

vitens plus



instructions for use

V.TENS PLUS - TECHNICAL DATA

Equipment Type	.Dual Channel TENS
Waveform	.Bi Phasic symmetrical rectangular
Output modes	.Continuous (C), Burst (B) 1 burst per second
	.Pulse width modulation (M1)
	.80% in 3 seconds on setting 2-200Hz
	.30% in 3 seconds on setting 8,00-12,000 Hz
	.Pulse rate modulation (M2)
	.50% in 3 seconds on setting 2-200Hz
	.40% in 3 seconds on setting 8,000-12,000 Hz
Intensity	.0-50mA (500 Ohms load)
Pulse Rate	.2-200Hz and 8,000-12,000Hz Adjustable
Pulse Width	.20-250 and 5-40 Micro Seconds adjustable
Timer	.15, 30, 60, minutes or continuous
Low battery indicator	.Light on below 6V
Power Source	.9V PP3 Battery
Unit Size	.104 x 89 x 38mm
Output Jack Size	.Touchproof

Classification

This unit is fully compliant with EEC Directive 93/42/EEC, classified as internally powered Equipment Type BF. It 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 and "Easy guide to TENS pain relief" book.

INSTRUCTIONS FOR USE

The V.TENS Plus is a dual channel TENS unit, supplied with 2 leadwires, electrodes, battery and carrying pouch.

1. Open the machine cover and insert battery into the space provided, ensuring you position the positive (+) and negative (-) correctly. Alternately you may prefer to use the mains adapter (optional extra - not supplied).

2. Insert the leadwire pins into the self-adhesive electrodes. Please read instructions provided with the electrodes and ensure that your skin is free from oil, talc etc. If using carbon rubber electrodes and gel, spread a small amount of the gel on each electrode and keep in place with surgical adhesive tape B.P.

3. Position electrodes in accordance with the "Easy Guide to TENS Pain Relief" or preferably with the assistance of your medical adviser.

4. Set the pulse rate control to 2.

5. Turn the intensity (Amp) controls to the OFF position.

6. Set the mode selector to "C".

7. Set the pulse width to 150.

8. Set the frequency selector (pulse rate) to 2-200Hz.

9. Insert the jack plugs into the unit. You are now ready to commence stimulation.

10. Turn the intensity (Amp) controls slowly clockwise until they click to

the "ON" position and the power indicator light comes on.

11. Continue turning slowly until a mild pin prick sensation is felt.

12. 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 the accompanying Book "An Easy guide to TENS Pain Relief" page 3 for a full explanation.

13. 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. This is based on the Acupuncture like TENS or Endorphin release theory. Please see page 3 in "An Easy guide to TENS Pain Relief."

14. Pulse width selector: 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.

15. Burst, continuous, modulation

Continuous: constant signal

Burst: The pulses are off periodically on a regular basis, i.e. the signal from the unit is emitted in bursts.

Modulation: The signal from the unit automatically decreases and then increases in regular cycles. This can be very soothing. These modes are selected with the switch on the right side of the unit and

allow you to choose the most comfortable setting for you.

16. Remember that your medical adviser will always be pleased to assist you to find the best electrode positions and pulse rate settings for your particular problem. Continue stimulating for as long as necessary but preferably for no less than 30-40 minutes, unless you experience discomfort.

Some people achieve pain relief after a short period of time, while others may require to use their TENS unit for a lot longer.

17. If you continue to stimulate for a number of hours check the self-adhesive electrodes to make sure they have not dried out. If this is the case, dampen them slightly. If using carbon rubber electrodes

