cable is firmly in the REMOTE/RECEIVER on one side and plugged into the AC adapter into the electrical socket on the other side. |

- 27 -

**Problem Cause Solution**

During use the skin feels a painful burning sensation or the stimulation becomes weakened.

Adhesive gel pads are not adhering firmly to the skin or the gel pads are too dry.

Put a few drops of water on your fingers and rub them on both pads, which will help the electrodes maintain their adhesiveness. And make sure the pads are pressed firmly to the skin during application.

When pressing Mode icons and "Intensity adjuster" of the REMOTE, there is no any reaction.

The RECEIVER is not turned on, or it is not synced correctly with the REMOTE.

Make sure the REMOTE and RECEIVER are turned on, and the Channel number on the REMOTE syncs the RECEIVER number correctly. If still no reaction, the user should try the REMOTE and RECEIVERS as to the following steps: Turn on the REMOTE, within 10 seconds, double click the ON/OFF button of REMOTE, you will see both the "Channel 1" icon and its border flashing, which means the sync starts. Touch the "Channel" area and choose the sync channel, then double click the power button of RECEIVER, if the sync is failed, the "Channel" number will automatically slide to the next, and the indicator light will also stop flashing. Finally you need to touch the "Channel" area until "Channel 1" to save the sync mode, or near the REMOTE to continue.  
Note: The sync should be done within 10 seconds after turning on the REMOTE.

The REMOTE can not control the RECEIVER well.

There is no electrical signal transmission between them.

Make sure the distance between the REMOTE and RECEIVER is less than 8 meters.

- 28 -

**CONFORMITY TO SAFETY STANDARDS**

Hi Daw International Inc. declares that the device complies with the following normative documents:

**Statement of EMC**  
IEC 60601-1-2:2014

**Conformity to MDD Requirements**  
IEC 60601-1:2005+AMD1:2012/ANSI/AAMI ES60601-1:2005+A1:2012, IEC 60601-1-11:2015, IEC 60601-2-10:2012

**Conformity to FCC Requirements**  
The devices are in compliance with FCC Part 15 Subpart C.

- 29 -

**TECHNICAL INFORMATION**

|                                       |  |
|---------------------------------------|--|
| Channel                               | 6 Channels, independent intensity control  |
| Power Supply                          | Remote: DC3.7V<br>Receiver: DC3.7V   |
| Dimensions                            | Remote: 128.2mm x 65.2mm x 10.85mm<br>Receiver: Ø57mm x 12mm   |
| Net weight                            | Remote: 96g<br>Receiver: 24g   |
| Operating conditions                  | 5°C to 40°C (41°F to 104°F) with a relative humidity (non-condensing) of 30% - 75%, atmospheric pressure from 700 to 1,060 HPa |
| Storage and transportation conditions | -10°C to 55°C (14°F to 131°F) with a relative humidity (non-condensing) 10% - 90%, atmospheric pressure from 700 to 1,060 HPa  |

- 30 -

**ACCESSORIES LIST**

| NO | Accessories Name                                 | Quantity | Specification  |
|----|--|----------|--|
| 1  | AC adapter                                       | 1 piece  | Input: AC 100-240V 50/60Hz 0.5A<br>Output: DC 5V 1000mA      |
| 2  | Lower back sized adhesive electrode pads         | 1 piece  | 4x9 inches - rectangular shape                               |
| 3  | LARGE single sided adhesive electrode pads       | 1 pair   | 2.4x2.4 inches - round shape                                 |
| 4  | EXTRA-LARGE single sided adhesive electrode pads | 1 pair   | 3.3/4x1.7/8 inches - rectangular shape<br>S1000 No.: K152815 |
| 5  | USB cable  | 2 pcs    | 39 inches  |
| 6  | Ear Clips  | 1 set    | 59 inches  |
| 7  | Electrode Wires                                  | 2 pcs    | 8 inches   |

- 31 -

**EXPLANATION OF SYMBOLS**

|  |  |
|--|--|
|  | Class II equipment   |
|  | Date of manufacture.   |
|  | Manufacturer   |
|  | Specifies serial number  |
|  | Type BF applied part   |
|  | DISPOSAL: Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary. |

- 32 -

**WIRELESS SPECIFICATIONS**

Frequency band: 2400-2483.5MHz  
Modulation method: GFSK  
Transmit Power: 0dBm (1mW)  
Receiver Sensitivity: -88dBm  
Effective transmission distance: <math>\leq 8</math> meters

**DESCRIPTIONS FOR SAFE WIRELESS TRANSMISSION**

The Remote and the Receivers have a unique address. Before leaving the factory, the Remote and the Receivers will be matched. The address information to each other is saved as to prevent any un-authorized access. In the wireless transmission, the address information will be sent out together, only the correct address information can be received.

