



# HiDow Spot Wireless TENS/EMS

## User manual

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### Contents

Introduction .....	2	Operating Instructions .....	10
Indications for Use .....	2	Instructions for Use .....	11
Parts Included .....	3	Battery Information .....	13
Contraindications .....	4	Electrode Guidelines .....	13
Warnings .....	5	Recommended Electrode Placement Points .....	14
Precautions .....	7	Cleaning and Storage .....	15
Adverse Reactions .....	7	Troubleshooting .....	15
Environmental Specifications .....	8	Conformity to Safety Standards .....	16
Technical Specifications .....	8	Warranty Information .....	17
Pulse Parameters .....	9		

- 1 -

### Introduction

The **HiDow Spot Wireless TENS/EMS** unit is a single-channel transcutaneous electrical nerve stimulator (**TENS**) for **over-the-counter** (No prescription is required) use of pain relief. The device generates small pulses of electrical current and delivers the pulses to the user's skin through adhesive gel electrode pads such that the underlying nerves are activated and the pain associated with sore and aching muscles is relieved. The **HiDow Spot Wireless TENS/EMS** unit is portable, compact, rechargeable and stylish in design. It may help relieve pain in various areas of body, such as the lower back, shoulders, arms and legs.

#### TENS:

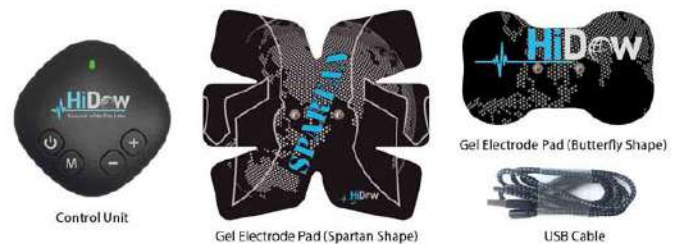
To be used for temporary relief of pain associated with sore and aching muscles in the shoulders, waist, back, neck, upper extremities (arms) and lower extremities (legs) due to strain from exercise or normal household work activities.

#### Powered Muscle Stimulator (EMS):

It is intended to stimulate healthy muscles including abdomen muscles to improve or facilitate muscle performance.

- 2 -

### Parts Included



\* In case of any discrepancy between the physical and picture, refer to the actual product.

- 3 -

### Contraindications

- DO NOT use this device if you have any of the following medical conditions:
  1. An implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device
  2. Undiagnosed pain syndromes
  3. Have been diagnosed with cancer
  4. Are pregnant
  5. Have suffered acute trauma or surgical procedure in the past six months
  6. Have cardiac problems or cardiac disease
  7. Have epilepsy
  8. Have painful and /or atrophied muscles
  9. Have abdominal or inguinal hernia
  10. Have limited range of motion in skeletal joints
  11. Have blood circulatory problems
- The HiDow Spot unit is intended for use by ADULT and ONLY on healthy muscles. NEVER use this device on muscles that are: atrophied, painful, suffer spasms, on a limb with painful or otherwise afflicted joints.
- The HiDow Spot unit is not intended for the application of any medical condition or disease nor is it intended for physiotherapy or muscle rehabilitation. It is contraindicated for use on any muscle that is injured or diseased.

- 4 -

- Do not attempt to use HiDow Spot unit for muscle reeducation, to prevent muscle atrophy or spasms, improving range of motion, blood flow deficiencies/venous thrombosis.

### Warnings

- 1 Stimulation should not be applied over the carotid sinus nerves, particularly in patients with a known sensitivity to the carotid sinus reflex.
- 2 Stimulation should not be applied transthoracically in that the introduction of electrical current into the heart may cause cardiac arrhythmias.
- 3 Stimulation should not be applied transcerebrally.
- 4 Apply electrode ONLY to normal, intact, clean skin. Do not apply electrodes over open wounds or over swollen, infected or inflamed areas or skin eruptions, e.g. phlebitis, thromphlebitis, varicose veins, etc.
- 5 **DONOT APPLY STIMULATION:**
  - Over frontal area of the neck (near site of carotid sinus nerves)
  - Over the neck or mouth. Severe spasms of the laryngeal and pharyngeal muscles may occur with contractions strong enough to and /or cause difficulty in breathing. Stimulation over the neck could also have adverse effects on the heart rhythm or blood pressure.
  - Transcerebrally.
  - Over the swollen, infected or inflamed areas of skin eruptions (e.g phlebitis, thromphlebitis, varicose veins, etc.).

- 5 -

- Across the chest. Consult your physician before using this device because it may be possible to cause lethal rhythm disturbances to the heart in susceptible individuals.
  - Over, or in proximity to cancerous lesion.
  - If you are epileptic
  - After experiencing acute trauma or fracture
  - Following recent surgery
  - If you have a hernia (abdominal or lingual)
  - To the frontal, laryngeal and temporal region of the neck.
- 6 Never use the HiDow Spot unit while driving, operating machinery or during activities in which involuntary muscle contractions may endanger the user or others.
  - 7 The effects of stimulation of the brain are unknown. Therefore, do not apply stimulation across the head and do not place electrodes opposite sides of the head.
  - 8 Do not use the HiDow Spot unit in the bath or shower.
  - 9 Persons with suspected heart problems or epilepsy should obtain opposite medical advice.
  - 10 Never use the HiDow Spot unit while sleeping.
  - 11 Never immerse the HiDow Spot unit in any liquid.

- 6 -

### Precautions

- This HiDow Spot unit should be used only with the electrodes and accessories provided by the manufacturer.
- This HiDow Spot unit 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; and
- You should stop using the HiDow Spot unit and should consult with your physician if you experience adverse reactions from the unit.

- 7 -