



Flexi TENS[™]

Instructions for use



The Flexi TENS is an ultra-simple, yet powerful digital TENS unit - flexible because it can be used for one or two pain areas - ideal for numerous acute and chronic pain conditions.

TENS is recognised as a safe and highly effective method of pain relief and is regularly recommended by medical professionals.

TENS is a drug free method of pain relief, with no known side effects. It can also be used in conjunction with any additional medication if required.

Explanation of Symbols on Unit



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 page 4 of these instructions.



Denotes a product which must be disposed of safely.



Contents

<i>What is TENS?</i>	3
<i>Precautions and Contraindications</i>	4
<i>The Flexi TENS Controls</i>	5
<i>Additional Functions</i>	5
<i>Setting up your Flexi TENS</i>	6
<i>Using your Flexi TENS</i>	7
<i>Electrode Pad Placement diagrams</i>	8
<i>FAQ's & Troubleshooting</i>	10
<i>Technical Data</i>	11

What is TENS?

TENS (Transcutaneous Electrical Nerve Stimulation) works by passing mild electrical impulses through the skin, into the nerve fibres which lie below, via electrode pads. TENS impulses help your body produce its own pain killing chemicals, such as 'endorphins'.

What can TENS be used for?

TENS can be used for many chronic and acute pain conditions such as back pain, shoulder pain, arthritis, sciatica, sports injuries, migraine, period pain and post operative pain.

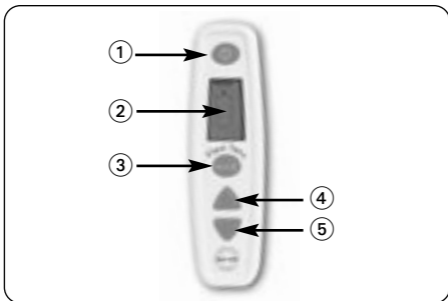
Precautions and contraindications

1. Do **NOT** use the Flexi 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.

General Precautions

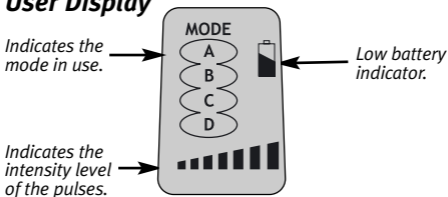
1. Do **NOT** use this unit without first reading these instructions.
2. Do **NOT** immerse the Flexi TENS in any liquid.
3. Do **NOT** place it close to any source of excessive heat or operate it in the presence of flammable gas.
4. Do **NOT** drop this unit onto a hard surface.
5. Do **NOT** attempt to dismantle the Flexi TENS.
7. Only use specified batteries and electrodes.
8. If damaged, do not use. Return to supplier.
9. Remove the batteries when not in use.
10. Do **NOT** use while driving or operating potentially dangerous machinery or while using a microwave.
11. Keep out of the reach of children.
12. 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.
13. 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.

Controls on the Flexi TENS



- ① **POWER** Key – Turns the Flexi TENS On and Off.
- ② **User display** – Indicates the mode in use and the intensity level. (also see diagram below).
- ③ **MODE** Key – Changes the mode in use.
- ④ **Intensity UP** – Increases the intensity of the pulses.
- ⑤ **Intensity Down** – Decreases the intensity of the pulses.

User Display



Additional Functions

Load Detector – If an electrode becomes detached from the skin, the intensity will drop back to zero.

Low Battery Indicator - A flashing battery symbol will be shown on the display.

Automatic Power Off - When the unit intensity levels are zero, and the Flexi TENS has not been in use for about 5 minutes, the unit will shut off automatically.