**ELECTROMAGNETIC COMPATIBILITY DESCRIPTIONS**

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.

- 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.
- Caution: This unit has been thoroughly tested and inspected to assure proper performance and operation!
- 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.

- 33 -

**Guidance and manufacturer's declaration – electromagnetic emission**

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

| Emissions test  | Compliance | Electromagnetic environment - guidance  |
|---|------------|---|
| RF emissions<br>CISPR 11                                  | Group 1    | The device uses 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.   |
| RF emissions<br>CISPR 11                                  | Class B    | The device 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<br>IEC 61000-3-2                       | Class A    |   |
| Voltage fluctuations / flicker emissions<br>IEC 61000-3-3 | Complies   |   |

- 34 -

**Guidance and manufacturer's declaration – electromagnetic immunity**

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

| Immunity test                                    | IEC 60601 test level   | Compliance level            | Electromagnetic environment – guidance   |
|--|--|-----------------------------|--|
| Electronic discharge (ESD)<br>IEC 61000-4-2      | ±8 kV contact<br>±15 kV air                                  | ±8 kV contact<br>±15 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<br>IEC 61000-4-4 | ±2 kV for power supply lines<br>±1 kV for input/output lines | ±20V for power supply lines | Mains power quality should be that of a typical commercial or hospital environment.  |
| Surge<br>IEC 61000-4-5                           | ±1 kV (line) to line(s)<br>±2 kV (line) to earth             | ±1 kV differential mode     | Mains power quality should be that of a typical commercial or hospital environment.  |

- 35 -

|  |  |  |  |
|--|--|--|--|
| Voltage dips, short interruptions and voltage variations on power supply input lines<br>IEC 61000-11 | <math>< 5\% U_n</math> (<math>+95\%</math> dip in <math>U_n</math>) for 0.5 cycle<br>40% <math>U_n</math> (<math>80\%</math> dip in <math>U_n</math>) for 5 cycles | <math>< 5\% U_n</math> (<math>+95\%</math> dip in <math>U_n</math>) for 0.5 cycle<br>40% <math>U_n</math> (<math>80\%</math> dip in <math>U_n</math>) for 5 cycles | Mains power quality should be that of a typical commercial or hospital environment. If the user of the device requires continued operation during power mains interruptions, it is recommended that the device be powered from an uninterruptible power supply or a battery. |
| Power frequency (50/60Hz) magnetic field<br>IEC 61000-4-8  | 3 A/m & 30 A/m   | 3 A/m & 30 A/m   | Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.  |

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

- 36 -

**Guidance and manufacturer's declaration – electromagnetic immunity**

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

| Immunity test                 | IEC 60601 test level                 | Compliance level | Electromagnetic environment – guidance  |
|-------------------------------|--------------------------------------|------------------|---|
| Conducted RF<br>IEC 61000-4-6 | 3 Vrms & 6 Vrms<br>150 kHz to 80 MHz | 3 Vrms & 6 Vrms  | Portable and mobile RF communications equipment should be used no closer to any part of the device, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter:<br><b>Recommended separation distance</b><br>$d = 1.5 \sqrt{P}$ |
| Radiated RF<br>IEC 61000-4-3  | 3 V/m & 10 V/m<br>80 MHz to 2.6 GHz  | 3 V/m & 10 V/m   | $d = 1.5 \sqrt{P} \quad 80 \text{ MHz to } 100 \text{ MHz}$<br>$d = 2.5 \sqrt{P} \quad 100 \text{ MHz to } 2.5 \text{ GHz}$   |

- 37 -

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 meters (m).

Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, should be less than the compliance level in each frequency range.

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.

