

# SHARPER IMAGE®

SharperImage.com

T.E.N.S. Massager with Handheld Control



Operating Manual

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## **Introduction**

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The Sharper Image T.E.N.S. Massager with Handheld Control delivers electric pulses to tired and sore muscles. These pulses are generated by the device and delivered through electrodes on the skin to trigger contractions of the muscles. It is portable, compact and stylish in design. The device has six auto operational programs represented by six selection buttons of body areas. The LCD remote displays information about the mode, intensity and time.

### **Indications for Use**

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

### **Features of the T.E.N.S. Massager with Remote Control:**

- Touchscreen with backlight
- Lock screen function
- Power: DC 6V, 4 AAA batteries
- Size: 2.28x7.48x0.79 inch
- Weight: 4.87 oz
- Two output channels
- Adjustable intensity
- Accessories included: 4 electrode pads, 2 electrode wires and 4 AAA batteries

## Safety warnings

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### **DANGER**



Do not use this device if you have an implanted defibrillator or implanted metallic devices. Such use could cause electrical shock, burns, electrical interference or death.

### **WARNING**



If you have one of the following conditions, please consult with your physician before purchasing or using this device.

Acute disease, malignant tumor, infective disease, pregnant, heart disease, high fever, abnormal blood pressure, lack of skin sensation or an abnormal skin condition, any condition requiring the active supervision of a physician.

### **NOTICE**



Do not use this device while driving.

Do not use this device while sleeping.

Do not use this device in high humidity areas such as a bathroom.

Keep the device away from wet, high temperature and direct-sunlight place.

Keep this device out of reach of children.

Stop using this device at once if you feel pain, discomfort, dizziness or nausea and consult your physician.

Do not attempt to move the electrode pads while the device is operating.

Do not use the device around the heart, on the head, mouth, pudendum or blemished skin areas.

Do not apply stimulation of this device in the following conditions:

- (1) across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart, which could be lethal;
- (2) over painful areas. Please consult with your physician before using this device if you have painful areas;
- (3) over open wounds or rashes, or over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins). Apply stimulation only to normal, intact, clean, healthy skin;
- (4) in the presence of electronic monitoring equipment (e.g., cardiac monitors, ECG alarms). The electronic Stimulator may not operate properly when the electrical stimulation device is in use;
- (5) while operating machinery, or during any activity in which electrical stimulation can put you at risk of injury;
- (6) on children.

Be aware of the following.

(1) to consult with your physician before using this device. The stimulation 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 (gel);
- (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. Portable and mobile radio frequency (RF) communication equipment can affect Medical Electrical Equipment.

Environmental condition for transport and storage



Easily fragile product



Keep the product in the dry place away from water and rain.



Product package should be recycled.



Stacked up 4 cartons at most

Temperature range: 0°C to 48°C

Humidity: 10% to 85%

Atmospheric pressure: 400hPa to 1060hPa

## Setup

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Unpack the box of the product, take the product and batteries out, place the batteries into the device at its back compartment, and connect the electrode pads into the device through the wires.