Setting up your Flexi TENS

Check you have the following contents:

- 1 x Flexi TENS*
- 1 x Pack of 4 self adhesive electrodes*
- 1 x Single leadwire*
- 1 x Dual leadwire*
- 2 x AAA batteries*
- 1 x Carrying pouch*
- 1 x Neck cord*

The assembly stage

- 1. Slide open the battery cover on the back of the unit to expose the battery compartment.*
- 2. Insert the batteries according to the diagram found in the battery compartment. Replace the cover.*
- 3. Select the leadwire that you wish to use for your treatment:*
 - a). The single leadwire can be used to treat one pain area as indicated on pages 8 and 9 OR*
 - b). The dual leadwire can be used to treat two pain areas, or a large pain area such as your back. See the diagrams on pages 8 and 9.*
- 4. Insert the plug end of the leadwire into the jack plug socket at the bottom of the Flexi TENS.*
- 5. Connect the electrodes to the pin ends of the leadwire (see diagram below).*

Insert a red and black pin (at the end of the lead wire) into each pair of electrodes.





Before first use of the Flexi TENS, please familiarise yourself with the warnings and contraindications contained on page 4.

Using your Flexi TENS

The Flexi TENS has 4 TENS modes. Each has been designed to provide a different sensation.

You can use any of the TENS modes to treat your pain. The table below sets out a brief description of the sensation each mode provides:

Mode A	<i>Tapping</i>
Mode B	<i>Massage</i>
Mode C	<i>Tapping massage</i>
Mode D	<i>Extended burst</i>

To commence treatment

Carefully peel the electrodes from the plastic backing, using your forefinger and thumb. Place on your body as shown in the diagrams (pages 8 and 9). The black and white squares represent where to place the electrodes. If you wish to treat an area of pain that is not indicated in the diagrams on pages 8 and 9, then as a general rule the electrodes can be placed over or around the area of pain.

Once the electrodes are positioned correctly, switch the unit on. MODE A will start to flash on the screen.

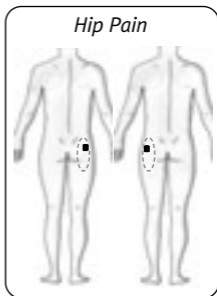
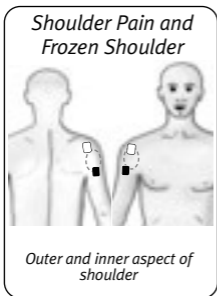
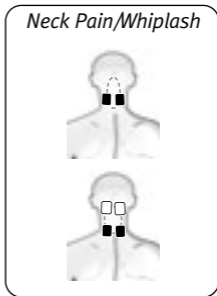
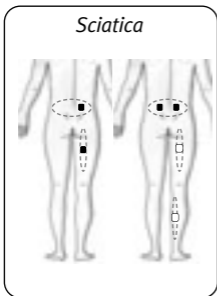
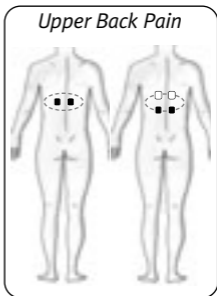
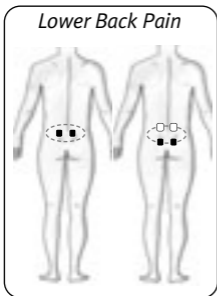
Select the mode that you wish to use by pressing the MODE key. Once you have selected your mode, gradually increase the intensity using the arrow UP key, until the sensation is comfortable. Intensity can be reduced by using the arrow DOWN key.

For more information on which conditions TENS can treat, or for alternative electrode placement advice, please call Body Clock Health Care on 020 8532 9595 or visit www.bodyclock.co.uk and enquire about 'An Easy Guide to TENS Pain Relief' by Dr Gordon Gadsby.