- 38 -

- 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 device is used exceeds the applicable RF compliance level above, the device should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the device.
- b. Over the frequency range 150 MHz to 80 MHz, field strengths should be less than 3 V/m.

| Recommended separation distances between portable and mobile RF communications equipment and the device.   |   |                                      |                                       |
|--|---|--------------------------------------|---------------------------------------|
| The device is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the device can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the device 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<br>$d=1.2\sqrt{P}$                          | 80 kHz to 800 MHz<br>$d=1.2\sqrt{P}$ | 800 kHz to 2.5 GHz<br>$d=1.2\sqrt{P}$ |
| 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.

**WARRANTY**

All Hi-Dow TENS models carry a warranty of two years from the date of purchase. The warranty applies to the TENS/EMS stimulator REMOTE and RECEIVER only.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alteration or disassembly by unauthorized personnel.



**USO PREVISTO**

**TENS:**  
Se usa para el alivio temporal del dolor asociado al dolor muscular en espalda, brazos o piernas resultado de la tensión producida por el ejercicio físico o las actividades normales del trabajo o del hogar.

**EMS:**  
Es muy útil para el alivio sintomático y el manejo del dolor crónico e intratable, y el alivio del dolor asociado a la artritis.

**Contenido**

|   |    |  |    |
|---|----|--|----|
| Descripción General .....                         | 46 | Aplicación de los Electrodoos .....            | 62 |
| Parámetros de pulso .....                         | 47 | Consejos para el Cuidado de la Piel .....      | 63 |
| Contraindicaciones .....                          | 48 | Información de la Batería .....                | 65 |
| Advertencias .....                                | 49 | Carga de batería para REMOTO Y RECEPTOR .....  | 64 |
| Declaración de Adherencia de la FCC .....         | 50 | Principios de Aplicación Regular .....         | 65 |
| Precauciones .....                                | 51 | Métodos de Aplicación Regular .....            | 66 |
| Reacciones Adversas .....                         | 51 | Variaciones de colocación de electrodoos ..... | 68 |
| Información General .....                         | 52 | Resolución de Problemas .....                  | 69 |
| Guía de Inicio Rápido .....                       | 55 | Cumplimiento con las Normas de Seguridad ..... | 71 |
| Instrucciones de Uso .....                        | 57 | Información Técnica .....                      | 72 |
| Mantenimiento, Almacenamiento y Disposición ..... | 59 | Especificaciones Inalámbricas .....            | 72 |
| Usos Sugeridos del Modo .....                     | 59 | Información de la Garantía .....               | 73 |
| Colocación de Electrodoos .....                   | 61 | Información de Contacto .....                  | 73 |

**DESCRIPCIÓN GENERAL**

El sistema inalámbrico Hi-Dow PRO TOUCH WIRELESS 6-12 es un generador de pulsos eléctricos inalámbrico que funciona con batería recargable. Envía impulsos eléctricos desde un control REMOTO de pantalla táctil a un RECEPTOR (redondo) con ELECTRODOS conectados. Estos electrodos se colocan sobre la piel para estimular los nervios justamente en el punto del dolor. Cuando esto sucede, el nervio percibe las sensaciones eléctricas en lugar del dolor.

El control REMOTO inalámbrico táctil controla las funciones de MODO e INTENSIDAD del RECEPTOR. El RECEPTOR, con los electrodos conectados, se adhiere de manera fácil y firme sobre la piel.

La pantalla táctil LCD muestra el valor del modo, el número del canal utilizado, la duración de la batería y el nivel de intensidad.

Debido a que el sistema Hi-Dow PRO TOUCH WIRELESS 6-12 es inalámbrico (no necesita cables conductores), debe utilizar solamente electrodos tipo SNAP (con broche) distribuidos por Hi-Dow.