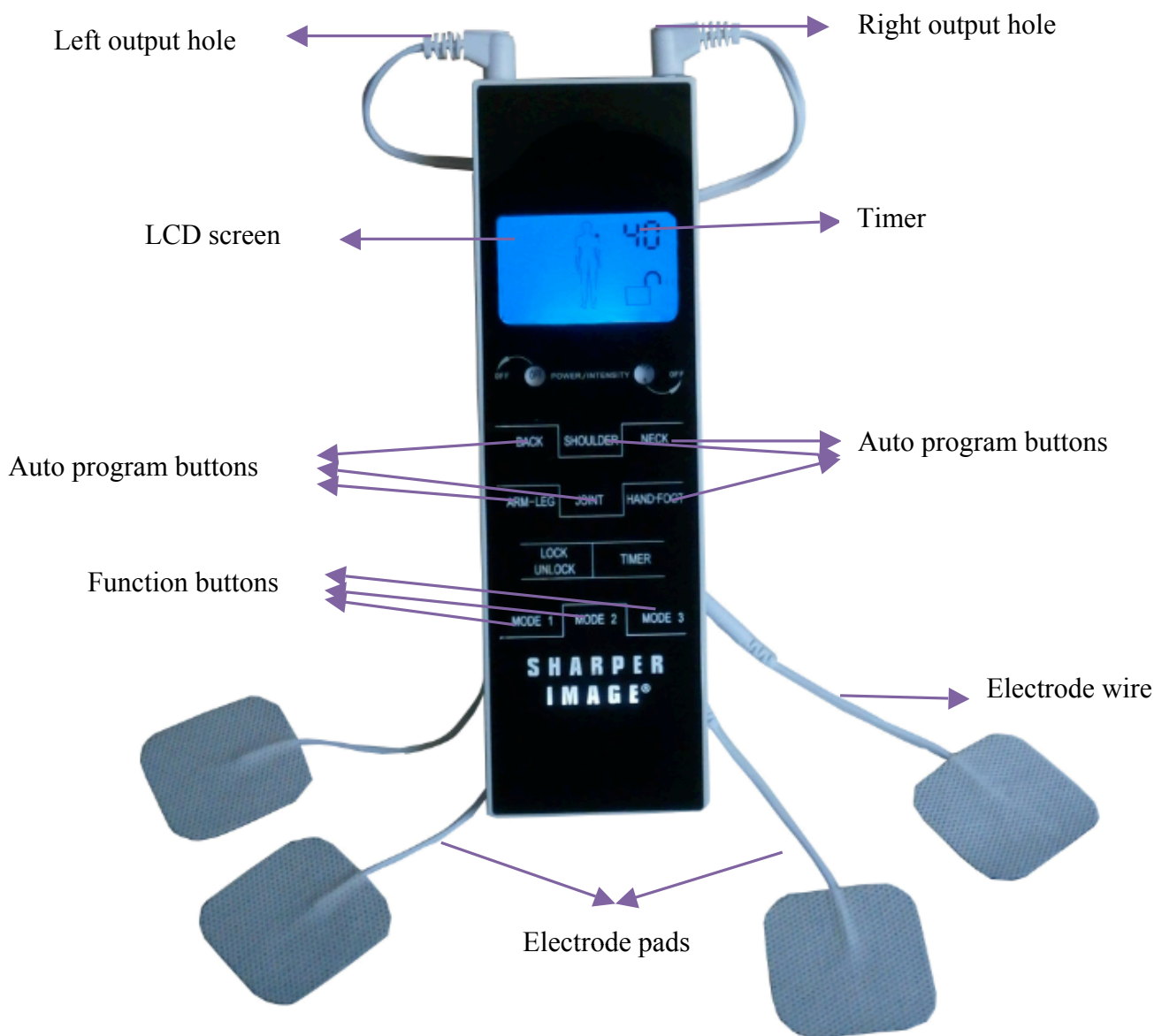
## **Operating the product**

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To begin

1. Install 4 AAA batteries into the device. Match the positive electrode and negative electrode in the right direction;
2. Connect 1 pair of electrode wire into the upper left hole of the device and another pair of electrode wire in the upper right hole.
3. Attach the electrode pads (connecting to the electrode wire) to the treatment area, such as shoulder.
4. Turn the power/intensity switch knob to 1. The screen should be bright with blue light. This means the device is ready to begin treatment.
5. Press one of the function keys to start treatment, such as Shoulder or Mode1.
6. Rotate the Switch Knob to adjust the intensity.
7. Press TIMER to adjust the time.

**Note:** Start from the lowest speed and intensity, and then gradually adjust to a comfortable level on a scale level from 1 to 10.



**Recommended practices:**

1. Duration is 10-15 minutes for each treatment area.
2. Frequency is 2 times per day per area.
3. Intensity and speed selections are based upon the level of your comfort.



## **Cleaning and maintenance**

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Please use water or neutral detergent to clean the device first then using the dry cloth to wipe it again. The electrode pads coming with the device are disposable, and should be replaced when their adhesiveness becomes worse. Contact the seller for replacements. Do not let the sticky side of the pad touch anything, including the greasy finger tips.

## Trouble Shooting

If your device is not operating properly, please check it for the following problems or conditions.

MALFUNCTION	CAUSE	SOLUTION
Stimulation is weak or not existent	Are the electrode heads in close contact with the skin?	Remove, clean and place back on the skin.
	Do the electrode heads touch each other?	If so, then separate.
	Are the wires connected to the electrode heads and the main device properly?	Disconnect, clean and reconnect all the parts.
	Are the batteries dead?	Replace the batteries.
Skin turns red	Is treatment time too long?	Stop and consult your physician if symptom lasted.
Skin feels uncomfortable	Are electrode pads dirty?	Clean with damp cloth or replace.
	Do the electrode pads touch the skin closely?	Remove and place again on the skin
Device does not turn on	Batteries installed correctly?	Remove and install batteries.
	Are batteries dead?	Replace the batteries.
Pads are not sticky	Pads get deteriorative	Contact vendor for replacements.

## Customer Service

Sharper Image branded items purchased from SharperImage.com include a 1-year limited warranty. For assistance, please call 1 (877) 210-3449.

**Positions for use**

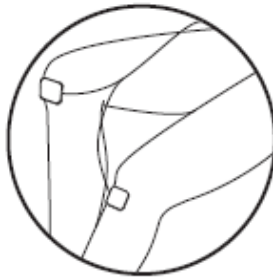
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**Waist**



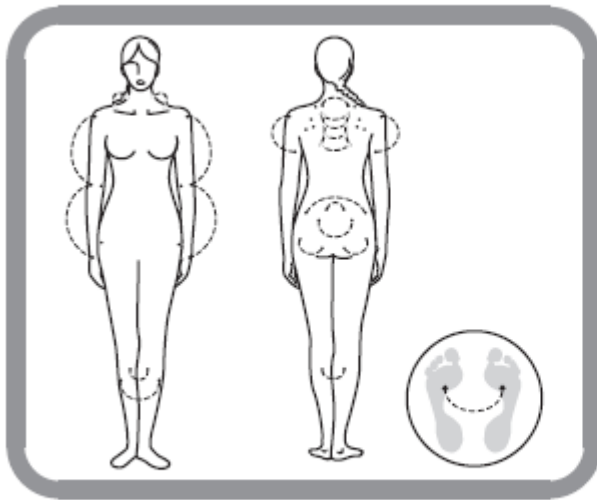
**Shoulder**



**Joints**



**Sole of Foot**



**Hand or Foot**