Electrode Placement

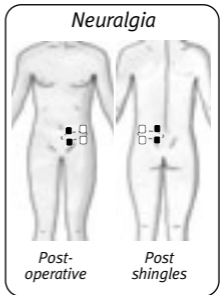
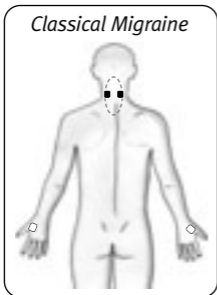
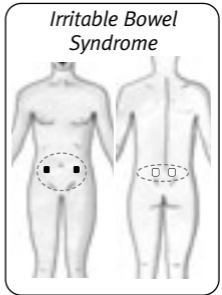
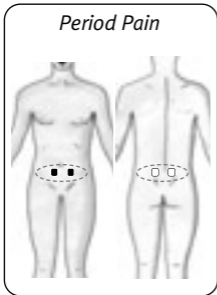
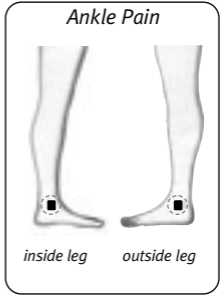
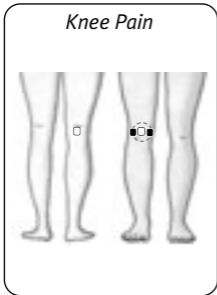
KEY: ■ ■ =first pair of electrodes □ □ =second pair of electrodes.

N.B. Electrodes supplied with this unit are all the same colour - the black and white squares show suggested electrode placement only.



KEY: ■ ■ =first pair of electrodes □ □ =second pair of electrodes.

N.B. Electrodes supplied with this unit are all the same colour - the black and white squares show suggested electrode placement only.



TENS - Frequently Asked Questions

Q Is it safe?

A Yes, TENS is used widely for pain relief and is recommended by medical professionals.

Q Can I use it with other medications?

A Yes. TENS is drug free so you can use it with any other medication including paracetamol.

Q What conditions can TENS be used to treat?

A TENS can be used to treat numerous pain conditions. If you are unsure about using TENS please consult your medical adviser or contact Body Clock Health Care on 020 8532 9595.

Q Can I use the Flexi TENS for labour?

A This is not recommended as it does not include the boost function required for use during contractions. For information on TENS for use during labour, please visit www.babycaretens.com or call 0845 230 9737.

Troubleshooting Questions.

Q Why does the pulse sensation not appear to be as strong after you have used the Flexi TENS for a while?

A Increase the intensity, you may have become acclimatised to a lower setting.

Q Why does the pulse sensation feel strong but ineffective?

A You may need to reposition the electrode pads (don't forget to switch the Flexi TENS off before doing so).

Q Why does the sensation not feel sufficiently strong even on a high setting?

A The batteries may need replacing.

Technical Data

<p>Display Operation Mode</p>	<p>Four modes</p> <ul style="list-style-type: none"> - A - B - C - D 		
<p>A</p> <p>B</p> <p>C</p> <p>D</p>	<p>Pulse Frequency</p> <p>45</p> <p>55</p> <p>44</p> <p>90</p>	<p>Pulse Width (us)</p> <p>208</p> <p>100</p> <p>208</p> <p>100</p>	<p>Display</p> <p>A</p> <p>B</p> <p>C</p> <p>D</p>
<p>Memory</p>	<p>Memorises latest selections when switched on</p>		
<p>Automatic Power Off</p>	<p>5 Minutes</p>		
<p>Output Channel</p>	<p>ONE Channel</p>		
<p>Output Voltage</p>	<p>$\pm 70V$ adjustable in 14 steps (500Ω load, peak to peak)</p>		
<p>Output Intensity</p>	<p>0 - 20mA adjustable in 14 steps (500Ω load)</p>		
<p>Output Waveform</p>	<p>Symmetrical multiphase bipolar rectangular</p>		
<p>Output Jacks</p>	<p>CE Touch-proof jacks</p>		
<p>Load Detector</p>	<p>Contact detection between the device and human skin</p>		
<p>Battery</p>	<p>2 X1.5V AA Battery (Type LR6)</p>		
<p>Battery Low Detect</p>	<p>2.2V\pm0.1V</p>		
<p>Weight / Size</p>	<p>45g / 12 x 3 x 1.5cm</p>		



Medical Devices Directive 93/42/EEC Annex V

Body Clock Health Care Ltd

*108 George Lane,
South Woodford,
London
E18 1AD*

Tel (+44) (0)20 8532 9595

Fax (+44) (0)20 8532 9551

www.bodyclock.co.uk

e-mail customercare@bodyclock.co.uk