**PARÁMETROS DE PULSO**

| PRO TOUCH WIRELESS 6-12  |   | FORMULARIO; Parámetros de pulsos     |                                 |
|--------------------------|---|--------------------------------------|---------------------------------|
| Tensión Nominal (V)      | 1000 Ω                                  | DC 3.7 V                             |                                 |
| Resistencia de Carga (Ω) | 1000 Ω                                  |                                      |                                 |
| Pulsos (µs)              | Frecuencia de Repetición de pulsos (Hz) | Amplitud de Repetición de pulsos (V) | Comentario de DC (V)            |
| 100                      | 5Hz                                     | 48-80                                | Modo 1                          |
| 100                      | 6Hz                                     | 48-80                                | Modo 2                          |
| 100                      | 1.3Hz                                   | 48-80                                | Modo 3                          |
| 100                      | 5Hz                                     | 48-80                                | Modo 4                          |
| 100                      | 6Hz                                     | 48-80                                | Modo 5                          |
| 100                      | 5Hz                                     | 48-80                                | Modo 6                          |
| 100                      | 5Hz                                     | 48-80                                | Modo 7, 8, 9                    |
| 100                      | < 70                                    | 48-80                                | Modo 8, 1, 2, 3, 4, 5           |
| 100                      | < 60                                    | 48-80                                | Modo 9, 1, 2, 3, 4, 5           |
| 100                      | < 48                                    | 48-80                                | Modo 10, 1, 10, 2               |
| 100                      | 8Hz                                     | 48-80                                | Modo 11                         |
| 100                      | < 60                                    | 48-80                                | Modo 12, 1, 12, 2, 12, 3, 12, 4 |

- CONTRAINDICACIONES**
- NO utilice este dispositivo si tiene un marcapasos cardíaco, un desfibrilador implantado u otro dispositivo electrónico o metálico implantado. Si utiliza uno de estos dispositivos, pueden producirse choques eléctricos, quemaduras, interferencias eléctricas o la muerte.
  - NO utilice este dispositivo si tiene alguna de las siguientes afecciones médicas:
    - Tiene síndrome de dolor sin diagnóstico
    - Le diagnosticaron cáncer
    - Está embarazada
    - Ha sufrido un procedimiento quirúrgico en los últimos seis meses
    - Ha sufrido un trauma agudo en los últimos seis meses
    - Tiene enfermedades o problemas cardíacos
    - Tiene epilepsia u otro trastorno convulsivo
    - Tiene dolor o atrofia muscular
    - Tiene hernia inguinal o abdominal
    - Tiene un rango de movimiento limitado de las articulaciones
    - Tiene problemas circulatorios
  - NO utilice este dispositivo en músculos atrofiados y adoloridos, si tiene espasmos musculares, ni sobre extremidades con dolor o en articulaciones afectadas de otra forma.

- ADVERTENCIAS**
- Consulte con su médico antes de utilizar este dispositivo.
  - Si ha recibido tratamiento físico o médico para el dolor, consulte con su médico antes de utilizar este dispositivo.
  - Si el dolor no se alivia, empeora o persiste durante más de cinco días, suspenda el uso del dispositivo y consulte con su médico.
  - No aplique estimulación sobre la garganta. Esto podría generar espasmos musculares graves, lo que cerraría las vías respiratorias, dificultaría la respiración o produciría efectos adversos en el ritmo cardíaco o presión arterial.
  - No aplique estimulación sobre su pecho. La aplicación de corriente eléctrica en el pecho puede alterar el ritmo cardíaco, lo que podría ser mortal.
  - No aplique estimulación sobre heridas abiertas, sarpullidos, áreas inflamadas, enrojecidas, inflamadas o hinchadas o con erupción cutánea (por ejemplo, febril, tromboflebitis, venas varicosas).
  - No aplique estimulación sobre lesiones cancerígenas ni cerca de estas.
  - No aplique estimulación en presencia de equipos electrónicos de monitoreo (por ejemplo, monitores cardíacos, alarmas de electrocardiogramas [ECG]), ya que es posible que no funcionen adecuadamente cuando se utiliza el dispositivo de estimulación eléctrica.
  - No aplique estimulación cuando se encuentre en el baño, la ducha o cerca de cualquier fuente de agua.
  - No aplique estimulación mientras duerme.

11. No aplique estimulación mientras conduce, opera maquinaria o realiza cualquier actividad en la que la estimulación eléctrica pueda ponerlo en riesgo de sufrir una lesión.

