

# ***Libra TENS***<sup>™</sup>

*Instructions for use*



## Libra TENS Technical Data

<b>Equipment Type:</b>	Dual Channel TENS
<b>Waveform:</b>	Asymmetrical Bi-phasic Rectangular
<b>Output Modes:</b>	Continuous (C), Burst (B), Modulation (M)
<b>Timer:</b>	Continuous, 30-60 minutes
<b>Output Intensity:</b>	0-80mA (500-ohm load)
<b>Output Voltage:</b>	50V (500-ohm load)
<b>Pulse Rate:</b>	1-200Hz Adjustable
<b>Pulse Width:</b>	50 - 250 microseconds adjustable
<b>Burst mode:</b>	1 per second. Pulses within each burst adjustable by pulse rate control
<b>Modulation mode:</b>	Pulse width automatically varies from the rate set by user, down 90% and back. Ramp up 2.5.secs, ramp down 2.5.secs
<b>Power source:</b>	9v PP3 battery
<b>Output Jacks:</b>	CE Touch-proof jacks
<b>Unit size:</b>	63mm x 85mm x 23mm (2 1/2" x 3 5/16" x 7/8")
<b>Unit weight:</b>	100g

## Classification

This unit is fully compliant with EU Directive 93/42/EEC. It is classified as internally powered equipment type BF and is intended for continuous operation.



### Explanation of symbols

Equipment providing a particular degree of protection against electric shock particularly regarding allowable leakage currents having an F type (floating) applied part.



**Warning - refer to these instructions or "Easy guide to TENS pain relief" book.**

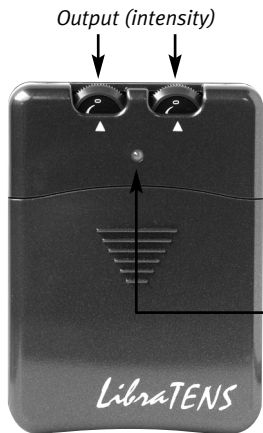


Denotes a product which must be disposed of safely.

### Controls and Indicators for the Libra TENS



Top View



Pulse  
Rate  
Control

Timer

Indicator  
Light

Front Cover



Mode  
Switch

Pulse Width  
Control

Battery  
Compartment

## **Instructions For Use**

*The Libra TENS is a dual channel TENS units supplied with two leadwires, electrodes, battery and carrying pouch.*

- 1. Slide front cover down by gently pressing on the ribbed section with the thumb and move downwards. Insert battery, ensuring the positive(+) and negative (-) terminals are correctly positioned as marked in the battery compartment. Slide the front cover back up.*
- 2. Insert leadwire pins into electrodes.*
- 3. If using self-adhesive electrodes **prepare your skin in accordance with the instructions supplied with the electrodes.** Position on your body as illustrated in the "Easy Guide to TENS Pain Relief," or with the assistance of your medical adviser. If using carbon rubber electrodes, spread a small amount of gel on each electrode. Use surgical adhesive tape B.P. (not supplied) to keep*  
*electrodes in position.*
- 4. Ensure that the intensity controls (on the top of the unit) are in the "O" position.*
- 5. Slide down front cover.*
- 6. Ensure that the pulse rate (left hand dial) is set to the "1" position.*
- 7. Set the switch in the middle to "C" (continuous mode).*
- 8. Insert the leadwire jack plugs into the sockets on the top of the machine. You are now ready to commence stimulation.*
- 9. Slowly turn the left output control in a clockwise direction. This turns the left channel on. Continue turning slowly until you feel a mild pin-prick like sensation.*