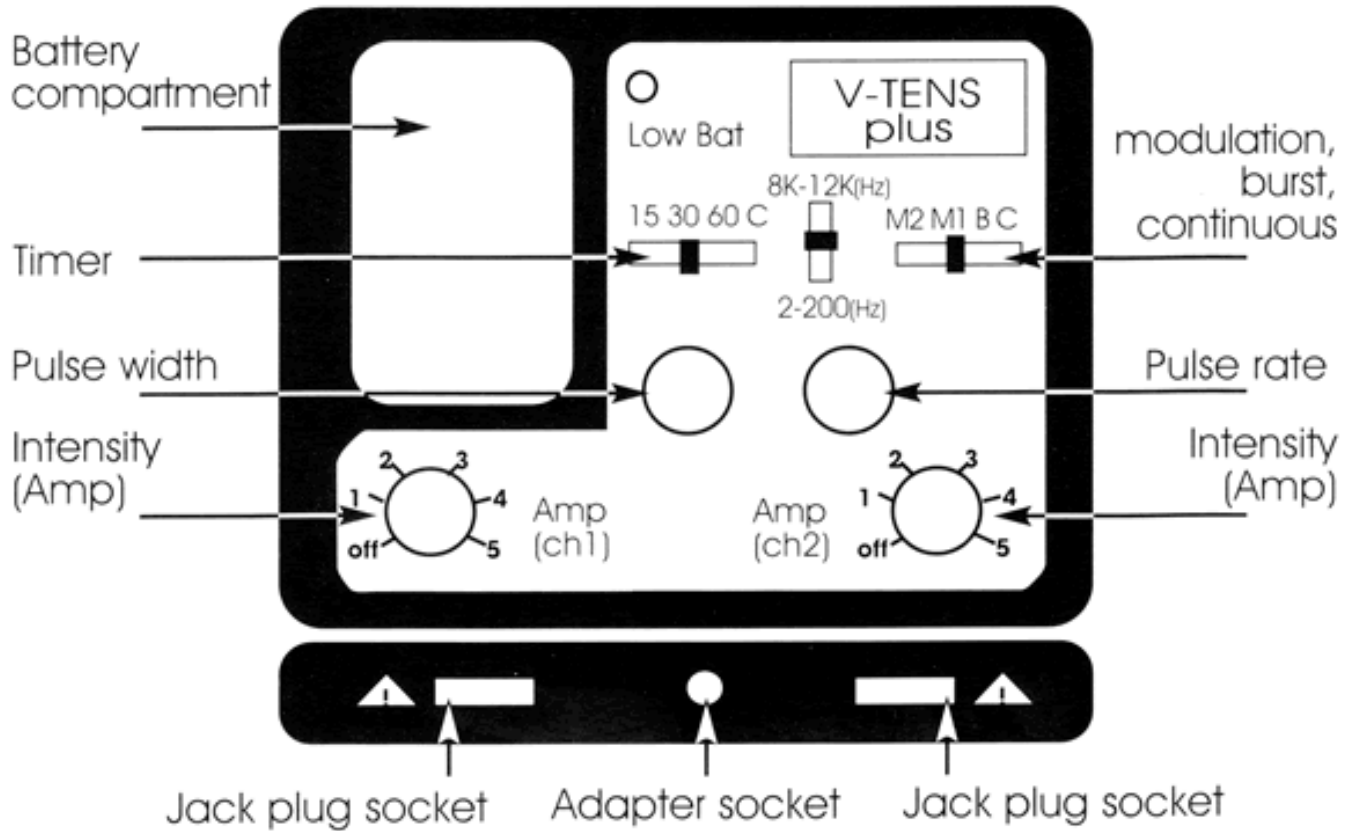
check that you still have sufficient gel on them. If electrodes are allowed to dry out this can cause minor skin irritation.

18. When you have finished stimulating turn the output controls to the "OFF" position.

19. Always ensure that the unit is switched off before removing the leads. Do not pull the wires. Always remove the jack plugs from their sockets by holding the plugs between the forefinger and thumb.

20. When using the 8,000-12,000Hz range very little sensation is felt but an excellent degree of pain relief should be obtained. When using this range it is recommended that you use the mains adapter as battery consumption is high.

V-TENS Plus





Medical Devices Directive 93/42/EEC Annex V

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Guarantee

Your TENS Machine is guaranteed for a period of 5 years against manufacturer 's defects. Please record purchase details in the space provided below for your record purposes

The guarantee does not include leads, electrodes or battery

Date of Purchase..... Invoice Number.....