12. El sistema Hi-Dow PRO TOUCH WIRELESS 6-12 es para ADULTOS y SOLO debe usarse en músculos sanos.

13. El dispositivo puede causar alteraciones mortales del ritmo cardíaco en personas susceptibles.

14. No intente utilizar el sistema Hi-Dow PRO TOUCH WIRELESS 6-12 para reducir los músculos, evitar espasmos o atrofia muscular, ni para mejorar el rango de movimiento, la tromboflebitis o las deficiencias del flujo sanguíneo. Tenga cuidado al aplicar estimulación en áreas de la piel donde no tenga sensibilidad normal.

15. No utilice la unidad TENS en ninguna parte de la cabeza, el rostro (a menos que se lo indique su terapeuta para el tratamiento de la artroculosis temporomandibular [TMJ]), delante del cuello, internamente o en los genitales.

**DECLARACIÓN DE ADVERTENCIA DE LA FCC**

● Los cambios o modificaciones no aprobados expresamente por la parte responsable del cumplimiento podrían anular la Autorización del usuario para operar el dispositivo.

● Este dispositivo cumple con la Parte 15 de las reglas de la FCC. La operación está sujeta a las siguientes dos condiciones:

- 1) Este dispositivo no puede causar interferencia dañina, y
- 2) Este dispositivo debe aceptar cualquier interferencia recibida, incluida la interferencia que pueda causar un funcionamiento no deseado.

**PRECAUCIONES**

- La unidad TENS no es eficaz para el dolor de origen central, incluido el dolor de cabeza.
- La unidad TENS no sustituye los medicamentos contra el dolor ni otras terapias de manejo del dolor.
- Los dispositivos TENS no tienen valor curativo.
- TENS es un tratamiento sintomático y, como tal, suprime la sensación de dolor que, de otro modo, funcionaría como un mecanismo de protección.
- La eficacia depende, en gran medida, de la selección del paciente de un médico calificado en el manejo de pacientes con dolor.
- Se desconocen los efectos a largo plazo de la estimulación eléctrica.
- Es posible que desarrolle hipersensibilidad o irritación de la piel debido a la estimulación eléctrica o al medio conductor de la electricidad (gel).
- Utilice este dispositivo solo con los electrodos y accesorios recomendados por el fabricante.
- El sistema Hi-Dow PRO TOUCH WIRELESS 6-12 no debe utilizarse para el tratamiento de afecciones médicas ni enfermedades, ni para fisioterapia o método de rehabilitación muscular. Su uso está contraindicado en músculos lesionados o enfermos.

**REACCIONES ADVERSAS**

- Es posible que la piel se irrite o presente quemaduras en la zona donde aplica los electrodos de estimulación.

- También puede sentir dolor de cabeza u otra sensación de dolor durante o después de la aplicación de la estimulación eléctrica cerca de los ojos, la cabeza y el rostro.
- Si siente reacciones adversas, suspenda el uso del dispositivo y consulte con su médico.

### INFORMACIÓN GENERAL

Incluido en este paquete:

- 1 control REMOTO táctil
- 2 RECEPTORES (CON NÚMEROS 1 y 2)
- 1 par de electrodos adhesivos MEDIANOS (2.4" redondos)
- 1 par de electrodos adhesivos GRANDES (3.4" x 1.78" -rectangulares)
- 1 electrodo adhesivo EXTRA GRANDE (4" x 9" - rectangular)
- 2 cables para los electrodos (8')
- 1 Clip para las orejas (para Auriculoterapia)
- 2 Cables USB para recargar
- Adaptador de CA con doble puerto USB
- Manual del usuario

-52-



-53-



-54-

### GUÍA DE INICIO RÁPIDO PARA USO SIMPLE

1. Coloque el ELECTRODO en el RECEPTOR redondo.  
**Nota: se deben conectar ambos broches para que el receptor funcione.**
2. Retire la lámina del electrodo y coloque la superficie adhesiva de manera firme, directamente sobre la piel en el área del dolor.
3. Presione el botón de alimentación para encender el receptor. Utilice el interruptor On/Off (encendido/apagado) para encender el control REMOTO.
4. Tocando el área "Channel" en el control REMOTO para seleccionar el Canal 1 al 6; (el número 1, 2, 3, 4, 5 o 6 se mostrará en la pantalla LCD). Para obtener más recepciones, primero sincronice el control REMOTO y los RECEPTORES, consulte "RESOLUCIÓN DE PROBLEMAS" en la página 70.