10. *By turning the pulse rate control slowly to the upper end of the pulse rate range (approx 80Hz) you feel a tingling sensation. This is based on the gate control theory. Please refer to the accompanying book "An Easy Guide to TENS Pain Relief" page 3, for a full explanation.*
11. *Effective pain relief may also be achieved at the lower end of the pulse rate range - approx 2Hz. This will feel like a heart beat, and is based on the acupuncture-like TENS or endorphin release theory. Please see page 3, "An Easy Guide to TENS Pain Relief."*
12. *Turn on the right hand channel using the intensity control as before.*
13. *Pulse Width Control: An added facility giving extra versatility to your TENS unit. It is particularly useful when a specific width has been suggested by your medical adviser. Increasing or decreasing the pulse width heightens or lessens the sensation at the site of the electrodes. Set the pulse width initially at approx. 150-200 and then adjust as desired.*
14. *Burst Mode (B): The pulses are off periodically on a regular basis, i.e. the signal from the unit is emitted in bursts.*
15. *Modulation Mode (M): The pulse width decreases and then increases in regular cycles. This can be very pleasant and soothing.*

*These modes are selected by operating the mode switch inside the unit and allow you to choose whichever you find to be the most comfortable.*

16. *Varying the modes helps to avoid or delay your body becoming used to any particular setting. Remember your medical adviser will be pleased to assist you to find the best electrode placement positions and pulse rate settings for your condition. Continue stimulating for as long as necessary but preferably for no less than 30 or 40 minutes, unless you experience discomfort.*
17. *Some people achieve pain relief after short periods of time. Others may require to use their TENS for a lot longer.*
18. *Timer Facility: This allows you to pre-set your Libra TENS to switch off automatically after 30 or 60 minutes. After completing a 30 or 60 minute cycle it is necessary to move the timer back to "C" to re-activate the unit.*
19. *If you continue to stimulate for a number of hours check you still have sufficient gel on your carbon rubber electrodes. If you are using self-adhesive electrodes check to make sure they have not dried out. If this is the case, dampen them slightly. If electrodes are allowed to dry out this can cause minor skin irritation.*
20. *When you have finished stimulating turn the output controls to the "O" position.*
21. *Always ensure the unit is switched off before you remove the leads. Do not pull the wires. Always remove the jack plugs from their sockets by holding the plugs between the forefinger and thumb.*
22. *To remove belt clip push downwards with thumb. To re-attach clip, reposition it so that the side flanges fit under the brackets. Slide upwards until it clicks into place.*

*Please refer to your "Easy Guide to TENS Pain Relief" (UK only) for pad placement charts, troubleshooting and general TENS information.*

## ***Precautions and contraindications***

1. Do **NOT** use the Libra TENS if you have a cardiac pacemaker.
2. Check with your medical adviser before using if you suffer from a heart condition, epilepsy, undiagnosed pain, have any metal implants, or any doubts whatsoever.
3. TENS must **NOT** be used before the 37th week of pregnancy.
4. Never use TENS to mask undiagnosed pain since this could require urgent treatment.
5. If you are pregnant, do **NOT** place the electrodes over your abdomen.
6. Do **NOT** use this unit without first reading these instructions.
7. Do **NOT** immerse the Libra TENS in any liquid.
8. Do **NOT** place it close to any source of excessive heat or operate it in the presence of flammable gas.
9. Do **NOT** drop this unit onto a hard surface.
10. Do **NOT** attempt to dismantle the Libra TENS.
11. Only use specified batteries and electrodes.
12. If damaged, do not use. Return to supplier.
13. Remove the batteries when not in use.
14. Do **NOT** use while driving or operating potentially dangerous machinery or while using a microwave.
15. Keep out of the reach of children.
16. Do **NOT** place electrodes on or near the eyes, in the mouth, over the front or sides of the neck, across the head, heart, or an area of broken, inflamed, infected or numb skin. Electrodes should generally only be applied to skin with normal sensation unless under medical supervision.
17. Do **NOT** use in the presence of tuberculosis, malignant tumours, very high or very low blood pressure, epilepsy, high fever or acute inflammatory disease unless under medical supervision.

### **Guarantee**

Your Libra TENS machine is guaranteed for a period of 5 years against manufacturer's defects.\*

\*The guarantee does not include leads, electrodes or battery



ISO 9001: 2000 ISO 13485:2003  
EC DIRECTIVE 93/42/EEC Annex V

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