-55-

5. Vea los modos del RECEPTOR seleccionado tocando los 12 iconos de modo en la pantalla LCD. (Esta función solo funcionará cuando tanto el CONTROL REMOTO como el RECEPTOR estén encendidos).



6. Toque los botones + o - del control remoto para ajustar la intensidad del RECEPTOR seleccionado. Ajuste hasta que la sensación sea confortable.

Nota: el nivel de Intensidad deberá ajustarse cada vez que cambie el MODO. (Esta función solo se activará cuando tanto el CONTROL REMOTO como el RECEPTOR estén encendidos).

-56-

### INSTRUCCIONES DE USO

**Control REMOTO** El control REMOTO es la pantalla táctil completa. Los iconos + y - se usan para modificar la intensidad hacia arriba y hacia abajo; el icono del canal para elegir el número del RECEPTOR a utilizar, desde el 1 hasta el 6. Los 12 iconos de modo en la pantalla LCD se usan para seleccionar el MODO de masaje en cada uno de los RECEPTORES.

El tiempo de configuración predeterminado de REMOTO y RECEPTOR es de 45 minutos. Y el tiempo de REMOTO se puede ajustar desde 10 hasta 60 minutos. El CONTROL REMOTO se apagará automáticamente después del tiempo seleccionado, o puede apagarlo manualmente.

#### ON/OFF

El botón de ON/OFF se encuentra en la parte superior del REMOTO. La pantalla LCD se ilumina cuando el REMOTO está "ON". Si la pantalla LCD está apagada la unidad está "OFF" o debe recargarse.

#### FUNCIONES DE BLOQUEO

El REMOTO tiene función de bloqueo bajo las siguientes dos condiciones: 1) La luz de fondo se apagará automáticamente después de 30 segundos de inactividad; 2) Si Presiona el botón de encendido/apagado, la luz de fondo se apaga.

¿Cómo desbloquear el REMOTO? Presione el botón de ON/OFF del REMOTO y la luz de fondo estará encendida de nuevo.

-57-

### CONTROL DE RECEPTOR (ES)

Mantenga presionado el botón de encendido en cada RECEPTOR hasta que padea ver la luz verde. Empuje de nuevo, y el RECEPTOR se apaga. Si la luz verde se vuelve roja, el RECEPTOR debe recargarse.

#### INTENSIDAD

El ajuste de INTENSIDAD en el REMOTO se encuentra justo debajo de los 12 iconos de modo que aparecen como + y -. Cuanto más toque +, más arriba el nivel de intensidad del canal que se muestra en la pantalla LCD. Cuanto más toque -, más abajo el nivel de intensidad del canal que se muestra en la pantalla LCD. (Tiene 20 niveles de intensidad).

#### CONTROLES DE CANAL Y RECEPTOR

Hay 2 RECEPTORES etiquetados como 1 y 2. \*RECEPTOR 1 es el Canal 1 y RECEPTOR 2 es el Canal 2. Ambos canales son controlados por el REMOTO. Para usar el Canal 1 o el Canal 2, toque el área de "Canal" en el M.REMOTO, luego configure el MODO tocando uno de los 12 iconos de modo en la pantalla LCD.

\*Nota: Para agregar más RECEPTORES, primero sincronice los canales en el REMOTO con cada uno de los RECEPTORES; consulte la sección "RESOLUCIÓN DE PROBLEMAS" en la página 70.

\*Nota: cada receptor redondo debe estar conectado a 1 Electrodo XXL (2 pines) o 2 Electrodo pequeños (1 pin en cada uno) para funcionar. Usar solo 1 electrodo de un pin no funcionará.

#### Funciones de MODO programadas

Simplemente toque cualquiera de los 12 iconos de modo en la pantalla LCD, para elegir el modo que desea.

-58-

### MANTENIMIENTO, ALMACENAMIENTO Y DESECHO

#### Mantenimiento

1. Asegúrese de que su piel esté libre de suciedad, aceite o lociones.
2. Antes de aplicar los electrodos, sujete suavemente el conductor de los dedos y frotelos en ambas almohadillas. Esto ayudará a los electrodos a mantener su adhesividad.
3. Cuando termine de usar el dispositivo, apáguelo.
4. Quite los electrodos.
5. Vuelva a colocar las películas protectoras en los electrodos o coloque los electrodos en el soporte de la almohadilla.
6. Coloque de nuevo en la caja hasta el próximo uso.

#### Almacenamiento

1. Para una durabilidad prolongada, almacene el dispositivo en un lugar fresco y seco y protéjalo contra el calor, la luz solar y la humedad.
2. Almacene el dispositivo en un lugar fresco y bien ventilado.
3. Nunca coloque objetos pesados sobre el dispositivo.

#### Disposición Final (Desafino)

1. El dispositivo debe desecharse de acuerdo con las leyes de su área.
2. Los electrodos son desechables y deben reemplazarse de manera rutinaria antes de que empiecen a perder su naturaleza adhesiva. También deben desecharse de acuerdo con las leyes de su área.

Nota: El tiempo de servicio esperado del dispositivo es de 3 años, y el tiempo de servicio esperado de los electrodos es de 2 años.

-59-

### USOS SUGERIDOS DEL MODO

1. PERNAS, BRAZOS, MANOS - Modo 1, Modo 3, Modo 7, Modo 8, Modo 9
2. PIES - Modo 4
3. OREJAS - Modo 5
4. CONSEJO DE CALORIAS - Modo 6
5. RODILLAS - Modo 1, Modo 2
6. CADENA, ESTÓMAGO - Modo 1, Modo 2, Modo 3, Modo 7, 8 y Modo 9
7. HOMBROS, ESPALDA SUPERIOR - Modo 1, Modo 2, Modo 3, Modo 7, Modo 8, Modo 9
8. NUCA - Modo 1, Modo 2, Modo 3, Modo 7, Modo 8, Modo 9
9. El modo de ondas combinadas 7, modo 8 y modo 9 son para múltiples tipos de sensaciones que se alternan automáticamente para su conveniencia y funciona bien en todas las condiciones de dolor.

**Nota:** Cuando utilice cualquiera de estos modos, comience siempre con la intensidad más baja y aumente gradualmente el nivel de intensidad hasta sentir una sensación de "hormigueo". Todos los modos son diferentes y por lo tanto se sienten diferente. Puede probar todos los Modos al principio y elegir uno que se sienta agradable. Nunca aumente la intensidad a un nivel que le provoque dolor. Siempre permanezca debajo del punto de incomodidad. Comience con sesiones cortas de 5 a 10 minutos hasta que su cuerpo se acostumbre a la estimulación.

-60-

### COLOCACIÓN DE ELECTRODOS

La colocación de los electrodos es clave para que la terapia de TENS/EMS sea un éxito. Coloque el RECEPTOR directamente sobre el área del dolor, de manera que el flujo de corriente se dirija hacia esa área. Es muy importante que todos los usuarios prueben distintas ubicaciones para los electrodos hasta encontrar el modo que más se adecue a sus necesidades.

Cada usuario responde al estímulo eléctrico de manera distinta. Además, las necesidades pueden variar respecto a la configuración convencional que se sugiere aquí.

Si los resultados iniciales no son positivos, pruebe otras configuraciones.

- Utilice solo electrodos tipo SNAP (con broches) con este sistema inalámbrico.
- Coloque los electrodos sobre la piel con el RECEPTOR directamente sobre el área del dolor.
- Es posible que deba pedir ayuda si no puede alcanzar el área para ser estimulado.

-61-

### APLICACIÓN DE ELECTRODOS ADHESIVOS REUTILIZABLES

#### Aplicación

1. Limpie el área de la piel con agua y jabón, y seque minuciosamente para aplicar los electrodos.
2. Con el RECEPTOR encendido y el electrodo colocado en el RECEPTOR, retire la lámina de plástico del ELECTRODO y colóquelo firmemente sobre la piel en el área del dolor.
3. Guarde la lámina de plástico para proteger el adhesivo durante el almacenamiento.

#### Cuidado y almacenamiento

1. Cuando no use el dispositivo, guarde los electrodos en una bolsa sellada, con las láminas de plástico colocadas. Almacene en un área seca y fresca.
2. Para mejorar la adhesión del electrodo luego de varios usos, se recomienda colocar unas gotas de agua fría sobre el adhesivo y dejar secar al aire sobre una superficie plana con el adhesivo hacia arriba.

**NOTA:** El exceso de agua reducirá las propiedades adhesivas.

4. If irritation occurs, discontinue use and consult your clinician.

#### Notas:

1. No aplique sobre la piel lastimada.
2. Los electrodos deben desecharse cuando ya no se adhieran.
3. Los electrodos deben ser utilizados por una sola persona.
4. Si se produce irritación, interrumpa el uso y consulte con su médico.

-62-

### CONSEJOS PARA EL CUIDADO DE LA PIEL

Para evitar que la piel se irrite, en especial si tiene piel sensible, siga estas sugerencias:

1. Lave el área de la piel donde colocará los electrodos con agua y jabón antes de colocar los electrodos y luego de retirarlos. Asegúrese de enjuagar todo el jabón y de secar bien la piel.
2. El exceso de vello puede recortarse con tijeras; no afeite el área de estimulación.
3. Limpie el área con la preparación para la piel que le haya recomendado su médico. Deje secar. Aplique los electrodos de acuerdo con las instrucciones.
4. Nunca aplique los electrodos sobre piel irritada o lastimada.
5. Para minimizar la posibilidad de tirar de los cables, haga un bucle con ellos cerca de los electrodos, así evitará trapear los cables.
6. Cuando retire los electrodos, recuerde siempre tirar en la dirección del crecimiento del vello.
7. Cuando no esté utilizando electrodos, puede resultar útil usar loción para la piel en el área donde se colocan los electrodos.
8. No retire los electrodos cuando los coloque sobre la piel. El "esfuerzo de tracción" por estar excesivamente los electrodos puede generar problemas en la piel. Para evitar esto, coloque los electrodos desde el centro hacia afuera.

### INFORMACIÓN DE LA BATERÍA

#### Baterías Recargables

Antes de utilizar una unidad nueva, es posible que deba cargar la batería recargable del REMOTO y del RECEPTOR.

Las baterías pueden permanecer almacenadas durante más de 60 días. Luego de largos periodos de almacenamiento, las baterías deben cargarse antes de utilizar la unidad.

-63-

### CARGA DE BATERÍA PARA REMOTO Y RECEPTOR

#### \*A través de una toma de corriente estándar

1. Conecte el adaptador de CA a una toma de corriente estándar. (Una luz roja aparecerá para mostrar que la energía fluye desde la salida al adaptador).
2. Conecte el extremo pequeño del cable USB a la unidad y el extremo más grande al Adaptador de Corriente.
3. REMOTO: La unidad ha terminado de cargarse cuando la luz indicadora de color verde no se enciende. RECEPTOR: La luz indicadora del RECEPTOR será amarilla durante la carga. Cuando termine de cargarse, será verde.

#### \*A través de un puerto USB del ordenador

1. Conecte el extremo pequeño del cable USB al REMOTO y el extremo más grande al puerto USB de un ordenador (el ordenador debe estar encendido).
2. REMOTO: La unidad ha terminado de cargarse cuando la luz indicadora de color verde no se enciende. RECEPTOR: La luz indicadora del RECEPTOR será amarilla durante la carga. Cuando termine de cargarse, será verde.

-64-

### PRINCIPIOS DE APLICACIÓN REGULAR

- | Encuentre el punto exacto del dolor. Los puntos donde los electrodos están colocados deben ser los más dolorosos.
- | La intensidad se puede ir aumentando gradualmente, para mejores resultados debe llegar a lo máximo que pueda soportar.
- | Duración de la aplicación: 2-3 veces/día, 40-60 minutos/vez, 10 días para tratar un dolor agudo.
- | Hay dos maneras de colocar los electrodos, de forma doble o en modo opuesto.

#### Figura 1: Modo Doble

Fije los dos electrodos en la parte superior e inferior o en ambos extremos del mismo lado del cuerpo.



#### Figura 2: Modo Opuesto

Fije los dos electrodos respectivamente en los lados opuestos de la posición de aplicación, como mostrado abajo.



-65-